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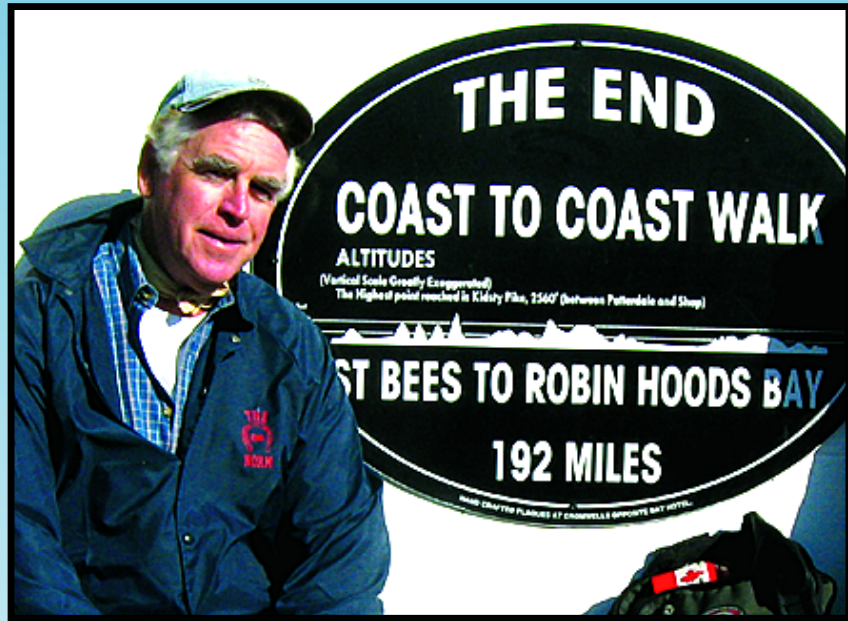
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SPOTLIGHT: William Thomas

My Milestone 65th Birthday – A Walk Across England From Coast To Coast

By William Thomas

*“And did those feet
in ancient time,
Walk upon England’s
mountains green?”*
~Milton

Well, they were wrapped in Smart Wool socks and snuggled in Gore-Tex shoes but yes, as a matter of fact they did. But it wasn't all that long ago.

On the first Sunday in October I set out on foot from St Bees on the northwest coast of England to walk the breadth of this fine country, from the Irish Sea to the North Sea, a trek of 192 miles.

Why, you might ask would a man celebrate his 65th birthday with a punishing 14-day march over rugged mountains and barren moors, up and down 29,000 feet of rocky paths and heathered fields when a dinner and a movie would do just fine?

I'd like to say it was the challenge of a lifetime but the fact is, that as men get closer to death they do really screwy things. Some guys jump out of planes or race sports cars or take up kite surfing. Hell, I know a man who celebrated turning 65 by getting married again! No, a man's mind after 60 is never to be trusted.

But, I love to hike and writer Alfred Wainwright's Coast To Coast Walk along England's wild and pristine footpaths has intrigued me for years. Designed to engage nature and avoid civilization, the path cuts across the spectacular and mountainous lake District, through the forests and forded streams of the Yorkshire Dales and finally across the bleak and barren knolls of the North York Moors. Three national parks, two weeks, one backpack, a guide book with compass, map and Swiss Army knife – everything a rambler needs for a fortnight of freedom on foot.

It was drizzling through sunshine early in the morning of October 2nd when, following tradition, I dipped my foot in the Irish Sea, snatched a good luck pebble from the beach and climbed up the 300' sandstone cliffs at St Bees. One foot in front of the other, I was on a milestone mission.

By two o'clock I had scaled St Bees Head, dipped down to Fleswick Bay, inspected an ancient lighthouse, clamored over the first of several hundred stiles, mastered a kissing gate into a field of sheep, passed through the village of



By tradition, writer William Thomas dips his walking shoe into the Irish Sea at St Bees.

Sandwith, took a photo of the Dog and Partridge Pub, crossed a dozen farmers' fences and arrived to my great surprise ... back in St Bees. The “Mile Zero Coast To Coast” sign I had sneered at six hours earlier, was laughing at me now. Learning the hard way that English national parks do not allow markers or signs, I abandoned the path and took the long, low road to Ennerside Bridge.

Everything went into a dryer, hot socks revived my legs and a pint of Wainwright's Ale restored my spirits for now. Reaching the Fox & Hounds Pub by dark, my legs were tingling and everything on me including my backpack was drenched. I had trained for 16 and 18 miles but not the extreme elevation of the Lake District where peaks hit two and three thousand feet.

Out early after a sumptuous full English breakfast – if the terrain doesn't kill me, the cholesterol will – I scaled the roller coaster trail that hugs the edge of a beautiful, black lake known as Ennerdale Water. I looked forward to sitting for a spell on Robin Hood's Chair but it turned out to be a large, lush outcropping that's embedded in the side of the lake.

The wrap around scenery was dreamy and dramatic – glistening green hills dotted with black-faced sheep and crisscrossed with fast-running streams. Rocky paths disappeared up and over mountain peaks, ancient stone walls surrounding pastures that fell out of sight into valleys below.

I was as much lost in their woods



Best day of the walk, following the beautiful River Swale all the way to Reeth.

as I was in their words – stiles, dubs, becks, folds and duckboards – but I found the River Liza and never let her out of my sight.

The sun peaked through briefly and I saw Scafell Pike in the distance, England's highest peak at 3210 feet. Thank God, the path circles that one!

It was ugly and unorthodox but by plodding ever east by my compass, I stumbled upon the hamlet of Seatoller where I took tea. From there it was a hike through Johnny Wood, past Nook Farm and The Flock Inn (God I love the English names) and into Rosthwaite for the night. A pint, a pie and an intense study of tomorrow's ordinance map was becoming my evening's routine.

The next day begins beautifully – country paths and stone walls, waterfalls and folds full of sheep. Climbing Greenup Hill was tough but stunning. Towering cliffs loomed in the distance – Lining Crag, Greenup Edge, Eagle Crag. I scaled them all and three more to boot but I got lost again and had to follow two experienced hikers into Grasmere, their first two attempts to make this trek thwarted by weather.

This trek being far more difficult than I anticipated – longer, higher, harder with lousy weather – I was soaked in sweat and a little disoriented when I went to the post office and got a bus schedule. I gotta get out of here.

