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Senior Scope

The paper by, for and about
Boomers & Seniors
in **Winnipeg** and **rural Manitoba**
Or read online at www.seniorscope.com

V12-N10 April 2 - April 28 /14

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Photo above:
The Ukrainian Catholic Church of the Immaculate Conception and Grotto in Cooks Creek. Photo taken by Grace Schedler of Stonewall, Manitoba during a Casara Search and Rescue exercise. (Photo taken in winter 2013)

See story inside....

- INSIDE:**
- Scott Taylor: **Jim Daly - Still Coaching, Leading, Laughing**
'The BUZZ'
 - Roger Currie: **-Winter - hard on vulnerable citizens**
 - Roger Currie: **-John McDermott - 20th Anniversary Tour**

- INSIDE:**
- **Getting to the Heart of the Matter. The story of Rita Bartmanovich and her husband (Peter), and his journey to having a heart transplant.**
 - **J.W. Crane Memorial Library The Reading Room (Book Reviews)**
 - **Marion Clemens Coffee Break - Springfield News**

- Rick Goodman (HUMOUR): **Older Than Dirt**
- Crossword by Adrian Powell **Easter Hunt Challenge**
- Comics by Kenn White **Thelma's World**
- William Thomas (HUMOUR): **Garage Sales need rules**

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Senior Scope and Boomer Buzz is FREE at over 650 locations and by email subscription. Mail-out Subscriptions: 28.00 + 1.40 gst (29.40 total) for 14 issues/yr. Mail cheque or money order payable to: **Senior Scope, Box 1806 Stonewall, MB R0C 2Z9**

For news ideas, submissions or letters for **Senior Scope**, call 204-467-9000 or email: **kelly_goodman@shaw.ca**

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A tough time in' the city that no longer works' for many of us

By Roger Currie

Winnipeg, and much of the rest of Canadian prairies, have endured the *Winter From Hell*, and despite the fact that calendar now says April, it ain't over yet.

It has been the coldest and snowiest winter since 1978-79, and it has been particularly hard on people over 60, especially if they live alone and have problems like mobility issues. Connie Newman is Executive Director of the Manitoba Association of Senior Centres. She says reliable figures are hard to come by as the city scrambles to deal with the *water crisis*, but she believes that more than half of the homeowners who lost water because of frozen pipes were seniors.

At any given time since the end of January, hundreds of properties were without water and the solutions offered by the city were pretty Spartan. You can shower for free at public swimming pools. Not that easy if you don't drive, or if your vehicle is trapped in the garage by huge piles of snow in the lane. Since mid-March, icy streets and sidewalks have been more of an issue because we've not seen a sustained melt.

Newman says "I don't have figures, but I'm certain that falls resulting in broken wrists and other bones have risen dramatically". For weeks on end, temperatures have been well below normal, so even if there were clear sidewalks, conditions were not great for walking. Connie Newman says attendance at many day programs at Senior Centres is way below normal this year because of all these factors.

Back to the water problem, many homes have had water delivered by firefighters but the city urged those affected to haul additional jugs themselves if they're physically capable of doing so. For many a senior there's the *pride* factor which makes it difficult for them to admit that they need help. Newman says "The older seniors survived the Great Depression and a world war, and they thought those kind of hardships were in the past".

But even if water is not the problem, Newman and others worry about the isolation factor. Many people who live alone have been virtually trapped in their homes for weeks at a time in some cases. Some are fortunate enough to have children and other relatives who can help when it comes to chores like grocery shopping, but more and more



do not have those connections as families spread out.

She urges homeowners who are able-bodied and under 50 to get to know who their neighbours are. If they are seniors living alone, you should be at least checking regularly to make sure they are alright, and helping by wielding a snow shovel if that's needed.

It's interesting that research into what happened in 1978-79 reveals that there were in fact some 3,000 calls to the city about frozen water pipes that winter, but it wasn't a huge story like we saw this winter. Newman says the whole media landscape is very different. "We didn't have social media like Twitter and Facebook back then. Now the challenge is to use these new tools to help us deal more effectively with problems like this" she says.

In early May, which will hopefully be spring, MASC is planning a promotional campaign with a heading like "**Let no one be alone**". It's not the first such effort in the digital age. When he was CEO of the Winnipeg Blue Bombers, and battling cancer at the same time, Lyle Bauer helped establish the *Never Alone Foundation* locally which is dedicated to supporting people with life-threatening diseases.

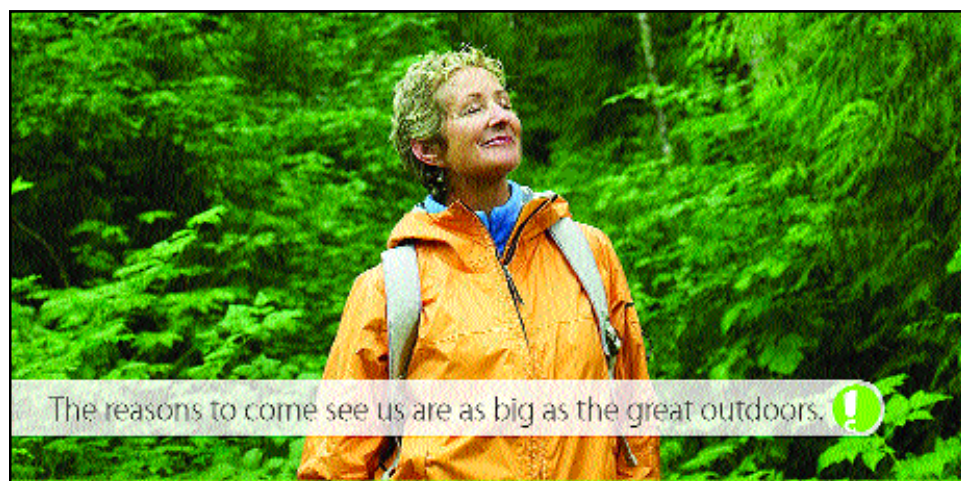
Another huge issue that has made many of Winnipeg's problems appear



to be even worse has been a communications system which has been pushed to the limit and beyond. Calls to the 3-1-1 emergency phone line frequently go unanswered, or callers are stranded on hold. Connie Newman suggests using the city's website to e-mail 3-1-1. She says responses are generally much faster.

All in all it's been a tough time for Winnipeg seniors, but hopefully some important lessons have been learned, and hopefully next winter will be kinder and gentler. ■

Roger Currie is a regular contributor to *Senior Scope*.



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Don't waste your risk

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

Key Points:

- There is always an element of risk involved when you invest, therefore an appropriate investment strategy should be in place to help minimize that risk.
- A strategic asset allocation strategy is one of the most widely accepted strategies to help minimize risk.
- Remember, the primary focus of achieving your investment goals is to identify your comfort level with risk.

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

In the investment world, the term “investment risk” relates to the fluctuations in the value of a stock, bond or a mutual fund that invests in those assets. The phrase “don’t waste your risk” refers to avoiding excessive investment risk. It stems from the rationale that investors feel a great deal more displeasure when the value of their investment declines, than the pleasure they experience when their investment increases. Therefore, it stands to reason if investors are going to invest in risky assets such as stocks and bonds, they would prefer to do so in such a way that the potential rewards outweigh the potential risks.

Achieving your investment goals requires patience and a keen understanding of how you would like to achieve those goals. Designing your investment portfolio should not only consider the rate of return you wish to achieve but also the investment risk you may encounter. Generally, the desire for a specific investment return should be secondary. The primary focus should be on identifying your comfort level with risk and then, through proper analysis, determine an appropriate mix of assets that will potentially provide the highest return that corresponds to the desired amount of risk you are willing to withstand.

The objective to reduce investment risk is critical, as it is far easier to lose money than it is to earn it. What is often overlooked is that it takes a greater effort to recover a loss than it did to incur that loss in the first place. Consider an investment of \$10,000 that incurs a one year loss of 15 per cent. At year-end, the investment is now worth \$8,500. Because you are now working with less capital, in order to recover the investment loss and get back to your original investment amount, you must now achieve a return of 17.65 per cent. Market declines have been known to be even more extreme which places an even greater emphasis on obtaining higher returns to recover investment losses. Proper care must be taken to avoid excessive market volatility and insulate yourself as much as possible from such occurrences.

The easiest way to reduce risk is by investing in assets that offer a guaranteed rate of return. The problem is that the investment return of a guaranteed investment is relatively low. This means that over time the effects of inflation will likely ravage the value of the investment. Quite often investing in risky assets such as stocks and bonds tends to be the most appropriate means for achieving an investment goal. To that end, the best way to invest in stocks and bonds without incurring an excessive amount of risk is by diversifying your assets.

Proper diversification and asset allocation is essential, as it will reduce risk without sacrificing a whole lot of return. Investing always involves an element of risk, and no matter how careful an investor is, losses will occasionally occur. That is why an appropriate investment strategy must be in place to help minimize risk. One of the most widely accepted strategies is “strategic asset allocation”.

Strategic asset allocation is a long-term process used to identify the percentages of an investment portfolio that will be invested in a variety of investment securities. These percentages will vary between portfolios that have different goals and objectives. For example, a portfolio being managed to create an education fund fifteen years from now would normally have a much larger equity allocation than one designed to produce retirement income right now. While these two objectives

may differ, the goal of strategic asset allocation remains the same. Namely, to develop a portfolio that potentially offers the highest return for a given level of risk, or conversely a portfolio that is expected to produce the lowest risk for a given level of return.

Getting to the right asset mix can be complex. Quite often, computer models are utilized to produce a mathematical framework that effectively analyzes the investment returns and risk characteristics of a large number of asset classes such as U.S., International or Canadian equities, along with bonds and real estate. Depending on the number of asset classes included in the analysis, the computer model may literally analyze thousands of different asset combinations. In view of most investors’ busy schedules, they have neither the time, patience nor skill to undertake such an analysis which is why they normally turn to an investment professional.

Depending on your objectives and preferences, a portfolio may contain anywhere from six to ten distinct asset classes ranging from fixed income securities to domestic to international equities and further diversified by growth and value management styles.

The end result is an investment strategy that is tailored to your comfort level with risk. Risk-averse investors typically invest in a portfolio that emphasizes fixed-income securities. The goal is usually related to capital preservation and income generation. As the appetite for a potentially higher return increases, so does the corresponding investment risk. That is because obtaining a higher return usually involves a greater emphasis on equity-type investments that are characteristically more volatile in terms of price fluctuation. For the more aggressive investor, a portion of their equity investments may focus on emerging markets or a particular industrial sector.

