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Vol.12 No.13 June 17 - July 8/14

Senior Scope

The Paper for and about Boomers & Seniors in Winnipeg and rural Manitoba.

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(see page 2 for details)

Age & Opportunity Seniors and Lifestyles Housing Expo another Success!

New Seniors' School Tax Rebate announced at the A & O Expo

Healthy Living and Seniors Minister Sharon Blady announced the new Seniors' School Tax Rebate to the visitors of the A & O Housing Expo.

"More and more seniors are online today, using the Internet to connect with friends and family, and to seek out information about how they can save money," said Blady. "The new Seniors' School Tax Rebate will help make life more affordable for older Manitobans and I'm pleased that today it's easier to apply with the new online application."

Seniors can apply online at **www.manitoba.ca/seniorsrebate** as soon as they receive their property tax statement from their local municipality. The website also features an eligibility calculator to estimate the rebate senior homeowners may qualify for.

Seniors can save up to $1,335 this year with our new school tax rebate and existing education property tax credits.

An estimated 80,000 houses and

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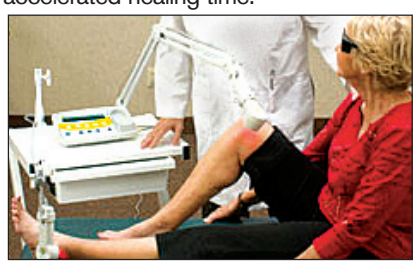

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Just under 1000 Athletes & Partcipants Ages 55-97 take the spotlight at the Manitoba 55 Plus Games in Neepawa

As they say, 97 is the new 77, or something like that. And if you ever attended this friendly competition as a spectator or participant, you would agree that people are hanging on to their youth much longer.

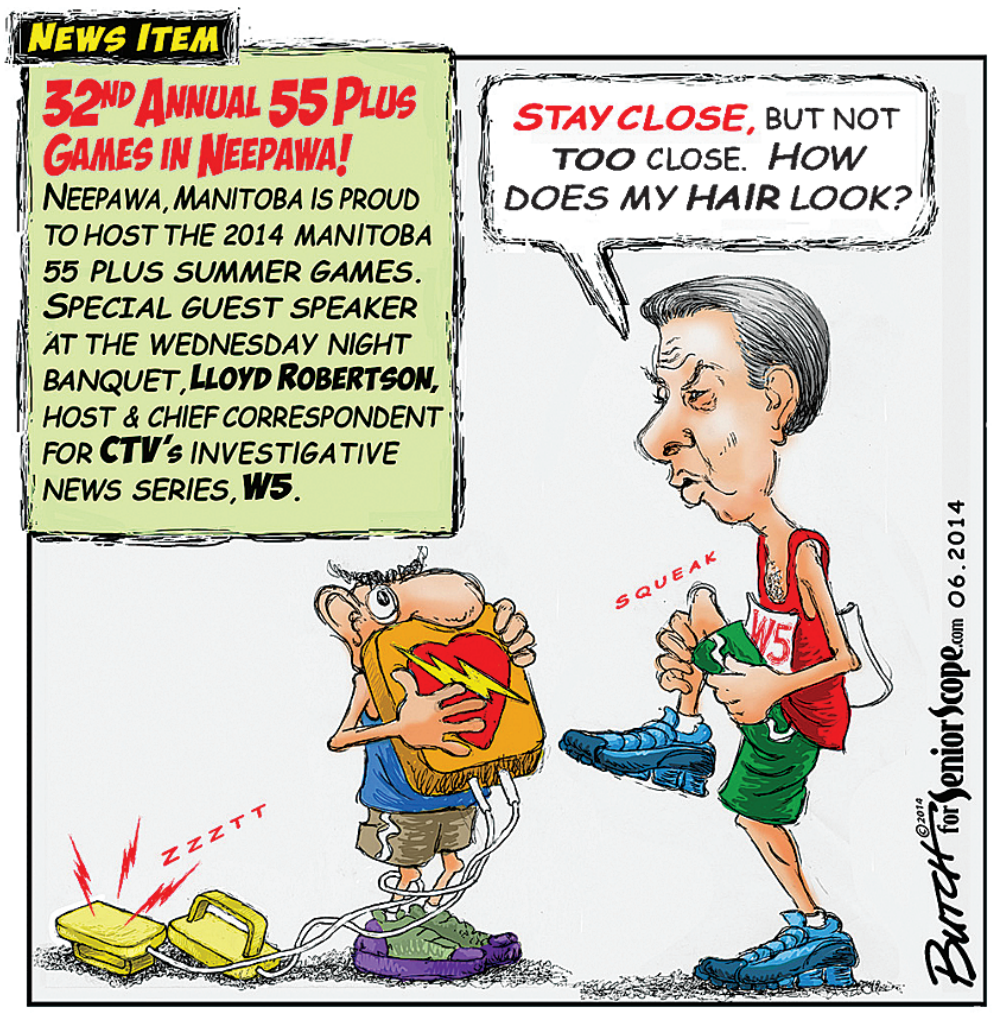
There's something to be said about physical activity - it does make you healthy and vital.

Neepawa is host to the 2014 Manitoba Lotteries 55 Plus Games, June 17-19 for the second time in nine years. ALCOA (Active Living Coalition for Older Adults in Manitoba) is the organizing body that took over from the Manitoba Society of Seniors several years ago. Jim Evanchuk, ALCOA's Executive Director, tells *Senior Scope* that there is a sport or competition for every age, including Cribbage (card tournament) and Bridge, floor shuffle, to more active sports such as Pickleball, slo-pitch baseball, swimming, golf, bike riding, track, and more.

Other event categories include tennis, horseshoes, bowling, 9- and 18-hole golf, arts & crafts, pole walking and the predicted walk. Jim Evanchuk's own mother, 86, and his sister have entered in this competition, and it's not as easy as you'd think. You have to guess how long it will take to walk a certain distance. Whoever comes closest to their own predicted guess wins.

"We are constantly exploring new age-friendly sports," explains Evanchuk. Pickleball was introduced only a couple of years ago at the 55 Plus Games in Arborg and it has taken off in Manitoba.

"They're taking it to the streets," Evanchuk says enthusiastically. He's referring to a woman named Sue MacKenzie who set up a court on her street and got the local children involved to hold a small tournament... like street hockey!



Many rural communities such as Stony Mountain, Teulon and other small towns have picked up on the game, and Stonewall is in the works.

This year Disc Golf will be introduced in Neepawa. It involves 'frisbees' and baskets on the course instead of holes. "With these types of activities, we are changing the way of how we're thinking of aging," says Evanchuk, adding, "Older adults still have what it takes."

The Wednesday night, June 18 athletes' banquet and variety night is sold out with over 400 guests. CTV's W5 host and Chief Correspondent, Lloyd Robertson will be the special guest speaker.

If you're attending the Games, you may get to witness 90-year-old John Holden run track in the 200, 400 and 800 metre races in the 80+ category.

And a 97-year-old woman will be a force to be reckoned with in a friendly, but stiff competition of Cribbage.

One thing that will be missing this year is the Elder Abuse Awareness Day march. This day falls on the Sunday prior to the Games, on Father's Day, but there will be several events province-wide to recognize the importance of this day.

The opening ceremonies will be Tuesday, June 17 at 10:30 am. If you are reading this before or while the games are on, consider coming down to Neepawa to cheer on the athletes. If not, read follow-up coverage in the next issue of *Senior Scope*.

See you at the Games! ■

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Older Workers balancing work and caregiving

By Sharon Blady

Manitoba seniors are among the most active, engaged and independent older adults anywhere, but many older Manitobans need a helping hand from time to time. In fact, we know that about one-quarter of Manitobans aged 65 and over require help from another person with at least one daily activity. This may include help with shopping, personal care or taking medications. That care is often provided by family members or friends, often referred to as informal caregivers.

In Manitoba, almost 73 per cent of caregivers are between the ages of 45 and 64, and many of them have regular paid jobs in addition to their caregiver role.

Balancing work and caregiver responsibilities can be tough on everyone involved. It can even have significant consequences for the caregiver at work, sometimes leading to work interruptions, missed workdays, reduced work hours or lost job opportunities. As a result, some caregivers may lose their job, quit or choose early retirement.

As part of the 40th anniversary of the Manitoba Home Care Program this year, our government is launching a new, five-year blueprint for continuing care to help meet the growing demand for services for seniors and to introduce new caregiver supports to help people live as independently as possible. *Advancing Continuing Care – A Blueprint to Support System Change* will guide provincial plans to support seniors and their family caregivers over the next five years.

"I am proud that we are the only jurisdiction in Canada with a Caregiver Recognition Act for informal caregivers, and we are one of the few places that provide financial support for caregivers."

~ Sharon Blady,
Healthy Living and Seniors Minister

Manitoba has a strong track record on which to build. I am proud that we are the only jurisdiction in Canada with a Caregiver Recognition Act for informal caregivers, and we are one of the few places that provide financial support for caregivers. The Primary Caregiver Tax Credit offers up to $1,275 to help offset out-of-pocket expenses that caregivers incur while looking after a family member. We expect it will benefit over 16,000 primary caregivers this year and put over $20 million into the pockets of Manitobans.

Finding balance between caregiver responsibilities, life and work can be challenging. Employed caregivers should be aware of resources that are available to help and reach out for supports when needed.

- *A Guide for the Caregiver* – provides information and resources for caregivers of older adults
- The new *Manitoba Seniors' Guide* – includes a section on caregiving and end-of-life care
- Rupert's Land Caregiver Services – call **204-452-9491** for more information
- Primary Caregiver Tax Credit – offers eligible caregivers a tax credit of $1,275 per care recipient to a maximum of three recipients. For more information, call **204-948-2115**.
- Compassionate Care Benefit – a federal benefit that provides temporary financial compensation and job security for a certain period of time for those eligible for employment insurance who want to care for a sick or dying family member

To help balance work and caregiver commitments, employed caregivers should consider the following tips and advice:

- Find out what benefits and supports are available through your workplace. Do you have an employee assistance program where you can talk to a counsellor when you are feeling stressed? Do you have family time you can access? Are there other special benefits available to you or the loved one you are caring for?
- Take care of yourself so you can help others. Find balance between work and caregiving responsibilities. Reduce stress, maintain your own health and, if needed, talk to someone you trust.
- Identify what you need from your employer in terms of flexibility and approach them with a plan. Be open to discussing options so both of you can develop a solution that works.
- Build a circle of support. Has someone offered to help or said, if you need anything just call? Think about that person's skills and abilities. Can they sit with your loved one so you can take some time off? Can they drop off a meal once a week? Can they search for information on the Internet for you when needed? Can they listen if you need to talk?
- Plan for the future. For example, consider future housing needs.
- Get legal documents in place such as power of attorney, a health care directive and will.
- Be aware of community resources that are available.
- Talk to the older person about their wishes.

