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Seniors health in Manitoba, 'communications' needs to improve

By Roger Currie

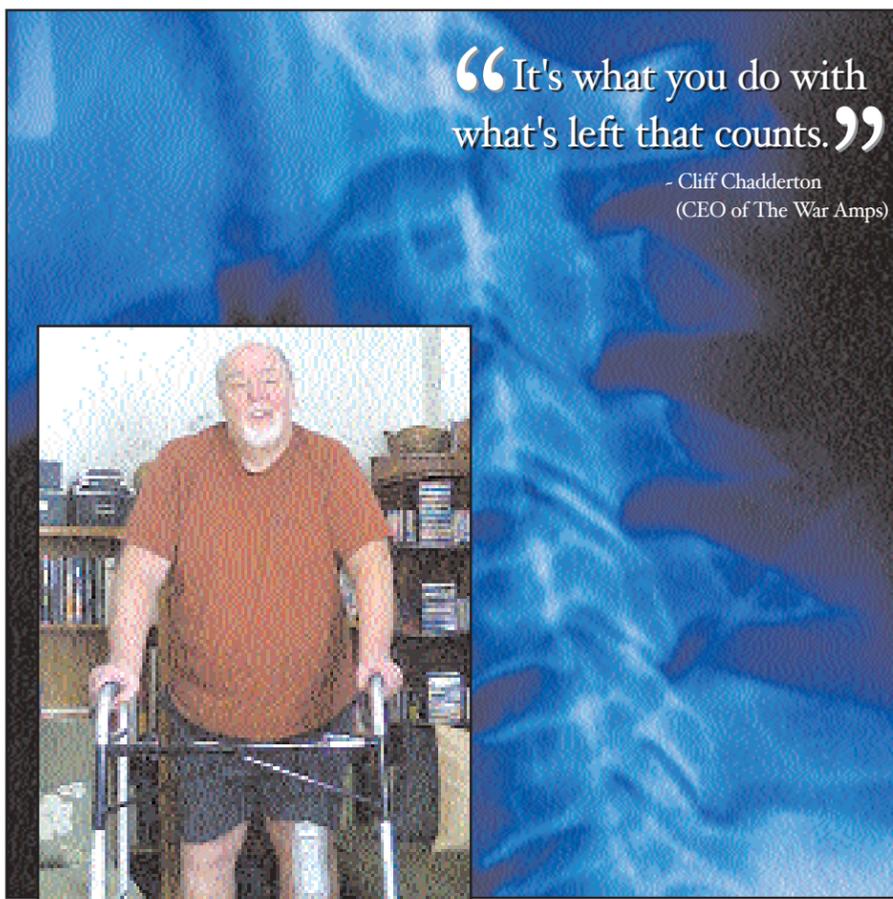
I am proud to call myself a *story-teller*, and in recent weeks my health and mobility has become my most important story.

Spinal Stenosis has robbed me of strength in my legs, to the point that a simple aluminum walker has become a fairly constant companion since last summer.

I have to pause here and say that since I advanced into my eighth decade, I've been pleasantly surprised and relieved to discover that there's still lots of quality of life to be enjoyed, even when dealing with a significant disability. My late friend Cliff Chadderton of the War Amps lost a leg while serving in the Canadian Army in WW2, and he was fond of reminding people, "It's what you do with what's left that counts". I'm beginning to realize more and more just what that fabulous Winnipeg hero was talking about.

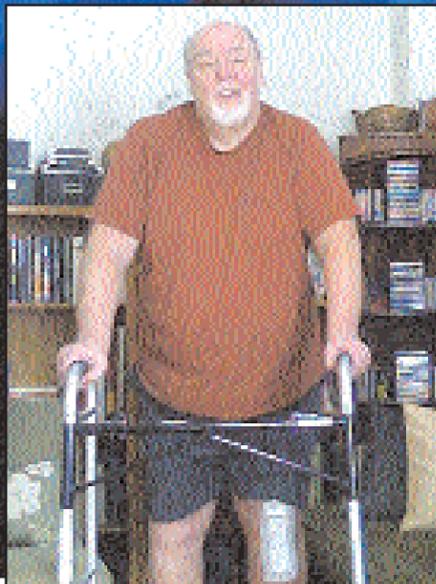
Just over a month ago I suffered a further fairly alarming setback that added to the disability. I woke up with a very sore left arm, and in less than 48 hours, I had lost much of the use of the arm. A walk-in clinic in River Heights sent me to emergency at the Health Sciences Centre to begin the task of finding out what was wrong. 12 hours later, I was quite impressed to have received an MRI, a diagnostic test that many Manitobans have to wait weeks or months to access.

That long day ended with some thoughtful and reassuring words from Dr. Michael Honey, a young neurosurgeon who works in Emergency. He told me that the MRI did indeed



"It's what you do with what's left that counts."

- Cliff Chadderton
(CEO of The War Amps)



Roger using his walker.

show a herniated disc on the upper left side of my spinal column, pretty much confirming the initial suspicion that what I'm dealing with is a pinched nerve of some kind. His advice was to keep as active as possible and wait a few weeks to see how much use of the arm might

return without any major intervention. He also dutifully took down my phone number and promised that he or someone else would be in touch to arrange follow-up care.

Continued on page 3

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Seniors health in Manitoba, cont'd from front page

Three weeks passed, then a fourth. After a few days, the left arm did start to improve, ever so slightly. With calm determination I managed to develop skills that I never imagined I might need, like the ability to blow one's nose with one hand as well as other bodily functions .. enough said.

My wife Janice and I went shopping for mobility 'helpers' like a sturdy plastic chair to use in the shower.

"Where is Dr. Honey?" I began to wonder, and "Why hasn't he or anyone called?" from Health Sciences Centre. I eventually called the neurosurgeons group myself and it became fairly obvious that securing any kind of further 'consult' with a specialist was not likely to happen quickly.

But hey, if anyone familiar with my case happens to read this, I would love to hear from you.

I continue to believe that our 'single payer' public health care system does quite a remarkable job dealing with the endless medical needs of aging Boomers in Canada. However it is widely acknowledged that basic 'communications' are often lacking. Perhaps it's more noticeable in our demographic because we have more time on our hands, and our mothers were trained by Dr. Spock.

As our aging bodies deteriorate and we develop a greater variety of problems than we never imagined in our 20's, more and more of us are prepared to pay extra to explore a variety of alternative therapies. Some of us are even prepared to travel to *Trumpland* in search of faster solutions. I am certainly investigating alternatives such as acupuncture, chiropractic care and different physiotherapy options.

“Getting old is not for sissies.”

- Bette Davis

My wife Janice and I continue to visit North Centennial Pool (soon to be re-named in memory of *Tommy Prince*) where we greatly enjoy the relief that comes from deep water aqua-size.

I did pay \$153.00 for an assessment by a local naturopath in Winnipeg. She said she would ask Health Sciences for a copy of my MRI report, and two weeks later it finally arrived.

There's one additional twist to this story that I feel compelled to pass along because I found it fairly shocking.

In a moment of curiosity one day I dialed a 1-800 number that popped up whilst I was watching CNN. It

was for a company called the *Laser Spine Institute*, and I ended up talking to a man named Christopher Terry at their office in Tampa, Florida. Their TV commercial sounded like it was written with people like me in mind .. "We can relieve symptoms of spinal stenosis, pinched nerves that are causing pain and weakness", etc. They talked about "minimally invasive spinal surgery" in very reassuring tones.

Christopher Terry asked about my problems and what kind of diagnostic testing I had received. I told him about the MRI that was done at Health Sciences. At that point he said "Why don't I contact them and request a copy of your MRI, then we can talk about possible treatment options?" I almost burst out laughing at the thought that this private medical merchant in the southern U.S. might have such easy access to costly diagnostic testing that's paid for by Manitoba taxpayers! I half expected that I might never hear from Mr. Terry again, but about ten days later he telephoned. "I have your MRI on a screen right in front of me" he said.

I asked "Can you e-mail it to me?". He agreed and in a matter of minutes, there it was on my computer screen.

Clearly what the *Laser Spine Institute* is hoping I might sign up for is surgery which would likely be classed as somewhat "risky", and for sure it would be expensive. The figure he talked about was \$20,000 U.S. plus the cost on transportation and accommodation.

Spinal surgery may become an option at some point down the road, but I will be exploring lots of other treatment options first. In the meantime, I'm left wondering 'Why is it that I'm able to get the most detailed information about my situation from a private provider in the U.S. and where the hell is the promised follow up from the Winnipeg Regional Health Authority?'

Bette Davis totally nailed it when she declared that "getting old is not for sissies" .. Stay tuned. ■

Roger Currie is a veteran Winnipeg writer and broadcaster.

LETTER... to the editor

The Man and His Money

It's March, tax month. Let's see, what has changed in the last year? Older, not quite as spry, but am I any richer? Diminishing savings, C.P.P. pension - slight increase. Old age security went up and after reviewing the difference from last year it appears it increased by \$1.17 per month.

Now how am I going to spend this \$1.17 per month? It won't be enough to buy me a coffee when McDonalds \$1 deal for coffee is over March 14th. Maybe buying something else?

What, even my grandchildren don't want small change. They want folding money!! (joking). Maybe I should get a ride across the border and come back as a refugee. Then maybe our government would take notice and take care of its own citizens before taking care of others!??

~ The Plus 60 individuals who feel cheated - Metro



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FINANCIAL PLANNING:

Inheritance...blessing or nightmare?

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

It's no secret that the largest inter-generational wealth transfer in Canadian history is taking place right now, the problem that we see is the majority of affluent Canadians are keeping their heirs in the dark on how they plan to pass on their wealth.

Several polls have been carried out on this exact subject and when we average out the results they show that approximately 58% of wealthy Canadians haven't had conversations around any instructions for their estate with their heirs. But it gets worse, a recent poll by IPC Private Wealth indicates 12% of Canadians don't even plan to talk about their inheritance plan with their beneficiaries. To us, as a Financial Planning Practice, this makes no sense; if a family has wealth, shouldn't one of the strategies be "to preserve as much of it as possible?"

when it comes to finances and investments.

- 40% want their heirs to have the same financial advisor that they have to help manage their wealth.