Continued on next page

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SPOTLIGHT: William Thomas, cont'd

I drowned my sorrow with an extra pint of Bass at The Red Lion and visited both William Wordsworth's house and his grave behind St. Oswald's church. "I wandered lonely as a cloud..." Okay, so he got lost a lot too.

But the next morning the sun came out and a grizzled, old hiker at breakfast at the Chestnut Inn seemed genuinely disappointed when I told him I was quitting the walk.

"I could never do it but you, you're still young."

And then I remembered why I was here - to prove 65 was not so old.

I returned to the path making the rocky ascent up Grisedale Pass to Grisedale Tarn in under two hours. At Ruthwaite Lodge, a boarded-up hiker's hut I knew I could not get lost. Striding eventually through the gorgeous valley into Patterdale with the sailboats on Ullswater Lake bobbing in the background, I thought I might just finish the walk.

With the Lake District and the gale force winds behind me - everything from the weather, to the sign markers to my attitude improved. Gradually the focus of the walk switched from place to the people. Ian Moseley the innkeeper of Old Water View in Patterdale insisted I try the ales brewed especially for this gorgeous B&B and as we poured over maps highlighting better, drier paths and lower alternate routes I knew I'd met a fellow walker I would most certainly see again. **

The 16-mile route to Shap was rugged and long but waiting for me at the Brookfield House was dear, sweet Margaret who served me tea and scones by the fire and actually washed and dried my sweat-soaked clothes.

The path over the fells to Orton was "dead easy" as Ian had predicted and the Irish publican of The George Hotel gave me a lift after dinner out to Scar Side Farm for the night.

The 13-mile section to Kirby Stevens was easier than it looked on the map and from the Smardale Fell I thought I saw the mysterious Nine Standards Rigg in the distance - 12-foot high spooky statues atop a moor in the middle of nowhere.

Kirby Stephens might be the tidiest town in Britain, bustling with people, none too busy to give directions or suggest a very good pub.

Sadly, I had to take the low route across the Pennine Hills, the backbone mountains of Britain and missed the Nine Standards Rigg at the top.

"Swampy?" said the crusty gent in the pub. "If you see hats floating on the path, they would be coast-to-coasters!" Stone barns in steep valleys, rolling sheepfolds and white waterfalls - the walk into Keld defined the word 'bucolic'.

I loved Keld - a stark hamlet of a dozen stone houses located on a bleak and

barren moor with a tiny museum and a 'Public Convenience' - because it was the halfway point across England. I celebrated with two pints of Black Sheep Rigg Welter, the best dark ale I've ever had, at the tiny, perfect pub in Keld Lodge.

Sheep - I'm staring at them, talking to them, dreaming of them. If I see one more sign in a shop that says "Thank Ewe," seriously, I'm going to scream.

The 11-mile walk to the village of Reeth was glorious. The sun shone, I walked in shorts, I sat down on a log for lunch and there was no getting lost, no need to gauge the compass or consult the guide book because I followed the River Swale all the way. And what a beautiful river it is - red-headed from the peat bogs, it rushes under bridges, gorges down chutes, the roar ringing in your ears for hours. The green scene of the river snaking through Swale Valley is breathtaking.

Reeth, the Yorkshire setting for the James Herriot series *All Creatures Great And Small* is a typically pretty 'Dale town' with a green common and a couple of pubs. At the Black Bull I shared great conversation and a pizza with two Brits, cousins completing Wainwright's walk, three sections each year.

And so it went, a lone walker by day, clinking pints with strangers in pubs at night. The evening's camaraderie became the reward for the solitude of 20-mile days.

The last days seemed to fly by, the anticipation of making it to the North Sea building by the mile. From Reeth to Richmond was practically a stroll; a flat track through farms and knolls scaring up pheasants every mile or so. The trail from Engleby Cross to Great Broughton was hard and long, moor after muddy moor. Lost and in the middle of a fog, I stumbled upon the Lord Stone Café where I got directions and a half mug of tea. The upscale Wainstones Hotel in Great Broughton offered me a hot bath and ... a pants presser in the room.

The roller coaster tramp over the North York Moors continued, some green, others purple with thick heather and Scottish thistles. I passed a few grouse butts, overgrown stone blinds used in shooting the plump and squawky birds. Isolated and built into the side of a hill, I nearly fell onto the roof of The White Lion, a sprawling, cavernous pub, a thing of old English beauty. Beggar's Bridge was a welcome sight as I walked to Glaisdale at dusk.

My last day on the coast to coast walk - I'm feelin' good and lookin' for an ocean.

Today's trek begins with me standing barefoot and banging on the door of The Arncliffe Arms to retrieve the shoes I left in their drying room the night before. Warm shoes and dry clothes, I'm counting



Completing the tradition, William dips his well-worn walking shoe in the North Sea at Robin Hood's Bay.

my blessings and touching wood - no sprains, no bad falls, no pulls, calluses, not even a blister. As long as I ice my right knee at night, the body is holding up.

At Egton Bridge I took a photo of a fly fisherman casting into a quiet pool on the River Esk. There were stepping stones across the Esk, "The Hermitage" cave and a tidy little trailer park to break up the day, but the high, hard slog to the end was not a victory lap.

At Grosmont I fell into step with Magdalena, a young Austrian girl who was toughing it out after losing her walking poles crossing a stream waist high. It was War Weekend and the townsfolk were dressed in 40's clothes and vintage uniforms celebrating victory over the Germans. "Please," I said to her, 'do not speak one word of German. In case you haven't noticed, these people really hold a grudge.'

From Grosmont to the coast was a tough uphill march on mostly moors and a few back roads. Then serendipity struck. I was standing atop Sleights Moor at 700' taking water when the drizzle slowed and the clouds around me lifted like a curtain on a stage. The sun broke through and there it was, due east and dazzling, the towers of Whitby Abbey sitting in front of a twinkling sea. The North Sea. I'd be in Robin Hood's Bay by sunset. I walked slower knowing it was imminently reachable and maybe ... because I didn't want the journey to end.

Hours later I strutted, okay hobbled triumphantly into Robin Hood's Bay. I headed straight to the sea and the lawn of the Victoria Hotel which takes in the whole sweep of the surrounding cliffs and the sandy bay below.