Manitoba is also working with federal, provincial and territorial partners to offer two free online webinars for employers and older workers:

- **June 25, 2014** - This webinar will explore what makes a workplace caregiver friendly; best practices used by employers to create a caregiver-friendly organization; and the benefits for employers of creating a caregiver-friendly organization.
- **September 23, 2014** - This webinar is targeted to older workers balancing work and caregiving responsibilities and will focus on a variety of topics including the importance of self-care; how to approach an employer about workplace needs; and general tips on how to balance work and caregiving responsibilities.

For more information, and to register for these free webinars, please go to **www.chnet-works.ca**.

For Caregiver Recognition Day 2014, I was pleased to announce the following new initiatives intended to help make Manitoba workplaces more caregiver-friendly:

- The Manitoba government is partnering with the Canadian Cancer Society's Manitoba Division to host an awareness breakfast for Manitoba's top employers and other partners to explore how we can create more supportive workplaces for employed caregivers. Local employers who champion this issue will also receive national recognition.
- We are providing funding to Rupert's Land Caregiver Services to deliver caregiver courses in the workplace. Rupert's Land Caregiver Services is a non-profit organization that offers a range of support services for family caregivers of people aged 55 plus living in Winnipeg.

I applaud the incredible work done by all informal caregivers in Manitoba and I hope this information helps you find both encouragement and support. As always, I invite you to call the Seniors Information Line at **204-945-6565** in Winnipeg; toll free **1-800-665-6565** for more information. ■

Sharon Blady
Minister of Healthy Living and Seniors

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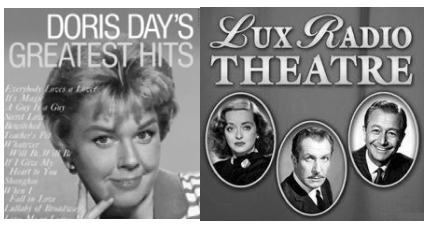

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FINANCIAL INFORMATION - LEAVING A LEGACY

Estate planning for blended families in common-law jurisdictions[1] *- PART TWO*

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

Key Points:

- A blended family is where some or all of the children are not the natural or adopted children of both spouses or common-law partners.
- A standard will may not be appropriate if you want to ensure that children of both spouses receive part of the combined estates.
- Possible options include spouse or common-law partner trusts, dividing the assets between the spouse and children, and using life insurance to satisfy all beneficiaries.

If you have any questions about avoiding excessive investment risk, I would be happy to help.

In the last (May 21/14) issue, Estate planning for blended families in common-law jurisdictions was discussed. PART TWO discusses some options:

If you want to ensure that the children of both spouses will receive part of the combined estates, it may not be appropriate to use standard wills. Here are some possible options.

(i) Spouse or common-law partner trusts

One strategy that individuals in blended families may want to consider is a spouse or commonlaw partner trust. If a spouse trust is used, then upon the death of the second spouse, the capital in the trust will be distributed according to the will of the spouse who died first, not according to the will of the survivor. This is because the assets never become the property of the surviving spouse – the assets are the property of the spouse trust, and therefore can be distributed to the children of the first spouse after the second spouse dies, even if the second spouse remarries, and even if he or she changes his or her will. However, if the trust is not drafted in accordance with the provisions of the Income Tax Act, there could be a tax liability upon the death of the first spouse, which is why it is crucial that you speak to an experienced estate lawyer if you choose to go this route.

Another way in which the strategy may fail is if all aspects of the estate plan do not work in concert. For example, if you have arranged your affairs so that none, or very few of your assets will pass through your estate, this type of planning will be ineffective. Many couples often hold title to their assets in joint names so that they will pass to the survivor automatically. If the assets pass directly to the surviving spouse, then they will not be subject to the conditions set out in the will. In many blended family scenarios, it may not be recommended that assets be held jointly, or that spouses be named as direct beneficiaries on registered assets (such as RRSPs, RRIFs or TFSAs) or insurance policies.

(ii) Dividing the assets between the spouse and children

However, there are many instances where using a spouse trust may not be recommended or practical. Consider the following:

- If the new spouse is close in age to the children of the previous relationship, it is quite possible that the children will not receive any part of the capital during their lifetime, since the children will only be entitled to receive the trust capital upon the death of the surviving spouse.
- If you feel that your surviving spouse and children will not be able to co operate after the time of your death, a spouse trust may not be practical. If your spouse and children are not likely to agree on the degree to which your spouse may encroach upon the capital of the trust, this could lead to protracted arguments, and potentially, litigation.

If the spouse trust mechanism is not feasible for any of the above reasons, then there may be alternatives. One option that may be available to individuals who have significant assets is to leave a portion of their estate directly to their spouse, and leave different assets directly to their children. However, this is sometimes more difficult to do than people realize, primarily due to the fact that a surviving spouse may have rights under various provincial statutes, including the ability to make an application for dependant's relief (or wills variation, if you live in British Columbia) or an application for a division or equalization of family property. In fact, it is relatively difficult to disinherit a spouse, which is why it is important to ensure that your will is properly structured, and to the extent possible, your spouse should waive any rights they may have to challenge the distribution of your estate. This type of planning should not be undertaken without the assistance of a lawyer who has extensive estate planning experience.

One other complication that needs to be considered when assets are left to persons other than the surviving spouse is the tax liability that can arise from that. Generally speaking, when assets are left to surviving spouses, they will "roll over" for tax purposes. However, if assets are left to children from a previous relationship, that could trigger a deemed disposition of any unrealized capital gain. In addition, registered investments left to children will usually become taxable immediately (except in very limited circumstances). A tax professional can help you determine the most tax effective method for distributing your assets.

In many cases, the items which are of most importance to children from previous relationships are family mementos and heirlooms. You should not assume that your children will be happy receiving just money from the estate. Sentimental items are often the items that cause the most strife among family members, so you should ask your children if there are any items that they may particularly want in order to prevent disputes and minimize any resentment against your surviving spouse. When items such as photographs, china, jewellery and art are given to a new spouse as opposed to iving them directly to children from the previous relationship, this can lead to disappointment, anger, family tensions, and in some cases, litigation. If there are some items that you want your children to have sooner rather than later (for example, personal items from a deceased parent), you should consider giving them to your children before you die, or specifically leaving them to your children in your will.

(iii) Using life insurance to satisfy all beneficiaries

For individuals who do not have sufficient assets to leave enough to their spouse to satisfy any potential family property or dependant's relief claims, yet still leave enough for their children, it may be simpler to leave your entire estate to your spouse, and instead purchase a life insurance policy for your children. This will help to ensure that each party will receive the desired amount, and will be free to use their inheritance as they see fit. This is usually the most simple and practical solution, and the option most frequently recommended.

Continued on next page

Are we doing enough to protect Grandma's generation

By Roger Currie

It's perhaps timely and appropriate that *Father's Day*, on June 15th, coincides with *World Elder Abuse Awareness Day*. It used to be that our grandparents were greatly valued and placed on something of a pedestal. It seldom occurred to most of us that the older generation might be in danger of abuse of various kinds .. financial, psychological, and even sexual. In recent years, when we speak of abuse, the focus has shifted to historic wrongs like the treatment of aboriginal people in the residential school system. With the rise of the internet and social media, the problem of bullying has climbed to a higher and more sinister level. But older Canadians are just as vulnerable as they have ever been, if not more so.

As the *Manitoba Network For the Prevention of Abuse of Older Adults* declares on their website (**http://www.olderadultabuse.mb.ca/**) "No one deserves to be Mistreated or Neglected". Indeed 'neglect' is a huge part of the issue because it contributes to depression which is a growing problem in the older adult population in Manitoba. Also on the Network's web page, "44% to 62% of abused older adults experience some level of depression." Sharon Blady is Manitoba's Minister of Healthy Living and Seniors. She says interest in the issue has grown steadily since the *World Awareness* day was first observed in 2006. "A lot of it has been about empowering folks to know what their rights are and to encourage people to speak up." she says.

Since 2010, Manitobans have had access to a 24 hour *Senior's Abuse Support Line* .. **1-888-896-7183**. It's operated by Klinic Community Health Centre with funding from the province. Calls to the line and other networking efforts have determined that some adults, 55 or older, were living in situations where they were definitely 'at risk' because of abuse or neglect at the hands of a family member. The province responded by funding the *Safe Suites* program which is operated by *Age and Opportunity, Support Services For Older Adults.* Temporary housing is made available at no cost for men, women and couples whose needs cannot be met by existing crisis services. The program also includes counselling and assistance with arranging things like finances. Stacey Miller of Age and Opportunity says "Networking is key, getting agencies across Manitoba to share experiences and come up with solutions that meet the needs. There is a role that everyone can play if they encounter an abusive situation."

Dara Maternick is coordinator of the Manitoba Network for the Prevention of Abuse of Older Adults. "The network includes more than 27 partners. We provide support to the regions and communities in Manitoba, sharing knowledge, education and resources" she says. Research suggests that somewhere between 4% and 10% of older adults experience some form of abuse, and with the general ageing of the population, the number of cases is expected to rise. Maternick says "On the *Awareness* day, we ask people to wear a purple ribbon in support of the effort." The Network uses a power point called *"It's Not Right"* in their training workshops, especially in the month of June. "We are working with credit unions and we'll soon be launching some online training that will be available to credit union staff on the issue of financial abuse" says Maternick. She hopes the major chartered banks will also get on board soon.

Seniors are particularly vulnerable to financial fraud like the infamous grandchild scheme. The fraudster telephones or e-mails a senior, posing as a grandchild or other younger relative. They spin a tale of being on vacation and losing their travelling money. They ask the senior to transfer funds as a loan, and of course the money is never repaid. Minister Blady says "It's the very fact that the older generation often tends to be more trusting and kind than some younger folks that makes them a tempting target for these scams. It's amazing the number I've spoken to who are already worried about their own memory. They become easily confused and embarrassed that they've lost track of a relative."

Blady says her department and the government hope that greater knowledge and awareness of such dangers will help to prevent financial losses that can be devastating for seniors on fixed incomes.

A reminder that the 24 hour helpline where all such matters involving older adults can be reported is **1-888-896-7183**. ■

Roger Currie is Winnipeg writer and broadcaster. He is heard regularly on CJNU, 93.7 FM.