Through a strategic asset allocation approach, it is possible to combine a series of fixed-income securities and equities together in a portfolio that will exhibit less volatility than most of the individual constituents - provided every security included complements the diversity of the portfolio’s content. Using this approach and resisting the temptation to “time” the market by temporarily

Continued on page 4

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Story and photo by Bob Sidof

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Deanna Sidof and Carol Green at Forever Young Club Dance.

Don't Waste Your Risk,

cont'd from page 3

concentrating holdings in any one area will not completely remove the risk of financial loss, but it can help you to build personal wealth without taking undue risk. ■

Shirley Hill,
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Giroux School Reunion
- Giroux, Manitoba

The former Giroux School # 1742 will celebrate a one day reunion of students, teachers and friends in Giroux Hall, Giroux, MB on Saturday 12 July 1914. It has been almost 60 years since the last recess bell was rung and the Canadian flag at the old school lowered for the final time but the spirit of the old yellow school house lives on. Many former students and teachers retain fond memories of their days in the 8 grade one room school house commissioned in 1914 and officially closed in 1966. During that time an estimated 600 individuals passed through its doors.

The Giroux School Reunion Committee invites all former students, teachers and friends to help us celebrate and enjoy a day of reminiscing about the old times. For more information on the reunion contact any one of the following: Bob, **bojoyce@shaw.ca (204-256-8113)**, Gerry, **gmgermac467@gmail.com (204-269-6307)** or Mary Lou **(204-326-2152)**. You may also obtain information in facebook, "Giroux School Reunion". Thanks and we look forward to seeing you there on Saturday 12 July, 1914 in the Giroux Hall.

~ Giroux School Reunion Committee

Norberry-Glenlee Community Centre
Needs You!

Norberry-Glenlee Community Centre will hold its Annual General Meeting on Monday, April 21st at 7:00 p.m. in the multi-purpose room at the Norberry site (26 Molgat Avenue). All members of the community are invited to attend. "With new changes taking in place with such things as online registration, now would be a great time to get involved at a board member position" said Sean Fedorowich, President of

NGCC. "All of these great programs at Norberry-Glenlee are only successful with the help of volunteers and board members. I encourage everyone to come out and make a difference in our community." For more information about the AGM and elections, please call **204-256-6654** or email **n.g.c.c@mts.net** or visit **norberry-glenlee.ca**



Photo by Jenna Smith

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Cooks Creek - Ukrainian Catholic Church of the Immaculate Conception and Grotto

By Fred Spiring

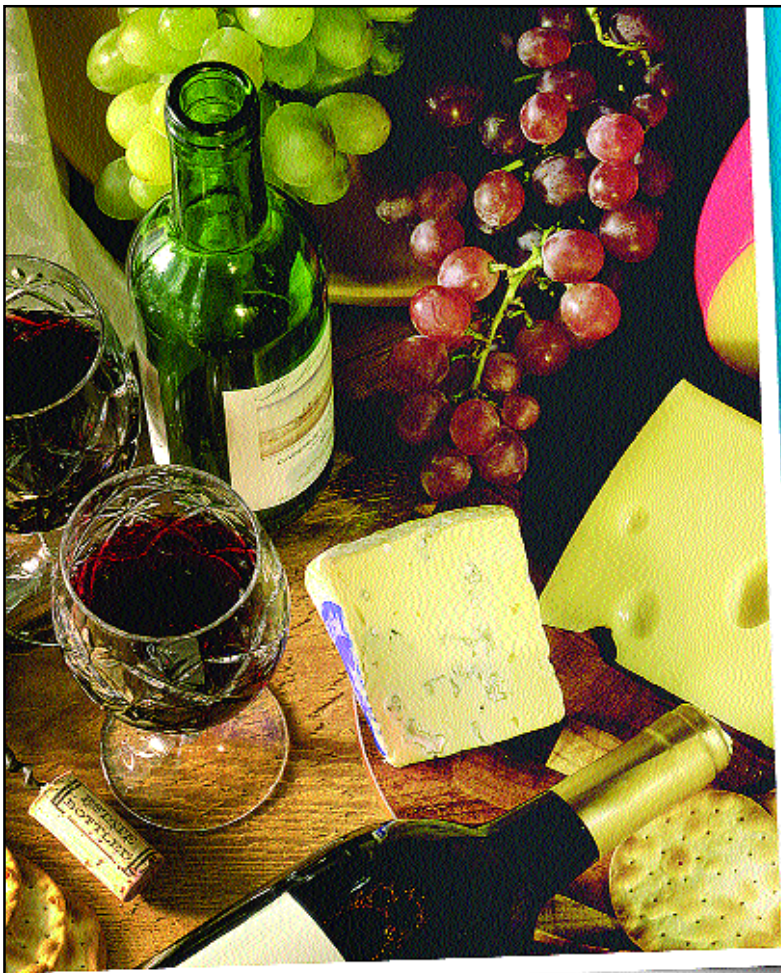


A prairie gem, the Ukrainian Catholic Church of the Immaculate Conception stands among the many interesting historical sites to see while in the Winnipeg area. Designated as a Provincial Heritage Site in 1986 and National Historic Site in 2006, this Cooks Creek icon is one of the largest Ukrainian Catholic churches in Western Canada and one of the impressive 'Prairie cathedral-

style' churches. Construction of this church began in 1930, was completed in 1938 and was consecrated in 1952. The design was the work of Reverend Philip Ruh (1883-1962) who worked alongside his congregation in building the Cooks Creek church. Father Ruh also initiated the construction of the adjoining Grotto which was based on the Grotto at Lourdes, France. Construction of the Grotto started in 1954 and was completed in 1970. Father Ruh died before completion of the Grotto and is buried in the nearby cemetery.



The upper level of the grotto provides a terrific view of the "Prairie Cathedral" and the Bell Tower as well as a great view of the grounds and the surrounding area. The space beneath the north and south ramps leading to the upper level of the grotto provide cave like experiences. The Grotto and surrounding grounds provide a peaceful, serene environment. ■



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“THE BUZZ”

Doris (Shero) Witiuk passes away; Irvine looks great; McDermott coming to Manitoba; Retirements at Freeps; Bob Goring still at the rink; Advice from my friend George; Westcott, Malanchuk win Masters; Angus kicks off Palliative Care Tour; Seven Oaks Expands.



By Scott Taylor

Dora Witiuk, nee: Shero, of Winnipeg, one of the women of *A League of Their Own* fame, the All-American Girls Professional Baseball League, has passed away in Spokane, Washington at age 84.

Born in Winnipeg, the youngest of eight children born to Alexander and Emilia Shero, she was the sister of hockey player and Hockey Hall of Fame coach, Fred Shero. She graduated from Isaac Newton High School where she was active in sports and theatre and in 1953, she married her high school sweetheart, professional hockey player, Steve Witiuk.

For a period of time, they lived with Doris's brother, Fred, in the north end of Winnipeg before relocating to Spokane, Washington in 1962.

Dora played for the AAGPBL's Racine Belles in Racine, Wisc., during the 1950 and 1951 seasons and was nicknamed Dora "Baser" Shero for her base-running prowess. She was inducted into the Baseball Hall of Fame in Cooperstown, N.Y., in 1988 and in 1998, the 64 Canadians who played in the AAGPBL were inducted into the Canadian Baseball Hall of Fame.

Dora was co-founder and Secretary/Treasurer of the successful S&W Electric Inc. She was an integral part of the establishment and growth of this family company. She was also an active member of the Sub-Contractors Association in Spokane.

Their son, Steve, is the head golf professional at the South Interlake Golf and Country Club north of the city near Warren.

With the passing of Witiuk, pitcher Audrey (Haine) Daniels, and infielder Evelyn (Wawryshyn) Moroz of Winnipeg, are the only surviving Manitoba players from the AAGPBL. Both are members of the Manitoba Sports Hall of Fame.

●●●

Baseball great, **Pete Rose** is coming to Winnipeg. *"The Hit King,"* now 72, will be at the Park Theatre on Osborne Street for a meet-and-greet and autograph session presented by Sparkes Productions, 12 days after his 73rd birthday, on April 26. He'll autograph anything. Tickets are \$40... **Teddy Irvine**, 69, the former New York Rangers forward who spends most of his time in Gimli these days, still goes to work every morning. He and former Jet, **Jordy Douglas**, 54, have a financial management business in Winnipeg and Irvine says he can't imagine "not going to work every day." He adds, "What would I do?" Irvine is still a fixture in the press box at Jets games. He and I did the Jets pre- and post-game shows together back in the 80s and 90s. Oh yeah, he's also the father of professional wrestler, **Chris Jericho**... Canadian tenor **John McDermott** will appear at Brandon's WestMan Centennial Auditorium on April 8 and at Winnipeg's Burton Cummings Theatre on April 11. It will be one of the first shows for the True North-owned Burt... Speaking of senior singers, **Joan Baez**, 73, and **Bonnie Raitt**, 64, will be the featured performers at this year's Winnipeg Folk Festival. I'm not



Doris (Shero) Witiuk

photo editor **Jeff DeBooy** – are about to retire. "They're all in their 60s and they've all been around a long time," said Bell. Like **Teddy Irvine**, I just can't imagine what I'd do if I retired, but best of luck to my former colleagues... St. Vital's **Robert Goring**, 87, the father of former NHL star and Stanley Cup champion **Butch Goring**, still gets out to Jets games on a regular basis. He's in good health although he says he has "a bit of dementia." "I can remember your name and a lot of the coaches and scouts names," Mr. Goring said at the Jets-Dallas game late last month. "But they took my driver's license away three years ago – guess they thought I couldn't find my way home -- so it's tougher to get to the games. I should probably use a walker instead of my cane, because my legs get tired, but I still manage to get here." His son Butch, now 64, has been nominated for an NHL broadcasting award. Butch is the color analyst for New York Islanders games on TV... Spent some time with 66-year-old **George Sigurdson**, the president of Sigurdson Financial, a cancer survivor and one of the biggest supporters of sport in Manitoba. His non-financial advice: "Don't retire unless you absolutely have to. Working at something you love keeps you young. So many retired guys just sit around, watch the news, complain about the government and grow old. It's sad to watch." Advice taken.

●●●

WESTCOTT, MALANCHUK WIN MANITOBA MASTER'S CURLING

Ron Westcott's team from Fort Rouge completed an unbeaten run to the Manitoba Men's Masters Curling Championship last month. Westcott beat **Doug Armour** of Souris 8-2 in the final at the Assiniboine Memorial club.

It was Westcott's third Masters provincial title, after earlier wins in 2010 and 2012. **Ken Dusablon**, **Bob Boughey**, **Ron Toews**, and fifth player **Gary Smith** were his supporting teammates this year.