About the survey: IPC Private Wealth partnered with Environics Research to do the poll among 400 Canadians with at least \$500,000 in investable assets. <http://enironicsresearch.com/insights/environics-research-survey-shows-affluent-canadians-worried-wealth-transfer/>

****statistics taken from an article by Advisor.ca:
<http://www.advisor.ca/news/industry-news/wealthy-canadians-not-discussing-inheritance-with-heirs-survey-249537>*

Our Practice works with multiple generations within the same client family (grandparents, children, grandchildren, etc.) to ensure a sustainable plan is developed, a plan that can help transition wealth from one generation to the next. We feel it's important for all family members to be "on the same page" in regards to a thought process. To make sure that everyone knows how the family wealth can eventually be dispersed. Our goal is to do this as tax efficiently as possible. We work with our clients to ensure they maintain their assets until they no longer require them, helping them find balance. A balance is important because we don't want clients to run out of money, lose control of their assets or even leave too much behind; after all it's your money, you should be able to do what you want with it. Your money has been nurtured and developed to support a lifestyle and that shouldn't be sacrificed. But if there is a potential for that lifestyle to be enjoyed by others after someone passes away, shouldn't the techniques to do that be discussed and considered? We also offer charitable giving and business succession strategies to clients. In our experience we find that people want their legacy to continue but if the right steps aren't taken that legacy can disappear relatively quickly.

When parents and grandparents discuss their expected wealth transfer there can be many benefits for the younger generation that go beyond a simple awareness of the family's wealth and values; these conversations can create an opportunity to teach a sense of money management. They provide the ability to interact with outside advisors and a help the heirs gain a deeper level of understanding around charity and any initiatives the family would like to maintain.

Despite the obvious benefits above, for the parents, the combination of transferring wealth and teaching issues of money manage-

ment can pose several questions; including:

How much is too much to leave?

How do I balance leaving it to the kids and supporting our own charitable interests?

Is it better to be proactive now or wait until we pass?

How do we make sure we avoid making CRA the major beneficiary while ensuring our wishes are met and our original plans for the money are followed and not drastically altered; after all if we aren't around who is there to make sure the original intent is maintained?

Well the good news is there is a process to follow, essentially a checklist and guide. The process has several stages.

First stage

One of the most important factors is the definition of your family's history and its core values. What we as a society now consider "a family" as evolving. The blending of families and multiple generations have to now be considered. Although this can make the plan more complex, when all of these parameters are defined early on it makes it easier for your goals and initiatives to be met. Your advisors will need a concise background. That way they can ensure to ask the right questions; this information will help them suggest the best strategies to suit your needs.

Second stage

You will need to consider the timing of any potential "family conference" and ensure that there is even an interest. Some children may push off the idea as they don't want to consider the possibility that "one day we won't be around". It's an uncomfortable feeling and you need to be prepared for the emotional response that could swing in either direction.

The adage is, the best timing is early and often. Why? Because it gives time for the thoughts to be digested, it allows the potential idea of "being an orphan" to carry less emotional weight and therefore lower stress levels. It brings to light a pattern of thinking that "it's not something we can avoid forever so it's best to at least be aware and have the information". Always remember talking about it, doesn't bring it on sooner. It simply is what it is.

Third stage

Determine the amount of wealth you would like to have passed on to future generations. This is usually a balancing act between feeling you're helping them establish themselves as people and giving them financial security, and feeling that you may cause them to become spoiled, lazy and lose any form of work ethic.

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CURRIE'S CORNER



By Roger Currie

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

Government going against the 'grain'

Do you ever have the feeling that life on the Canadian prairies resembles a bad movie, like *Groundhog Day*? It says here, grain farmers in Western Canada say billions of dollars are at stake unless Ottawa deals with a serious shortage of rail cars to move crops to market.

As spring seeding approaches, industry leaders were in the nation's capital this week, warning that we could be on the verge of a grain crisis, not unlike what happened five years ago, at an estimated cost of \$8 Billion.

The concern is over Bill C-49 which is stalled in the Senate. The

legislation will supposedly give the Grain Transportation Agency additional power to order the railways to make more cars available in a timely manner, and to fine them millions of loonies if they don't comply.

The last such crisis, in the winter of 2013-14, was blamed on what became known as the 'winter from hell'. Extreme cold puts a tremendous strain on railway rolling stock, especially the diesel locomotives that were made many years ago and are not really designed to work best in the prairie deep freeze. The farm groups didn't buy that story five years ago, and no one is using the cold as an excuse this time.

A large portion of the cost when grain shipments are backed up

across the prairies, are for what's known as *demurrage* charges. It happens when foreign ships are kept waiting for weeks at a time in a port like Vancouver, because there's not enough grain available.

In 2014, Stephen Harper's government ordered CN and CP to double the amount of grain being moved, or else they could be dinged as much as \$100,000 a week. As far as I can tell, none of it happened and the grain eventually got through. The prairies continue to feed millions around the world, but as the years go by, it's a story, and a recurring 'crisis', that fewer and fewer people pay any attention to. ■

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'Grand' Friends N' Tots Share A Musical Valentine's Party in Saint Vital

By Lesley Smith

Let Me Call You Sweetheart: A Musical Valentine's Party directed by Kindermusik Executive Director Nancy Aaslund and staff, and hosted by the Vital Seniors at St. Mary Magdalene Anglican Church, 3 St. Vital Road, was an intergenerational success. Lots of families with babies and tots along with their parents, grandparents, community members, parishioners, and members of Vital

Seniors participated in song, creative movement, playing instruments, lunch, and a few surprises that kept everyone smiling. Thank-you to our volunteers, our sponsors, The Assiniboine Credit Union and Safeway on St. Anne's, and the Manitoba Association of Senior Centres (M.A.S.C.) whose support made this event happen. ■



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Inheritance... blessing or nightmare? ... cont'd from page 4

Stage Four

Is choosing the right wealth transfer strategies.

Does the plan involve insurance or not? Have all the right tax planning measures been put in place, do we want to, or have to, control the use of the money through the creation of a trust? Is there a business involved, are the heirs also shareholders?

Stage Five

This would be to have the actual family conference, how is this done? Is it in person, is the family separated by geography...if so could it be done by video conference? How is the best way to approach the meeting, when should it be and how long should it take...which advisors will be present to help with explanations and concepts?

The Sixth and Final stage

Is to ensure that your advisory team provides ongoing support, as we mentioned earlier this isn't a one-time thing, your needs and that of your family are ever changing

and evolving. This is a team effort between your family and your advisors. Once everyone is on the same page, comfort is increased, stress is reduced and the emotions become more matter of fact.

Losing a parent is never easy, it's the job of your planning team to help with the financial implications. We can never replace a parent or spouse, all we can do is ensure the strategies are in place in order to give the family unit time to heal with as little stress as possible. Grief is grief, it's a process, but having a well thought out intergenerational strategy ensures that the money doesn't become a burden. The question to ask yourself is...if we don't deal with this now, while we're here, so everyone knows what we want... is this inheritance going to become a **blessing or a nightmare?**

If you need assistance answering any of the questions raised in this article, or would simply like more information please feel free to contact us. ■

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OR **STORY SUBMISSIONS**

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MINISTER OF HEALTH, SENIORS and ACTIVE LIVING



Kelvin Goertzen

A cost savings for Manitobans and provincial drug programs

If you regularly get prescriptions filled at your local pharmacy, you may know that you're charged a dispensing fee each time, on top of the base cost of the drug (the amount it costs the pharmacy to obtain the drug). As of August 18, 2017, our government has placed a cap on dispensing fees to make them more affordable for you and for Manitoba's provincial drug programs that provide coverage for medications, including Pharmacare, Home Cancer Drug Program, and Palliative Care Drug Access Program.

With this change, pharmacies can only charge provincial drug programs a dispensing fee of up to \$30 for each prescription, or up to \$60 for sterile compound drugs - no matter the base cost of the drug, or how a drug is packaged, such as in a pill bottle or blister pack. Compound drugs are a mixture of at least two or more ingredients that are prepared by the pharmacy to meet the needs of an individual patient, which sometimes require special processing in a sterile environment.

Why do pharmacies charge dispensing fees, and who pays them?

Putting the Cap on Dispensing Fees

Dispensing fees help cover costs to run a pharmacy, including a pharmacist's time for talking with patients about their treatment, maintaining and checking medication records, stocking medications and dispensing drug products.

These fees can vary from pharmacy to pharmacy, and can be a significant cost for patients. However, it's not just patients who pay these fees. The Manitoba government pays dispensing fees for prescriptions covered under any of the provincial drug programs, including Pharmacare, the Palliative Care Drug Access Program and the Home Cancer Drug Program.

How are these fees set?

In Manitoba, pharmacies can charge a dispensing fee of their own choice and set prices according to factors that affect their business, such as overhead costs, profit margins and market dynamics. This means the dispensing fee that one pharmacy charges may be higher or lower than what another pharmacy charges.

I encourage Manitobans to visit different pharmacies and compare the fees that are charged and the services that are included. This will ensure you're getting the best value for your prescription purchases.

How much does government spend on dispensing fees and how much do they expect to save with this new cap on fees?

In 2016-17, the Manitoba government spent \$54.9 million on dispensing fees through Pharmacare, representing approximately 22 per cent of prescription drug costs to provincial drug programs.

Most provinces and territories have set a cap on retail pharmacy dispensing fees. This helps reduce costs for patients and the provincial drug plan, while ensuring pharmacists are treated fairly and are able to recover costs associated with dispensing drugs. The introduction of a cap on dispensing fees is expected to save Manitoba taxpayers an estimated \$11 million annually.

More information

For more information on the changes to dispensing fees, you may: Talk to your pharmacist;

Review the information on our website at www.gov.mb.ca/health/pharmacare/dispensing_fees.html or call the **Pharmacare office** directly at **204-786-7141** or toll free at **1-800-297-8099** or email pharmacare@gov.mb.ca ■

*Kelvin Goertzen is Manitoba's
Minister of Health, Seniors
and Active Living.*

Who Says Retirement Has To Be Boring

Ed & Elsie Robbins from Sandy Hook have found many ways to keep themselves busy over the past 17 years of retirement.

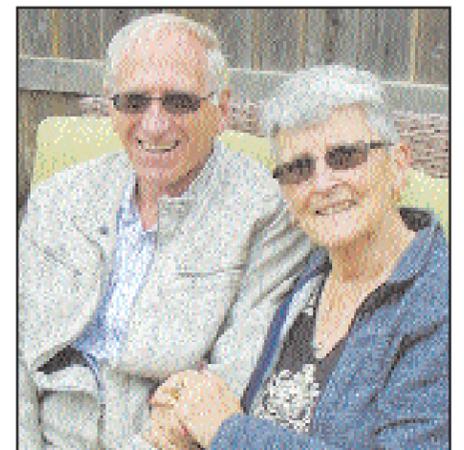
Ed & Elsie, both at the age of 71 and having just celebrated their 50 years of marriage, complement each other with their many talents.