Estate planning for blended families,

cont'd from page 4

However, caution should be exercised when using this strategy where you have young children. If your children are minors, or even young adults, it may not be a good idea to name them as the direct beneficiaries of an insurance policy. This is because the provincial government may have the authority to manage the funds until they reach the age of majority, resulting in unnecessary expense, and then the children will be entitled to the funds when they are potentially still too young to manage them. If your children are young, consider directing the insurance proceeds to an insurance trust, so that a trusted family member can manage the funds and distribute them over a period of time, when the children are mature enough to use the funds appropriately.

One other limitation to this strategy is the fact that as you get older, you run a higher risk of becoming uninsurable, at least at a reasonable price. Review your insurance needs with an insurance professional sooner rather than later, since you cannot take for granted the fact that this option will always be available to you.

As can be seen, estate planning for blended families can become quite complex. Speak to your Consultant to make sure your estate is structured in a manner that considers the interests not only of your new spouse, but your children as well. ■

Shirley Hill,
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[1] The information in this article is relevant for Canadian provinces and territories other than Quebec. Clients should always confer with an experienced family lawyer in their jurisdiction to understand the rules that apply to their specific situation.

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"Who ya' gonna call? Winnipeg's Hams!"

Public Demo of Emergency Communications June 28-29 WARC 2014-01

Despite the Internet, cell phones, email and modern communications, every year whole regions find themselves in the dark. Tornadoes, fires, storms, ice and even the occasional cutting of fiber optic cables leave people without the means to communicate. In these cases, the one consistent service that has never failed has been Amateur Radio. These hobbyists, often called "hams" provide backup communications for everything from the Red Cross to the City of Winnipeg and even for the International Space Station. Winnipeg's "hams" will join with thousands of other Amateur Radio operators showing their emergency capabilities Saturday and Sunday, June 28 & 29, 2014.

Over the past year, the news has been full of reports of ham radio operators providing critical communications during unexpected emergencies in towns across North America including the wildfires, winter storms, tornadoes and other events world-wide. When trouble is brewing, Amateur Radio Operators are often the first to provide rescuers with critical information and communications. On the weekend of June 28-29, the public will have a chance to meet and talk with local ham radio operators and see for themselves what the Amateur Radio Service is about as hams across North America will be holding public demonstrations of emergency communications abilities.

Using only emergency power supplies, ham operators will construct emergency stations in parks, shopping malls, schools and backyards around the country. Their slogan, "When All Else Fails, Ham Radio Works" is more than just words to the hams as they prove they can send messages in many forms without the use of phone systems, internet or any other infrastructure that can be compromised in a crisis. More than 39,000 amateur radio operators across the continent participated in last year's event.

Craig Fugate, Director of the Federal Emergency Management Agency in the US said "When everything else fails, Amateur Radio often times is our last line of defense... When you need amateur radio, you really need them."

Locally, the Winnipeg Amateur Radio Club will be demonstrating Amateur Radio at Canadian Mennonite University, at the intersection of Grant and Shaftesbury. They invite the public to come and see ham radio's new capabilities and learn how to get their own Industry Canada radio license before the next disaster strikes.

Amateur Radio is growing in Canada. There are now over 70,000 Amateur Radio licensees in the country, and more than 2.5 million around the world. Through the Amateur Radio Emergency Services program, ham volunteers provide both emergency communications for thousands of provincial and local emergency response agencies and non-emergency community services too, all for free. ■

Coffee Break in Rural Manitoba

Springfield News...

with Marion Clemens of Oak Bank, MB

By Marion Clemens

Hello everybody and welcome to the first spring/summer column in the year 2014.

We waited long enough and finally spring arrived in the month of May, that's two months too late .

But, we are happy that it arrived at all, bringing us warm sunshine plus the needed rain to make everything grow and turning the winter- brown grass into lush green lawns. Everything seemed to happen differently than in other years, including the too long and cold winter .

Let's turn now to a happier, inspiring topic – Gord Park – who lives in Oakbank where you can see him almost daily, rain or shine, scooting around in his wheelchair. He is well known in the Rm of Springfield. Park is suffering from ms: - multiple sclerosis, a sickness which so far still can't be cured. Around the year 2010 a new treatment was announced, but not available in Canada yet. This treatment would not cure the sickness but would make life more bearable for patients. To cover the costs of $11,000 needed for treatment and travelling to Mexico, Gord together with his wife Pam organized fundraisers and in October of 2010 Gord and Pam left for Mexico. .

I talked to both of them after their return and was happy to hear that their lives had changed so much for the better. Gord was diagnosed when he was only 23. He is now over 60 years old, which means he has lived with ms for more than 40 years.

Yes, the treatment helped a bit but his life still means not being able to walk. After return from Mexico Gord started feeling his legs again which enabls him to use the Steady Mate Walker at Kin Place Personal Care Home in Oakbank. He soon could feel his legs enough to be able to lift them and he does not feel constantly sick any more, resulting in having more energy. While Gord and Pam are happy for the changes, they can't understand why our government will not pay for this treatment.

Okay that was in 2010 and the situation is still exactly the same.

Residents of the Kin Place senior apartments were treated by Gord last week to a sing-along which he prepared to perfection, resulting in a most enjoyable sing-along of so many well known tunes among seniors. Thank you Gord from all of us at Kin Place. Wishing you the best . I hope you keep on smiling !!!! . because it's brightening the day for lots of people.

I'm closing with a totally personal remark: I'm wishing Robert-Falcon Quellette to win the mayoral race. Changes can often be for the best.

Till next month - so long - take care, living one day at the time! The older one gets - it's the only way to live!

Best wishes for all of you, take care - so long Marion

West End BIZ - Gets 'Bizzy' with Outdoor Mural Gallery guided walking and bus tours

West End BIZ, a non-profit association of businesses in Winnipeg's West End, again offers fun and informative guided walking tours of the area's outdoor mural gallery. These tours run from June through August. Cost is only $50 per adult and $2 per child under 12, including a short refreshment break at a local restaurant. The tours include interesting history about the area, fun trivia, descriptions about the murals and an introduction to the unique restaurants and businesses of the West End.

This is a great way to explore the area and local art! There are two tour lengths to choose from with flexible start times.

Bus tours are also available. The bus tour provides a comfortable and relaxed setting for participants. Buses and drivers can be provided by the tour participants or we can assist with making arrangements to hire one for you, though the fee for the bus would still need to be paid by the tour group.

Our bus tour is a great option for individuals with mobility issues who still want to experience the beautiful murals the West End has to offer. All tours include a refreshment break, which can be taken on the bus.

To book, call **(204) 954-7900** or email **muraltours@westendbiz.ca**. ■

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Age & Opportunity

Housing & Lifestyles Expo -

- *Answers for your questions*
- *Services for your needs*
- *Peace of mind for you*

By Deborah Lorteau / Photos by Senior Scope (except for those specified)

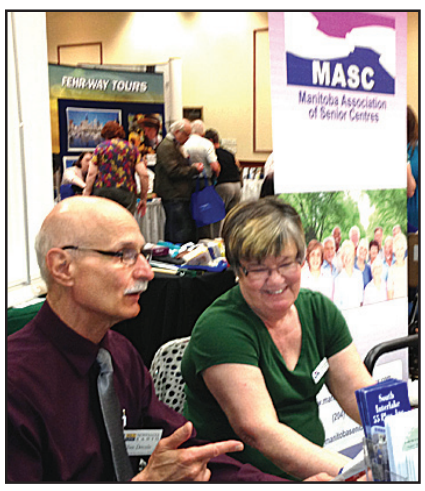

Photo by Deborah Lorteau

A & O: Support Services for Older Adults hosted another successful event and welcomed over 800 people of all ages to the **7th annual Seniors Housing & Lifestyles Expo**. This event took place on Tuesday, May 27th, 2014 and ran from 10 AM to 3 PM. The event was showcased at the Victoria Inn, located at 1808 Wellington Ave.

This event was a unique combination of informative exhibitors and presentations that ran throughout the day. Visitors learned about financial planning, upcoming changes to Winnipeg's Handi-Transit services, information about Residential Tenancies Branch, aging in place info from CMHC, Winnipeg Transit fixed route information presentation and a Housing presentation provided by A & O's Housing Coordinator Silvia Visintin.

Some of the comments from participants this year: *'My husband and I attended the Expo at the lovely Victoria Inn. We found it very informative with excellent staff and nice gifts and excellent pamphlets. We learned a lot and will now study and sort all the information we received', 'Well done! A wealth of info – Always worthwhile. Thanks'.*

There was a wide variety of exhibitors at this year's event that would appeal to many lifestyles. Older adults who were looking for more information on the process of downsizing to fit into a new lifestyle, as well as those looking for more information on making the transition from home to condo or seniors' residence, had the opportunity for those meaningful conversations.

Older adults who were researching support services to help them remain in their homes longer and keep their independence were also able to find resources available to them at this event. Some of the comments from the exhibitors included: *'Always a great expo. I've had the chance to work the last 3 Expos and can say that we have moved more books each year. Year 1-175, year 2-190. This year-194! Thanks for having us!' 'Stacey & Deborah are wonderful to deal with. Setting up was so easy the night before. Such a variety of seniors who attend the show and we get a good response from them.'*

Participants also had the opportunity to enter a number of free exhibitor draws at this information only no-sales event. For further information, visit **www.ageopportunity.mb.ca** or call A & O at **204-956-6440**. We look forward to seeing you again at the next Seniors Housing & Lifestyles Expo!

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Age & Opportunity - Housing & Lifestyles Expo, cont'd

The Dazzleberries of Winnipeg - Red Hat Ladies.

