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Boomers & Seniors
in Winnipeg and rural Manitoba.

Vol.12 No.14 July 9 - Aug 4/14

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"Are you walking fast enough to optimize your health?"

See Page 6

PHOTO:
Carpet bowling competition at the 55 Plus Games in Neepawa

Photo by Norm Grywinski

See pages 7, 8 & 9

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Photo by Norm Grywinski - CRM Photography program

News anchor and special guest speaker at the 55 Plus Games in Neepawa, Lloyd Robertson, signs a few autographs.

Father, John Holden, 90, (Wpg) and his 61-year-old daughter, Grace Atkins, (St. Laurent) both competing in track at the Games.

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Go4Health Expo at Red River Ex

By Kathy Henderson - Support Services to Seniors Facilitator - Primary Health Care, Winnipeg Regional Health Authority

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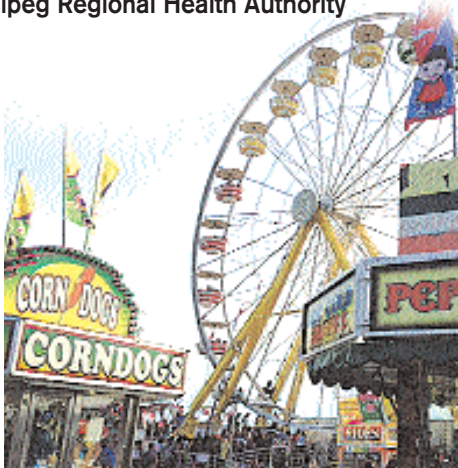
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Betty Brand, Health, Healthy Living and Seniors



The weather could not have been better for June 18th at the Red River EX! Sharply at the opening of the day, cars and buses eagerly came up to the gates for many mature adults 55+ to take in the sights and sounds of a wonderful day of delights! Many local 55+ community organizations partnered together to create another successful Seniors day GO4health EXpo event.

The action packed day highlighted mature adults 55+ to engage with various interactive booths on programs and resources and a chance to enter to win baskets donated from local 55+ community organizations.

There were so many entertainment avenues to choose from such as the local community stage performances, Seniors Idol, lifestyle stage and who could pass up on viewing the internet cat videos!

All mature adults 55+ were offered a complimentary ride on the Merry-Go-Round and Ferris Wheel as well as complimentary coffee upon their arrival.

Senior Idol - at The Ex

By Jodi Johnson, Red River Exhibition Association, Photos by Cheryl Einarsson

Senior Idol is a province-wide talent search of the 50-plus age group, taking place at the Red River EX on Seniors' Day. Competitors can realize their dreams of performing, get another chance at fame and win great prizes. Senior Idol is presented as an entertaining variety production with professional entertainers completing the showcase of Manitoba talent. This competition is proudly presented by the Red River Exhibition and fulfills one of our association's mandates of celebrating the talents and accomplishments of Manitobans.

Winners of this year's Senior Idol contest are: First: Patrick LeBlanc; Second: Bill Greenwalt; Third: Laura Symons.

We are always looking for new competitors and information about next year's event will be available in the new year. Watch our website for details - **www.redriverex.com**. ■

First: Patrick LeBlanc

Second: Bill Greenwalt

Third: Laura Symons

Harlequin - quartet, last year's winners

Contestant Benny Karman

Contestant Angeline MacIntyre

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Suggestions for summer in southern Manitoba

By Roger Currie

For many years I was a 'cottager' on Lake of the Woods. My grandfather was the first Winnipegger to build on Clearwater Bay, and from an early age the lake was my primary summer destination. I cherish many wonderful family memories there, but there was a definite downside. With limited vacation time, I didn't explore many other summer destinations.

This year in particular, I can honestly say that I don't miss that ritual. Since I returned to Winnipeg from Saskatchewan in 2012, I have become even more aware that we can do a lot worse than spending most of the summer in Winnipeg, and perhaps save that precious vacation time for the winter days when air fares are cheaper, etc ..

Where will we eat, if we don't wish to cook?

I begin my answer to that question with a movie recommendation. If you are a "foodie", you really should take a look at **Chef** which is still playing at Grant Park. Jon Favreau wrote, directed and stars in this movie. He plays a master chef who works at a very pricey restaurant in Los Angeles. He gets tired of fighting with the owner, played by Dustin Hoffman, and he decides to follow his dream and operate a food truck serving genuine cuisine of many lands, particularly the delights of Cuba. Best not to see the film on an empty stomach I should warn.

The food truck business is a risky one here in this part of the world. The season is brutally short, especially this year, so get out there and try what these brave folks have to offer, or else they just won't be operating in Winnipeg for very long. Broadway, between Osborne and Main street, has long been the place to find food trucks on working days, thanks to the wide centre boulevard where office folks can relax and enjoy an outdoor meal. For a long time the choices were limited mainly to traditional comfort food like hotdogs and fries. In recent years a variety of different cultures have managed to flourish locally.