Some of Ed's hobbies include, Oil Painting, Wood Working, Amateur Radio, Photography, Car Restoration, Wood Carving, Furniture building and restoration, Fiddle Playing, Making Scale model toys, Wood Turning, Wood Etching, Sign Making, Scroll

sawing, building Bird Condos, and the list goes on and on.

Elsie's hobbies are much more specialized. She does cross-stitching, stained glass work, glass etching and spends countless hours in her flower gardens. She complements some of Ed's projects by helping with design and painting. She is actually the brain behind some of the project ideas that Ed uses.

Ed's message is that anyone can learn to do whatever they want as long as there is an interest, the patience, the proper tools and the desire to learn new things. My best example of doing something, I thought was impossible, is learning how to play the fiddle with a hearing impairment. "I have always loved old time fiddle music but had no music abilities." He picked up an old cheap fiddle and tried to learn notes but that didn't work out so decided to



Ed & Elsie Robbins

watch videos and learn by watching and listening. After several months of frustration and lots of practice it started coming together. He recently enrolled in an on line course with

Continued on next page

Stonewall Children's Centre

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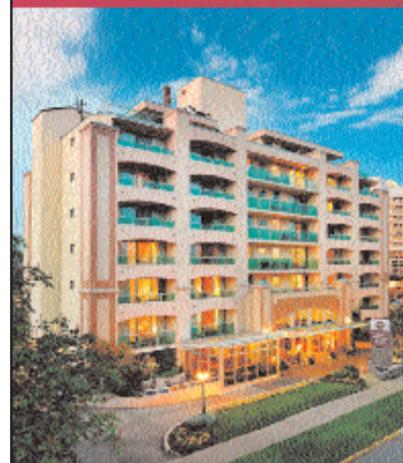
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Proud to be 80 and Still Kicking

By Lesley Smith

Wayne Link & Friends hosted 'A Classic Country Music Show' at the Anavets, 3584 Portage Avenue recently. The show opened with Wanda Wall performing a selection of Dolly Parton classics while strumming her guitar. Our favourite mayor from Headingley, John Mauseth, sang a set that included 'He Stopped Loving Her Tonight'. Following John's performance was Darin Ray Beck singing songs such as 'Daydreams About Night Things in the Middle of the Afternoon'. Highlights included Stephanie, a teenager from Charleswood, who wowed us singing 'Alleluia'. Also making a guest appearance was 'Starbuck Gerry' singing a crowd favourite, 'The Mule Song'. It takes real talent to make all those vocals in that song seem so easy and natural. Wayne invited Joe Smith from Selkirk, Manitoba onstage to entertain us. In the crowd was Kevin from Frazerwood, Manitoba who came up to sing a set that included 'Hey, Good Looking', and 'I'm a Rollin Stone'. Kevin had just returned home after touring Alberta.



Wanda & Wayne Link

the stage to play guitar and sing 'These Boots are made for Walking', made popular back in the day by Nancy Sinatra. I remember her wearing white boots. A third generation of performing Links. Wayne must be very proud of them. We were told the two cousins had never played or sang together before.

Wayne took time to celebrate his 80th birthday with all his guests and family who travelled to Winnipeg to celebrate with him. His family shared pizza with the crowd of over 200, mostly seniors. Have you ever seen 40 stacked on high pizzas? What a sight and a treat! For a birthday present, Roberta and Tanner, two of Wayne's grandkids, took to

The evening ended with Dianna singing some Patsy Cline songs, 'Walking After Midnight'. Dianna sure has a wonderful voice. For the

finale, all the musicians and singers returned to the stage and close down the hall. Wanda Wall, Wayne Link, grandkids Roberta and Tanner, Joe Smith, Darin Ray Beck, Mayor John Mauseth, Kevin, Jimmy, and Keith Lindstrom strummed and sawed

out a medley of tunes including a rendition of 'Happy Birthday'. So **Happy 80th Birthday Wayne** and many more to come!

If you are interested in an evening of Classic Country, call Wanda at 204-479-2897. ■

...Retirement, cont'd from page 6

Patti Kusturok, a Canadian champion fiddle player. In the past few months he has learned more than in all the time before. "Patti makes learning so easy." Ed now can play about 20 different tunes. For someone who has trouble hearing and is not musically inclined that is quite an accomplishment. Ed says, "If I can do it anyone can."

of art all made of wood. "I have no special training in woodworking. Everything I do I learn by watching videos on the Internet or just by experimenting. It is such fun."

The strange thing is that all of Ed's hobbies have nothing to do with his work career. In fact most of his interests were ignited after retirement. All through his work life he had no interest in wood or woodworking but today he turns out works

If he gets tired of one hobby he can change to another in a blink of the eye, or he can have several different things on the go at one time. Weather does not stop him either. If it is cold, raining, snowing or just miserable outside he can move inside and fire up an oil painting or do some editing on the 20 thousand plus pictures he has on his computer.

Continued on page 8

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The Shtick on Stick Curling in Glenboro

Submitted by ALCOA-MB

If you are still feeling the curling buzz from watching the Canadian teams at the Olympics, you can always come down to **Glenboro March 21-22** and cheer on your fellow Manitobans as they compete in ice and stick curling!

Local sport specialist and stick curling enthusiast, Fred Spiring is excited about the upcoming curling events in Glenboro, MB as part of the **2018 Manitoba Liquor & Lotteries 55 Plus Games**.

This year, stick curling — a sport that came to Manitoba about 13 years ago — will be showcased at the 2018 Manitoba Liquor & Lotteries 55 Plus Games in Glenboro. “Stick curling was developed to enable older curlers with mobility issues to continue to play the game they love”, says Spiring.

16 two-player stick curling teams will compete in a bonspiel to be held at Glenboro Curling Club, March 21 and a regular curling event will be held in the same venue the following day, on March 22.

“Stick curling first came to Manitoba in 2005; it began gaining interest in Winnipeg in 2006 and from there it just kept growing with leagues having doubled and even tripled” Spiring notes.

A typical stick curling game is comparable to doubles curling:

- Players use a modified stick to propel a curling stone down the ice at rocks in the distant house from a standing position
- Teams are comprised of two players, with games being six ends in length
- Each player throws six rocks
- There's no sweeping involved



peicurling.com

- The first three rocks in play can't be removed

“While there's a good bit of strategy involved, it's basically a race to the button, much like in doubles.” He adds that the six-end games don't take up nearly as much time as eight-end games — a real plus for both curlers and spectators. “Stick curling games usually take an hour or so to complete,” says Spiring. “You can basically get in two stick games for every one regular, eight-end game. The other great thing about stick games is that they're easier to organize; you only need two people for a team rather than four.”

The skills needed to play the game at a high level aren't necessarily easy to develop. “Getting draw weight with the stick can be a bit more difficult,” Spiring says. “It's still as strategic as conventional

curling, though. It's just as competitive and the coffee and conversation after games is often the best part. The players replay the highlights of the game and toast each other for their efforts.”

It should be a great 2 days of curling — the Stick Curling portion of the event is already at full capacity.

Stay tuned for the official opening of registrations for the 2018 Manitoba Liquor & Lotteries 55 Plus Games, which are scheduled for June 12-14, 2018 in Glenboro, Manitoba (more details to follow in the next issue of *Senior Scope*). ■

For more information call **204-261-9257** or toll-free at **1-855-261-9257** or visit the ALCOA-MB website at www.alcoamb.org.

...Retirement, cont'd from page 7

In the winter he has a heated shop he can go out into and work in comfort. He says, “I find it very interesting that I can not draw but yet I can paint with oils.” He says he took a three-day course on the basics of oil painting and went on from there.



All Wood D8 Caterpillar



Wooden Mack Truck

Currently, Ed is writing a book about a friend who is a “Unique Person”. His current project in the shop is building a model motor grader completely out of wood. It is a work in progress that has taken him most of the winter.



Elsie's Glass Etching

He hasn't slowed down even though he has been diagnosed with leukemia. “This has been my biggest challenge to date, but I encourage others to pursue their dreams, no matter what age you are at”. “Seize the moment — it is never to late”. ■

Sri Lankan 55+ Group Winter Event - Lunch and Movie

By Senaka Samarasinghe

The 55+ Group of the Sri Lankan Association of Manitoba (SLAM) is conducting annually a winter event. SLAM is the umbrella organization and 55+ Group is part of the main Organization. On March 4th Sunday 2018, they had their second winter get together in Charisma of India restaurant with buffer lunch followed by a Sinhala movie with English subtitles. Annually 55+ Group arranged many episodes for recreation and educational. This was the recreation moment for the members. Total participants were more than thirty. It is important to note the numbers are increasing in membership as well as participants for this type of an event. Reason of this improvement is that the President and the Board of



Members of the 55+ Group of the Sri Lankan Assoc. of Manitoba (SLAM).

Directors of 55+ Group timely offer most appropriate activity though the continuous consultative process among its membership. Some members were in Winnipeg for few decades and it was a fantastic opportunity for them to meet up in one location.

Group enjoyed Indian food as their lunch and enjoyed the movie. Sarigama is a 2016 Sinhala movie with English sub titles. Maria (Pooja) an Indian — Sri Lankan actress is young and beautiful music loving girl enters a convent with the intention of becoming a Christian nun.

The group decided to have summer event in a park. On that day they wanted to conduct the Annual General Meeting as well. ■

DUGALD ESTATES

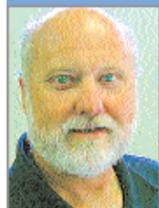
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THE BUZZ



Story by Scott Taylor
Photos courtesy Ashley Lanz and Jill Mathez

Lanz and Mathez Lead a New Softball Class

Two of the finest female softball players in Manitoba history will lead the 2018 Class of Inductees into the Manitoba Softball Hall of Fame.

Jill Mathez, a tremendous all-around athlete and former National Team pitcher Ashley Lanz, will join six other outstanding individuals and two teams on the night of May 5, when the inductions are celebrated.

This year's list of inductees includes athletes Ed Gilroy, Gregg Waldvogel, Jim Pomeroy, Edgar Stevenson, Lanz and Mathez. Pomeroy and Stevenson are being inducted posthumously. Those in the All-Around category include Dave Boch and Reice Pelletier while the teams are the 1997-2001 Gladstone Whips and the 1976-1978 Mariapolis Blues.

An independent committee, facilitated by Gord Wooley, reviewed nomination information on candidates for the Hall of Fame and selected the 2018 inductees. Arnold Asham, Cliff Bishop, Don Campbell, Fred Ham, Jim Nay, Nelson Phillips and Smitty Smith served on the committee.