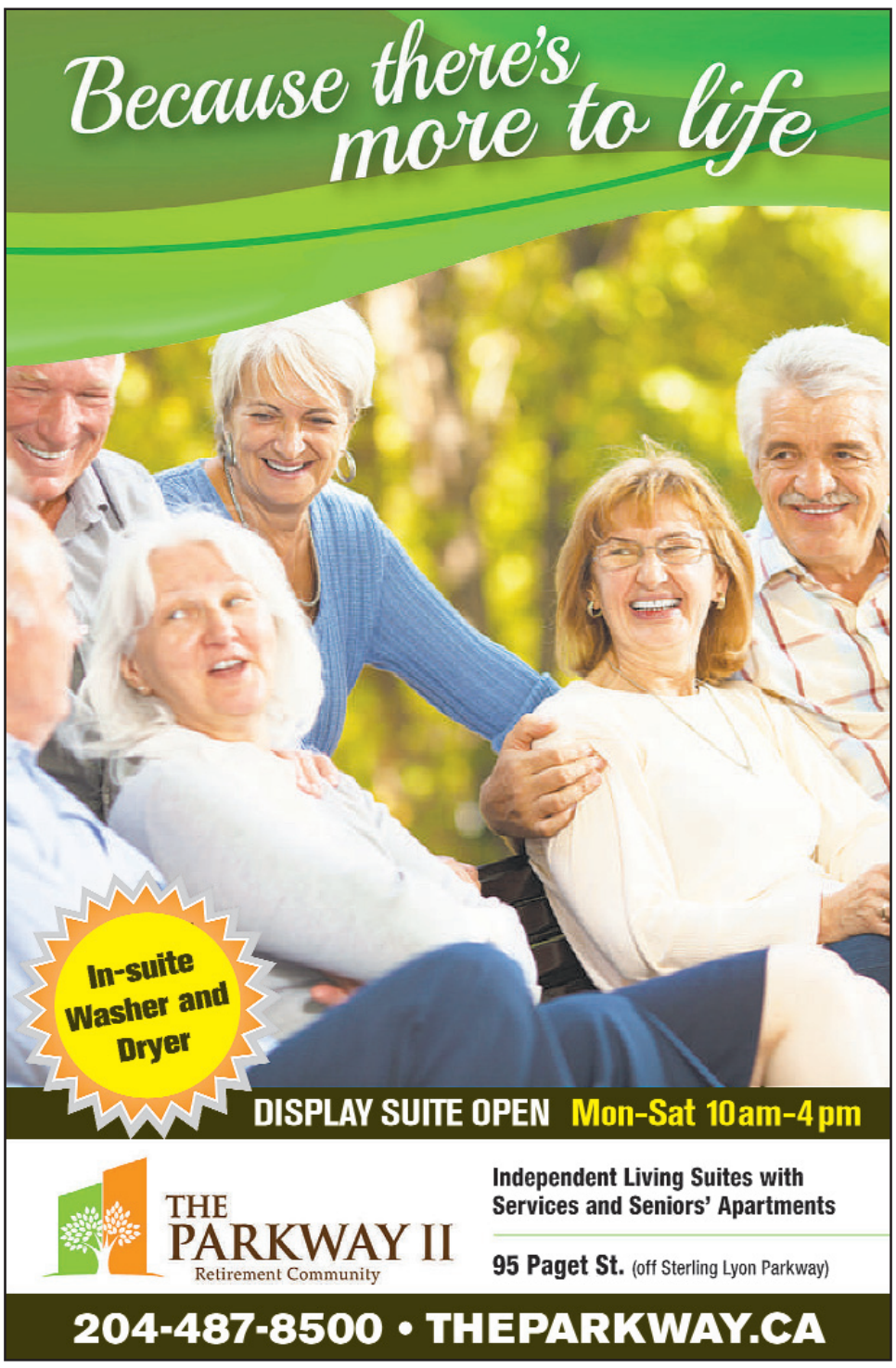
A&O
Support Services
for Older Adults

Healthy Living and Seniors Minister Sharon Blady announced the new Seniors' School Tax Rebate.

New Seniors' School Tax Rebate, cont'd from front page

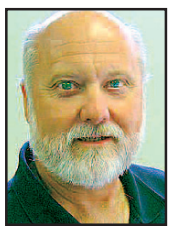
condominiums are owned by seniors in Manitoba. About 10,000 senior homeowners already have their school taxes fully covered by the Manitoba government's Education Property Tax Credit (EPTC).

Seniors can contact the tax assistance office by calling **204-945-7555** in Winnipeg or **1-855-893-8266** (toll-free), or by email at **seniorsrebate@gov.mb.ca**.



"The Buzz"

Coach Steeves Passes Away at 80; Statue for the Great Bud Grant; Volleyball Hall of Fame Inductions; Joe Pascucci retires; Tom Heffner Down but not out.



By Scott Taylor

One of the giants of Manitoba football has passed away. **Doug Steeves,** known as "The Godfather of Football," in Brandon died late last month at age 80.

Douglas Graham "Coach" Steeves, was hired as a physical education instructor at Brandon University in 1966 and went to become the founder of the Brandon University Bobcats football team. He coached the team through its final season in 1974. He also coached women's basketball, men's hockey and men's curling during his time at BU.

Steeves became athletic director at Brandon in 1967 and stayed in the position until 1975.

Coach Steeves has long been thought of as the Godfather of Football in Brandon. In fact, he is credited with starting the football programs at all three Brandon high schools: Vincent Massey, Neelin, and Crocus Plains.

"Any kid who has put on football equipment in Brandon has Doug Steeves to thank," local high school football coach and family friend **Kevin Grindey** recently told the *Brandon Sun.*

"That's his legacy that is going to go on. Some kid is going to put on a football helmet next year for the first time and may not know who Doug Steeves is, but he is certainly going to be the reason for it. Without question he is the father of football in Brandon and he's the reason there is football here. He has had a tremendous impact on past and future generations to come."

In recognition of his contributions to the Manitoba athletic community, Doug was inducted into the Manitoba Sports Hall of Fame in 2005. He was also inducted to the Manitoba Football Hall of Fame in 2013.

I knew Doug for more than 40 years, back to the days when I played basketball and football at the University of Guelph. He was a scholar and gentleman with a passion for sport and life who gave his life to make his community a better place.

Doug is survived by his former wife Janet, daughter Melanie and sons Greg and Mike. Mike is a tremendous football coach in his own right.

Donations in memory of Doug may be made to the Doug Steeves High School Football Programs, Friends of Education Fund, c/o Brandon School Division, 1031 - 6th Street, Brandon, Manitoba, R7A 4K5.

●●●

ALL-TIME GREATS INDUCTED INTO VOLLEYBALL HALL

The great **John Paulsen** and the gifted **Terry Gagnon** led a distinguished group of teams and athletes into the Manitoba Volleyball Hall of Fame.

The annual awards and Hall of Fame banquet took place last Saturday night at the Canad Inns Club Regent Hotel in Winnipeg and it was a huge night for the University of Winnipeg. Four of the six inductees were either University of Winnipeg teams or athletes.

Coach Doug Steeves.

The 1971-1974 University of Winnipeg Wesmen Men's Volleyball Teams along with players **Linda Fredericks (Tataryn)**, **Jo-Anne Richardson (Onishko)** and **John Paulsen** were all inducted into the Hall.

In total, the inductees for 2014 included four individuals plus one team – all experienced significant success at the national and international levels. Let's meet this year's inductees:

1971-1974 University of Winnipeg Wesmen men's teams that won four consecutive national championships and included the following players: **Bob Syko, Ed Alexiuk, Charlie Dickson, Rusty Rischuk, Gary Gerylo, Keith Doan, Barry Gros, John Paulsen, Robert Boyle, Tom McCormack, Bob Harrison, Keith Wasylik, Terry Braun, Randy Lawson, Bob Urquhart, Larry Kich, Ron Hinkewich, Cliff Bell, John Paulson, Gord Howard, Larry Plenert, Dave Leonhardt, Don Michalski, Dan Paulsen, Garth Pischke, Boris Tyzuk, Bruce Wasylik, Jim Matthews** and **Charly Bridle.** The coaches were **Jerry Ilchyna, Dr Glen Conly, Dennis Nord,** and **Larry Kich.** The managers were **Jerry Kolt** and **Dave Wilkinson.**

Linda Fredericks (Tataryn) won a high school championship and was named MVP in 1982 with the Kildonan East Reivers, played in the 1983 Canada Games and was a gold medalist and MVP at the 1983 Under-18 national championships before becoming a star at the U of W. She was a first team CIS all-Canadian in her rookie year, won the CIS gold medal at U of W in 1984, was a member of the national junior team, the national senior and won a second CIS gold medal at the University of Manitoba.

Jo-anne Richardson (Onishko) played on two provincial high school championship teams at Lord Selkirk and was MVP in 1986. She was a member of the national junior team, a gold medalist at the Canada Games in 1987 and won the CIS gold medal with the U of W in 1988. In 1989, she became a member of Canada's national senior team.

Terry Gagnon played volleyball at Acadia Jr. High and Fort Richmond Collegiate and between 1980 and 1983, won three CIS silver medals at the University of Manitoba. In 1984 and 1985, he won back-to-back gold medals at the U of M. He was a three-time CIS

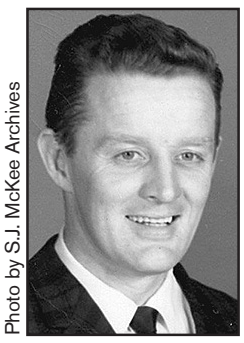
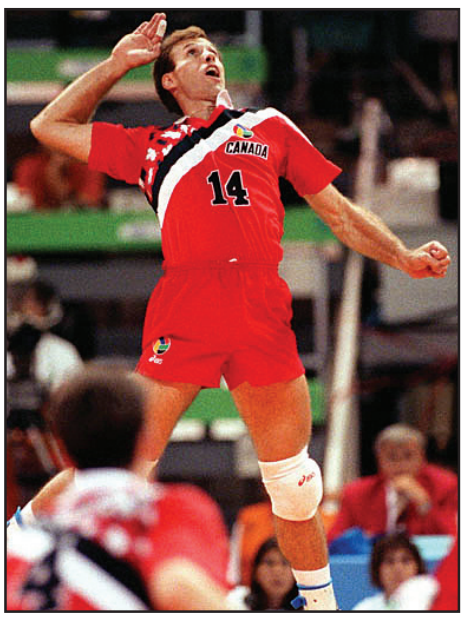


Photo by S.J. McKee Archives

Doug Steeves back in the day.

Former U of W Volleyball star Rusty Rischuk.



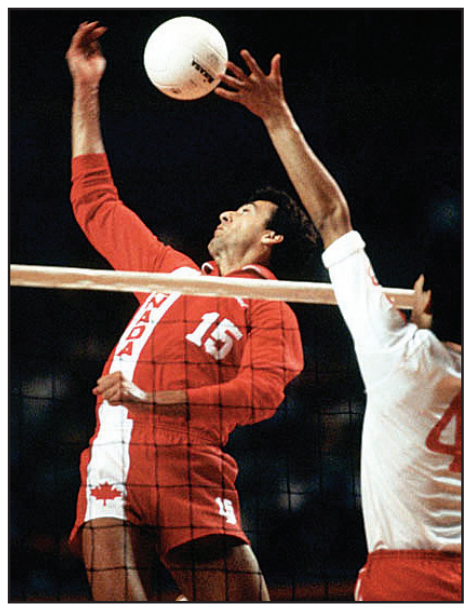
Terry Gagnon at the 1992 Olympics.