And there, leaning on the fence high above the smuggler's village of Robin Hood's Bay with 192 miles of England's

Continued on next page

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Healthy relationships

by Jim Rondeau
Minister of Healthy Living, Youth and Seniors

As the Minister of Healthy Living Youth and Seniors, I believe in all aspects of healthy living, including active living, nutrition, mental health, smoking cessation and many other components of what it means to be healthy throughout our lives. We don't often talk about it specifically, but healthy relationships are an important part of well-being at any age. A healthy relationship is built on love, respect and caring. When we are valued and respected for who we are, and treated as equals, this can help improve our ability to cope with changes in our lives and can have a positive effect on our overall health.

As we all know, throughout our lives, we often interact with many people, forming new friendships and relationships, while ending others. Sometimes we even reconnect with someone we haven't seen in years. Through it all, however, we rarely lose our need for social interaction and having close connections with others. Finding new friends can be challenging, particularly after the loss of a partner or the end of a long friendship. Fortunately, there are many ways to connect with people and form new, healthy relationships.

For example, you could attend social events in your community such as a dance or a tea, or join a computer class, walking club or book club. Joining a gym or going out with friends to some of the excellent theatre or music productions in Winnipeg are some of my favourite events. Volunteering is also a meaningful way to stay connected to your community, meet new friends and share your experi-

ence or skills. If travel interests you, there are many travel programs that are offered through seniors' organizations or travel companies that can help expand your horizons plus meet new people.

As technology advances, some people have begun using the Internet to meet other people. This can be a positive experience for many, but it is also important to be cautious. If you are using an online dating service or chat website, be careful not to share personal information or pictures of yourself until you feel comfortable doing so. Do not include your full name, telephone number or address with your profile. It's a good idea to take plenty of time to get to know each other and be sure to ask lots of questions. If you decide to meet in person, always arrange a first meeting in a public place such as a restaurant or shopping mall. Plan your own transportation to and from the meeting. Be sure to tell someone where you are going and when you are expected to return. It's important to always trust your instincts.

Throughout our lives, relationships with family and friends are sure to change. The good news is, we can widen that circle and enrich our lives by meeting new people and developing healthy relationships. As always, I invite you to call the Seniors Information Line with any comments or questions at **945-6565** in Winnipeg; toll free **1-800-665-6565**. You can also visit www.gov.mb.ca.healthyliving and click on the link for Manitoba Seniors and Healthy Aging Secretariat.



Coffee Break
with Marion Clemens

Hello everybody. Here we are, having arrived at a new year.

Looking back I remember having received several forwarded emails telling me - the year 2011 is known as the money-year. I was promised making a lot of money *IF* I forward this email to at least 8 people. Since I never believed in the possibility that I could force my fate by forwarding an email, I deleted it. Why would an email do things for me? Well, now, the people who sent me those emails promising the blue from the sky and much more, but only if I sent the email on to several others, can say, "You see, you didn't send it on, so now you know it worked !!!! No forwarding - no money." lol

My hope for good fortune is based on the Power of Attraction and even more through the Power of Prayers.

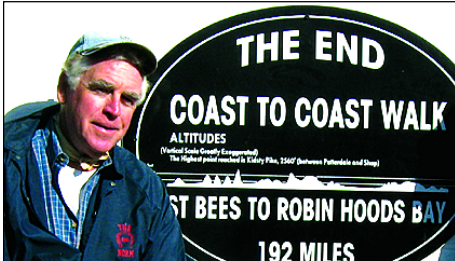
Whatever you do - always be aware that there is so much to be grateful for in most people's lives. Just concentrate on the positive side. People who are happy/positive/content with what they have, are helping their bodies to remain healthy. It has been proven in many researches that what we feel/think will grow in us. So, let's try to grow contentment! Another big help in finding happiness is helping others whenever possible - that's producing happiness in the hearts of the giving person!

The last three weeks of 2011 in Springfield were filled to the rim with many Christmas related activities. There were the many school concerts and I was happy that most of them still kept it as a Christmas event, not a winter fest or rock music concert. Let's face it, if the Christian world would not celebrate Christ's birth - Dec. 24/25 - people would miss out on several work-free days. Maybe that will entice non-believers to be grateful after all! lol

I was fortunate taking part in the different Christmas parties at Kin Place, The Personal Care Home, and the activities at The Adult Day Program offered three times a week in Oakbank. Activities range from doing crafts, playing games, seeing a movie, doing exercises, stimulating the brain with the help of "thinking" games, like Jeopardy, Trivia, and stimulating card games. Or just reminiscing - talking about the olden days and realizing how different the world is functioning now. Outings several times a month are always very popular. The staff who is running this program is always friendly, positive and helpful - Rita, Erika, Nicole, Pat and Cheryl.

That's it for the first column of the year!
May you have a healthy, happy, content 2012 year!

SPOTLIGHT: William Thomas, cont'd



Mission accomplished, William arrives at Robin Hood's Bay on day fourteen, his 65th birthday.

most savage and splendid landscape behind me, I pretty much broke down.

No hoops, hollers or high-fives, I just stood there quietly thinking 'Damn, I actually did it!'

"But what did ya learn?" asked the gruff barkeep at The Bay Hotel where I collected my Coast To Coast certificate and a T-shirt showing the route.

"Never expect intelligent conversation from sheep," I replied.

What I did learn is that with preparation (mine could have been much better,) patience (I had more at the end) and perseverance (here I gave myself an "A") you can accomplish anything at almost any age. Age 65 may or may not be the new 50 but it sure as hell ain't the old 65.

The people I met along the way from thick-accented Cumbrians to the cheerful Yorkies were the sweetest, most helpful Brits I have ever met. And to all the staff at Macs Adventure (www.macsadventure.com) thank you, you made a man's birthday the milestone of his life.

If you're a walker and you should be, Wainwright's Coast to Coast Walk is your pilgrimage. Do it while you still can. Go with a group and go in the summer, but go.

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

Nothing Could Top 2011. But We'll Try.

Our Senior Scope Predictions for 2012:

In 2011, the Winnipeg Jets returned, construction began on the Canadian Museum for Human Rights, our new football stadium at the University of Manitoba neared completion and the Bombers went to the Grey Cup.