Meanwhile, **Pat Malanchuk's** team from St. Vital won the Manitoba Masters Women's Curling Championship. With support from teammates **Karen Sheldon**, **Nancy Scammell**, and **Ruth Wiebe**, Malanchuk defeated **Rita VandeVyvere's** foursome from the Heather club 7-3 in the final.

Westcott will now head to Coaldale, Alta., for the Canadian Masters

even sure I'm old enough for that one...

●●●

Our old colleague at the *Winnipeg Free Press*, **Jason Bell**, reports that three veterans of the press – editorial page editor **Gerald Flood**, copy editor **Dave Connors** and



The CJOB sports team when radio was great. L-R: Les Lazaruk, Bob Irving, Scott Taylor, Bob Holliday, Jack Matheson, Ted Irvine and Vic Grant at Chi-Chi's restaurant.

Championship. He has nine straight victories in the Manitoba event. He will be accompanied by Pat Malanchuk's team to the nationals.

The national championship is on now and will run until April 6.

●●●

PALLIATIVE CARE – ANGUS' "COMMON SENSE OPTION"

With the support of the Canadian Pharmacists Association, the College of Family Physicians of Canada, the Canadian Nurses Association and more than 27 other national health societies and organizations, MP Charlie Angus (NDP - Timmins-James Bay) has kicked off his *National Tour in Support of Motion M-456*.

Motion M-456 is a plan to establish a "pan-Canadian palliative care strategy." According to NDP member Angus, 52, "It is time for other political parties to make their position on end of life care clear."

Angus will host various events in Regina and Saskatoon to hear from the people of Saskatchewan about the importance of having a pan-Canadian strategy for improving access to palliative care.

"A national conversation on palliative care is long overdue," said Angus. "Canadians need to know where their elected representatives stand on this issue."

Angus will be bringing Motion 456 to the House of Commons for debate this week. Town Hall meetings will be held in various parts of the country to build support for parliamentary action.

"Palliative care is the common sense solution staring politicians in the face," said Angus. "We need to work with health care professionals and community-based groups on improving access to quality end of life care. This is the message the New Democrats are hearing from health, seniors and grassroots organizations working with the issue of end of life care."

"It saves money for the system. It provides better health outcomes and has an



Chris Jericho and Ted Irvine



Chris Cornell of Soundgarden

enormously positive impact on families. And yet we are not seeing anything by Liberals or Conservatives to move this issue at the party level. This is a debate that is needed in Parliament."

Angus has been calling on grassroots health and community organizations to push their elected MPs to make their position known on the importance of a pan-Canadian strategy on end of life care.

Groups that are supporting the motion include, the Canadian Cancer Society, the Canadian Breast Cancer Network, the Institute of Canadian Justice, the Canadian Home Care Association and the Heart & Stroke Foundation.

●●●

SEVEN OAKS HOSPITAL TO EXPAND DIALYSIS UNIT

The province of Manitoba is expanding renal health dialysis services at Seven Oaks General Hospital with the addition of a new, eight-station dialysis unit.

The new stations — coming at a cost of \$3 million — can accommodate 48 additional patients per year, bringing the total number of patients that the facility can accommodate up to 300.

When it opens, the facility will have a total of 50 dialysis stations.

"Every day, dozens of Manitobans receive treatment and care for kidney disease including screening, monitoring and dialysis," said Health Minister **Erin Selby**. "This new renal health dialysis unit will ensure more patients with kidney disease receive the quality care they need quickly."

The new unit was expected to open late last month.

●●●

Winnipeg's beloved children's entertainer, and very active senior, **Al**

Continued on next page

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Jim Daly: Still Coaching, Still Leading, Still Laughing By Scott Taylor

Jim Daly began his coaching career right after the War. That would be the Second World War.

That career has not yet come to an end.

"My grandson volunteered me so I'm still hanging around," said Daly, as he reminisced about his 66 years coaching track and field in Winnipeg. "No, not the first time. Didn't have a grandson the first time. He recommended me a few years ago. His name is David Flynn, my daughter's boy, and he was a tremendous athlete at Fort Richmond Collegiate. He was a starter on the volleyball team, ran cross-country and track, played hockey and pitched baseball. He eventually won a scholarship for engineering and that's what he is today, an engineer."

"David got me back into it and I'm quite enjoying it. Over 60 some years, I've put together what is probably the largest library of track and field coaching books in, well, maybe anywhere. I still love it. I still love the competition and I love to watch the kids get better at what they do."

To call Jim Daly, now 87 (and as sharp as a tack), a legend might be stretching it a bit, but the fact is, in the annals of Winnipeg amateur sport, there has been no one else like him. He started the track and field program at the University of Manitoba and brought indoor track to the province, way back in 1949. He was also the guy who brought the incredibly successful 1967 Pan Am Games to town.

He taught physical education courses at the University of Manitoba although he didn't have a degree. He raised the money necessary to build the Max Bell Centre, the Field House and the University's current library.

Late last year he was named co-winner, along with teacher Elizabeth McGuire, of Winnipeg's Senior of the Year Award (he was nominated by his students at Fort Richmond) by Mayor Sam Katz.

He's also been married to his beloved wife Barbara for 60 years, raised three sons and a daughter and has six grand children.

OK, that may, indeed, qualify as legendary.

Born and raised on Oxford Street in Winnipeg, Daly attended Kelvin High School but didn't seem to like it much. Or so he remembers.

"I was 16 (1943), it was after school and I was in detention hall – I don't even remember what the detention was for -- and at the door I saw the bony



Jim Daly back in the day



Coach Daly today

fingers of Mr. J. S. Little, the very famous principal of Kelvin," Daly said. "He came through the door and looked right at me and in his Scottish brogue, he said to me, 'Have ya ever done the hop, skip and jump?' I said that I had no idea what that was, and he said, 'I think ya'd be good at it,' and my track and field career started right there."

After running track at Kelvin, he ended up with the Canadian army near the end of the Second World War. "We were stationed in British Columbia, being trained to fight in the Pacific," he said. "That was a nasty bit of business. Not a great war to be training for, and then the Americans dropped the bomb. Turns out, we never went to combat."

"Regardless, one day, we were summoned to the parade ground and the sergeant major says we're going to have a track meet against the Navy and Air Force and everyone who was a track athlete was asked to step aside. Well, I thought it was a trick by the sergeant major to get a work crew so I didn't move a muscle."

"So the sergeant major marches up to me and says, 'Hey, you're a sprinter aren't you?' I said, 'Why do you say that?' and, He says, 'Because you're always the first soldier to run up the hill every day to get to mess.' At that point, it was decided that I'd run on the army track team."

"Later we learned that the great Syl Apps, 'Captain Syl Apps,' was coming home from the war to finish his tour of duty as the coach of the army track team. One day, Syl says to me, 'You're now the private's representative on the mess committee,' and I thought what the heck is that? He says, 'If you're on the mess committee you'll have meetings so if the sergeant major schedules a long march, you won't have to go. I don't want you to do anything to tire



1967 Pan Am Games Opening Ceremonies.

out those legs. So I spent my summer in the army training for a track meet and I won the 100 yard dash."

When he returned to Winnipeg, he and some friends entered a relay team in the Scottish Games and "had a tremendous time."

"I was playing junior baseball, but track was more fun," Daly said. "I made two friends right after the war from track who have been my friends ever since – Gordie McLennan who just passed away and Malcolm Murray who still lives in Toronto. We talk all the time."

Daly went to the University of Manitoba after the war ("Because the army paid for it."), but his heart wasn't in it. In the army, he had taken a course called, "How to build your own house," and he'd done quite well. He understood blueprints and was a pretty good builder, so he took a job with Trane, the air conditioning people.

He eventually joined his father in the insurance business and spent much of the next decade in the insurance appraisal industry.

But in 1958, this 31-year-old insurance broker and track coach – the man who had starting coaching track in 1948 and brought indoor track to the province in 1949 – found something that interested him more than anything else.

"Steve Juba had just been elected mayor and for some reason, I don't even remember, he took a trip to Chicago to meet with the legendary Mayor Daley," Jim said. "I guess he asked Mayor Daley what he was looking forward to doing and he said, 'We're going to host the Pan Am Games.' So Mayor Juba says, 'That sounds like a great idea, that's something Winnipeg should do,' and Mayor Daley says, 'Really?' and opens the door to the media and says, 'This is Mayor Juba from Winnipeg and he thinks it's a great idea to host the Pan Am Games.'"

"Well, anyway, this story comes over the wire service and I read it in my office. Our insurance office was right down the street from the old city hall, so I walked down the street, went into the mayor's office and told his receptionist that I was Jim Daly and I wanted to talk to the Mayor about the Pan Am Games. I guess he wasn't doing much that day, because I got right in to see him."

"We talked for quite a long time, although it started with him asking me exactly what the Pan Am Games were. He asked what the costs would be, and I just happened to have the report from the 1948 Commonwealth Games in London. He said, 'You seem to know a lot about this,' and I was coaching a couple of national track athletes at the time and I said, 'Yes, I do,' and he said, 'OK, you're going to go and get the Games for me and bring them to Winnipeg.'"

"So I guess, in reality, they didn't choose me to run the Pan Am Games, I chose them."

Daly spent the next eight years, giving speeches (more than 100 of them) and getting volunteers together in order to bring the Games to Winnipeg.

"In 1959, we went to Chicago to bid for the 1963 Pan Am Games but lost out to Sao Paulo, Brazil," Daly recalled. "When I came back, Mayor Juba was devastated. 'What happened?' he said. I said, 'We look good now. The way this works is we have to get into line. Now

Continued on page 9

The BUZZ, cont'd from page 6

Simmons, (actually, like former baseball star **Corey Koskie**, he hails from Anola, Man.) has announced he'll be back at the Regina Folk Festival, Aug. 8-10, 2014 at Victoria Park in Regina. He'll be appearing with the likes of Los Lobos, Serena Ryder, the Sam Roberts Band and Indigo Girls... One of the "treasures of Winnipeg," **Kanaye (Connie) Matsuo**, has passed away at the age of 94. In 1987, at the age of 68, Connie was recruited to be the volunteer manager at the newly formed Manitoba Japanese Canadian Cultural Centre. She devoted all her energy into making the Centre the success it is today. She organized many of the fundraising activities at the Centre, especially all of the Japanese cuisine events, including Donburi Lunches, Cuisine Night, Sukiyaki Dinner, and all

of the private catering events. I met her at a function at the Centre in the 1990s and was fascinated by her grace and knowledge. Because of her efforts at the Centre, Connie was asked to join former Winnipeg Mayor Glen Murray as part of the official Winnipeg delegation to Setagaya, Japan. After volunteering seven days a week for 22 years, Kanaye retired a second time -- at 90 years of age... Watching the iTunes Festival on Apple TV, while wearing my hipster fedora, last week I learned one of two things: Either "Time flies when you're having fun," or "You don't really know how old you are until..." One of my favorite rock bands of all time, Soundgarden, turns 30 this year and lead singer, **Chris Cornell** turns 50. No wonder I get the senior's coffee deal at McDonald's. ■

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Getting to the Heart of the Matter

You may remember a story a couple of issues ago about a woman named Rita Bartmanovich who had an awesome Christmas display set up in her home. She also had an incredible light display up and down her laneway, in her yard and all around the outside of her house. You may also remember that Rita manages a Greenhouse – Bartmanovich Greenhouses – and *hopefully* spring will arrive soon and you'll be able to prepare for another growing season. Starting May 1st, you can stop by and pick up your seeds, starter plants and supplies for your flower, herb and vegetable gardens.