The 17th annual induction banquet will be held at the Keystone Centre, UTC Pavilion, 1175 18th Street in Brandon on May 5. Tickets at a cost of \$75.00 are available from Les Newman, phone

number **204-235-1674** or via email: lnewman@live.ca

The Manitoba Softball Hall of Fame & Museum, Inc. recognizes individuals, teams and organizations for outstanding achievement in softball and/or for contributions to the sport of softball. Let's meet this year's inductees.

David Boch - All Around

Dave Boch, 73, hails from Selkirk and has had a long and illustrious career in Manitoba Softball as both a player and a coach. As a player in the fastpitch category, Dave has competed at two Senior A National Championships and seven Western Canadian Championships and as a coach competed at three national championships at various levels. As a player Dave was a slick second baseman with a high on-base percentage and batting average. He was awarded the Top Hitter at the 1976 Manitoba Senior B Provincials batting .529.

Ed Gilroy - Athlete

Ed Gilroy was an outstanding athlete who grew up in Portage la Prairie. He began his fastpitch career in 1961 playing with the Portage Dodgers of the Central Manitoba Fastball league. In 1968, he competed at his first of three Senior A National Championships as a player and in 1969 Gilroy was a member of the Manitoba contingent that competed at the First

Canada Summer Games, finishing a respectable fourth. In 1973 he joined the Winnipeg Colonels of the Western Major Fastball League. In Slo-Pitch, he competed in several World Championships with a variety of teams and was part of the team that won the Gold Medal at the 2005 Western Canadian Tournament in Winnipeg.

Jill Mathez - Athlete



Jill Mathez

Jill Mathez was born in Winnipeg in 1963 and by her eighth birthday was playing softball and beginning a career that would take her across the nation competing in the game that she loved. Mathez excelled at many different levels of softball from Minor to Junior to Senior and to Masters. She played Co-ed Slo-

Pitch winning several Provincial Championships and played fastball at two Indigenous Games winning the Gold Medal at the North American Indigenous Games in 2002 and the Gold Medal at the Canadian National Aboriginal Fastball Games in 2009. She was a stellar centerfielder and boasted a lifetime .444 batting average with the Smitty's Senior Women's Team. In 1997 she was recognized as All-Star Centerfielder at the Senior Women's National Championships that were held in St. Antoine, NB, where she helped her team win gold. She was part of a strong Smitty's Senior Women's Fastball Team and helped her team win five Gold Medals from 1995 to 2000.

Reice Pelletier - All-Around

Reice Pelletier began his career as a coach in 1981, coaching his daughter at Southdale Community Club in Winnipeg. By 1987 his passion for softball became evident as he went on to serve as Dakota Community Club convenor. During his eight-year tenure, Reice helped the softball program grow from six to 50 teams. In 1995 Reice became part of the women's Lightning Softball Association and over a period of 11 years with this organization his teams qualified for eight National Championships, earning a Silver medal in 2003 and two Bronze Medals in 2000 and 2004.

Continued on page 11

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Winnipeg Comedy Festival: 'FULL PEEK' AT OUR 2018 LINE-UP!

Winnipeg MB - We're bypassing the very tempting 'sneak peek' and going straight for the full-on reveal of comedic performances set to go down by the likes of **Jonathan Torrens, Emma Hunter, Chris Jericho, Paul Sun-Hyung Lee, Derek Seguin, Ivan Decker**, and many more.

The **Winnipeg Comedy Festival** happens **April 9 to 15**, with a line-up of nationally-known names blended with local entertainers, bringing the best of both worlds to a microphone near you.

"We're excited by both the variety of shows and quality of comedians on the schedule," says Winnipeg Comedy Festival's Artistic Director Lara Rae. "It's always important for us to be able to showcase fine upcoming talent alongside bigger names throughout the festival, including at our much-loved galas. Be prepared for some great new talent to win you over."

More than 60 comics will perform in over 30 shows, in venues like Club Regent Event Centre, Rumor's Comedy Club, Pantages Playhouse Theatre, The Metropolitan Entertainment Centre, The Forks, Millennium Library, and the much-loved Gas Station Arts Centre (GSAC) - a venue that was greatly missed last year.

"It's a bit of a festival homecoming for us, to be back at the Gas Station," says Nick Kowalchuk, Executive Director of the Winnipeg Comedy Festival, who is also Executive Director of GSAC.

"It's also kind of funny, and possibly ironic, that we weren't able to use the Gas Station last year, considering GSAC produces the Winnipeg Comedy Festival. But since I oversee both, I was able to cut a deal with myself to use GSAC this year, and happy to announce that shows will once again take place right here at home in Osborne Village. Beginning with a very special evening that will have you seeing red."

RED CARPET COMEDY & RECEPTION

The Winnipeg Comedy Festival opens in style Monday, April 9, with a special Red Carpet Comedy & Reception. Sirius Top Comic and one of the most popular stand-ups to ever come out of Canada, Montreal's Derek Seguin says 'salut' to Winnipeg with an intimate and no-holds-barred evening of huge laughs. This audience award favourite is supported by The Uniter's comic of 2017, Spencer Adamus.

The reception begins at 7 pm, which is actually more than just a



Steve
Patterson



Howie
Miller



Chris
Jericho

Spencer
Adamus



Emma
Hunter



reception, so you might want to be there for it. The show officially starts at 8:30pm, and you definitely want to be there for that. Red Carpet attire would not be out of place. (Or possibly could.)

GALA THEMES & HOSTS

The most highly anticipated shows each year are the galas, held at the stunning 104-year-old Pantages Playhouse Theatre. Recorded live-to-tape for later broadcast on CBC, this year's galas are:

Game On!

Thursday, April 12 @ 7:15 pm

Everyone loves sports! Except people who hate them. Here's a show for both groups. Come laugh at sports and how we can't stand them. Or live without them. Host: Chris Jericho / Performers: Dave Hemstad, Erica Sigurdson, Simon Rakoff, Christina Walkinshaw, Rob Pue, Sterling Scott / Warm-up: Mikey Dubbs

Punching UP

Friday, April 13 @ 6:45 pm

Gone are the days of looking down on the less fortunate. Look up... waaaay up... It's time to take shots at all the big shots. Even the little ones. Host: Paul Sun-Hyung Lee / Performers: Katie-Ellen Humphries, Hoodo Hersi, Christophe Davidson, Yumi Nagashima, Carol Zoccoli, Simon King

Just My Luck?

Friday, April 13 @ 9:15 pm

Let's face it, life sucks. But laughing about it doesn't. Hysterical stories about worst moments, terrible habits, and horrible circumstances. (Also, a timely theme for Friday the 13th?! Coincidence?? You decide.) Host: Emma Hunter / Performers: Ivan Decker, Sophie Buddle, Todd Graham, Jane Stanton, Courtney Gilmour, Dana Alexander

Everything's Relative

Saturday, April 14 @ 6:45 pm

You can't pick your family, but you can pick on them. Our tribute to your moms and dads, grandmas and grandpas, brothers and sisters, kids, cousins, and all those other DNA-holes. Host: To be announced very soon! / Performers: Scott Faulconbridge, Shirley Whalen, Mayce Galoni, Joe Vu, Charles Haycock

Eh! Material

Saturday, April 14 @ 9:15 pm

A comedy show about the Great White North. Because there's nothing Canadians find more Canadian than funny Canadians talking about what it means to be Canadian. Eh?? (Sorry!) Host: Jonathan Torrens / Performers: Jacob Samuel, Amanda Brooke Perrin, Leonard Chan, Jess Salomon, Big Daddy Tazz, Howie Miller

FESTIVAL HIGHLIGHTS

The full schedule for the 2018 Winnipeg Comedy Festival is at www.winnipegcomedyfestival.com/schedule. Here are some of highlights of what's to come:

Laughter in Common

Saturday, April 7 @ 7 pm

The Common at The Forks

It's the unofficial kick-off to our official kick-off! This FREE show on Saturday evening, before the festival even begins, offers a pre-fest preview of fine local fare and out-of-town comedic delicacies. Hosted by Ryan Ash, with performances by Ivan Decker, Kate Schellenberg, and Tyler Penner.

Dis'Ability

Tuesday, April 10 @ 7 pm

Club Regent Event Centre

Just for Laughs Homegrown Champion and triple amputee Courtney Gilmour hosts an evening of all-star, all-pro comics who bring A-Game material illuminating how unique abilities have shaped their lives. Funny. And inspiring.

Gastrocomique

Wednesday, April 11 @ 6 pm

Fusion Grill

A truly unique dining-and-wine-ing evening of food courses paired with comedy. Enjoy a gourmet meal from the award-winning River Heights bistro Fusion Grill, combining Manitoba-sourced food with nationally-sourced award-winning stand up from the very hilarious Ivan Decker. Hosted by Angie St. Mars.

Nubian Disciples of Comedy

Wednesday, April 11 @ 7 pm

Club Regent Event Centre

Direct from Yuk Yuks Toronto we bring the always sold-out urban show on the road. For the past 20 years, the Nubian Disciples has been a stellar showcase of comedians of colour, produced and hosted by Transcona-reared comic Kenny Robinson. It's comedy of colour, outside the lines. With performers Dana Alexander, Sterling Scott, Paul Rabliauskas, Eman El-Husseini, and Mikey Dubbs.

Your Hood's a Joke - International & Local Editions

Thursday April 12 @ 7 pm & 9 pm

Gas Station Arts Centre

The International Edition (April 12 @ 7pm) sports edgy and energetic live battles between pairs of comics from different cities and countries, trying to determine which city and country are funniest. The Local Edition (April 12 @ 9pm) sports edgy and energetic live battles between pairs of comics from different parts of Winnipeg, trying to determine which part of Winnipeg is funniest. This show is a long-standing sell-out. It was born in Toronto, but is certain to be made much better in Winnipeg.

CBC's The Debaters

Saturday, April 14 @ 2pm &

Sunday, April 15 @ 2 pm

Club Regent Event Centre

Be it resolved the CBC Radio One's hit show is back in Winnipeg for the 12th year. A potent mix of facts and funny as seasoned comedians go head-to-head in comedic debates. Hosted by the one and only Steve Patterson, and all ages are welcome. (But that's debatable.) Recorded live-to-tape for later broadcast on CBC.

TICKETS FOR THE WINNIPEG COMEDY FESTIVAL

Tickets for most shows are available online through our website www.winnipegcomedyfestival.com/tickets. You can also purchase tickets IN PERSON at the Box Office at Gas Station Arts Centre (445 River Avenue), on Thursdays, Fridays, and Saturdays, 11 am-6 pm, from now until festival week.