We did not change governments, either at the provincial or national level, despite the hopes of the provincial Conservatives and federal Liberals. In fact, the federal Liberals had a very bad year, losing their official opposition to the NDP.

In this space last year we were dead on with the first paragraph above, but slightly off with Paragraph 2. In fact, in our predictions piece for 2011, we had a provincial Conservative government and a federal Conservative majority, so one out of two isn't bad, although we ended up being miles off the beaten political track here in Manitoba.

In Winnipeg, it's hard to imagine that anything in 2012 could be bigger or more important to the city than a new football stadium, a new national museum, a new hockey team and a majority NDP government. Of course, none of that might matter in the least of the Mayans have their way.

After all, according to the Mayan calendar, the end of the world is clearly scheduled for Dec. 21, 2012. I guess I'll start my Christmas shopping on Dec. 22 this year. In fact, if you sit down at your computer today, just click on www.endoftheworld2012.net/, you'll get all sorts of predictions for the End of Days.

To be honest, I'm really going to start my Christmas shopping now because I don't believe for one second that the world will end on Dec. 21, 2012. In fact, I'll probably be writing about another Winnipeg Jets loss on Dec. 21, 2012 – whether I like it or not.

From my point of view, here's what is going to happen in 2012: People will continue to cry about high taxes and crumbling infrastructure and complaining about (a) lousy roads and then (b) the gridlock that is created when the city tries to repair those roads.

Oh yeah, and you should think about investing in telecommunications technology and popular social networks. They are going to grow at an alarming rate again this year. And maybe you should buy your winter home in Phoenix or Palm Springs this year, because the housing crisis in the United States will slowly end and those cheap houses in the south will get expensive again. They've started already.

The Bombers won't win the Grey Cup, the Jets won't win the Stanley Cup and the Goldeyes will be one win away

from an American Association title. In other words, nothing in Winnipeg professional sport will change a bit.

But lots will happen this year. In fact, there is so much going on right now in our province, especially in Winnipeg, that 2012 will provide us with plenty of roller-coaster ups and downs. But remember, in Canada, the banks will remain strong, the telecommunications industry will get stronger and all three levels of government will help drive it.

So on the occasion of this, our first Senior Scope of 2012, here's a few predictions from some prominent "aging" Winnipeggers, an insiders look at what we should expect in 2012:

Their answers were candid and sometimes, quite surprising:



Sam Katz,
Mayor of Winnipeg and Owner of the Winnipeg Goldeyes Baseball Club: Our 60-year-old mayor is a happy guy these days. In 2011, construction started on a new football stadium, it continued on the Canadian Museum for Human Rights, the sports team he owns, the Winnipeg Goldeyes, entered a bigger, stronger league and were named Organization of the Year in that bigger, stronger league, and he was caught leading a conga line at The Forks when the Winnipeg Jets returned.

However, despite all of his good fortune in 2011, there are still a few good things the Mayor expects to see happen in 2012.

"I'm convinced right now that there will be a new indoor water park in Winnipeg, for both Winnipeggers and visitors to our city to enjoy," Katz said.

"And I'm going to cover all my bases here and predict that the Winnipeg Goldeyes will win an American Association championship in 2011.

"But I think the most important thing for the city is that we'll start getting a larger, more appropriate share of growth revenues from the province. Growth revenues is a nice way to say, "PST" We spend the most within the province and pay the largest chunk of taxes and yet we don't get our share in return. I believe we will start getting our share in 2012 and it will help make Winnipeg a stronger city."

Marty Gold, Wrestling Promoter, Sun Columnist, Podcaster, TV Host, Jewish Post & News columnist and chief blogger at The Great Canadian Talk Show:



Marty, because he's Marty, is not as optimistic about our city as the Mayor. In fact, Winnipeg's most lovable curmudgeon has a few zingers to fire at the city's honorable burghers.

"The new football stadium will face unforeseen construction problems will not open on time despite the best efforts of its supporters," Gold said.

"The Winnipeg Jets will struggle early in their second season as other NHL teams will no longer be unprepared for the onslaught of fan noise when visiting MTS Centre.

"The attempt to manipulate elected officials to commit even more public funding Canadian Museum of Human Rights will cause a scism unseem in the history of this city. Donor fatigue that is crippling small charities will explode as an issue as people and organizations will finally stand up to the bullying by the socially upscale supporters of the CMHR. There will also be at least one lawsuit arising from the actions of Museum supporters.

"Hints of institutional anti-semitism within our community will begin to seep into public awareness."

Wow, bumper.



Roger Currie,
Author and Broadcaster: Big Roger is one of the greatest broadcasters in our city's history. A "plus-60" former CJOB and CBC who now lives in Regina,

Currie is a movie buff and CFL aficionado who has a veteran newsman's grasp of everyday life in this region.

Roger, who once had a 28.6 rating as the morning show host at CJOB in the 1990s (the station's rating is 14.7 today) was quite a bit more optimistic than Marty.

"The Jets will make the playoffs, but will quickly exit in the first round," Currie predicted. "There will be a parade downtown anyway.

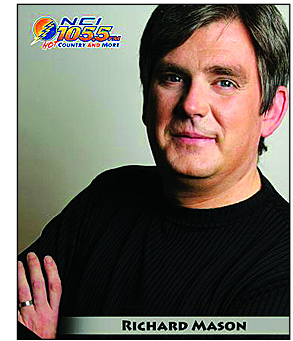
"The Bombers will battle with Argos in the CFL East, finishing second but beating the double blue to advance to the Grey Cup. Sorry, but the Cup rematch between Winnipeg and B.C. is too close to call at this point.

"More NDPers from Quebec will cross the floor and join the Liberals in parliament, making life difficult for Brian Topp who will win the NDP leadership.

"In the United States, Barack Obama will defeat Mitt Romney by a squeaky margin in November, and the voter

turnout will be well below 50 per cent. "Meryl Streep will win her first Oscar in 30 years for her portrayal of Margaret Thatcher. Brad Pitt will win Best Actor for "The Tree of Life."

"Oh, yes, and Roger Currie will return to Winnipeg while almost no one will realize that he ever left."



Richard Mason,
News Director, NCI Radio: Another gifted newsman this veteran of Manitoba's provincial radio network (NCI reaches 98 per cent of

the province), had three predictions to add to our list.