All-Canadian and CIS Player of the Year in 1985 and from 1985 to 1992 he was a member of Canada's national senior team and played in the 1992 Barcelona Olympics. He played professionally in France and Italy. In 2005 he won gold at the World Masters Games.

John Paulsen played volleyball and other sports at Kelvin High School from 1965 to 1969. In 1969, he led Kelvin to the city and provincial championships. He won three consecutive CIS gold medals from 1972 to 1974 at the University of Winnipeg. From 1971-78 he was a member of Canada's national volleyball team and played in the 1976 Montreal Olympics. As a member of the Winnipeg Volleyball Club, he won a national senior championship in 1979. He was a head coach at Red River College and the University of Calgary. Now 62, he still plays international volleyball for the national masters team at US Open Championships and World Masters Games. In 2007 he was inducted into the Volleyball Canada Hall of Fame.

●●●

One of the giants of Winnipeg television (CJAY and CKY) in the 1960s, 70s and 80s, the outstanding **Rod Webb**, is happy and retired in Victoria these days. And loving every minute of it... Canadian Masters champion bodybuilder, **Tom Heffner**, 67, who doubles as President of the Manitoba Bodybuilding Association suffered a massive heart attack on Sunday, May 18. He had five arteries replaced but is back home now, resting comfortably, with eight weeks of recovery ahead of him. Can't wait to see him back at Shaw Park. He's a big Goldeyes fan... There was news last month that Global TV was considering laying off large numbers of employees from their local sports departments right across the country. Thinking ahead and getting out when the getting is good, Global Winnipeg's legendary **Joe Pascucci** has announced his retirement after 32 years on air in the 'Peg. There was nobody like him... During the Stanley Cup playoffs, I had a great opportunity to sit down with the Montreal Gazette's Montreal Canadiens beat writer, **Pat Hickey**. He's 72 and covers the Canadiens every day, home and away. Looks great, too, still playing



Former U of W Volleyball star Garth Pischke.

Bud Grant.

Joe Pascucci - 1982.

tennis four times a week. Amazingly, he replaced the legendary **Red Fisher**. Fisher retired after 58 years as the Canadiens beat writer on June 20, 2012 at age 86. Who was the idiot who decided you have to retire at 65?

●●●

BOMBERS WILL UNVEIL STATUE TO HONOUR BUD GRANT

The greatest coach in Winnipeg Blue Bombers history will be honoured with a bronze statue outside of Investors Group Field this October.

Harry Peter (Bud) Grant coached the Bombers from 1957 until 1966 and won four Grey Cup championships and one CFL Coach of the Year award before heading south to coach the NFL's Minnesota Vikings to four trips to the Super Bowl.

Grant has 290 wins as a head coach in the NFL and CFL, third all-time, and is both a Canadian Football Hall of Famer and a Pro Football Hall of Famer. Grant, now 87, is expected to be in attendance at the annual Blue Bombers Legacy Dinner, scheduled for October 22nd.

"I certainly am unexpectedly honoured by something like this," Grant said in a written statement. "After so many years, it's quite a tribute, and I look forward to being there."

The six-foot tall, bronze statue will sit on a three-foot base with an inscription detailing Grant's accomplishments.

Grant first played end of offence for the Blue Bombers from 1953-1956 before being hired by the team at 29 to be its head coach. Prior to signing with the Bombers, he played one year for the Philadelphia Eagles of the NFL.

The statue is being crafted by Canadian statue manufacturer MST Bronze Limited. Among many prominent creations, MST created the Louis Riel statue on the lawn of the Manitoba Legislature, and the well-known "Our Game" installation displayed in front of the Hockey Hall of Fame in Toronto.

The Bud Grant statue will be erected just outside the Bomber Store at the southwest corner of Investors Group Field off Ken Ploen Way. An unveiling ceremony will take place during the week of the Bombers final home game of the regular season at IGF on Saturday, October 25th. ■

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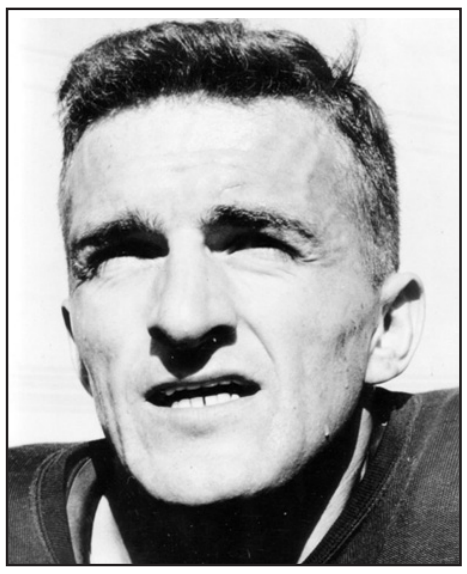
Paul Bennett: Our Manitoba Heroes Biggest Hero

By Scott Taylor

Paul Bennett.

Jeff McWhinney.

Paul Bennett back in the day.



Jeff's late father Kepper McWhinney - 1956.

For most of his youth, Paul Bennett was a football player.

He grew up playing ball at W.A. Porter Collegiate in Toronto, went to the University of Missouri on a scholarship for a couple of years, then returned to Canada to play at Wilfrid Laurier University in Waterloo for a couple of seasons.

He was protected by the Toronto Argonauts in the 1976 CFL Draft and remembers taking the bus, the subway and the street car from his mother's house to old CNE Stadium to practice every day.

An All-Pro defensive back and punt returner, Bennett was acquired by the Winnipeg Blue Bombers in 1980, went back to Toronto in 1984 and won a Grey Cup with Hamilton in 1986. However, he never really left Winnipeg.

He retired from the CFL in 1987, after 11 seasons in the game and finished with 45 interceptions and CFL records in punt return yards (6,358), punt return carries (659) and interception return yards (1,004). He was the CFL's Most Outstanding Canadian in 1983 and 1985, was a four-time CFL all-star. His career was wonderful.

However, his greatest work might have come after he left the game. Now 60-years-old, he was nominated for top volunteer in the Winnipeg High School Football League last year. In 2009, he brought the Canadian Football Hall of Fame Induction ceremony to Winnipeg. For many years, he was the volunteer junior varsity head coach of the Oak Park High School Raiders football team.

And last year, he created something that will have a lasting effect on the community: Our Manitoba Heroes. It's a way to recognize the people in one's life that really matter, people who have made this province a better place to live.

It's a simple concept that came with a load of work.

"The idea kind of evolved after a conversation I had with Jeff McWhinney, whose late father was Glenn McWhinney, 'The Keeper' who played for the Eskimos and Bombers and is in the Manitoba Sports Hall of Fame," Bennett explained.

"Glenn has a passion for the old Bomber players and together we felt it would be appropriate to do something for the beloved players who have been part of this organization – a community-owned organization – for the past 83 years," Bennett explained.

"What we came up with was a way to cheer for all the fans who had cheered for us for so many years. We wanted to honour them with a gala dinner that would serve as a way to say thank you to ordinary Manitoba people who do extraordinary things and to raise money for some worthy charities and the Blue Bomber Alumni."

Continued on page 12

By Roger Currie

Currie's Corner

The Beautiful Game

It's the middle of June and people are still paying big money to watch hockey in places like Texas and Los Angeles. In Brazil meanwhile, not all the seats have sold for the *FIFA World Cup* which will be lighting up TV screens around the world for the next several weeks.

Soccer is called *The Beautiful Game.* At the World Cup level, it truly is, but I can't help but wonder why Canadian men are not there in Rio and Sao Paulo? Are we not told that twice as many Canadian kids play soccer rather than hockey?

The difference in the cost of equipment is one obvious reason. And soccer has always been there. When I was in elementary school in Winnipeg in the 1950's, we played soccer at recess all winter long. We played even the day after a six inch snowfall, and when it was 20 below and colder. Strange that none of us ever got to compete in the World Cup.

Canadian women do better on soccer's world stage than our men, and they can draw a crowd. 28,000 recently showed up in Winnipeg for a 'friendly' against the American women. The colourful jerseys that you see at soccer games are fabulous, much cooler than football and hockey shirts.

You might say that the Beautiful Game succeeds despite being run by FIFA, who seem to have raised international corruption to a whole new level. Eight years from now, the plan is to play the World Cup in Qatar in the Persian Gulf. All of a sudden the world is realizing that players might die of heat stroke if they play the games there in June and July.

This year's event in Brazil is being overshadowed by major allegations of bribery in the awarding of the Cup to Qatar. Isn't sport supposed to unite the world? Tell that to FIFA. ■

Corner Gas: The Movie

'Shameless self promotion' time. If you're a lover of *Corner Gas*, check out the final season on *YouTube* or wherever. Look for an episode called *'American Resolution'*. Whilst living in Regina, I did a 'celebrity cameo' as a 'lacrosse convenor' would you believe. Don't blink while I'm on the screen.

Word comes this week that *Corner Gas: The Movie* will finally be shot this summer. All of us should take a look at it one way or another, because it's mostly our money that's paying for it. The miniscule budget of $8.5 million will come from a wide variety of government subsidies. It's a wonder that any of it is being shot in Saskatchewan.

Despite the fact that the much-loved TV show almost single-handedly helped to create an industry in the province, the government of Brad Wall shut most it down three years ago when they killed an all important tax credit.

Now the government is having to pony up more than what the tax credit would have cost, rather than risk the embarrassment of having a Saskatchewan story shot in Toronto or possibly Winnipeg.

It's hard to believe that only a decade has passed since Brent Butt first put the show together, and it became a run away hit on CTV. With the birth of *NetFlix* and other digital developments, the world of show biz is constantly changing.

Brent and his crew are now raising a substantial pile of money through *crowdfunding*. It's sort of the cyberspace equivalent of a prairie social or a yard sale. I wish them luck, and I'm totally ready for my close up. ■

Driving me crazy

Memo to the folks at *Google*, please hurry up with getting those cars that drive themselves on the market. I say that because scarcely a day goes by without further evidence that not only is driving not as much fun any more, it also isn't very safe, for a variety of reasons.

In Saskatchewan, the government is dedicating 60 police officers to enforcing driving laws. New legislation will hike up the penalties considerably higher for *driving impaired, driving distracted,* and of course driving too fast, also known as speeding.

The traffic police will have more power to seize vehicles, and the government says license suspensions will last longer. Enforcement will be stepped up on highways that are known to be dangerous such as # 39, the two lane road with no paved shoulders that carries heavy trucks to and from the *Bakken* oil fields in the southeast.