ABOUT THE WINNIPEG COMEDY FESTIVAL

The 17th Winnipeg Comedy Festival takes place April 9-15, 2018, at various venues around Winnipeg. The festival is produced by the Gas Station Arts Centre (GSAC), an innovative home for multidisciplinary artistic development that puts special focus on being an artist's "first stage." GSAC supports and facilitates innovation and creativity in the arts, guided by the vision of artists from all mediums, at all stages of their career. GSAC continues to raise the profile of Winnipeg by being a hub of urban arts activity in Osborne Village, the city's most densely populated neighbourhood.

www.gasstationtheatre.com

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The BUZZ, cont'd from page 9

Jim Pomeroy - Athlete

Jim (Farmer) Pomeroy, 67, was born and resided on the family farm in Alexander, Man. He began his softball career as a young boy playing at Alexander School and went on to play for his high school, Vincent Massey Brandon in 1967. Jim was asked to join the Senior A Merchants in 1976 and played first base with this team for many years. Jim was one of the core group of players that won several league championships and represented Manitoba at the Western Canadian B Championships on two separate occasions. Jim was honoured to be selected as All-Star First Baseman in 1979 at the Western B Championships held in Lethbridge, Alberta. Jim passed away in 2005.

Ashley Lanz - Athlete

Ashley Lanz, 33, was one of the finest softball pitchers ever produced in Manitoba. She started her softball journey at six and by the time she was 21 would be a member of Canada's Senior Women's National team. She competed at many Senior A National Championships representing Manitoba as part of the strong Smitty's Women's Softball Team while being awarded Top Pitcher at the 2008 and 2009 championships. She was part of Canada's National team from 2005-2012. Internationally Ashley played for the Netherlands and Czech Republic as well as playing in the Italian Professional League. She was the star pitcher for Minot State and in 2005 was selected All-American Pitcher of the Year. She pitched for Canada at the Pan Am games in Guadalajara, Mexico and was awarded Top Pitcher Honours at the Pan Am qualifiers which were held in Guatemala in 2005.

In 2007 Ashley pitched with Canada and won the Gold Medal at the Olympic qualifiers in Thailand. She continues to share her passion for the game as a pitching instructor and team coach.

Edgar Stevenson - Athlete

Edgar Stevenson was born in Rivers, Manitoba and then moved to Peguis, where he learned to pitch, following his father who was well-known in that softball community. In 1989, Edgar earned the Top Pitcher Award at the Western Canadian Bantam Championships where his team won gold. He was awarded the Top Male Player and Top Male Minor Player awards by Manitoba Softball. That year he also played as part of the bronze-medal winning Manitoba Summer Games team. In 1990 Edgar was recognized at the National Midget Championships as both All-Star Pitcher and Top Hitter in the tournament, posting a .542 batting average. In 1991, he won the Top Player award in the playoffs at the National Midget Championships while helping his team, the Landmark Knights, finish second. Stevenson was lost to the softball world in a tragic car accident in October of 1991. He was only 17.

Gregg Waldvogel - Athlete

Gregg Waldvogel, 56, was an all-around athlete who played hockey with the Selkirk Steelers from 1979-82 and as a position player and outstanding hitter for the ball teams with which he played. Gregg began his softball career like many other players of his time by playing for his high school in Killarney. He competed at two Senior A Men's National Championships as well as several World Tournaments held in the United States. As a team member,

Gregg was Provincial Champion 15 times over his career and individually he was selected as Manitoba's Senior Men's Player of the Year in 2003 and was recognized as the Top Pitcher at the



Ashley Lanz

Western Canadian Masters Championships in 2013.

Gladstone Whips 1997-2001 - Team Category

Formed in 1988, the Gladstone Whips entered the Gladstone Men's Fastball League and quickly surpassed the competition. The team's desire to compete at a higher level soon led them to the South Central Fastball League and eventually to the Winnipeg Fastball League. The Whips extended their winning ways from Provincial Championships to Western Canadian Championships by capturing the Gold Medal at the Western Canadian Intermediate A Championships in 1999 in Ft. McMurray, the Silver Medal at the Western Canadian Senior Open in Victoria in 2000 and the Bronze Medal at the Western Canadian Senior Open Championships in Moose Jaw in 2001. The Whips continued on their path to compete at the highest possible level by earning

a spot to represent Manitoba at the Senior A Men's National Championships that was held in Winnipeg the next year.

Mariapolis Blues 1976-1978 - Team Category

Teams of skilled players can achieve success in sport but when the team is built from a community of less than 100 people it is extraordinary. Primarily comprised of local farmers, the Blues dominated the South Central Fastball League, so in 1976, decided to join the higher-level South West Major Fastball League. In 1977, the Blues won the league title, but their greatest highlight came in 1976. That year, the Blues won Gold at the Manitoba Games in Neepawa. The team was welcomed back home with an impromptu parade led by a long-time fan from the community, who led the parade of vehicles into town with his tractor. ■

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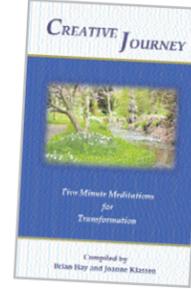


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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- Compiled by Brian Hay and Joanne Klassen

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Excerpts from CREATIVE JOURNEY:

CHANGE

Tracey Craigon (TC)

If we don't change, we don't grow. If we don't grow, we aren't really living.

(Gail Sheehy)

Kaizen is a Japanese philosophy that focuses on continuous improvement throughout all aspects of life. The two original Chinese characters that make up this word are *change* and *good*.

I've become acutely aware of how easy it can be to be too content, too comfortable with the status quo. The way things generally are or have always been is not always the best, most life-giving, or secure way. At some point, if I am sincerely interested in improving the quality and effectiveness of my work, my relationships, and my commitment to a higher purpose for my life, I need to consider the value of change and the possibility of continuous improvement.

Change can be messy, for sure. It's frequently difficult, requiring effort

and adaptation, even compromise, on my part—and it's often inconvenient. There are things that I would like to change or that I know need to change ... and yet, it rarely happens as soon as I'd like. It's easy to become discouraged and impatient when I don't see the desired results I'd like to see. Sometimes things seem to get worse before they get better.

A different perspective, an improved attitude, a renewed commitment, a change of heart, a change of address, or simply a change of scene can really do some good. (TC)

I willingly embrace the necessity and power of change.

Tracey Craigon (TC)

Tracey has had a knack for writing since childhood. Her love of the craft has led to explorations in poetry, journalling, song writing, blogging, calligraphy, and fiction. She is considering writing a book about some of her faith experiences. Presently, Tracey lives in Winnipeg and teaches ESL. She recently certified as a Personal Trainer and helps others enjoy the benefits of fitness. Tracey's other interests include prayer, language, singing, cooking, HIIT workouts, and dance.

COCOON

Joanne Klassen (JK)

Action without reflection is thoughtless; reflection without action is passive.

(Jonathan Gosling and Henry Mintzberg, *The Five Minds of a Manager*)

I awoken to a white sky; more snow is on the way. I have meetings to attend and driving is going to be a challenge, but not an obstacle. For one hour I can pause, climb back under the covers and cocoon in a cozy space of reflection before the day of action begins.

Today I didn't awoken to an alarm or need to jump up, prepare breakfasts and lunches and hustle kids off to school and myself off to work, as I once did. I relish the luxury of more time to reflect at this life stage.

Like a caterpillar, I have been crawling along, eyes on slippery gray sidewalks. As I lie here watch-

ing the sky outside my bedroom window, rays of sunrise illuminate nearby buildings, painting them a golden hue. I realize it's time to emerge from my cocoon. There's a big, beautiful world outside waiting for me to spread my butterfly wings. Pulling back the covers, I decide to wear yellow today. (JK)

Reflection transforms my inner and outer worlds.

I find moments to cocoon in solitude and emerge, ready to spread my wings and enjoy a new view.

Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. E-mail: jklassen@write-away.net ■

Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

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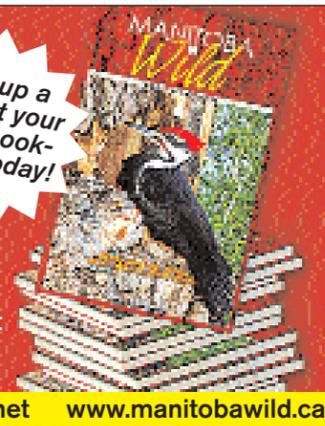
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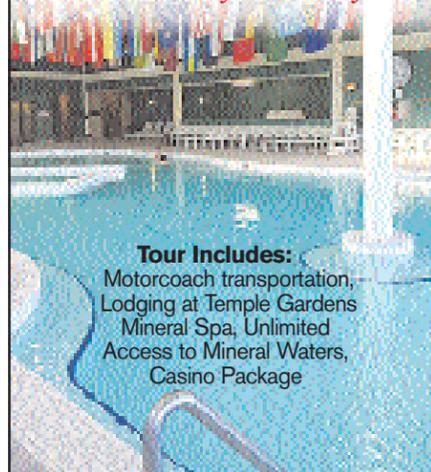
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Top: Branson Show Boat Belle Bottom: The Oak Ridge Boys

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Things To Do

IN WINNIPEG

MISC EVENTS

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

Red River Coin & Stamp Shows - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

Winnipeg Public Library - To view the March/April newsletter, visit <http://wpl.winnipeg.ca> and click on the 'At The Library Newsletter' cover image on the home page. View the [Program and Events Calendar](#) under the 'What's Happening' link along the left side of the home page. **Windsor Park Library** currently at 955 Cottonwood closed Feb. 24. New location TBA. **Kanopy**, an online streaming service with a catalogue of 30,000+ classic movies, documentaries and independent films, is free with your library card, at winnipeg.ca/library. Search "Kanopy".

Manitoba Orchid Society - Show & Sale, Fri. Mar. 23-Sun. Mar. 25, 9 am-4:30 pm, at the Assiniboine Park Conservatory. Adm. \$7, 14 & under Free. Two orchid educational sessions at 11 am & 1:30 pm, Sat. & Sun. Various orchid vendors attending.

The Winnipeg Model Railroad Club - Annual Open House, Apr. 7 & 8, Sat. 10 am-5 pm, Sun. 10 am-4 pm, at Charleswood Legion Hall, 6003 Roblin Blvd. Wheelchair Access. Adm. by donation. Proceeds support St. Amant Center.

Post Polio Network (MB) - AGM, Mar. 27, 1-2:30 pm, at Caboto Centre, 1080 Wilkes Ave. General Meeting, Apr. 24, 1-2:30 pm, Caboto Centre. Topic: PPS and Swallowing. Speaker Allison Baird, Speech-Language Pathologist, President of Speechworks Inc.