But as we mentioned then, there was more to Rita's story.

Rita's husband, Peter, had passed away just a few years ago in November of 2011. They had a long and happy life together sharing two sons and one daughter, and numerous grandchildren and a great-grandchild. They celebrated their 56th wedding anniversary in 2011. They knew each other since grade 9, but went to school very close to Rita's home now, but on opposite sides of the river.

Their lives weren't totally without trials and tribulations, however. Together, Peter and Rita had owned and operated the King's Hotel in downtown Winnipeg for 21 years (1971-1992). Only a year later in 1993, they opened their first greenhouse on their home property on Red River Drive a short distance south of Winnipeg. At the time, Peter was suffering from congestive heart failure and would soon need a heart transplant to survive. He suffered a severe heart attack in August, 1987. He suffered another one in November, 1988 leaving his heart permanently damaged. He was sent for tissue-typing and other tests to find a suitable heart donor in London, Ontario. Because of his age –

62 – doctors were a little reluctant to send him. But Cal Murphy, former Blue Bomber coach, had undergone a successful heart transplant at the same age of 62, so the stage was already set for Peter. He couldn't be denied, besides, he was extremely healthy and fit despite his heart ailment. Some of his organs were better than some 20-year-olds'. He exercised regularly and never sat around. So, on February 12, 1994, they went to London, Ontario where he was assessed. Then, he was told he was put on the heart transplant list on his birthday, February 24th. What a birthday gift! And after waiting 5-1/2 months, he received his donor heart in London, Ontario, the only place in Canada that performed such surgery at the time, and he returned home three months after that on October 17.

Luckily, their son and Rita's brother managed their greenhouse during their ordeal, which they were forever grateful for. They were also blessed and grateful for the 'gift of life' that Peter was granted.

A short three years later in the spring of 1997, the great flood wiped out their greenhouse operation and damaged their home extensively. Living close to the Red River, between Pembina Highway and St. Mary's Road, outside the perimeter, the flooding was severe. The water came up 6 inches above the light switches on the main level of their home. It rose 9 feet in one night on May 3rd. They lost everything – their family memories and their livelihood. Family photos and treasured keepsakes were destroyed. All their greenhouse plants were found floating. They had to start over.

But a little flood wasn't going to stop them from doing just that. They had each other and the will to set up shop



Rita Bartmanovich with her extensive holiday ornament display in early January, 2014.

again. Before long, their greenhouse was up and running, and they even expanded setting up another greenhouse. Rita's father was a market gardener in the area so it was in Rita's blood. Together, Peter and Rita, were unstoppable.

Peter enjoyed 17 years of good health with his heart transplant, until his passing in November, 2011.

Rita still runs Bartmanovich Greenhouses today at the age of 79 with the help of some hired hands and family, of course. And she still plans to put on her awe-inspiring display of outdoor lights and her indoor house ornament display. The repair process will start again in August and the actual setup will start September/October.

If you have questions on Rita's greenhouse and garden supplies, you can reach her at 204-269-2027. To get to her greenhouse, turn east off Pembina Hwy. in St. Norbert on Turnbull Drive which turns into Red River Drive in a community known as Howden. Her address is 1040 Red River Drive. You'll see her sign. ■

APRIL 20-26, 2014 is National Organ and Tissue Donor Awareness Month

ORGAN & TISSUE DONOR FACTS:

- According to the Canadian Institute for Health, the rate of deceased organ donors has risen 17 percent in the last 10 years in Canada.
- A deceased donor can provide up to eight organs.
- A living donor can provide only one organ.
- In 2012, Canada registered 15.5 deceased organ donors per million, the U.S. registered 26 per million, Spain registered 36 per million.
- In 2012, there were 540 deceased donors vs. 539 live donors, the first year there were more deceased donors than live ones.
- 1,079 organ donors resulted in 2,225 organ transplants in 2012.
- 235 Canadians died waiting for an organ transplant in 2012.
- 4612 people were waiting for organs by the end of 2012.
- Many spend months and sometimes years waiting for a donor. Many die waiting.
- You are 5 times more likely to need an organ than to donate one.

Teachers can book a 'Transplant Talk' presentation on organ donation to encourage conversation and promote awareness in the community. Call **204-787-1897** for more information.

You can get more info on organ and tissue donation at

www.transplantmanitoba.ca
www.liveon.ca

You can sign up for organ and tissue donation, a paperless method, at www.signupforlife.ca. You can also make your wishes known to your family via email, Facebook or Twitter.

According to a U.S. report in a research journal *Proceedings of the National Academy of Sciences*, the supply of human organs will always be insufficient to meet the demands. Because of this, **xenotransplantation** is being considered a viable alternative. This is the act of transplanting organs or tissue between two species.

Today, faulty human heart valves are routinely replaced by valves from pigs and cows.

Continued on next page

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DONOR FACTS,
cont'd from page 8

The problem with this form of transplantation is the greater rejection factor than with human-to-human transplantation.

Pigs are a good choice due to the similar size of organs to those of human organs and other similar characteristics.

Pigs are currently being cloned and genetically modified in an attempt to produce organs without a sugar molecule that triggers a higher rejection reaction.

Scientists have managed to knock out one copy of the sugar-producing gene. You get one copy of the gene from each, the mother and father. Five piglets were cloned on December 25 without one copy of the sugar-producing genes by the same company that helped clone Dolly the sheep. They were named Noel, Angel, Star, Joy and Mary.

By selectively breeding these experimental pigs, it is hoped that they will produce offspring lacking both copies of the sugar-producing genes.

Other research, by Doris Taylor, PhD, FAHA, FACC, a leading cell therapy and cardiac regeneration scientist, involves "whole organ decellularization" where you take cells from an organ (animal or human) – a heart in this case – and combining it with human stem cells and a blood supply to regenerate, taking on the characteristics and functions of a beating heart. The hope is in developing a fully functional beating heart.

Dr. Taylor joined a team at the Texas Heart Institute (THI) in 2012 to further this research. If successful, this could work for other organs as well. ■

Peter Bartmanovich wrote this story after his successful heart transplant. It sits in a frame in Rita's home decorated with a border and a replica of the unicorn he received from a special stranger.

Was it the Lucky Ceramic Unicorn or Was it the Hand of God touching me through the Hand of a Stranger?

My story has probably been repeated a million times in one form or another through the ages but I still feel that I must share my unique experience with whoever will care to read it.

As an introduction to this story I must explain that my wife and I have been living in London since February 12, 1994 when I was assessed and put on the list for a heart transplant.

We were told to wait in London. The waiting is very hard and nerve-racking on the people concerned. However, this particular day, it was Wednesday, July 20, 1994. We had gone for an extra long drive in the country as was one of our ways of passing the days.

On the way home I insisted that my wife (the driver) stop by a ceramic shop run by an elderly couple whom we had met in a shopping mall. They had a Dutch windmill lighthouse night light lamp that I wished to purchase for my wife for our 39th anniversary on July 30th. To this day I cannot explain why I was so adamant that we had to stop that evening as it was quite far from our route home, but we did stop. It was about 8:00 p.m. I was able to purchase the lamp that I wanted when the couple

noticed our Manitoba licence plate on our car, so the conversation turned to why we were in London and my heart transplant.

Just as we were leaving, the kindly lady disappeared into another part of their house and came back with a unicorn knick knack. I will forever remember her words, "This is a lucky unicorn that I give you. I have a feeling that it will bring you good luck." We thanked them and left. Little did we know that even as she was giving us the unicorn, events were already taking place that would lead to my successful heart transplant with the call to the hospital coming at 2:00 a.m. from Connie Santa Maria and the operation taking place that afternoon with Dr. Novick, Dr. McKenzie and their team. Was it the lucky unicorn given charitably by a kindly lady??

This is a replica of this particular unicorn. I wish to give it to you so that perhaps it will also bring you good luck and may the Hand of God also touch you and let a miracle happen to you as it did for me and my family.

July 21st, 1994 • Peter Bartmanovich



Peter and Rita Bartmanovich.

The replica of the unicorn which Peter received. It's located in the bottom right of the framed story



Jim Daly, cont'd from page 7

we're in line. In four years, we'll have a good shot at 1967. And, of course, in 1963 in Sao Paulo, we got the '67 Games. They were great, too, and they didn't cost us a lot of money."

After the Games, Daly was offered "51 jobs," all over the world, but he didn't want to leave Winnipeg. He and Barbara had made a home here and he wanted to stay, so Frank Kennedy came to him and said, "I need you to look at the blueprints for a new Phys. Ed. Building at the University of Manitoba." That building became the

Frank Kennedy Building and it still stands today.

"I decided to stay with Frank at the U of M, coached track and taught some Phys. Ed classes," Daly said. "Then, a few years later, President Ralph Campbell came to me and said, we want to build a new hockey rink for the University's 100th Anniversary. Eventually, the academics became upset because the library needed an upgrade, as well. So my job changed. I was tasked with raising \$6 million for a new rink and a new library.

"After awhile, we realized that it would take \$12 million to get the job done, so we raised \$12 million and built the rink, the library and a new field house, too."

These days, Daly can still be found, on occasion, out at the University of

Manitoba Field House, putting his Fort Richmond track athletes through the paces inside the Max Bell Centre. After 66 years as a track coach – and, sure, a legend – Jim Daly is still "hanging around." ■

Picture This...



Early arrival of Canada geese on the Little Saskatchewan River in Minnedosa, MB. Photo taken by Linda Boys of Rapid City, MB.

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John McDermott, the great Canadian tenor

By Roger Currie

I remember the first time I heard John McDermott sing. It was during one of my countless drives between Regina and Winnipeg in April 1993. He was on CBC Radio with Vickie Gabereau, promoting his debut album called *Danny Boy*. In what sounded like something that was definitely NOT pre-arranged, Vicki asked him to sing the title track, live and unaccompanied.