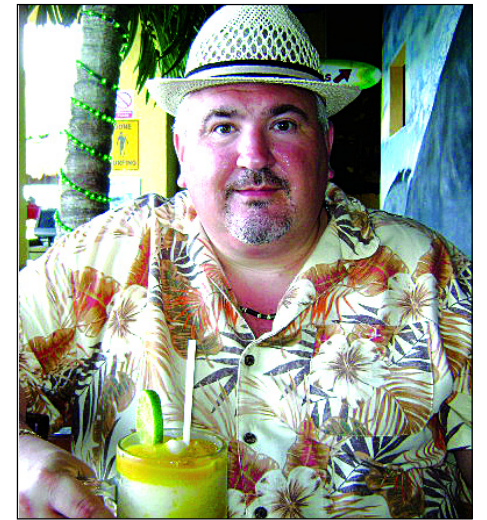
The third one makes me feel more secure.

"No. 1, The Manitoba Tories will elect Brian Pallister as their new leader," Mason said. "No. 2, the Manitoba Metis win their land claim in front of the Supreme Court and be awarded \$1.

And, No. 3, the Mayans will get around to releasing their new and improved calendar this December."

Thank you, Rich.

Dave Petrishen, Restaurant Expert, Morning Show Radio Host, Media Critic and Comedian:



There is no one funnier than the man they call, Dr. Football. Petrishen, who will be, "celebrating some anniversary of my 30th birthday," in 2012, is not only an expert on restaurant operations, but also hosts two radio programs in Iqaluit, Nunavut, (although they are broadcast from Winnipeg), and is often heard on radio stations across Canada spouting a unique brand of prairie humor that just happens to be based in his love for sports.

Read this, with your tongue firmly planted in your cheek:

"The Bombers will begin playing the 2012 season in their new stadium in mid September with nine straight home games," Petrishen said with a smirk. "I'll miss every kick off this year because it is a much longer walk to Investors Group Field at the U of M from Hooters.

"In an attempt to boost the sport's popularity, women's curling will be combined with pole dancing. It will be popular for several weeks until fans realize they are watching curling.

"Swimming will be dropped as an Olympic sport before this summer's London Games after Olympic organizers discover that swimming is not really a sport, it's what you do to stop yourself from drowning.

"And Winnipeg Jets fans will finally realize that the trough is not coming back to the men's room at the MTS Centre, the Jets will not come out on to the ice to Van Halen's 'Jump,' and the True North people are not going to hang that creepy old picture of the Queen in the rafters... on second thought, they just might."

Thanks Dave. If you can't laugh at 2012, the year the world is supposed to end, then what can you laugh at? ■

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I Resolve...

by Harry Paine

The other day I was thinking about making a New Year resolution (Do people do that anymore?). One of the problems of being an advocate for seniors or any age for that matter is that we often see all the things that are wrong in the world and need fixing.

Aging makes us old and crabby; I know that is true because I read it everywhere, in books, cartoons even on TV and in the movies, older adults must be crabby and we advocates are the crabbiest of all. So I got to thinking about maybe I should try to see things in a more positive light. Then maybe it would catch-on like paying forward, and the media might begin to see us in a different way and it will become another way that we can make a difference.

So my New Year resolution is: for everything that I find to complain about I will look for something that makes me happy. Now that should be easy enough don't you think? However I am kind of new at it so I might need a little help.

Maybe our readers of this great little magazine might be tempted to send us suggestions of some of the wonderful things that enhance their lives. Simple things are often the best and I will start it off by telling you about one of the joys of my holiday celebration this year that got me thinking about how lucky I really am.

It was a present that I received that was the perfect gift. It was an old book called *Alias Olympia* written by a feminist art historian Eunice Lipton. The gift came from a friend that I had met more than twenty years ago when she was a 12-year-old daughter of friends and who even at that age was a really interesting person. It was obvious that she was destined to great things. They had no television in the

house and she spent a lot of time reading a wide variety of books.

Discussions of ideas and current issues were common-place in the household and she not only held her own among adults but often we realized we were out of our depth with her.

She attended a number of different universities developing her knowledge and understanding as an art historian. Last summer she married a really great guy in California where she now lives and many of us who have been part of her life joined in the really joyful celebration.

As I leafed through this gift it occurred to me that this was just another indication of what a great person she had turned out to be and while most of who she was came from her own experience at the same time all of those who had crossed paths with her had contributed something to that experience.

So it is with most of us older persons; just think of all those with whom you have crossed paths and had left them with a little of the wisdom of your experience. Not just your own children, but friends, people who were workmates or even the neighbour who you waved to and said "good morning" and made their day. You never know who you are inspiring in a simple way that allows them to go on to feel good about themselves and do good things for others.

Sometimes it is hard to be positive, especially in the face of floods, poverty and so-called financial crises but just ask yourself this simple question, "Is the world a little better for my having been here?" and you can bet your life that for almost all of us the answer is "Yes". Then you will know how rich you really are. ■

Red Hats and Santa suits



Queen Annabella's Red Hat Brunch with Santa was held on Dec. 10, 2011. 60 Red Hatters from Winnipeg, Treherne and Starbuck came out (in their PJ'S) to have brunch with Santa and his elves. It was a great morning at the

Wellington Retirement Center on Grant Ave. in Winnipeg. The food was fantastic! Every lady received a little gift from under the tree and had a chance to have her picture taken with Santa!

Santa enjoys his job as much as the Ladies enjoy seeing him!

The elves have been coming to help out for 4 years now and the Red Hatters are watching them



grow ! (Emma and Anne-Sophie, 9 and 10 are the daughters of Pink Hatter Caroline!)

Submitted by Queen Annabella of the Prairie Wrinkles

MANITOBA WOMAN TO JOIN WORLD'S LARGEST FLOATING HOSPITAL



Cheryl Macfarlane (left) is a 60-year-old Manitoba woman who is trading solid ground for new opportunities onboard the world's largest hospital vessel with the charity Mercy Ships.

Trading in a normal retirement for an opportunity many may question, she is determined to bring hope and healing to the poorest of the poor in West Africa.

60-year old Victoria Beach resident Cheryl Macfarlane is a mother, grandmother and soon to be one of the newest crew members onboard the largest charity hospital ship in the world - Africa Mercy - in Togo, West Africa.