Close to 200 people are killed each year on Saskatchewan roads, and all of those deaths were preventable.

In Winnipeg, after considerable delay, a maximum speed limit of 30 kph will finally be in effect near elementary schools. Again, fines will be much higher, but will the streets be any safer? Winnipeg is big into photo radar and red light cameras. Last year, the total take from those tickets was more than $11 million, but the number of accidents continues to rise. Begs the age old question, is it about safety or *fundraising*?

Whatever it's about, it seems we have yet to reach the threshold where fines make all that much of a difference. In both provinces, talking on a cellphone or texting behind the wheel will get you a ticket costing $200 or more, plus demerit points that boost the cost of your license and insurance.

Pedestrians and cyclists are part of the whole picture as well, and we all need to do a lot better. ■

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio www.cjnu.ca/c-corner.shtml

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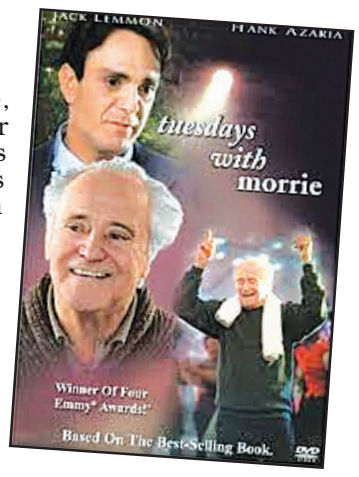
Medley - A collection of short stories
The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.
Available at:
Winnipeg: McNally Robinson - Grant Park Shopping Centre
Oak Bank: Oakbank Food Fare, Country Town 'N Dollar/Postal outlet, and 689 B Main Street, apartment 111.
Author's first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."
Both are biographical works, with the first book covering the years from 1933 to 1957 in Europe and the second, 1957 - 'til 2002 in Canada.

The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

Consumer health books, videos, and magazines for seniors, their families and friends.

June is ALS Awareness Month. Amyotrophic lateral sclerosis (also known as Lou Gehrig's Disease after the famous New York Yankees baseball player) is a fatal disease that primarily affects motor neurons, the nerve cells that connect the brain to muscles throughout the body. In most cases, ALS develops into complete paralysis, including the loss of speech, and the ability to breathe and swallow. There is no effective treatment for the disease and no cure. It is estimated that 2 people per 100,000 are diagnosed with ALS each year and most die within two to five years. ALS typically develops in individuals aged 40 to 70, but it can affect individuals in their 20s or 30s. In a small percentage of cases, ALS is hereditary but for most people there are no apparent risk factors. The **J.W. Crane Memorial Library** has two excellent DVDs on ALS that are worth watching, whether or not the disease has touched your life.

Stephen Heywood was 29 years old when he discovered that he had ALS. The documentary film ***So Much So Fast*** follows Stephen and his family for four years as they grapple with his diagnosis and decline. Stephen faces his disease by doing as much as he can while he can, including marrying his long-time girlfriend, having a child and rebuilding two houses. His brother Jamie, on the other hand, becomes a "guerrilla scientist", going outside the medical establishment and creating his own research institute in a valiant effort to save his brother. The film is a beautiful, funny and heartbreaking story about family and the bond between brothers.



The bestselling book and television movie, ***Tuesdays with Morrie***, both follow newspaper sports columnist Mitch Albom as he reconnects with Morrie Schwartz, a former professor who is now dying of ALS. As they visit over fourteen Tuesdays, Mitch once again becomes Morrie's student but this time the lessons are on life, happiness, love, acceptance and death. The movie features fabulous performances by Hank Azaria and Jack Lemmon, who won an Emmy for his portrayal of the 77-year old professor. Like the book, the movie is an emotional rollercoaster ride. One minute you are laughing out loud and the next you are reaching for the box of tissues.

Both ***Tuesdays with Morrie*** and ***So Much So Fast*** provide the viewer with information about ALS but ultimately they are a celebration of the human spirit and two men who decided to make the most of the time they had left.

The J.W Crane Memorial Library, operated by the University of Manitoba Health Sciences Libraries, is the largest specialized collection on geriatrics, gerontology and long-term care in Canada. Our Reading Room contains consumer health resources for Deer Lodge Centre residents, their families and members of the community. Consumer Health borrowing cards are available free of charge. Items may be borrowed for two weeks. The Library is open Monday to Friday 8:30-4:30. **dlclibrary@umanitoba.ca / http://libguides.lib.umanitoba.ca/deerlodge**

GOOD NEIGHBOURS ACTIVE LIVING CENTRE ACHIEVES ACCREDITATION FROM IMAGINE CANADA'S STANDARD PROGRAM

Good Neighbours Active Living Centre proudly announces that they have been awarded accreditation status by Imagine Canada. Imagine Canada is a national charitable organization whose cause is to strengthen Canada's charities and non-profits to ensure they are innovative, transparent, ethical and well governed.

In meeting all 73 organizational standards, Good Neighbours takes pride in service to the community; enhancing quality of life, building knowledge and contributing to the needs ofindividuals 55 years and over. This achievement demonstrates to current and future donors that the Centre operates in a principled and professional manner.

For further information, pleases contact Susan Sader, Executive Director, at **204-669-1710**, ext. 224 or email **director@gnalc.ca** ■

Paul Bennett, *cont'd from page 11*

Bennett and McWhinney came up with Our Manitoba Heroes to honour people who may be courageous, kind, noble, self-sacrificing, champions of the underdog, principled, humanitarian, compassionate, honourable, whatever? They are people who have made a strong, lasting impression in the life of the nominator. They are people who have devoted their lives to acting without thought of reward for themselves.

And at **ourmanitobaheroes.ca**, anyone can nominate anyone he or she wishes.

"Last year, our first year, we put on a great gala at the Convention Centre," Bennett explained. "This year, we're at the Fairmont Hotel. We have a great committee, but what we really have are great sponsors – Steve Loney at Trans-Canada Pipeline was the first on board. We have Scotiabank, South Beach Casino and the Ramada Viscount. The old Viscount Gort was the first place I had dinner and a beer when I was traded to the Blue Bombers."

Last year, the beneficiaries were Siloam Mission, Hampstead School (a small aboriginal and international EAL school in Transcona) and the Blue Bomber Alumni. Bennett had hoped that the Alumni, which received $30,000 from the gala last year, would be a permanent beneficiary but after a disagreement over a clerical error, the Our Manitoba Heroes board decided to go in a different direction and this year will once again partner with Siloam Mission and add on Kidsport and the Wildlife Haven Rehabilitation Centre.

"We got a lot of push back from both the Alumni and the Winnipeg Football Club," Bennett said. "But we have had such a wonderful relationship with Judy Rechichi and Brenda Bourns at Siloam Mission that we're thrilled to have them back. They've provided us with so much promotion for the gala and they brought (Hockey Night in Canada broadcaster) Scott Oake aboard.

"We're looking long term. We have our partners heavily involved with everything we do and we want to make this the biggest, most important annual gala in the province. It's a simple concept. We just wanted to do something good for the community." ■

TRAVEL & ACTIVITIES

Kinsmen Jackpot Bingo
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FORT GARRY WOMEN'S RESOURCE CENTRE
WE NEED YOUR INPUT
in the development of our Workshops for Women!
Fort Garry Women's Resource Centre has received funding from Neighborhoods Alive! Localized Improvement Fund for Tomorrow (LIFT) program to coordinate up to **25 Workshops for Women** – Topics to be based on **YOUR INPUT!**
Workshops will provide women with important health information, practical skills, and resources for **FREE** starting late Spring 2014 focusing on areas of: *Nutrition, Food, Physical Health, General Health & Wellbeing!*
To participate in our short survey (4 easy questions) to provide your input in helping us develop our health project - Please visit: **www.fgwrc.ca**
All Workshops will Include: Childcare Bus Tickets Healthy Snacks Giveaways/Draws !!!

Things to do in Winnipeg

EVENTS

Congress of Black Women of MB: Global Flair: A Multicultural Fundraising Fashion Show: Sat. Jun. 28 at Manitoba Theatre for Young People. Doors open 6 pm, Show 7:30-9 pm. Great music, door prizes. Tickets $25 ea. avail. at MTYP, 2 Forks Market Rd. 204-942-8898 or www.mtyp.ca/buy-tickets.cfm.

ALS Society of Manitoba - AGM and Volunteer Appreciation Event, Wed. Jun. 25. AGM- 6 pm, Volunteer Appreciation - 7 pm, at Victoria Inn, 1808 Wellington Ave. RSVP: **204-831-1510**.

South Winnipeg Seniors Slo-pitch - SENIORS HAVING A BALL, May-Oct. To join or for more info, call Bob: **204-261-3033** or Metro: **204-256-4074** or Janice: **204-831-5641**, or visit **swssp.coffeecup.com**.

The 7th Handbell Guilds of Canada National Ringing Link - Jul. 2-5. Sat., A Dickens of a Ring!, Jul. 5, 2 pm - come and listen to a hundred handbell and chime players ring together in a massed ringing concert. The concert is free to the public however those wishing to make a contribution at the door, that would be welcomed.

Nearly New Shop - Summer Fun Sale, June 20-28, 961 Portage Ave. 50% off dolls, toys, books, games, puzzles. All proceeds to Children's Hospital Foundation Of Manitoba

Winnipeg South Osborne Legion # 252 at 426 Osborne Street - We have various programs and activities including snooker, English Billiards, 8 Ball, Darts & Cribbage, Bingo 6:30 every Sun. & Fri. Live bands Fridays 9 pm. Visit **www.rcl252.mb.ca** for more info.

Senior's Day "GO4health Expo" - Wed. Jun. 18, Red River Exhibition Park, next to Assiniboia Downs. Many activities, entertainment, interactive displays and education booths to promote "Living Well at 55+"

Urban Retreats Garden Tour - Sat. June 21, 10 am-4 pm, rain or shine. Self-guided tour of Deer Lodge gardens in support of St Matthew's-Maryland Community Ministry. Tickets $15, available at McNally Robinson Booksellers, Shelmerdine Garden Center, or by calling the Community Ministry at 774-3957. **A Manitoba Tea (and bannock) -** 11:30-2 pm at Silver Heights United Church, 199 Garrioch Ave. at Mount Royal. Tickets - additional $5 at door.