Hearing him perform *Danny Boy* that day was one of those rare magical moments that raised up the hairs on the back of my neck, and moistened my eyes at the same time. It obviously had a similar effect on Ms. Gabereau. She was speechless afterwards for what seemed like an eternity, something that rarely happened when she was near a microphone.

Many of us have personal favourites when it comes to great tenor voices. For me, John McDermott is a true Canadian treasure, one of the finest voices this country has ever produced. He has performed in Winnipeg many times over the past two decades, and he'll be at the Burton Cummings Theatre on Friday April 11th.

About a year after that experience hearing John on CBC radio, I had the



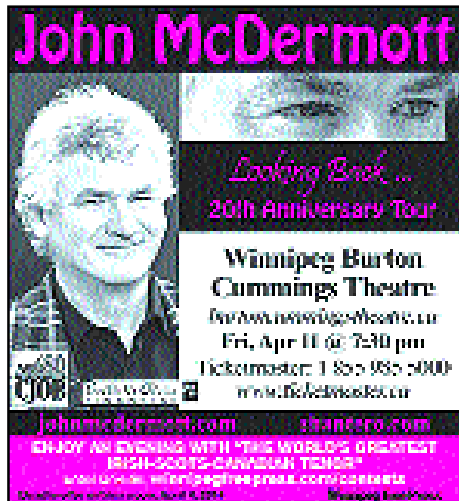
John McDermott in concert

pleasure of meeting him for the first time and introducing him on the same Winnipeg stage. Back then it was known by its historic name, *The Walker*. McDermott was dressed all in black and he did many of his songs sitting on a stool. "What a good idea" said I with my wobbly knees that make standing difficult for long periods of time. He immediately reminded me of artists like Perry Como and Andy Williams who made everything look so easy and relaxed.

That is a true gift, as is the wonderful singing voice that John says he inherited from his Scottish dad. That's right, I said *Scottish*. Because so much of his material comes from the music of Ireland, and because he sang for a while with the *Irish Tenors*, many people mistakenly assume that he is Irish. In fact he was born in Glasgow 59 years ago, and moved with his family to Canada just before his tenth birthday in 1965.

Singing was mostly a part-time vocation for McDermott until the *Danny Boy* album, but for more than 25 years he has frequently performed *O Canada* and the *Star Spangled Banner* at Maple Leaf and Blue Jays games in Toronto. That first album was produced with financial backing from Conrad Black and other prominent business types who heard him sing at weddings and parties. From that point on he was able to abandon his day job in the circulation department at the Toronto Sun and devote his full energy to a singing career.

He has toured the world and recorded a total of 20 more albums since *Danny Boy*, many of which pay tribute to soldiers everywhere. John McDermott was one of many Canadian entertainers to perform for our troops in



Afghanistan. Now that the last of them have come home, he feels strongly that we need to do a lot more than remember the 160 Canadians who were killed in Afghanistan, only on November 11th.

In a telephone interview, John told me "We need to now focus on those who served in all of the world's trouble spots over the years. We've all heard the stories of veterans who are homeless and those who suffer from *post traumatic stress disorder*." John McDermott has worked extensively with veterans groups in both Canada and the U.S. He has helped to raise more than one million dollars for a new Veterans unit at Toronto's Sunnybrook Hospital. Anyone interested in helping the cause can find out more at John's website www.johnmcdermott.com

In the 1980's I shared an office at CJOB with the late Jack Matheson. As a young Canadian sailor near the end of World War Two, Matheson was dazzled when he saw Frank Sinatra perform in New York. Every singer thereafter was measured by Jack against *old blue eyes*. I happened to end up seated next to Matheson and his wife Peggy when they first saw John McDermott at the Concert Hall in Winnipeg. "I hear this guy can sing" Matheson declared before the show. Afterwards, his verdict was "very very good indeed. I think McDermott has a future in the business".

There are not many surprises when John McDermott tours these days. "Not many people come to our shows looking to hear new material. What they want is a trip down memory lane." He says. John McDermott delivers all that and more with amazing consistency. ■

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

HUMOUR



OLDER Than Dirt

By Rick Goodman

A friend sent me a thing on Facebook about the 'older generation' and stuff we might remember that the new up and comers wouldn't have a clue about. The article was called something like, "If you can remember these you're probably older than dirt."

One of the things listed was dimmer switches on the floor and ignition switches on the dashboard or even on the floor as well.

You turned on the key, pumped the gas, stepped on the clutch, pulled out the choke knob, stepped on the starter and hoped for the best.

If it didn't start it could only be one of two things. Gas or spark. If you smelt gas when you opened the hood it meant that the motor was flooded.

You rolled yourself a smoke, waited a while and tried it again.

Spark was a little harder. You had to pull a spark plug and then have someone turn the motor over while you watched for a spark to arc across the plug.

Unless you could find a cat. A cat will let you know EVERY time if you have spark to the plug/cat apparatus. But just once. You can sweet talk a cat into trying it but in the end cats just don't enjoy mechanical work.

So... After throwing open the hood and not smelling gas, and having had the cat leave to go and sit on the barn roof, you could deduce that the motor wasn't getting gas.

All you had to do was put some gas in a Pepsi bottle and pour some down the carburetor. This would almost certainly flood the motor but that no longer mattered because by this time the battery would be dead.

Now all you had to do was start the tractor and spend the rest of the morning dragging the car up and down the lane. If it wouldn't go you simply broke for lunch and then took the tractor to town.

The article also mentioned using hand signals in cars that didn't have turn signal lights. You rolled down your window and waved your arm around. Depending on how you did it this would be interpreted as either an impending left or right turn, a stop, or just throwing away a cigarette butt.

What was also interesting was what cars didn't have. I can remember my Dad draining the antifreeze out of the car and heating it up on the stove, then pouring it back in the motor. Not as convenient as plugging in a block heater but you made do with what you had.

Another thing missing was heater vents that would keep the side and rear windows frost free. Every fall Dad would go to the store and buy a frost shield kit. These kits had sheets of heavy clear plastic with thick rubber gaskets around the edges. You glued them to the inside of your windows to keep frost from forming. I can't remember if they actually worked but a cop would probably cut you some slack if he could see that you had made an effort and put the things on. If memory serves they would last about a week before they tore or fell off. But you would still have the big black rubber gasket so it would look like you had a frost shield. Assuming that anyone could see thru the frost and cigarette smoke.

That's right. Cigarette smoke. In vehicles and houses with children riding and living in them. In hospitals, on aircraft, in bars and restaurants, on elevators. Everywhere. Out in the country they smoked roll-your-owns for day-to-day and 'Tailor Mades' for special occasions. Everybody smoked. Unfiltered and plenty of them.

I can remember my Mom sitting at the kitchen table rolling up a batch on a contraption that made five at a time.

Continued on next page

"Loving You"
a novel...

When the diagnosis is dementia, how can Adele and Craig find the answers to their questions?

Contact: B. McKenzie
Box 23, Pinawa, MB R0E 1L0
www.brendaartistandauthor.com
1-204-753-8350

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WHEN ONLY THE BEST WILL DO

A Long and Winding Road By Donna Valen

Sometimes the road in life we travel down is long and winding, giving us years to prepare for a funeral, but for most of us, the road is far too short and we are NEVER prepared to lose someone we love. We do not have the funeral home on speed dial, nor the name of our funeral director handy. Typically, we end up calling the one funeral home closest to where we live because it's there, and not because we have the personal connection.

At Eternal Grace Funerals, we want our friends to know that we will give you that personal connection and we are available to service the WHOLE province, not just the city of Winnipeg. We are on call twenty-four hours a day, seven days a week, and will be there "where and when" you need us!

Although our chapel and office is in the city, our rural roots run wide and deep amongst our family and friends, and we are just as comfortable serving our country families as well as our city ones. We also know that your family, like ours, is connected to many different areas. You might live in the city but have family and friends "back home" or you might live in the country but have relatives in the city. Thus choosing an area to have the funeral might depend on many factors: did the deceased have a preference; do you have a service where the majority of family are located; or do your religious and language preferences come into play? Perhaps you need a venue which is larger than what your local church or community can offer? Or, you might want the chapel service in one area, and the burial and luncheon in another. Regardless of where you want the service, we can also offer services for different religions and languages. We will help you identify the best type of service for your special tribute.

If you prefer a city location, at 1111 McPhillips (at Logan) we have a significant capacity for the chapel service and luncheon. Our facilities are comfortable and inviting with a nature inspire decor. We are located at a popular corridor which is easily accessible by car from Logan Avenue or McPhillips Street, and we are also on a regular bus route. We have close proximity to the airport and also to many amenities, such as restaurants, gas bars and shopping which is sometimes needed for those who come in from our rural areas.

Since we opened Eternal Grace Funerals, our focus has been on building relationships in our communities, so that you become familiar with our name. Thus when you need us, you will have the comfort of a friend helping a friend. And, with friendship comes trust, so trust us to take care of this most difficult time for you.

May your road be long and winding, filled with family, friends and beautiful, memory building days.



OLDER Than Dirt, cont'd from page 10

She'd stick a long paper in the thing, load it with tobacco, get the gummy edge wet and fiddle with the knobs. It would spit out a cigarette about a foot and a half long. She'd take it stick it in a little wooden jig on the bottom of the machine and cut it into regular or king size chunks with a razor blade.

A lot of people nowadays would view this as being about as acceptable as cooking up a batch of heroin on the good silverware while the kids sat at the table doing their homework. Back then it was how us kids knew we were going some place. Dad would be dragging the car up and down the lane while Mom rolled up a big can of smokes.

Then they'd throw us in the back of the car, roll up the windows good and tight to keep the dust out, light up, and we'd hit the road in a cloud of Sportsman's tobacco smoke and blue exhaust.

After about an hour and a half I'd be all blue and tingly, but really, really calm. About an hour after we got to wherever it was we were going I'd be ready to come home. What I really wanted was more second hand smoke

but didn't recognise nicotine withdrawal for what it was. Which is understandable considering I was only around five at the time.

Some of us must still remember when car tires had tubes in them. If the tire went flat you broke the bead, pulled out the tube, patched the hole and put it all back together again.

Or how about when it was common for people to keep tire chains in the car for winter travel. Tire chains, a shovel, and maybe a mickey of Five Star whiskey to fight frostbite. Just in case. Back where I grew up if there was a school dance on there were very few farmers in danger of being bitten by frost. Or snakes. Or dogs.

How about old TV shows. Ed Sullivan, Red Skelton, Front Page Challenge? Lots of folks must remember those. All on a black and white television. We would have to go outside and turn the antenna by hand to fine tune the different channels. (Back then I think we got three.) It took one to turn and one to holler directions out the window.