Years ago Macfarlane was researching ways she could put her nursing skills to use for good when Mercy Ships came onto her radar. The charity operates a giant medical vessel in West Africa, with the purpose to bring hope and healing through providing free medical care, surgeries and developmental programs. Eight years after her initial inquiries, and now a semi-retired nurse, Macfarlane is finally able to join the organization and follow her philanthropic dreams.

"For as long as I can remember, I've envisioned working with the poor and under-privileged," she says. "I am now at a place in life where I can commit some time."

Living and working on a ship is nothing new to the nurse who spent the last 12 years providing emergency and primary care onboard cruise ships and who is a seasoned seaman. However she's looking forward to hitting the high seas in this new capacity.

"My interest in volunteer and charity work led me to Mercy Ships; I am blessed to have this opportunity to serve, and I am very excited about my upcoming mission!"

Starting at the end of January she will spend 3 months onboard the vessel as

Admission Nurse, working alongside 450 other international volunteers who all pay their own way to be there. Macfarlane will be part of the Mercy Ships quest to relieve the physical suffering and to restore the dignity of some of the most impoverished people on earth - ones whose ailments could be easily averted in North America but in Africa mean social ostracism or death. Massive goiters, cleft lips and palates, cataracts, bowed legs and fistulas are some of the common issues seen by Africa Mercy medical staff as they move from port to port in West Africa about every 10 months.

Macfarlane will return to Manitoba in April when her adventure onboard the Africa Mercy is complete.

To learn more about Mercy Ships visit www.mercyships.ca.

ABOUT MERCY SHIPS

Mercy Ships and the Africa Mercy provide primary medical care, relief aid and community support to the most impoverished people on earth, free of charge.

Mercy Ships is an international Christian charity that has operated hospital ships in developing nations since 1978. Following the example of Jesus, Mercy Ships brings hope and healing to the poor, mobilizing people and resources worldwide.

Mercy Ships Canada, one of 16 international offices, is based in Victoria, BC. ■

Anyone can be affected by bed bugs.

Everyone can stop their spread.



Bed bugs are not a health hazard but they can create a lot of stress. Learn how you can protect yourself and help stop the spread of bed bugs.

What are bed bugs?

Bed bugs are flat, brown insects - about the size of an apple seed - that feed on human blood. They cannot fly or jump. They usually hide during the day where people sleep or sit. However, they can come out at any time of day if needing to feed. Reactions to bites range from no reaction at all, to itchy red bumps.

How bed bugs can get into your home.

Bed bugs can enter anyone's home. They are carried in on items like luggage, furniture and other household goods. If you find dark, reddish brown stains or black droppings on your mattress, box spring or pillow, there is a very good chance you have bed bugs.

How to keep bed bugs out of your home.

Search any used items, particularly mattresses, box springs and upholstered furniture for bed bugs before bringing them into your home. Look carefully in all seams and cracks. Use a magnifying glass and a flashlight. If you are unsure about whether or not bed bugs are hiding in a piece of your furniture, the heat from a hair dryer will force them out in the open.

What if you're renting?

If you find bed bugs in your apartment, your landlord is responsible for getting rid of them. You must co-operate with your landlord regarding instructions on how to prepare your home before and after any extermination.

For more information

To learn more about bed bugs and how to stop their spread, call toll-free 1-855-3MB-BUGS (1-855-362-2847), email bedbugs@gov.mb.ca, or visit manitoba.ca/bedbugs.



Laugh a Little!

- A** for arthritis
- B** for bad back
- C** is for chest pains. Perhaps cardiac?
- D** is for dental decay and decline
- E** is for eyesight--can't read that top line.
- F** is for fissures and fluid retention
- G** is for gas (which I'd rather not mention)
- H**, high blood pressure
(I'd rather have low)
- I** for incisions with scars you can show.
- J** is for joints, that now fail to flex
- K** is for my knees that crack
when they're bent
- L** for libido--what happened to s**?
- M**, My Memory ain't worth a cent.
- N** for neurosis, pinched nerves
and stiff neck
- O** is for osteo- and all bones that crack
- P** for prescriptions, I have quite a few
Give me another pill; I'll be good
as new!
- Q** is for queasiness. Fatal or flu?
- R** is for reflux -- one meal turns into two
- S** is for sleepless nights, counting
my fears
- T** for tinnitus -- I hear bells in my ears
- U** is for urinary: difficulties with flow
- V** is for vertigo, that's "dizzy", you know.
- W** is worry, now what's going 'round?
- X** is for X ray--and what might be found.
- Y** for another year I've left behind
- Z** is for zest that I still have my mind,

Have survived all the symptoms
my body's deployed,
And kept twenty-six doctors
gainfully employed!!!

Health Feature:

Help for Quitting Available for National Non Smoking Week

Nichole Ironstand is hoping technology and the support of friends and family will help her break off a 13-year-old relationship.

The 23-year-old Winnipegger is among thousands of Manitobans trying to start the New Year off by giving up smoking. After several failed attempts, she's hoping the newest social media tool provided by the Canadian Cancer Society's Smokers Helpline will give her the edge that she needs.

"I've smoked since I was 10 years old," Ironstand says. "I've tried to quit before without having much luck."

Developed in partnership with Health Canada, www.breakitoff.ca is a website that combines traditional stop-smoking aids with new social media tools. The website has an application for cell and smart phones designed to help young people become part of the world's biggest break up. By downloading the app, Manitobans will learn about the best ways to quit smoking and stay tobacco free. The website also allows smokers to upload a rant to YouTube about what quitting smoking means to them and it also encourages them to publicly end their relationship with smoking on facebook.

"We've got programs to help all Manitobans quit smoking and now we're taking the fight to younger people," says Will Cooke, tobacco advocacy coordina-

tor at the Canadian Cancer Society. "People who visit the website or download the break it off phone app will learn about the best ways to quit smoking and stay tobacco free."

The social media tool will launch next week just in time for National Non Smoking Week (January 15-21, 2012) which will also carry the theme Breaking Up is Hard to Do. It will compare a smoker's addiction to tobacco with being involved in a bad relationship. "We're all dedicated to helping people identify why this is a bad relationship and what they need to do to get out of it," Cooke says. Ironstand, a mother of two young children, knows why she wants to quit. "I smoke more than half-a-pack-a-day so it costs me a lot of money," she says. "But mostly, I don't want my kids to start and I know they're more likely to smoke if I don't give it up."