Aboriginal Seniors Resource Centre - Cash Bingo, June 19, July 10 & 24, Doors open 12 noon, Bingo 1-3 pm at Indian and Metis Friendship Centre, 45 Robinson St. Jackpot $100.00 Call **204-586-4595** for more info. All proceeds go to Seniors and Elders activities and programs

The Raging Grannies of Winnipeg - Join us as we sing out against injustice. We'll take on war, poverty, homelessness, women's issues and much more. If you are a mature woman, like to sing, and want to make a difference why not check us out? You don't need to have a great voice, just an attitude! Call Leuba: **204-453-1486** or Marilyn: **204-414-4343**.

Bowls Manitoba - Canadian Lawn Bowling Championship, Aug. 17-23, at 100 Ferry Rd. in St. James and 1212 Dakota St. in Dakota/Norwood, Wpg. Volunteers are needed. Call Marilyn: **204-256-6744** or email Cathy: **bowls@shawbiz.ca**. For an introduction to Lawn Bowling as a sport, attend a free brunch and lawn bowling, May 31, 10 am, at 1212 Dakota St. Bowl, brunch at noon. RSVP: **204-256-6744**

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

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Visitors, guests and new members welcome. Call Barré Hall: **204-296-6498** for info.

Red River Coin & Stamp Shows - monthly through June 2014. Free adm. Charterhouse Hotel, 2nd Sun. of mo., 10 am-4 pm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Call Andy Zook: **204-482-6366**

VOLUNTEERING

Rupert's Land Caregiver Services - transportation program needs volunteer drivers to take clients in S.W. Winnipeg to appointments, shopping and social outings. Compensation for gas/parking provided. **204-452-9491** or email **rlcs_vol@mts.net**

Victoria Lifeline Home Service Representatives - Volunteers needed to travel throughout Winnipeg to explain the personal emergency response service & to set up Lifeline equipment in people's homes. Volunteers require a car and will receive mileage reimbursement. Flexible schedules and training provided. Call **204-956-6777** or email at **sdewalt@vgh.mb.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 **204-774-3085** for details.

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Call Janet Paseshnik: **204-257-6688**

Bethania Personal Care Home and Pembina Place - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. Call: **204-654-5035** or email **dianne.nixdorf@bethania.ca**

Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

SOCIAL PROGRAMS / SERVICES

High Steppers Senior's Club - at Winakwa Community Center. Where seniors can come and meet and have fun. Wed. & Thur. 10-2:30 - Provide a fun day of games, cards, friendship, and more. Light lunch, refeshments. Call **204-619-8477** New members welcome.

Pembina Active Living 55+ (PAL) - Garden tour on Sat. Jun. 21, 9-4 pm. Tickets ($15) available at PAL Office, Gardens MB or 204-895-4560. Social dance on Thur. Jun. 19, 1-3 pm, at St.

Norbert CC, 3450 Pembina. Drop-in activities: PAL Pedallers (cycling group), PAL Putters (golf), lunch PALS, movie PALS, drop-in bridge, bocce ball. Info: **www.pal55plus.ca**, **204-946-0839** or e-mail **info@pal55plus.com**.

Archwood 55Plus - at Archwood Community Centre offers exercise classes, card and board games, line dancing, social activities (monthly luncheons, pIckleball, bowling, etc.), bus trips adn more. Call **204-416-1967** or visit **www.archwood55plusinc.weebly.com**

Senior Achievers - meet every 3rd Thursday, 1-3 pm at 406 MacGregor St. Join us for bingo, 50/50, meat draws, door prizes, coffee, and socializing. Call Rose Manulak: 338-3833 for more info.

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Exercise class Tues. & Fri., 9:15-10:30 am; Mon. luncheons 4th Wed., 1130 am-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

Weston Seniors Club - Offering a variety of programs: computer training, cooking, recreation, chronic health mgmt, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan for most activities. Call Harvey **204-774-3085** for info or to volunteer

Bleak House Senior Centre - 1637 Main St. Mon. 1 pm - Whist; Tue. 10 am - Coffee & Conversation, Noon - lunch; 1 pm - Bingo & Ceramics, Thurs. 1 pm - Cribbage; Fri. - Quilting. Info: **204-334-4723**. New members welcome.

Good Neighbours Active Living Centre (720 Henderson Hwy) - offers programs and services to 55+: expressive arts, fitness classes, educational classes, workshops, presentations, bookstore and a Café that offers soup, sandwiches and more. Call **204-669-1710**

The Friendly Settlers Senior Citizens Club - Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Live Auction, June 7, 1-3 pm, at 400 Day St. Everyone welcome to bring items large or small and cooking/baking. Keep 70%, 30% goes to the Club. Free admission, door prize. Jean: **204-222-7504** or Linda: **204-222-0281**

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthcart St., offers a Congregate meal program to area residents 55 plus. Registration required. Volunteers needed for 1 hour per week cleanup. Call **204-889-3687** for info or to register. Leave msg for Lesley.

Dufferin Senior Citizens Inc. - 377 Dufferin Ave. Mon. - Shuffleboard & Bingo; Wed. noon - soup & perogy lunch. Perogies for sale. Every 2nd Sat., 12-4 pm, dance, 4 piece band & lunch. **204-986-2608**

Vital Seniors - Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays & Fridays: **204-334-3559**, Monthly Luncheon, Tuesday: **204-256-0414**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Road

The Salvation Army - Seniors 55+ Program, Tuesdays, 9:30-11:30 am, at the Barbara Mitchell Family Resource Centre, 51 Morrow Ave. Coffee/tea, crafts, board games & more. Call **204-946-9152**.

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

Magdala House - Weekly hot meals for St. Vital community to help people deal with a lack of nutritious food daily. Tuesdays: 10 am - coffee/tea and light snack, 12:30 - hot meal. Open til 3 pm at 5 St. Vital Road. Donations, assistance of any kind, and volunteers gratefully accepted. Call: Dayle **204-269-5528** or email: **dayleatmalachi@shaw.ca**

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

A & O: Support Services for Older Adults - Visit **www.ageopportunity.mb.ca**

Elmwood-East Kildonan Active Living Centre - 180 Poplar Ave. & Brazier. Various scheduled and drop in activities. Call **204-669-0730** to confirm if activity still on.

Dakota 55+ Lazers Program - Progams at Jonathan Toews Community Centre, 1188 Dakota. Call Karen: **204-254-1010** ext. 206

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

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **(204) 987-8850**

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

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

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

Senior Centre Without Walls through A & O - Support Services for Older Adults offers free educational and recreational programs over the phone, for socially isolated adults 55+ living in Manitoba. Groups welcome too. Call toll-free number or we can call participants into the line when unable to do so themselves. **204-478-6169** or email: **swsrc@mymts.net** for info.

Please mention Senior Scope when contacting our advertisers. It helps them track their ad effectiveness in Senior Scope. Thank You.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Portage La Prairie Farmer's Market - Baking, Crochet, Flavoured Honey, Jewelry, Knitting, Sewing, & Home Based Businesses just to name a few things that appear at our year round market. Come check what our friendly vendors have to offer. Sat. 10 am-2 pm. Inside the PCU Centre, 245 Royal Rd. S, Island Park, R1N3C5. New vendors encouraged. Contact: Robyn text or call **204-240-7541**, email **robynscrafts@mymts.net**, Facebook: **PortageFarmersMarket**

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: **204-883-2880**

East St. Paul 55 Plus Activity Center - Accepting memberships from East St. Paul area residents. Various activities and quilting open to all members. Call **204-661-2049** or **204-654-3082** (msg).

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. No faxes please.
Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.

Peak of the Market — Proudly Canadian

Recipe OF THE DAY

Sausage Pan-Fry

Metric	Ingredient	Imperial
500 g	potatoes, sliced	1 lb
15 ml	vegetable oil	1 tbsp
8	large sausages (flavoured or plain)	8
1	red onion, cut into wedges	1
15 ml	tomato paste	1 tbsp
150 ml	red wine	2/3 cup
3	large ripe tomatoes, cut into wedges	3
375 ml	broccoli florets, blanched	1 1/2 cup
30 ml	fresh basil, chopped	2 tbsp
-	salt & pepper to taste	-

Cook potatoes in a pan of boiling water for 6 to 7 minutes; drain thoroughly and set aside.

Meanwhile; heat oil in large skillet. Add sausages and cook for 5 minutes turning frequently to ensure browning on all sides.

Add onion pieces and continue cooking for another 5 minutes, stirring mixture frequently.

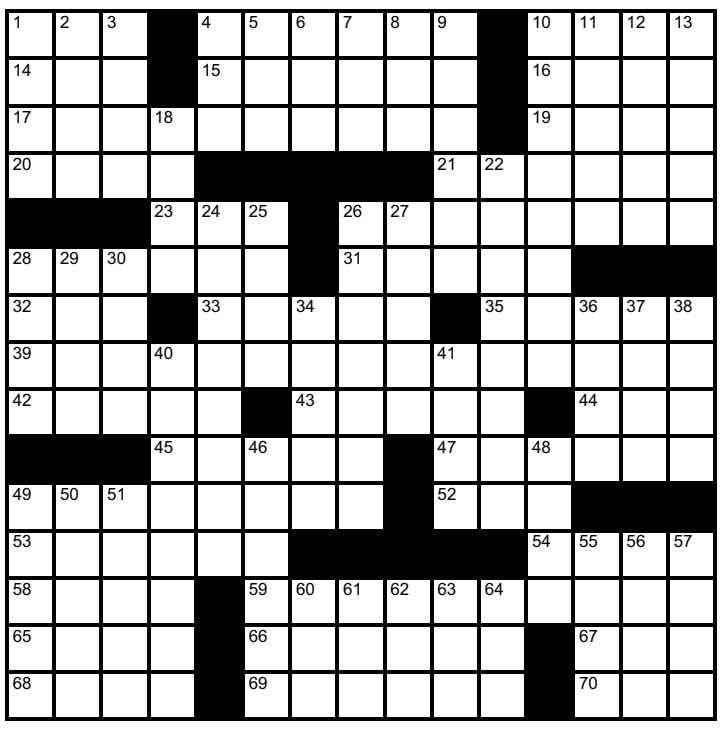
Stir in tomato paste, wine and mix together. Add tomato wedges, broccoli and basil to pan and mix carefully.

Add potato slices to pan. Cook mixture for about 10 minutes or until sausages are completed cooked through. Season to taste with salt and pepper.