Now I don't know much about new televisions, and even less about old

ones. But I do know this. An old black and white TV has something in it called a capacitor and this capacitor will somehow hold an electrical charge for a very long time. Even if it isn't plugged in.

Our TV had been broke down for quite a long time but one evening my Aunt decided that she wanted pretty much nothing more in life at that moment than to watch television. I had a limited amount of faith in her television repairing abilities but I was rooting for her all the same. While she was rummaging around in the spoon drawer for a kitchen knife I got a good seat on the couch and settled down to be entertained.

She managed to pry the back off that old set and then started poking around its innards with that knife. My aunt had hair right down to her waist, and, according to a Google search, considering her age and hair type, she had 108,000 on her head. Give or take. This is worth mentioning because when the tip of that knife contacted that capacitor, every last one of those hairs stood straight up and got as far away from its other 108,000 neighbours

as it could. My aunt was suddenly transformed into a ball of hair roughly six feet in diameter. Not only that but one of her eyes was sort of rolling around counter clockwise while the other one went in a clockwise direction but just a little bit faster. They weren't what you could call coordinated or even synchronized. Not to put too fine a point on it, they were what would best be described as discombobulated. At best. I recall a bolt of blue fire coming out of her thumb and bouncing off the stovepipe but that could just be my memory acting up.

Just like that it was over. We sat there for 20 minutes, me watching her like a hawk in case she still had any aspirations along the lines of television repair and her rolling cigarettes and gently smoking. And then Mom came in from the garden and put her out with a pail of water. "Oh for goodness sake," Mom said, "Why didn't you use a cat to check for spark?" ■

rickgoodmansk@gmail.com

Note: No animals were hurt in this story.






New Benefits for MB Civil Service Retirees:

Voluntary extended health care insurance and dental care insurance now available through MARGE and Johnson Inc.*

Manitoba Association of Retired Government Employees (MARGE) and Johnson Inc., a national group insurance benefits administrator, have worked together to custom-design a new insurance benefit plan for all Government of Manitoba retirees who receive a pension from the Civil Service Superannuation Board and are members of MARGE.

- All current and new members of MARGE residing anywhere in Canada are eligible to apply for the extended health care insurance plan and dental care insurance option without medical evidence until May 1st, 2014*.
- MARGE members also have access to MEDOC® Travel Insurance, a comprehensive out-of-country/province emergency medical travel insurance plan, including trip cancellation insurance†.

You could WIN!
Call Johnson for a quote on the MARGE Extended Health Care insurance plan by May 1st for a chance to win \$500!***

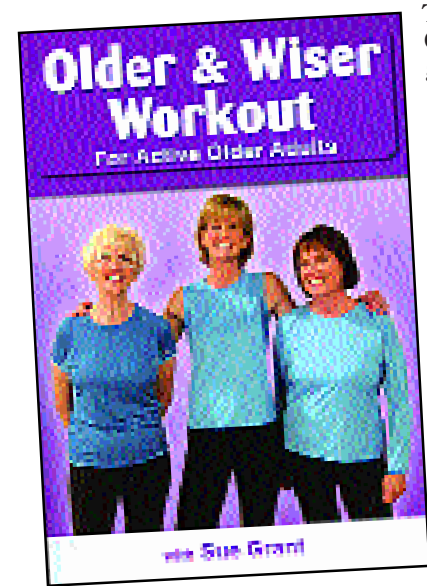
Learn more from Johnson Inc.: 1-877-989-2600 | www.johnson.ca/marge | pbservicewest@johnson.ca
Become a member of MARGE: 204-956-0045 | www.mbgovretirees.ca

Johnson Inc. is a licensed insurance intermediary. Johnson Inc. administers the voluntary extended health care insurance plan (EHC Plan), dental care insurance option under EHC Plan, and travel insurance plan for members of the Manitoba Association of Retired Government Employees (MARGE). Eligibility requirements, limitations and exclusions may apply. MEDOC® is a registered trade mark of Johnson Inc. MEDOC® is underwritten by Royal & Sun Alliance Insurance Company of Canada (RSA) and administered by Johnson Inc. Johnson Inc. and RSA share common ownership. Travel assistance provided by Global Excel Management Inc. 1A 90-day Health Stability Clause applies to pre-existing medical conditions. For a trip to be covered for Trip Cancellation, MEDOC® coverage must be in effect on the day of booking your trip or purchased a) within 5 business days of booking your trip or b) prior to any cancellation penalties being charged for that trip. Policy wordings prevail. *From 9:00am (MDT) on February 1, 2014 to 5:00pm (MDT) on May 1, 2014 any new or current member in good standing with MARGE may apply for EHC Plan without providing medical evidence of insurability. After this open enrollment period, only those MARGE members who apply for EHC Plan within 60 days of losing employer group insurance coverage are eligible for coverage without medical evidence. Those who apply for EHC Plan after 60 days must produce medical evidence of insurability and may be declined coverage. ***Contest open to all MARGE members and persons eligible to join MARGE at the time of entry, who are residents of Canada (excluding QC). From 9:00am (MDT) January 15, 2014 to 5:00PM (MDT) May 1, 2014, eligible persons who are current EHC Plan policyholders are automatically entered, and an eligible person may enter Contest by calling Johnson Inc. at 1-877-989-2600 and requesting a quote on EHC Plan. No purchase necessary. One entry per household. Chances of winning depend on the number of entries received. Winner must correctly answer a skill-testing question. For more information refer to www.johnson.ca/marge.

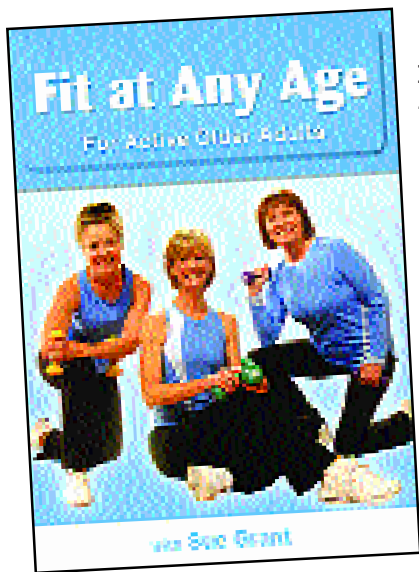
The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

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

The Reading Room has just added three great videos featuring Sue Grant to our collection! Sue is a certified Older Adult Fitness Specialist and a Master Instructor for FallProof, an internationally recognized Balance and Mobility training program. She is also a charming and upbeat teacher.



The **Older and Wiser Workout for Active Older Adults** and **Older and Much Wiser Workout for Active Older Adults** are gentle, safe exercise programs that are perfect for beginners or those who have not been exercising regularly. All of the exercises are done either standing or sitting on a chair with no lying down on the floor. These fun, well-rounded workouts include the three vital components of fitness: easy-to-follow low impact aerobics, gentle strength training and a relaxing cool down and stretch. **The Older and Much Wiser Workout** also includes balance and gaze stabilization training. The DVD lets you mix and match these different sections and three different levels of difficulty are demonstrated for each exercise. This makes it easy to adapt these workouts to how much time you have and how you are feeling each day. Comfortable shoes, a sturdy chair and a positive attitude are all that is needed. Other equipment, such as 2-5 lb. hand weights for strength training, a small pillow and a resistance band, are suggested but not required.



Fit at Any Age for Active Older Adults is a low impact/high fun workout that is perfect for those looking for an energizing workout that is easy on the knees, hip, shoulders, and back. It is great for both those who are new to exercise and those who've been working out for years. Like the **Older and Wiser Workouts**, it includes low impact aerobics, strength training and a cool down/stretch. This workout can also be customized.

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



Coffee Break in Rural Manitoba

Springfield News...
with Marion Clemens of Oak Bank, MB

Hello everybody and welcome to this column.

Did anybody keep track when this non-stop snowfall started? According to my observations it started at the beginning of February, causing the City of Winnipeg's winter budget to escalate to new heights and causing for many, many people, muscle and back pains from shoveling snow, just to wake up the next day to find as much or even more snow back in their yards and driveways.

This year's winter was something new for me. I remember snowstorms - often once a week, but then we got a rest for a while. NOT this year! Once the snow started flying around it never stopped and was even made more troublesome on account of those strong winds, often causing unexpected

ed white-outs on the highways. You could make plans alright, but half of the time they had to be cancelled due to road or weather conditions.

At Kin Place in Oakbank, the mountains in front of the windows are about 4' high, and together with the wall on the other side of our parking lot on Main Street, is hiding the Oakbank Credit Union half way up.

I like to give a bouquet to the outfit that is instantly jumping into action very early in the morning to make sure workers arriving between 7:00-8:00 am will find a clean place to park. Fantastic guys!

During the Age Friendly Committee meeting March 5, the street and sidewalk concerns were one of the topics discussed and the Committee shared Terry Hoover's concern that it will even

get worse with warmer weather. Some sidewalks are being blocked at times by vehicles at two businesses along the east side of Main Street, making use of the sidewalks very difficult for all, but especially those using mobility aids, or children being pushed in strollers.

The completion of Springfield Place with its 47 units was also discussed at the Age Friendly meeting. Al Burpee reported that the project is progressing well with approximately 65% completed and an anticipated occupancy date of July 1, 2014.

More good news: Healthy Together Now Grants are being used so far for: Pickle Ball, operating in Anola and Oakbank. Terry suggested that Birds Hill Park staff be approached to see if the little-used tennis courts in the West Beach Parking lot could be re-pur-

posed for outdoor Pickle Ball.

Chair Zumba Gold had 25 people registered, while Chair Yoga had 17 people registered.

The newly formed "Men in the Kitchen": has 6 attending but was stopped for the time being due to the cold weather conditions plus snow. But it will start again as soon as possible.

Members of the Knitwits Club were very busy this winter, especially with the record low temperatures, striving to have enough warm scarves, mittens, socks, hats to donate where needed the most.

That's it for this column I'm sure when I write the next one the robins will be here and the grass may be green.

Take care - drive carefully. So long.

~ Marion

Kinsmen Jackpot Bingo

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at 5:30PM
on CTV-TV

April 5, 2014 JACKPOT
\$43,000
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Guaranteed **\$2,000 Prize!**

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or by mail through head office

KINGO BINGO Kingo Bingo will
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\$1 from every card goes to the Jackpot
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www.kingobingo.ca

Medley - A collection of short stories

The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

Available at:
Winnipeg: McNally Robinson - Grant Park Shopping Centre
Oak Bank: Oakbank Food Fare, Country Town 'N Dollar/Postal outlet, and 689 B Main Street, apartment 111.

Author's first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."

Both are biographical works, with the first book covering the years from 1933 to 1957 in Europe and the second, 1957 - 'til 2002 in Canada.