Manitoba Sjogren's Syndrome Group - Meeting, Mar. 27, 5:30-7:30 pm, at Access Fort Garry, 135 Plaza Drive. Guest speaker: Dr. T McCarthy, Rheumatologist. Call Phyllis Hirota: **204-477-5158** or email phirota@shaw.ca for info.

Harrow United Church - 5th Annual St. Patrick's Day Irish Stew Supper, Sat. Mar. 17, 6 pm, 955 Mulvey Ave. at Harrow. Tickets \$20/Adult, \$5/Children & \$15/Take-out or Delivery. Reserve tickets at church office: **204-284-0079**

Ukrainian Catholic Women's League of Canada, Metropolitan Cathedral of Sts. Vladimir and Olga Branch - Spring Tea, Sun. Mar. 18, 1-3:30 pm, Church auditorium, 115 McGregor St. Official Opener: Lesia Borys, Pres. Of UCWLC, Sts. Vladimir and Olga Branch.

Norman Art Club - Show & Sale, Fri. May 4, 4-9 pm, Sat. May 5, 10 am-3 pm, at Church of St Stephen/St Bede, 99 Turner Ave. (Mount Royal & Ness). Free admission. Sale of original art, craft items. Demos, door prizes, free refreshments.

Forum Art Centre - Youth Art Show, Sat. Mar. 10, noon-1 pm, 120 Eugenie St. Showcasing artist aged 7-16. Open House & Registration, 1-4 pm for Spring sessions. Register at www.forumartcentre.com/classes or **204-235-1069**

Centre on Aging, University of Manitoba - Free Research Seminars at the Millennium Library, 251 Donald, 12-1 pm. **Wed. Mar. 21**, Buchwald Rm - Dr. Richard Milgrom, PhD, will present "Age-friendly Regions - Planning beyond communities"; **Tue. Apr. 10**, Carol Shields Auditorium - Dr. Elizabeth Ready, PhD will present "Tips to help older adults stay physically active: How supportive environments can help". Limited space. See full presentation descriptions at <http://bit.ly/2FweBMS>

Centre on Aging, U of M - 35th Annual Spring Research Symposium, Mon. May 7, U of M Bannatyne Campus, 750 McDermot Ave; **Symposium Workshop**, Tue. May 8, Fort Garry Campus, 204 Marshall McLuhan Hall (2nd flr of University Centre), 66 Chancellors Circle.

St Andrews River Heights - Choir fundraiser - Wartime musical favourites, Fri. Mar. 9 - 7:30 pm, Sat. Mar. 10 - 1:30 and 7:30 pm, 255 Oak St., church auditorium. Doors open 1/2 hr before each show. Complimentary snacks and punch. Wine and beer available for purchase. Tickets \$20 ea. Call church office: **204-488-1130** or buy online at **Eventbrite.ca**

Canadian Celiac Association MB Chapter - AGM, Sat. Apr. 7, 11 am-1 pm at the Maranatha Evangelical Church, 910 Sturgeon Rd. "Gluten Free 101" - 9:15-10:30 am. Please bring a Gluten Free item for a potluck cold lunch and a Gluten Free donation for Winnipeg Harvest. Guest speaker: Dr. Lesley Graff. For info, Donald Johnson: **204-832-5590**

St. George's Anglican (Transcona) - St. Patrick's Day Bash, Sat. Mar. 17, 8 pm, Transcona Legion, 117 Regent Ave. E. Cash bar, entertainment, lunch, silent auction, 50/50 draws. Contact church for tickets \$10.

The Women's Canadian Club of Wpg - Luncheon, Mar. 20, RBC Convention Centre. Helen Halliday, President and CEO of the Royal Aviation Museum of Western Canada is our speaker. 12 noon. Cost \$25. Reservations and information **204-663-5657**

Knights of Columbus St. Josaphat Council #4138 - Easter Charity Meat Bingo, Sun. Mar. 18, 1:30-5:30 pm, Royal Canadian Legion Branch 141, 618 Selkirk Ave. 20 Games of Chip Bingo. Tickets \$7 at door. Includes 3 Lap Cards. Extra cards \$1 ea. Proceeds to 'The Welcome Home' - Charities Helping Charities.

St. Basils Ukrainian Catholic Women's League of Canada - Annual Palm Sunday Tea, Sun. Mar. 25, 1-3 pm at St. Basils Parish Auditorium, 202 Harcourt St. Home Baking - Raffle - Silent Auction

Riverbend Seniors Group - Craft, Plant, Bake and Vendor Sale in support of the Riverbend Seniors Group, Sat. Mar. 3, 10 am-2 pm, 400 Osborne St.

Red Hat Society in Manitoba - Red Hat WHoot in Winnipeg, Jun. 9, Noon-5 pm. Cost: \$45. Entertainment, 50/50 draw, silent auction, vendors and a hot meal. Contact Helen: hrhicks@mts.net, **1-204-355-4791**, www.redhatsmanitoba.com

Harrow United Church - Paint Nite, Sat. Apr. 14, 7-9:30 pm, Harrow United Church, 955 Mulvey Ave. Cost: \$45 pp. Take home a beautiful piece of art. To register online: <https://www.paintnite.com/events/04-14-18-fundraiser-event-for-harrow-united-church-10048181> or contact the church office at **204-284-0079**

The Winnipeg Model Railroad Club - Annual Open House, Sat. Apr. 7, 10 am-5 pm & Sun. Apr. 8, 10 am-4 pm, Charleswood Legion Hall, 6003 Roblin Blvd. Admission by donation. Proceeds to St. Amant Center.

The ALS Society of Manitoba - 2018 Cornflower Ball (previously Gala), Sat. Apr. 21, Victoria Inn, 1808 Wellington Ave. Tickets \$125 ea. Table of 8 - \$1000. No tax receipt. Call **204-831-1510** or purchase online at www.alsmb.ca

The Alzheimer Society of Manitoba - Free public lecture "Positive Aging: Tap into Your Fountain of Health", Mon. Mar. 5, 7-8:30 pm at Canad Inns Polo Park - 1405 St. Matthews Ave. Register at: alzheimer.mb.ca or call **204-943-6622**

Children's Hospital Guild of Manitoba Inc. - Nearly New Shop, 961 Portage Ave. Bag it... Five Bucks... SALE. Any clothing - Buy a \$5.00 Bag and FILL IT! Reg. hrs: Mon-St, 10 am-4 pm. Proceeds to Children's Hospital Foundation of Mb in support of pediatric research and programs at the Children's Hospital. Info: **204-772-3629**

MUSIC

St. Andrew's Anglican Church - Vocal Ascent presents Spring Thaw, a cabaret fundraising event in support of St. Andrews Church, Sun. Mar. 18, 7 pm, 2700 Portage Ave. Tickets \$20. Refreshments provided.

St. Andrew's Anglican Church - Royal Canadian College of Organists, Lenten Organ Communion Services - Wednesdays during Lent at 12:15-12:45, St. Andrew's Anglican Church Woodhaven, 2700 Portage Ave. The Rev. Raymont Knight; Organists: **Mar. 14**: Sam Tidd (St. John's Anglican Cathedral); **Mar. 21**: Marlon Goolcharan. (Student of Wes Elias)

La chorale des Intrépides - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: intrepides.manitoba@gmail.com

Seniors' Choral Society - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Will perform at local seniors complexes and

PCH's. Info: Gerda or John: **204-669-5570** or www.seniorschoralsociety.ca

SPORTS/FITNESS/GAMES

Three ladies golf leagues - Now accepting new members, all ages, all levels of play. **Kildonan Park Ladies Who Golf**, Mondays, 0800-0900 tee offs. **Windsor Park Ladies Golf**, Wednesdays, 0730-0900 tee offs. **Southside Friday Ladies**, Fridays, 0800-0900 tee offs. To join, or for info, contact: Lynne: **204-298-9600**, lducharm@live.ca

Winnipeg South Senior Slow Pitch Club (mixed) - invites you to join one of our 3 scheduled teams and the informality of Tue. and Thur. House league play - all on grade AAA diamonds, in Fort Garry at Clarence and Hamelin, just off Waverley. Grant **204-477-1050**, Bobby **204-261-3033**

Manitoba Provincial Rifle Assoc. (MPRA) - The MPRA Senior's Air Gun program, Wednesdays, 11 am, at the indoor air gun range at 711 Leola St. Rifles and Pistols are supplied. Our range is one of the best in North America with "State of the Art" electronic targets (SIUS). This is a sport that can be enjoyed your whole life. Gord: **204-415-7919** or **204-771-1987**

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

Gwen Sectar Creative Living Centre - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

VOLUNTEERING

The North Centennial Seniors Assoc. - Seeking volunteers for Grandma and Grandpa Swim Program, Tue. Mornings, Oct.-June. Looking for friendly outgoing seniors to play an active role in the pool enjoying swim and play activities with preschoolers. Contact: nscs@shaw.ca or **204-582-0066**

Luxton Adult Learning Program - Meaningful, rewarding volunteer opportunities: Helping adults improve their literacy skills to enable them to reach their goals. If you would like to give some of your time, please contact Margaret at **204-802-9435**

Middlechuch Personal Care Home - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138**

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

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

Misericordia Health Centre - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri.'s, 10-11:30 am. Call **204-788-8132**, or online at www.misericordia.mb.ca/volunteer or apply in person. Free parking provided.

Victoria Lifeline - Home Service Representative - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or email msitter@vgh.mb.ca

Meals on Wheels - We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or www.mealswinnipeg.com

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: meaganvarndell.kmts@gmail.com and **204-668-0967**

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

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

Southeast Personal Care Home - Volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

HSC Winnipeg - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: volunteer@hsc.mb.ca

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

PROGRAMS/SERVICES

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

Wpg Polish Legion Br 246, 1335 Main St. - Happy Hour: Mon-Thurs 3-6 pm, Fri/Sat, 3-7 pm. **Senior Lunch & Dance**: Weds, 12:30-3 pm, \$10. **Fri. Meat Draws**: 4-8 pm. **Kareoke**: Fri/Sat, 8-midnite. **Chase the Ace**: Sat, 10 pm. Call Branch: **204-589-5493** for more info.