Cooke says Ironstand is not alone. Manitoba continues to have one of the highest smoking rates in Canada. Cooke says young adults like Ironstand -- aged 20 to 24 -- continue to smoke more than any other age group. "In Manitoba, about 27% of this group are still lighting up," he said.

The Canadian Cancer Society has targeted smoking rates in Manitoba because tobacco use continues to be

the leading causes of preventable cancer. Smoking is responsible for 85% of Lung Cancer and 30% of all cancer deaths. Lung Cancer kills more Manitobans than any other cancer. This year alone, 900 new cases of lung cancer will be diagnosed and sadly 680 Manitobans will lose their battle with this disease.

Cooke says the provincial government's recent decision to add the stop smoking medication Champix to the Pharmacare program will provide all Manitobans who want to quit with another valuable tool. "Champix has been proven to be effective and may be something that Manitobans who smoke might want to consider."

For now, Ironstand is going to stick with the supports provided by the Smokers' Helpline. This free, confidential service is available to all Manitobans in French and English. Callers are connected with a personal Quit Coach who can prepare a person for quitting and answer all their questions. The toll-free helpline (1-877-513-5333) has been shown to double a person's chances of going tobacco free. It is supported by an online support system that can be found at www.smokershelpline.ca

Nichole thinks that with all these options, she has a better chance of quitting this time around. "I'll definitely check out the website" says Nichole. "One of these times I'll stay quit." ■

FACTS: Short-term Challenges for Long-term Benefits

- Tobacco smoke contains more than 4,000 chemicals including about 70 known carcinogens that cause and promote cancer
- Withdraw symptoms start within the first four hours of your last cigarette, peaking within three to five days and diminishing over a six month period. The symptoms include:
 - Light-headedness in first 48 hours
 - Dry cough and sore throat as lungs begin to clear
 - Cravings to have a cigarette lasting about three minutes diminish within first 10 days
 - Irritability and depression in week two
- Within two days -- Taste and sense of smell improve
- Within two weeks -- Blood circulation in your gums and teeth improve
- Within 1 month -- breathing and energy levels improve as lung regeneration starts
- Within 3 months -- Cough disappears and appetite improves
- Within 1 year -- Your risk of heart disease drops by 50%
- Within 5 years -- Your risk of having a stroke is the same as a non-smoker
- Within 10 years -- Your risk of dying from lung cancer is half that of a smoker
- Within 15 years -- your risk of heart disease is now that of a non-smoker

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BINGO

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Please call: 943-6622 or 1-800-378-6699
Visit www.alzheimer.mb.ca

PUZZLING!

Answers on next page

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

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 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

Community Events & More - Wpg

EVENTS

The Royal Canadian Legion Sports Foundation - 43rd Annual Tea at the Fort Garry Legion Branch #90, Sun., Feb. 26, 1:15-3:30 pm. Draws, Bake Table, Sports Table, Touch & Take Table, Sewing & Handicraft Table, Multiple Choice Raffle and a Money Tree. The Sports Foundation runs the Legion Athletic Camp held at the International Peace Garden. Call **221-7304** for info.

Rupert's Land Caregiver Services - Survive & Thrive - Managing Stress in Your Life Workshop for caregivers, Tues., Jan. 31, 1-4 pm, Registration 12:30 pm, St. George's Anglican Church, 168 Wilton St., Wpg. Fee \$5 by Jan. 27, \$10 after. Refreshments served. Limited space. Call **452-9491** or rlcs@mts.net.

ALS Society of Manitoba - 2012 Cornflower Gala, Sat., Mar. 24, in the Hangar of the Western Canada Aviation Museum, Cocktails 5:30 pm, Dinner 6:30 pm. Catered by Urban Prairie Cuisine, Music by Mr. "E" and the Jazz Gumshoes. Live & Silent auctions. Evening attire. Tickets \$140 (partial tax receipt). Call **831-1510**, email: HOPE@alsmb.ca or **837-1270**, Email: bcampbell@alsmb.ca. www.alsmb.ca

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

The Nearly New Shop - Hello Dolly Sale, Jan. 20-Feb. 4, 961 Portage Ave., Wpg, Hours: Mon-Sat, 10 am-4 pm. Featuring Barbie dolls, Barbie clothes and accessories, vintage dolls, doll furniture and toys. 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. Call **772-3629** for info.

River City Toastmasters - meets Mon. evenings, 7 pm, at Crossways in Common, 222 Furby at Broadway, Wpg. Develop leadership and speaking skills! Call **661-1321** or **772-9982**.

The Westminster Concert Organ Series - presents Scott Dettra, Organist of Washington Cathedral on Sun., Feb. 12, 2:30 pm, Westminster at Maryland. Tickets at McNally Robinson or at door. Call Westminster Church at **784-1330** for more info. www.westminsterchurchwinnipeg.ca

The New to You Shop - Open Sat., Feb. 11 & Sat. Mar. 10, 9 am-1 pm, Silver Heights United Church, Ness at Mount Royal (199 Garrioch Ave., Wpg.) Great deals on gently used items. All Proceeds Benefit the Good Works of Silver Heights United Church.

Kildonan Horizon's of St. Anne's Church, 35 Marcie - Senior's Dance, Feb. 2, 12 -3:30 pm. Music by Pride & Joy. Call: **669-7557**.

Fort Garry Women's Resource Council - Fab Fem Fundraiser, Feb. 15, 7 pm, West End Cultural Centre, 586 Ellice Ave., Wpg. Tickets \$20. Call **477-1123** or visit www.fgwrc.ca.

Fred Douglas Foundation - 9th Annual Humanitarian Awards, Chez Fred Douglas, Wed., May 9, Canad Inns Polo Park. Nomination deadline: Feb. 10. Call Paul Peters Derry: **586-8541**, Ext. 135.