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Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

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Canada 55+ Games

Aug. 27-30, 2014
Strathcona County, Alberta
(outside Edmonton)

Interested in competing at the Games?

You must participate and register at the MB 55 Plus Games in Neepawa June 17-19, 2014. Visit www.alcoamb.org for info. Sports and activities include: 5-Pin Bowling, 8-Ball Pool, Badminton, Bocce, Carpet Bowling, Contract Bridge, Cribbage, Cycling 20 & 50 km, Darts, Duplicate Bridge, Floor Curling, Floor Shuffleboard, Golf, Ice Curling, Ice Hockey (men) (women), Micro Marathon, Pickleball, Scrabble, Slo-Pitch, Swimming, Tennis, Track and Field, Whist.

www.canada55plusgames2014.com

EVENTS

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

Boulton Bay Seniors Association - Garage Sale, Fri. Apr. 11 & Sat. Apr. 12, 8 am-4 pm, #1 Boulton Bay. Wide selection including furniture (no clothing). Contact: boultonbayseniors@outlook.com

Holy Family Parish - Annual Rummage Sale fundraiser, Fri. Apr. 25, 4-7 pm, Sat. Apr. 26, 9 am-3 pm & Sun. Apr. 27, 9 am-2 pm, 778 Archibald St. in St. Boniface

The Centre on Aging, University of Manitoba - 31st Annual Spring Research Symposium, May 5-6, 727 McDermot Ave, Bannatyne Campus. Themes: 'Aging as a global phenomenon,' and 'Issues that aging immigrants face in their new homeland.' Visit: umanitoba.ca/centres/aging, call **204-474-8754**, email: coaman@umanitoba.ca

Inexplicable: It Is About Healing - Grand Opening, Sat. Apr. 12, 7 pm, at Frame Gallery, 318 Ross Ave. featuring works of Cliff and Wilma Derksen and their daughter Odia Reimer. Event features Art Talks with all three artists and will include refreshments and a question/answer period. All three family members have used art in different forms as a way of dealing with trauma. The Derksens hope to connect with people, offer inspiration and have some family fun. Free admission.

Grace Toastmasters - Meets Wed's (til end of June), 7 pm, at the River East Access Centre, 975 Henderson Hwy. Guests always welcome. Call: **204-880-7245**, email: herbeeking@hotmail.com

Post Polio Network - Next meeting Apr. 29, 1-2:30 pm, at the Katherine Friesen Centre, 940 Notre Dame Ave. Presentation on Victoria Lifeline

Fort Garry Women's Resource Centre - Happiness Workshop, Thur. Apr. 10, 10-11:30 am at 104-3100 Pembina Hwy. Learn how to live a happier life. Call to pre-register. Childcare is available upon request. FGWRC is a scent-sensitive environment. Events are Free : Monetary donations towards FGWRC are gladly accepted. For more information on our other events, programs and services please visit www.fgwrc.ca or call **204-477-1123**

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

The Morse Place Flashback Senior Slo Pitch Baseball - Meeting and registration, Thur. Apr. 17, 11 am at Morse Place C. C., 700 Munroe Ave. Mixed senior baseball open to men 55 years or older and women 40 years or older who wish to play slo-pitch baseball on Tuesdays & Thursdays, May-Sept. New players welcome. Call Paul: **204-668-8574**

St Basil's Ukrainian Catholic Women's League of Canada - Annual Palm Sunday Tea, Sun. Apr. 13, 1-3 pm, at St. Basil's Parish Auditorium, 202 Harcourt St. Mrs. Valerie Wadephul, President of Life Visions, will officially open the tea.

The Jon Sigurdson Chapter IODE - Spring Bridge and Whist Luncheon, Sat. Apr. 26 at Betelstadur, 1061 Sargent Ave. at Erin St. Bake Sale 11 am, Luncheon 11:45 followed by card playing. Prizes. Tickets \$15 at door. Proceeds go to support the annual IODE Scholarship Program. Everyone welcome

The Forever Young Club MB - 17th Annual Old Time Rock 'N Roll Dance (50s, 60s & 70s), Apr. 26, 8 pm, at 420 Corydon Ave. Member Appreciation Dance, May 31, 8 pm, at Shrine Hall, 1155 Wilkes Ave. Call: **204-261-4442** or email: fyclub@hotmail.ca or visit www.foreveryoungclub.wordpress.com

Canadian Liver Foundation - Open House, Apr. 15, 12-1:30 pm, at 210-375 York Ave. at the RBC Convention Centre. **204-831-6231**

Assiniboine Chorus of Sweet Adelines Int. - presents The Rhythm of the Night, an evening of Barbershop Harmony Entertainment, June 7, 7:30 pm at Jubilee Place Concert Hall, Mennonite Brethren Collegiate Institute, 173 Talbot Ave. Guest stars: Glen Matthews, with Ron Paley. Tickets \$20. Call: **204-837-4767**

The Ultimate Women's Show & The Ultimate Craft Show - Apr. 12 & 13, Sat. 10 am-5 pm & Sun. 11 am-5 pm, at Assiniboia Downs (2 levels). Adm. \$5, Free Parking. All crafts hand made in Manitoba. \$2500 in door prizes! www.ultimatesomensshow.com

The Friendly Settlers Senior Citizens Club - Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Live Auction, June 7, 1-3 pm, at 400 Day St. Everyone welcome to bring items large or small and cooking/baking. Keep 70%, 30% goes to the Club. Free admission, door prize. Celebrating with Hi-Neighbour on their 50th Anniversary. call Jean: **204-222-7504** or Linda: **204-222-0281**

Friends of the Winnipeg Public Library - 9th Annual Books & Brunch, Sun. May 4, 10:30 am, at The Gates on Roblin. "Books I Have Known and Loved" by Dr. Frank Albo and Alison Gillmor. Rainbow auction. Tickets: \$55 (\$25 tax receipt) available at Best of Friends Gift Shop in the Millennium Library. **204-947-0110**, info@friendswpl.ca

Sarasvati Productions - Wpg premiere of Fefu and Her Friends, May 22-June 1, at Ralph Connor House (54 West Gate). A unique theatre experience involving a murder in 1935 New England featuring 8 local female performers. Tickets are \$20, \$15 for students/seniors. Visit www.sarasvati.ca for tickets and show times.

The MB Chapter of Osteoporosis Canada - Annual Spring Forum, Wed. Apr. 30, 7-9 pm at Good Neighbours Active Living Centre, 720 Henderson Hwy. Bone health presentations. **204-772-3498** or email manitoba@osteoporosis.ca to register.

Arcane Horizon Inc. (a Winnipeg-based not-for-profit organization that supports adults living with a developmental disability) - presents "Eat It" Steak Night fundraiser, starring Michael Jackson, Thur. Apr. 24, 5-9 pm, at the Victoria Inn, 1808 Wellington Ave. Draws, door prizes, silent auction. Tickets \$20. Call Kristin: **204-897-5482**, ext. 222

Fort Garry Legion - Hard Card Bingo – Tues. 1:15, Paper Bingo, Fri. eve, Early Bird

7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

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

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

VOLUNTEERING

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

K.I.N. Resource Council for Seniors - Bluebird Lodge Congregate Meal Program, 97 Keewatin St., seeking volunteers to help with the 4:30 meal - 3 hours once a week. Call **204-774-3085** for details.

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

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

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

Rupert's Land Caregiver Services - Ring-A-Ride program needs drivers to take clients residing in Southwest Winnipeg to appointments, shopping and social outings. Call **204-452-9491** or email rlcs_vol@mts.net

SOCIAL PROGRAMS / SERVICES

Seine River Seniors out of Southdale C.C. - We offer these activities: Bridge, Indoor walking at Winakwa, Creative writing, Floral arranging, Catered Easter Luncheon (Apr. 12. Register by Apr. 6), Social brunch (Apr. 15), and outings. Call for details: **204-253-4599**

Pembina Active Living 55+ (PAL) - has programs at Grace Christian Church (50 Barnes St.), St. Norbert CC, and Fort Garry CC. (some 10-week, some drop-in) including yoga, fitness, resistance training, urban poling, line dancing, Zumba, Still Bloomin' gardening club, ballroom dancing, Pin PALs (bowling), PAL Pedallers (cycling group), PAL Putters (golf), lunch PALS, movie PALS, painting, meditation, computers, drop-in bridge, Wii games. Register by mail or in person at Grace Church. Info: www.pal55plus.ca or **204-946-0839**

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthcart St., offers a Congregate meal program to area residents 55 plus. Registration required. Volunteers needed for 1 hour per

week cleanup. Call **204-889-3687** for info or to register. Leave msg for Lesley.

Springs Senior Drop In - Tues. Apr. 8 & 22, 1-4 pm, 725 Lagimodiere Blvd. Fun, Fellowship, meet new friends, games, billiards,etc. Check web site at SpringsChurch.com under Church Life.

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

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

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

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

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

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

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

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

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

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

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

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

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

The Quarry Choristers, a women's musical group based in Stonewall - Annual Dinner Theatre, May 1-4 and May 8-10. Showtime 6:30. Also, Dessert Matinee, May 4, 2 pm. Call: **467-8348** or **467-8619** for tickets.

Ritchot Senior Services (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **204-883-2880**

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities! Call for info: Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beach Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council

642-7297; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Gordon Howard Support Services **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa 753-2962 or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

Komarno Community Hall - Spring Dance, Sat. Apr. 26, 7 pm at the Komarno Community Hall. Band: Canadian Rhythm Masters. Tickets \$15. Hot lunch included. Advance tickets: **204-886-2994**. All proceeds go to the Komarno Hall renovations.

St. Eustache Young at Heart/Jeunes de coeur - Annual General Meeting, Fri. Apr. 25, 7 pm at the St. Eustache Community Hall. April dinners, Apr.11 & 25, 5:30 pm at the St. Eustache Community Hall. South Beach Casino trip, May 6. Cost \$20 with free smorg. Deadline Apr. 22. call Doris at **204-353-4532** or Lorna at **204-353-4538**

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



Pumpkin Chiffon Pie

Metric	Ingredient	Imperial
1	unflavoured gelatin envelope	1
125 ml	white sugar	1/2 cup
2 ml	cinnamon	1/2 tsp
2 ml	allspice	1/2 tsp
1 ml	ginger	1/4 tsp
1 ml	nutmeg	1/4 tsp
2 ml	salt	1/2 tsp
175 ml	milk	3/4 cup
2	egg yolks, slightly beaten	2
250 ml	canned pumpkin	1 cup
2	egg whites	2
50 ml	white sugar	1/4 cup
125 ml	whipping cream	1/2 cup

Combine gelatin, sugar and spices in saucepan. Stir in milk, egg yolks and pumpkin. Cook and stir over medium heat until mixture boils and gelatin is dissolved. Remove from heat and chill until partially set. If chilling in freezer, stir occasionally.