Pembina Active Living (PAL) 55+ - Special events: class "Computer tune-up" class-Mar. 8, 1 pm. "Together We Can" Fundraiser at Riverwood Square Retirement Living-Mar. 8, 7 pm. **Wellness series** "Mindfulness" by Klinik Community Health-Mar. 15, 1 pm. **Coffee with PALs**-Mar. 16, 1 pm. at Access Fort Garry South, 135 Plaza Drive. "Zing into Spring" party and registration for spring classes beginning Apr. 3. (entertainment, refreshments, displays, program demonstrations, door prizes, 50/50 draw)-Mar. 22, 1-3 pm, Grace Christian Church. **Still Bloomin' Gardening Club**-Mar. 29, 1 pm. Info: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

Assiniboia Wood Carvers Association - Woodcarving every Fri. 1-3 pm at Valour CC- Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

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

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

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

Manitoba Christian Writer's Assoc. Group - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, Apr. 7, May 5, Jun 2/18, 1:30-4 pm, at Bleak House Centre, 1637 Main St., across from Burger King and Mohawk Gas. Membership fee \$25/yr. Drop-in \$3. MCWA. Contact: Frieda: **204-256-3642**, **Bev 204-326-7286**

Bleak House Senior Centre - 1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 12:30 pm Quilting. **204-338-4723**

Golden Rule Seniors - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 am. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

Continued on page 16 - Outside back page

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**THE
COMMERCE
EXCHANGE**



Today's Recipe

Larry Malinski

www.PeakMarket.com



Sweet Potato & Chicken Ravioli with Curry Sauce

Metric	Ingredient	Imperial
2	boneless, skinless chicken breast, cooked & shredded	2
500 ml	cooked & mashed sweet potatoes	2 cup
3	cloves of garlic, minced	3
2 ml	fresh ginger	1/2 tsp
1 ml	salt	1/4 tsp
1 ml	pepper	1/4 tsp
1	package wonton wrappers	1
50 ml	onion, finely chopped	1/4 cup
2	cloves garlic, minced	2
15 ml	margarine	1 tbsp
15 ml	flour	1 tbsp
10 ml	curry powder	2 tsp
.5 ml	cayenne pepper	1/8 tsp
250 ml	chicken broth	1 cup

In a medium bowl; mix chicken, sweet potatoes, 3 garlic cloves, ginger, salt and pepper until well blended. Spoon about 1 tablespoon (15 ml) chicken mixture onto wonton wrapper. Brush edges of wrapper with water. Top with second wonton wrapper and press edges together to seal. Repeat with remaining wonton wrappers and chicken mixture. In a large pot; bring water to a boil, adding approximately 4 to 6 ravioli at a time. Reduce heat and simmer, uncovered, until ravioli float to surface, about 3 to 4 minutes. Remove ravioli with slotted spoon. Repeat with remaining ravioli.

Curry sauce: In a small saucepan; saute onion and garlic in margarine for approximately 3 to 4 minutes. Stir in flour, curry powder and cayenne pepper. Cook 1 minute more, stirring constantly. Stir in chicken broth, heat to boiling. Boil until sauce is thickened (sauce will be thin), stirring constantly. Serve ravioli with curry sauce drizzled on top.

Serves 4

WORDSEARCH - ARCHITECTURE By Senior Scope

O	V	D	I	L	I	N	T	E	L	D	O	R	I	C	F	S	I	D
A	B	U	T	M	E	N	T	M	P	U	A	R	G	I	L	O	Q	T
K	P	S	U	M	E	R	I	A	N	L	E	D	V	M	E	C	F	X
S	E	G	M	E	N	T	E	D	L	L	N	E	O	P	C	L	E	E
G	J	Y	R	F	N	F	J	I	H	A	C	D	L	O	H	E	E	C
A	Q	C	S	J	A	L	P	S	M	I	L	N	U	S	E	G	L	H
L	S	P	D	T	X	Y	A	R	N	Q	V	E	T	T	O	M	L	I
L	H	J	E	Z	O	I	O	O	U	E	Z	E	E	H	X	L	I	N
E	A	G	C	O	R	N	I	C	H	E	C	O	L	U	M	N	P	U
R	F	R	O	P	M	G	E	Z	I	N	T	U	S	C	A	N	T	S
Y	T	E	R	E	Z	B	V	R	A	W	B	E	N	T	A	S	I	S
A	R	C	A	D	E	U	F	L	T	O	R	U	S	I	Y	T	C	O
X	E	I	T	A	S	T	R	A	G	A	L	E	H	X	X	R	A	A
F	D	A	E	S	R	T	R	A	N	S	I	T	I	O	N	A	L	S
H	T	N	D	T	B	R	C	O	L	O	N	N	A	D	E	N	A	H
M	I	N	O	A	N	E	F	I	N	I	A	L	U	J	B	S	R	L
C	U	P	O	L	A	S	R	E	R	E	D	O	S	E	A	O	C	A
S	O	F	F	I	T	S	E	O	G	I	V	E	Y	K	A	M	H	R
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| Abutment | Cupola | Frieze | Norman | Socle |
| Arcade | Dado | Gallery | Ogee | Soffit |
| Ashlar | Decorated | Grecian | Ogive | Sumerian |
| Ashler | Doric | Impost | Pedestal | Torus |
| Astragal | Echinus | Ionic | Pillar | Transitional |
| Cinquefoil | Elliptical Arch | Jamb | Plinth | Transom |
| Colonnade | Entasis | Keystone | Reredos | Tuscan |
| Column | Finial | Lancet | Screen | Volute |
| Corinthian | Fleche | Lintel | Segmented | |
| Corniche | Flying Buttress | Minoan | Shaft | |
- SOLUTION ON NEXT PAGE

CROSSWORD

A Touch of the Irish By Adrian Powell



- ACROSS**
- 1 Voice-mails, briefly
 - 5 '60s Pontiac muscle car
 - 8 Homo sapiens
 - 13 Comet's path, say
 - 15 Congo rain forest ruminant
 - 16 What members of the Royal Irish Regiment wear on their uniforms on March 17
 - 18 Kidneyenzyme
 - 19 952, in ancient Rome
 - 20 Make some dough
 - 22 Common Wile E. Coyote purchase
 - 23 "Ireland fore ver" in Irish
 - 27 Farmers' reference book
 - 31 Shell game essential
 - 32 Trotsky of Russia
 - 33 Patriotic song sung by Gerald O'Hara in "Gone with the Wind" (with 43 A)
 - 39 Touch of colour
 - 41 Have an outstanding balance
 - 42 Wild altercation
 - 43 See 33A
 - 46 The Da Vinci Code priory
 - 47 Hour, in Napoli
 - 48 Stando fish
 - 50 The Auld Sod, alternately
 - 55 Proof prover's sign-off
 - 56 Modern speed unit
 - 57 Barrels into
 - 61 Solidarity
 - 63 Leprechaun's rainbow-affiliated stash
 - 67 Wide cravat
 - 68 Askew

1	2	3	4	5	6	7	8	9	10	11	12
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55				56					57	58	59
61		62				63		64	65		66
67							68				
69											
70											
71											

- DOWN**
- 1 Canada's Lower House mbrs.
 - 2 Stand-up Canadian satirist Mort
 - 3 Raisin's weight, roughly
 - 4 Lapland natives
 - 5 Baby's first utterance, maybe
 - 6 Special attention, for short
 - 7 Like many a whiskey cask
 - 8 Ironwood tree
 - 9 Luau instrument
 - 10 Large tropical ray
 - 11 Impressionists excel at it
 - 12 Beethoven's final symphony
 - 14 TV host Conan O'___
 - 17 Lose rigidity
 - 21 Miss Scarlet's weapon, maybe
 - 24 No good, lyin' fink
 - 25 It's in the Greek gods' veins
 - 26 Toughest to find
 - 27 Anne Murray's vocal range
 - 28 Viking Ericson
 - 29 France's ___ Blanc
 - 30 Popeye's tattoo
 - 34 Ma'am to a lamb
 - 35 Vacant lot flora
 - 36 Upper pelvic bones
 - 37 Vivid crayon variety
 - 38 Courteous chap
 - 40 Data storage necessity for
 - 44 Big, splashy affair
 - 45 Lowest possible rugby score
 - 49 The lord's minions
 - 50 Identical in value
 - 51 Org. for the brainy bunch
 - 52 Formal decree
 - 53 Copy, for short
 - 54 Effigies in a temple, e.g.
 - 58 Once more, hillbilly style
 - 59 Pie a la ___
 - 60 Killed, so to speak
 - 62 Daycare attendee
 - 64 One of an ostrich's four
 - 65 Pick, in a way
 - 66 Notorious banned bug killer
- SOLUTION ON NEXT PAGE

Canadian CyberQuotes By Adrian Powell

In the following quotation, each letter is uniquely coded. In the example, P is used for the three As, T for the Rs, etc. The code changes each time. Example: P P T X B P T Q A A R D V A R K

TODAY'S QUOTE

FXNBXTQCUA UQ LCX NTL SH EXLLUDE

AXSAFX LS BS GCNL LCXI BSD'L GNDL LS BS

NDB CNZX LCXV XDPSI LCX XOAXTUXDJX.

— FXGUQ VNJYXDWUX

HINTS
Hints: Single letters usually stand for an "A" or an "I". Fill all those in first. Apostrophes are usually followed by an "S" or a "T". If you have found the "A", a coded word like "Axx" is often the word "and", giving you the "N" and "D". Coded words ending in two similar letters - "xxxxFF" for example - will often have those letters being "S" or "L". Two letter words that are not abbreviations almost always have a vowel or end in a "Y".

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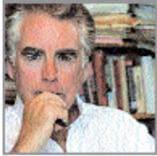
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HUMOUR

By William J. Thomas



Jose Afonso - Doorman To The Stars Retires

I have shaken the hand that shook the hand of kings and queens, presidents and prime ministers, Hollywood stars and the world's greatest spies. And last year I shook that cordial, soft hand for the very last time.

Jose Antonio Azevedo Afonso is retiring after 63 years as the doorman of the grand Hotel Palacio in Estoril, Portugal. I have been greeted by this man at the entrance to one of Europe's classiest hotels on five occasions and he always makes me feel I've come to stay in his home where all the staff are family. In his blue suit with a red cape and matching cap set off by the white gloves and gold chains draped over his left shoulder - Jose Afonso wears the uniform of a doorman with pride.

He has bowed to greet the most beautiful women in all the world including Rita Hayworth, Gina Lollobrigida, Zsa Zsa Gabor and Audrey Hepburn. "Grace Kelly," said Jose "was very nice." With her, he had his picture taken.

Jose Afonso met Van Johnson and helped ensure Rex Harrison's privacy when the English actor preferred to dine alone in the Grill Four Seasons restaurant. Orson Wells, Ed Sullivan, Tyrone Power and Tony Blair - Jose has something nice to say about them all. Maurice Chevalier hummed in the elevator.