Serves 4 **www.PeakMarket.com**

CROSSWORD -

The Name of the Game By Adrian Powell

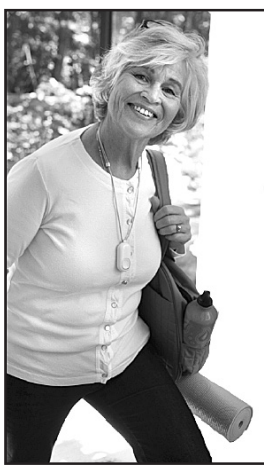


ACROSS

1 Frequent flyer material
4 A Manxman might speak it
10 Pesky little bug
14 Virginia spy org.
15 Banderillero's foe
16 Without a partner
17 Sr. Games event where you can't have high stakes?
19 Pay-to-play fee
20 Estrada of "CHiPs"
21 Achieved a goal
23 Peruvian singer Sumac
26 Sr. Games event where stealing is illegal?
28 Bone-related
31 Basil-based pasta sauce
32 "The Thin Man" co-star Myrna
33 Modify, in a way
35 "Adam Bede" author
39 Sr. Games event where you might get slammed?
42 Humpbacks do it
43 Red-eyed songbird
44 East or west suffix
45 Italian fashion capital
47 Reddish brown
49 Sr. Games event that might involve crawling?
52 Retailer's charge, usually
53 Birchbark craft
54 Where the altar is
58 Operating system for servers
59 Sr. Games event where good service really matters?
65 Nota ___
66 Enter stealthily
67 Pot-scrubber's aid
68 Implores
69 Poured down
70 Catch a peek of

DOWN

1 Back problem
2 "Sack Look" designer
3 Bollywood starlet's attire
4 "Aw, shucks"
5 Montreal's CFL team, slangily
6 Addis Ababa's land, for short
7 Biffy, in Bristol
8 Hot head emotion
9 Carl Sagan's old PBS series
10 Colourful, spiky blooms
11 Supreme Court justices, e.g.
12 Bit of high jinks
13 Choppers
18 Hebridean isle
22 Wingless
24 Like the eastern provinces
25 "Beetlejuice" Baldwin
26 Acting maliciously
27 '70s Governor General Jules
28 Old GM brand
29 Mulligatawny, e.g.
30 Exmaple, for example
34 Jakarta native
36 Bad day for Caesar
37 Shrek, notably
38 Bit of scouting equipment
40 Clumsy oafs
41 Arctic floater
46 Daffy Duck, e.g.
48 Wild guess
49 Explore a coral reef
50 Dwindles
51 Confident way to solve crosswords
55 Overtake
56 Wild plum variety
57 Alternately...
60 Lupino of "Devotion"
61 Screen effects used in "Avatar"
62 Barbie's beau
63 Falsehood
64 Finalize



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Two Draws, Two Prize Packages!

Draw Dates: **July 4** & **August 1** 2014

Prizes will accumulate until draw dates

Name _____ Phone _____

Address _____ Email _____

Mail entry to Senior Scope, Box 1806, Stonewall, MB R0C 2Z0

1. What is your age group? ❑ Under 24 ❑ 25-49 ❑ 50-64 ❑ 65+
2. How long have you been familiar with Senior Scope? ❑ 0-1 yr ❑ 1-5 yrs ❑ 5-10 yrs
3. Do you have access to Senior Scope? ❑ Yes ❑ No
If you answered "No" where would you like to see Senior Scope at?
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4. Where do you find Senior Scope? ❑ Winnipeg ❑ Rural Manitoba ❑ Online
5. What type of venue? (ie. hospital, grocer, 55+complex, etc., if not online)
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6. Do you support Senior Scope advertisers? ❑ Yes ❑ No
7. What do you enjoy most about Senior Scope?
_____
_____
8. Do you share your "Scope" with others? ❑ Yes ❑ No If Yes, how?
9. What other senior or 55+ publications are you familiar with? _____
10. Suggestions or comments:
_____
_____

ONE ENTRY PER PERSON, PLEASE.

SS June 17/14

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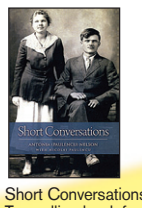

Short Conversations - Top selling book for March, 2014 at McNally's Bookstores

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Two tickets to Rainbow Stage's 'The Producers' Show - July 4-19/14

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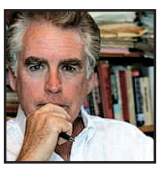
HUMOUR COLUMN:



Kelly Beck Ruled The Neighbourhood … Today The World.

By William J. Thomas - Humour Columnist

I ran into Kelly Beck the other day and the fondest of memories came flooding back. The kid is alright.

A few years after I moved here to Sunset Bay in Wainfleet, Kelly Beck was seven years old with long, blond hair and shy, hazel eyes. This kid could sell exercise bikes to dead people.

Kelly was the neighborhood salesperson. While other children, all duded up with 10-gallon hats and cap guns were playing cowboys and native persons, Kelly was going door-to-door along Sunset Bay sending her prospective customers scurrying for crawl spaces with handfuls of Extra-Strength Tylenol.

It's not so much what she was selling, because quite often Kelly's wasn't really sure. In fact, for a while Kelly had an older girl working with her door-to-door. This was before Kelly could talk. When Kelly was old enough to talk she told me the older girl's name was District Sales Manager and she had had her fired.

Kelly affectionately referred to her house as The Home Office, her brothers and sisters as Account Executives and the yellow school bus as the Company Car.

Kelly was so smooth she didn't even bring the product around with her anymore. She carried an order form headed "Ja Want Sum?" and a pen. That was it. A great sales person as Kelly used to say, doesn't need product – "Thell the Thizzle, not the thsteak!"

I know I was her best customer. Even if I had been her only customer, Kelly Beck would have made more in commissions back then than the guy with exclusive sales rights to cell phones in Mississauga.

Kelly's key to success was not the product, but the pitch. Her weak, almost inaudible knock at the door said: "I'm embarrassed to be here and I'm sorry to bother you, but two slathering rottweilers and a hailstorm aren't going to move me away from this door so get out here, I don't have all day."

Once the door was opened, you were done. Kelly would shift from one foot to the other, lock those pretty-please eyes on you, thrusts the pen and paper toward you and without mentioning what she was selling she would say: "Ja want sum?"

The cloth for all intents and purposes, had been cut. The choice was clear: sign or be guilty of cruelty to second graders working their way through Wainfleet South Elementary School.

It was easier to say "no" to Revenue Canada than to Kelly Beck, the Mary Kay of Sunset Bay. You sign.

I had jars full of Girl Guide cookies, a fridge full of cheese, enough tickets of chance to warrant a gaming licence and so many magnetic note pads on my fridge, my lawnmower kept trying to get into the house.

I sponsored Kelly Beck in so many Walk-A-Thons, Swim-A-Thons, Bowl-A-Thons, Bike-A-Thons, Stand-A-Thons, Sleep-Over-A-Thons and Whistle-While-You-Work-A-Thons that she should have legally had her name changed to "The Bionic Beck."

My tab for Kelly's one Walk-A-Thon was $250.00. The next time she made a sales call on me, I called her on it. She admitted she had applied the "exertion times ten" option but insisted it was a very worthwhile cause.

This out of the way, Kelly did the sales shuffle, locked in the eyes, pushed the pen and paper at me and said: "Ja want sum?" I signed. But being a bit apprehensive I was forced to ask: "What did I just buy?"

"Macramé," she said with the smile of success and batting eyes to boot. Great. An afghan or a wall hanging. Either way, I would give it to my Mom for Christmas.

When UPS delivered the microwave with three-stage memory and automatic thaw, I was steamed. I phoned Kelly immediately. I got her answering machine. Apparently she was speaking to an Amway Sales Motivation Seminar in Toronto, but she was calling in for her messages.

When Kelly did show up at my door the next day, I was still livid. I lit into her … but then she handed me Madame Benoit's two-volume "Nine Course Meals In Under Nice Seconds."

"It's free … with the macramé," she said.

Then she started to shift her feet. Gawd, not the sales shift. Then the eyes, then the pen, the paper. "Ja want sum?"

"Okay," I said signing, "but this better not be a household appliance or a Walk-A-Thon along the Great Wall of China!"

"It's not," she replied. "It's a blaythe r." Hmmmm … a blazer. Looked like I got off easy that time. She was two doors down when it dawned on me.

"How do you know the right size?" I yelled.

'It's a 4x4 Chevrolet Blaythe r … fully loaded with cruth control," she yelled back, while knocking on Tryfiak's door. I watched John and Diane jump out of their bedroom window and begin running down the beach toward Morgan's Point.

I knew this kid had to be stopped, but I couldn't help but wonder if 'fully loaded" included a cassette player with automatic rewind or what?

And guess what 32-year-old Kelly Beck does today? She works for a leading-edge pharmaceutical company in London, Ontario in sales and … and her new territory is … wait for it … India. Today, India, tomorrow the planet. The kid is alright. ■

For comments, ideas and copies of *The True Story of Wainfleet*, or to book William as a speaker, *go to* **www.williamthomas.ca** *or* **www.prospeakers.com/speakers/William-Thomas**

Picture this!

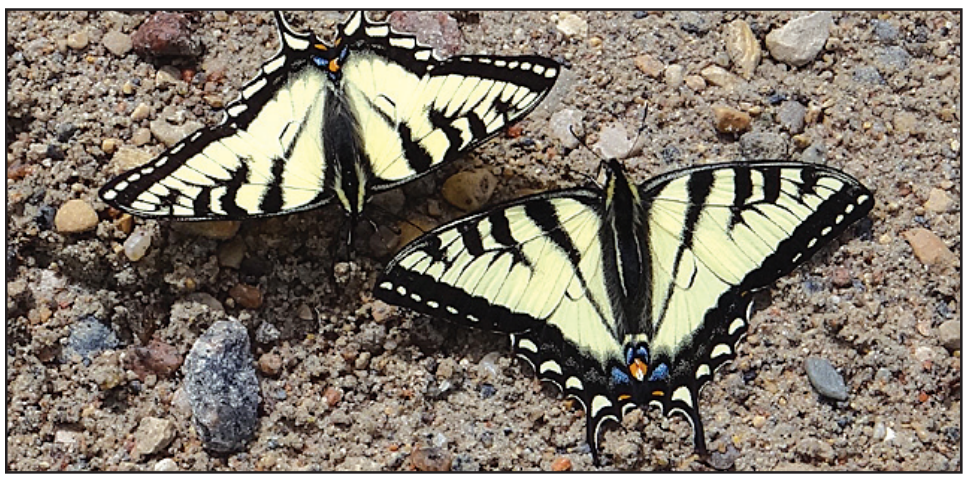


Photo by **Mary Harms** from Steinbach, Manitoba.
Canadian Tigar Swallow Tails taken at Carrick corner close to Woodridge, MB

CROSSWORD - Solution

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

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