Meanwhile, beat whipping cream until soft peaks form; set aside. Then, beat egg whites until soft peaks form, gradually add the 1/4 cup (50 ml) sugar and beat until stiff peaks form. Fold whipped cream and egg whites into cooled pumpkin mixture. Pile into baked pie crust and chill until firm.

Serves 6

Shared with you by Laura Mikuska from Winnipeg, Manitoba, Canada

www.PeakMarket.com

CROSSWORD -
Easter Hunt Challenge

By Adrian Powell

ACROSS

1 Prohibited

8 Evolutionary throwback

15 Files an airplane

16 Locust tree genus

17 Make fun of Easter dinner, maybe?

18 Henhouse big shot

19 Chinese ___ choy

20 Schooner's wheel

21 Windsor's prov.

22 Sweaty, irritable Easter rabbit?

25 "Buzz off!"

27 Group of Seven stuff

28 Clockwork component

29 Attila minion

30 Camera essential

32 Neighbour of Fra.

34 Wild Easter overstatements?

40 "Without further ___"

41 Loser to VHS

42 Python's cousin

43 Original sin site

46 The old man

47 Jukebox selection

48 What a Cadbury dairy meld might do?

53 Mad cow disease, briefly

54 Kite, for one

55 Big band, e.g.

56 Newsroom bigwigs

58 Sexy, dancing Easter entree?

62 Many a senior

63 Early NASA missions

64 "All ___ go!"

65 Brooks

DOWN

1 US temp scale

2 They go down the tubes

3 What you can roll up to win

4 Panda's diet, mainly

5 On ___; out getting drunk

6 Where the mid-range cabins are, often

7 Edm. player

8 Cop's collar

9 Rona purchases

10 Enola Gay cargo

11 Baron's superior, briefly

12 Recite a mantra

13 Crayola's "burnt" colour

14 Joan of Arc, e.g.

20 Godiva's locale

22 ___ Kong

23 Peeled

24 Jamaican tangelo

25 Barge, to the crew

26 Bear's greeting?

30 Young guy

31 Braggart's attribute

32 Dracula, at times

33 Airport flight info.

35 Went to the bottom

36 Rip up and start over

37 Orchestral staple

38 Persona ___ grata

39 Dip in the middle

43 Imprisons

44 Pluto's creator

45 Votes in

46 Uses a divining rod

47 Where to keep a horse

49 Tedious task

50 Baggy kind of pants

51 Sprang into the air

52 Abrams tank covering

57 Top forty song

58 ___ Vegas

59 Chicken ___ king

60 Actor DeLuise

61 Mule's dad

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Caregiving misconceptions that can multiply stress

By Lisa M. Petsche

Caring for a chronically ill or frail relative can offer many rewards, but it also involves physical, psychological and emotional demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment.

Stress can be further compounded by certain thoughts and belief systems. Read on for some common misconceptions among caregivers and the unhealthy behaviours that typically result.

Faulty Thinking

- They can and should provide all the care.
- No one else can take good care of their relative.
- Medical professionals are wrong about their relative's diagnosis, prognosis or healthcare needs.

Maladaptive Behaviour

- Devoting all their time and energy to caregiving.
- Declining assistance.
- Promising the care receiver that they will never have to live in a long-term-care residence.
- Withholding from other family members information about their relative's condition and needs.

Healthy Coping

The following are some adaptive coping strategies caregivers can use to prevent falling into destructive behaviour patterns.

Acceptance

An important first step is to accept the reality of your relative's illness. Allow yourself to experience all emotions that surface. Make a conscious decision to let go of any bitterness resulting from unrealized plans and dreams, so you can move forward and channel your energy in constructive ways.

Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans.

Information

Ask a friend to research your relative's health condition. Share the information among family members. Knowledge is power.

Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will help make caregiving safer and less stressful. The local office on aging is a good resource.

Be patient and keep communication lines open as you and your relative adjust to the illness.

Ensure the family is kept current about changes in your relative's status and include them in decision-making.

Preparation

Find a medical specialist whom you and your relative respect and trust. Ask what to expect during the course of the illness.

Help your relative get their affairs in order, including completing advance directives, powers of attorney and a will.

Talk with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, end-of-life-care and funeral arrangements. Be careful not to make promises you may not be able to keep.

Simplification

Eliminate sources of stress in your life wherever possible. Set priorities, streamline tasks and learn to settle for less than perfection. Hire help with personal care or household chores if finances permit.

Self-Preservation

Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

Set aside quiet time to nurture your spirituality and keep you grounded.

Do something that provides you with meaning and purpose outside the caregiving role, such as researching your family tree.

Find something relaxing you can do to give yourself a daily break - perhaps reading or listening to music. In addition, schedule regular time away from caregiving duties. By being kind to yourself this way, you'll also be more effective when you resume caregiving.

Connection

Make an effort to stay connected to your friends. Find someone you can talk with openly, who will listen and empathize. It's important to express your thoughts and feelings.

Seek out other caregivers. They understand the best what you're going through. Join a support group in your community or on the Internet.

Assistance

Accept offers of help. Ask other family members to share the load and be specific about the help you need. If you don't have family nearby or they're unwilling or unable to assist, make use of community respite services. ■

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior health matters. She has personal and professional experience with elder care.

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HUMOUR COLUMN:



Yard, Lawn, Garage Sales – We Need Some Rules

By William J. Thomas - Humour Columnist

First of all, “Greage Sale 8-2-10 Only!” That’s a bad sign of the times right there.

After a hundred years of these ‘five and dimers’ at the end of our properties why can’t we at least decide if they’re a “yard sale,” “lawn sale,” or a “garage sale?” Likewise, after a century of retreating to a rustic northern spot in the summer, Canadians still can’t decide if it should be called a cottage, a cabin or a camp.

The traditional Canadian yard/lawn/garage sale is actually an outdoor insult contest in which pieces of junk and spare change are the agreed-upon weapons of choice. Given that you’re trying to sell me something you don’t want or need and probably never did and I’m about to buy your junk which I will likely try to sell back to you next summer – we should call the sale a “flimflam” or a “flipflop” – a game of commercial ping pong involving bric-a-brac for a buck.

Take me, for instance, your principal peddler for today’s yard seller. With a card table, a jar of change and no experience whatsoever, I will take a decade’s worth of accumulated crap which I’m too lazy to drop off at the local dump and I will attempt to sell it to you, an unsuspecting stranger. By the time we meet in my driveway, I will have gone through five strategies of yard sale marketing:

1. I don’t care if I make any money as long as I get rid of this stuff.
2. Hey! This thing still works.
3. I don’t think five bucks is too much. I paid ten.
4. If they don’t want to pay the price, I’ll just keep this stuff and use it myself.
5. New sign: “All Prices Firm. Break It, You Bought It.”

So that’s me, the seller, sitting casually in a lawn chair with a cup of coffee and the morning paper trying to appear nonchalant because I alone know what evil lurks behind those masking-tape price stickers. I am a swindler.

Now let’s take you. You are the prospective yard sale customer, my market, my mark. First of all, you cruised by the night before shouting something about a sale. I shouted back something about your mother. (Sorry.)

You returned early next morning, parked in my neighbour’s flower garden, and after inspecting every item in the yard sale, you picked up my card table with my entire sale inventory, empty coffee mug and newspaper and said: “Would you take two bucks for this?”

As politely as I could, I said, “No, but for a loonie you could get that canoe paddle ... right across your ass!” (Again, I apologize.)

So as a professional yard sale rummager, you’re rude, coldhearted and crass. Yard sale people are a pain in the ass. But that’s your job. You’re supposed to make me feel cheap and sleazy. After all, I’m a swindler. If I didn’t want to be humiliated I wouldn’t have taken out ads in the newspaper inviting you to come to my house and fondle my personal belongings. You’re the type of person whose children will grow up to be scalpers; mine will supply them with counterfeit concert tickets. It’s a very sick world. I’m just glad we could be there for each other.

The Wainfleet-Port Colborne area has to be the “Junk Sale Capital of Canada.” You cannot throw a stick without hitting a yard sale in the summer. (The stick is free with that bamboo Chinese steam thingy for four dollars.) You cannot clean out your garage in these parts without people stopping and making offers on the items that are piled in the driveway. Out here cleaning out a shed is known as a “silent auction.”

I just love the unwritten law behind the lawn sale: whatever is left over at closing time goes to the Salvation Army. First we go for cold, hard cash and when that doesn’t work we embrace the idea of charity. I mean if several hundred people wearing Crocs and tank tops found your stuff to be useless or tasteless, do you really think people who shop at Goodwill outlets are going to outbid each other for it?!

And you just know this had to happen, there’s now a country and western song out there about a yard sale – “Sortin’ through what’s left of me and you.” I can only imagine the wife’s gone, the pick-up truck is up for sale and the dog got hit by the woman who drove up the driveway at 7:30 a.m. when the sign clearly stated an eight o’clock start.

Certain items need to be banned from these sales like undergarments, toilet seats, urns with ashes still in it, anything inscribed with the word “love” and yes this has happened, bags of cat poop marked “Fertilizer.”

And the worst? If I spot anything crocheted or macramed or titled “Home Sweet Whatever,” I don’t get out of the car. And worse than the “Greage Sale” sign was the one I spotted near Mayville, New York: “Going To Jail Sale.” Now that’s where the seller says “yes” to pretty much every price you offer.

No sorry, that’s not the worst. The worst is spotting a book you’ve written and inscribed to the woman with her caboose parked in a lawn chair next to a box marked: “Two Bucks For Them All.” Yeah, that’s the worst. That’s when you go home and come back with a bag marked “Fertilizer” and offer to trade it for the book box.

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

THELMA'S WORLD



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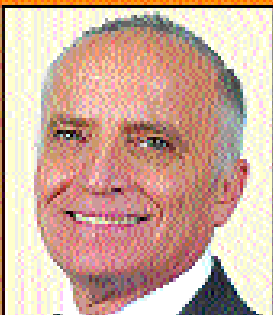
Email or Mail listing with payment to: Box 1806 Stonewall MB R0C 2Z0

NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

Happy Easter!



Greg Selinger
MLA for St. Boniface
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GregSelinger.ca



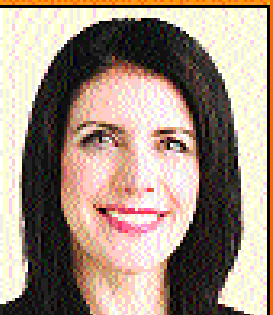
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