Jose has had a quiet word with some of the world's greatest movers and shakers like Henry Ford II, the Agha Khan, the Rockefellers and the Rothschilds and Indira Nehru, later Gandhi and the third Prime Minister of India.

The close-knit towns of Estoril, Cascais and Sintra formed a triangular refugee camp for the world's rich and famous. What with World War II raging across Europe and Portugal being entirely neutral, this lush land sweeping up the mountains from the beaches of the Atlantic became a haven for deposed kings and ex-queens as well as displaced dukes, duchesses, counts

and countesses. Refugees with sprawling farms or four-storey villas and bank accounts in Switzerland. So many royalty lived in this tiny enclave, the Atlantic here was called "The Coast of Kings."

One James Bond, George Lazenby of *On Her Majesty's Secret Service* not only stayed at The Palacio but the fictional James Bond was actually born here. Ian Fleming returned to the Palacio after the war with the files of his favourite agent and friend, Dusan Popov, the Yugoslavian spy they called "The Tricycle." Fleming wrote on the balcony of Room #521 with a view of the ocean, the park and the Estoril Casino. That's where Popov became Bond and Casino Royal became the first of a series of 12 books that created an industry of 23 Hollywood movies.

A welcoming witness to all that fame - Jose Afonso was a nineteen-year-old kid from a poor family when he got his first job at the hotel as a bell boy. You might not think that the job of a doorman is not one to be coveted or cherished for 63 years but this was The Palacio, the jewel of European hostelry.

Amid all the pomp and circumstance, a gaffe was bound to happen. The American couple Cindy Adams and Joey Adams visited The Palacio in the 50's - he to vacation, her to collect gossip. Joey was a comedian and humour writer and Cindy was one of the most successful gossip columnists of her day. The rich and famous who gathered for high tea every afternoon adorned with satin sashes and glittering jewels were rich fodder for Cindy's writing.

The interview that Cindy drooled over was a one-on-one with a frequent visitor to the hotel, the King Umberto of Italy. He was addressed at The Palacio as *Sua Excelencia Rei*, pronounced 'Ray.' For weeks Cindy hounded The Palacio public relations director to set up the meeting. With little time left in her visit, the PR guy finally made the royal connection. He was standing in the lobby next to the King of Italy

when Cindy entered with bundles of handcrafted souvenirs and gifts for the folks back home. Excited, she was showing off her purchases to the staff when the PR man finally got her attention and said: "Your Excellency, may I present Cindy Adams. Cindy, this is Rei Umberto." Bubbly, as was her nature and still not quite focused, Cindy cheerily replied: "Hello Ray, what did you say your last name is?" Cindy had stopped just short of asking him to help her with her parcels. Kings don't have last names. Cindy didn't get the interview and Joey Adams, a stand-up comedian was likely crushed by being upstaged by his wife.

Please understand - I do not have the means to live in the lap of luxury but once in awhile, like a curious cat I like to jump up there to see what goes on. Thank you Jose, for showing me around.

Adeus Jose Afonso! You have earned a peaceful retirement in your beloved city of Braga. The stories you tell your great grandchildren will sound like fairy tales, except they'll all be true.

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

Solution to **Canadian CyberQuotes** :

Leadership is the art of getting people to do what they don't want to do and have them enjoy the experience.

- **Lewis MacKenzie** (b. 1940, Truro, NS. Retired general, author, media commentator)

CROSSWORD - Solution

M	S	G	S	G	T	O	H	U	M	A	N
P	A	R	A	B	O	L	A	O	K	A	P
S	H	A	M	R	O	C	K	S	R	E	N
L	M	I	I	E	A	R	N	T	N	T	
E	R	I	N	G	O	B	R	A	G	H	
A	L	M	A	N	A	C	P	E	A		
L	E	O	N	T	H	E	W	E	A	R	I
T	I	N	C	T	O	W	E	M	E	L	E
O	F	T	H	E	G	R	E	E	N	S	I
O	R	A	D	I	S	T	A	N	T		
E	M	E	R	A	L	D	I	S	L	E	
Q	E	D	B	A	U	D	R	A	M	S	
U	N	I	T	I	P	O	T	O	F	G	O
A	S	C	O	T	L	O	P	S	I	D	E
L	A	T	T	E	S	E	T	N	E	W	T

WORDSEARCH - Solution

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

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Things To Do

IN WINNIPEG Cont'd from page 13

Gwen Sexter Creative Living Centre - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

Archwood 55 - Join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com
www.archwood55plusinc.weebly.com

Brooklands Active Living Centre - Zumba Gold, Aqua-fit, Line Dancing, Floor Curling. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games. **204-632-8367**

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

Ukrainian Cdn Veterans Br # 141 - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Call **204-589-6315** ext 103 for future events and information.

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55

pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Friends of Library Book Club - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or winnipegprobust85@gmail.com

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 206. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Senior Achievers - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

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

55+ Men's Club - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

Vital Seniors - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: **204-255-7508**,

Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

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

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

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

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

Elmwood-East Kildonan Active Living Centre - 180 Poplar @ Brazier in Elmwood. Membership \$15/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. Call **204-669-0750** or **204-890-3282**

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

Fibromyalgia Support Group of Winnipeg - For info: **204-975-3037**

Dufferin Senior Citizen Inc. - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Tues S.T.A.R.S. 9:30-11:30 am, FREE Tea/Coffee, Snacks, Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. **204-990-2339**

Weston Seniors Club - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

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

Mensheds Manitoba Inc. - Peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

High Steppers Seniors Social Club - We meet Wednesdays & Thursdays for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

Good Neighbours Active Living Centre - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: **204-996-0750**

Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Gimli - Gimli Film Festival - Talented Manitoban or Canadian filmmakers invited to submit their work to the 18th Annual Gimli Film Festival for consideration. Only accepting Manitoban and Canadian short film submissions at this time. Deadline: Mar. 31. Info: submissions@gimlifilm.com

Springfield Seniors - Attention Whittlers! Come to the Cooks Creek Community Club, Mondays, 1-3 pm and join the whittling gang. Please bring your own whittling equipment and supplies. Coffee and smiles are free! Beginner whittling classes start late Feb. or early March. Limited space. Must register. Call Diane: **204-853-7582**

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W. **Low income tax return filing assistance**; Drop Off Service Only; Tuesday to Friday 10 am-3 pm; Call 55 Plus for more information **204-467-2582**

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W. Events: **Shamrock Luncheon**, Wed. Mar. 14, 12 noon, Hot Roast Beef Luncheon with Dessert. Entertainment by The Country Gentlemen. Special 50/50 Draw - 3 tickets for \$5; Advance Tickets Required; \$20 ea. available at the 55 Plus & Komer Kuts; Deadline for tickets, Fri. Mar. 9; **Community Volunteer Income Tax Program**, low income tax return filing assistance; Drop Off Service Only; Tue.-Fri. 10 am-3 pm; **Bus Trip to Moose Game**, Sun. Apr. 8, Departs Stonewall 12 Noon for 2 pm game; \$50 for Members/\$55 for Non-Members; includes Hotdog, Soft Drink & Transportation. Limited Tickets. Register by Mar. 22; **Police Academy for Older Adults**, Free sessions, Tue. afternoons, Apr. 10-May 15. Topics: Elder Abuse, Fall Prevention, Emergency Preparedness, etc. Register by Mar. 29; **Accumulative Cribbage Tourn.**, Wed. evenings, Apr. 11-May 2. \$20/person. Register by Fri. Apr. 6; **Line Dance Classes**, Tuesdays 11:15 am, Thursdays, 11 am. \$2/class plus yearly \$155Plus membership. Call 55 Plus for info: **204-467-2582**

St. Andrews Heritage Centre - Learn to make your own bath bombs, Mar. 24, at the Age Friendly Bldg, 6 Riverview St., St. Andrews. All supplies provided. \$25/person. Registration required, deadline Mar. 16. Info: www.standrewsrectory.ca

Ste. Anne - Dawson Trail Days - Car Show, Sat. Sept. 1, 11 am-5 pm, Ste. Anne, MB. If it is powered by an engine we want it - beyond the ordinary old classics, customs, street rods, orphans, rat rods, muscle cars, tuners, bikes, snowmobiles, swamp buggies, ATV's, trucks, buses, you name it! Come out with your prized vehicle and share in the fun. No entry fee, no trophies, no judging. Bring a "tin for the bin." Email Dennis: dwfxyz@gmail.com or Sarah: recservices@steannemb.ca

Steinbach - The Bethesda Regional Health Care Auxiliary - 25th Bethesda Book Faire, Mar. 21, 22, 23 & 24th, Wed.-Fri. 9 am-9 pm, Sat. 9 am-4 pm, at

Clearspring Centre, North #12 Highway, Steinbach. Used books, lower prices. Info: **204-326-3028** or **204-346-1640**

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

Ritchot Senior Services - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: RitchotSeniors@mymts.net

Selkirk - Tudor House Personal Care Home needs volunteers for various positions. Call **204-482-6601** Ext. 21.

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcherson for info: **204-482-5469** ext. 20956 or mmutcherson@ierha.ca

Springfield - Service to Seniors - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call **204-853-7582** or email: springfieldseniors@mymts.net to arrange to pick up an application package.

PROGRAMS / SERVICES

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

Beausejour - Beau-Head Senior Center - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, beauhead@mymts.net

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

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent* www.dauphinseniors.com, **204-638-6485**

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining

independent living. Services: friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

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

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

Montcalm Service to Seniors - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: jbarnabe@hotmail.ca

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collot: **204-248-7291** or ensemble@mymts.net. Our goal is to assist seniors and the disabled to maintain their independence. We are **always looking for volunteers** to help with these programs.

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income tax return filing assistance, regular Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events (trips to RMTC,

Celebrations Dinner Theatre, etc.). Contact Hope or Chris: **204-857-6951**, hp55plus@mymts.net

Seine River Services for Seniors - The Philips Lifeline Medical Alert Service - fast access to highly trained, caring Response Associates at the push of a button, 24 hrs/day, 365 days/yr. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping. Juliette Rowan: **204-424-5285**.

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau spécial. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

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

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

Springfield Seniors Community - Congregate Meals are available to all community seniors. **Oakbank**: Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. **Dugald**: Mon/Wed/Fri - 5 pm. **Cooks Creek**: Mon/Wed - 11:30. Call **204-444-6000**. **Anola**: Mon-Fri, 11:45 Call **204-866-3622**

Springfield - Support Group for Caregivers. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at **204-268-4752** or email alzne@alzheimer.mb.ca to register

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: ssinc1@mts.net, www.ebseniorscene.ca

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B*** - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or recreation@weststpaul.com

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