The Manitoba Chapter of Osteoporosis Canada - 7th annual Cheese & Wine, Thur., Mar. 1, 6:30 pm Reception, at Niakwa Country Club, 620 Niakwa Rd., Wpg. Door Prizes and Silent Auction. \$70 til Jan. 31, then \$80 (\$25 tax receipt). Call: **772-3498** or email: manitoba@osteoporosis.ca

Happy Mike's Coffee House - Sat., Feb. 4, 195 Collegiate St., Wpg. Open mic, family oriented entertainment. Doors open 7:30 pm, feature act In Style, an all female accapella group, 8 pm. Free admission. Coffee and desserts available for purchase. Further info at happymikes.stjamesanglicanchurch.ca

Stroke Recovery Association of Manitoba Inc. (SAM) Auxiliary - Valentine Tea, Sat., Feb. 11, 1-3 pm, Immanuel United Church, 755 Golspie at Kimberley, Wpg. Wheelchair accessible. Loonie Toonie Bowl, Rainbow Auctions, Bake sale, Craft & Knit Sale, Door prizes.

SOCIAL PROGRAMS / SERVICES - WINNIPEG

St. James Assiniboia 55+ Centre - 3rd floor at 203 Duffield St., Wpg. Fitness classes: Beginner Yoga Fri. 9:30-11 am, Total Body Workout Tue. 9:30-10:30 am, Zumba Gold Mon. 10:15-11:15 am & Thur., 9-10 am, Lite 'n Lively Mon. 9-10 am, & Wed. 9:15-10:15 am, Beg. Tap Dance Wed. 10:45-11:45 am, Pilates Wed. 9:30-10:30 am, Meditation Workshop Thur. 1:30-3 pm, Meditation Thur. 1:30-2:30 pm, Gentle Chair Yoga Tues. 11 am-12 pm. Register or drop in welcome. **987-8850** or email: vlambert@stjasc.mb.ca.

Archwood 55Plus - Social Activities: "Hawaiian Luau", Feb 3, 12 pm; Valentine's Day Celebration Lunch and presentation in Ten Habits to a Healthy Life Style, Feb. 15, 12 pm; Festival du Voyageur Pancake Breakfast, Feb. 24, 9 am. Programs for Jan-Apr: Mon. Willow Stick Movement and Yoga; Tue. Strength and Balance Workout and Zumba Gold; Wed. Silver Sneakers Walking Group; Thur. Cardio-Strengthening Workout and Painting Class; Fri. Beginners Line Dancing and Social Activities. Call Melinda: 962-3331, Erith: **253-1779**, Jean: **255-2223** at archwood55@gmail.com

Prendergast 55 Plus Seniors Club - Programs: Cribbage Mon. & Wed., 12:30-4 pm. \$2/day includes coffee & cookies; Whist Thur. a.m. \$2/day includes coffee & cookies; Exercise program Tue. & Fri. \$2/week, 9:30-10:30 am. Soup & Sandwich luncheon every 4th Wed./month, 11:30-1 pm \$5. 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, model building, carving, cribbage, coffee, camaraderie and more. Call Doug: **832-0629** or **804-5165**

Dakota 55+ Lazars Program - Dakota Community Centre, 1188 Dakota St., Wpg. 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. Activities include; wood carving, wood burning, art classes, modeling (airplane, boats) or come to enjoy a cup of coffee with the men. The group is always looking for new members and program ideas. Call **987-8850**.

Seine River Seniors - 254 Lakewood Blvd., Wpg. Birthdays/Theme lunches, 2nd Tuesday of month. Call Sandra 255-8332. / Exploring Restaurants, last Friday of month. Next, Celebrations Theatre Matinee: Elvis, April 24. Call Fran 269-8584. / Creative Writing in English & French, alternating Thursdays. Call Pauline 253-8160. / Drop-in Tuesdays 1:00-3:00 p.m. last two Tuesdays of @month. Enjoy a variety of games, crafting, or just visiting with friends over coffee. For more information for dates & location, call Sandra **255-8332**.

Pembina Active Living 55+ (PAL 55+) - Winter Programs 2012. All programs held at Richmond Kings Community Centre, 666 Silverstone Ave., Wpg. unless otherwise noted. Mondays & Fridays, Seniors' Yoga (2nd level), Jan. 9-Mar. 19, 9:30-10:30 am. Lois: **261-1368**. / Tai Chi - Jan. 9-Mar. 19, 10:45-11:45 am. / Continuing Watercolour (2nd level), Jan. 9-Mar. 19, 1-3 pm. / Line Dance - Jan. 9-Mar. 19, 1-2:30 pm, St. Norbert Community Centre. / Tuesday Afternoon Drop-in., Heather: **269-8003**. / Still Bloomin' Gardening Club meets last Thur. of month, Jan. 26, Feb.23 & Mar. 29. Time 1:00 - 3:00 pm, and more. Contact PAL55+ to register or for more info: **930-5290**, or the specific numbers supplied. pal55plus@gmail.com

Age & Opportunity West End Senior Group - Free Social Dance, Mondays 1-2:30 pm. Belly Dancing course Fridays 10-11:30 am, Hula Dancing course Wednesdays 10-11 am, at the Clifton CC, 1315 Strathcona St., Wpg. Chinese Social Gathering Wednesdays 9-11:30 am, Line Dancing Wednesdays 1-2 pm at Isaac Brock CC at 715 Telfer St N., Wpg. Woodcarver's group meets Friday afternoon from 1-3 pm at the Clifton CC. Beginner Computer course Mondays & Wednesdays 10-12 noon at the Isaac Brock CC. 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** or www.centralcorydoncc.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.

VOLUNTEER OPPORTUNITIES - WINNIPEG:

Stroke 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.

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.

Community Events & More - RURAL

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Headingley United Church Players - 29th Annual Dinner Theatre, Song of the Mounties, Feb. 17, 18, 23, 24, 25, Headingley Community Centre, 5353 Portage Ave. Doors open 5:30 pm, Dinner 6:30 pm. Tickets \$40. Call **255-1123**.

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, ERIC®, 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 - Wpg Cont'd

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

Vital Seniors - St. Mary Magdalene Church, 3 St. Vital Road, 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 new sessions, Warren **334-3559**; Scrabble, Mondays, 12-4:30, Don **487-7835**; Lunches, last Tues. ea. month, Jan. 31, come sample a bit o haggis, June **256-0414**.

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.

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.

Email ready-to-print PSAs to: kelly_goodman@shaw.ca. No faxes please.

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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.