Alison Gillmor celebrated the Broadway experience in a recent issue



Photo: Joe Brykes of the Winnipeg Free Press

Death By Bacon

of the *Free Press*. Among the countries whose dishes can now be found at a food truck window in Winnipeg are Mexico, Ukraine, France, India, Japan, the Philippines and more than one country in the middle east. The trucks are loudly colourful, with names like *Habanero Sombbrero*, *Tokyo Rabbit*, *Beaujena's French Table* and *Fired Up*. At Beaujena's, many people rave about a creation that is anything but low fat known as *Death By Bacon*.

These days, Broadway is by no means the only place where the food treats of the world can be sampled from a sidewalk vendor. The trucks are also seen frequently in the Exchange district, and at The Forks almost anytime. They will also be found at many of the summer festivals that take place in the city and just outside. Tourism Manitoba maintains a very useful website, www.pegcitygrub.com, which will help in your food discovery adventures.

When it comes to local organic delights, the trucks and carts also offer up lots of treats that have been available in rural Manitoba for decades, but are now being shared with all of us in the summertime. Free range Manitoba beef can be found at the *Grass Fed Grill*, and there's fresh corn with flavoured butter at *Corn on the Curb*. After your main course, how about ice cream? If you want to keep it local, try *Cornell Creme* by Daniel Pastuck, a bicycle vendor who is a far cry from Dickie Dee. Local dairy farmers William and Lisa Dyck have put together flavours like *Vanilla Bean* and *Lemon Meringue*.

We haven't even wandered beyond the Perimeter highway yet, and I would like your help in putting together a follow up article for the next *Senior Scope*. All too often when it comes to summer dining beyond Winnipeg, my thinking stops at places like the Half Moon near Lockport. Please, give me some more choices. Send me thoughts on your favourite eating spots in rural Manitoba to rogerc@mymts.net.

Roger Currie is a regular contributor to Senior Scope. He is heard every weekday morning on CJNU, 93.7 FM.

CONSTRUCTION UNDERWAY ON 47-SUITE, \$14.5M SENIORS HOUSING CO-OP IN DUGALD



Photo by Ron Sellen.

Dugald, Manitoba is the little town with a big vision. Today the community turned the sod on a \$14.5 Million, 47-unit seniors housing development in with the help of dignitaries (in the foreground) from left to right: Lesley Thomson (in white sweater), Chair of the Springfield Seniors Non-Profit Housing Co-op; Jim McCarthy, Reeve of the RM of Springfield; Gisele MacDonald, President of ReSolve Project Management; the Honourable Peter Bjornson, Minister of Housing and Community Development; Dave Hergesheimer, CEO of the Oakbank Credit Union; Bruce Friesen, Treasurer of the Dugald United Church. In the background, are members of the Dugald Estates Board and project team.

JULY 3, 2014 - DUGALD, MANITOBA – A new \$14.5M, 47-unit co-op housing development that provides quality and affordable accommodation for rural seniors, officially started construction in the RM of Springfield today with a community sod-turning celebration joined by the Honourable Peter Bjornson, Minister of Housing and Community Development, and Jim McCarthy, Reeve of the RM of Springfield.

Dugald Estates is an equity co-op led by the Springfield Seniors Non-Profit Housing Co-op Ltd. (SSHC) and is located in close proximity to Oakbank and Winnipeg. Entrance fees are \$89,610 which is returned to tenants when they leave the co-op. The development has 7 one-bedroom and 40 two-bedroom suites ranging from 601 sq ft to 1482 sq ft; all-inclusive rents range from \$775 to \$1908 a month. Features include heated underground parking, 6 appliances including en suite laundry, spacious balconies, exercise room, guest suite and a multi-purpose room with kitchen, fireplace and outdoor patio. Occupancy is planned for late fall 2015.

"This new co-op housing project offers much-needed quality seniors housing and also allows rural Manitobans

to remain within their communities in their retirement years, staying close to their roots and their social networks," said Minister Bjornson. "This is an important addition to the community of Dugald and we are pleased to offer our support through the provincial cooperative loan guarantee program."

Dugald Estates is funded by \$4.2M in tenant equity contributions, a 3.8 acre land contribution from the RM of Springfield, \$150,000 from the Dugald United Church, and a \$10.5M mortgage from the Oakbank Credit Union. With 33 suites already taken, the Cooperative Loans and Loan Guarantee Board has approved in principle for a \$900,000 loan guarantee as a bridge to support the project while the last units are being sold. Provincial assistance also includes affordable rent supplements for 7 suites and a Rental Housing Construction Tax Credit of approximately \$560,000.

"This builds upon Manitoba's commitment to construct 500 more social housing units and 500 new affordable rental units over the next three years in addition to the 1,500 social housing and 1,500 affordable housing units already committed or under construction," added Minister Bjornson.

Continued on page 6

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FINANCIAL INFORMATION - LEAVING A LEGACY

Protecting your child's inheritance

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

Key Points:

- When a gift or inheritance is used to purchase a jointly-held asset, like a home, that asset will usually become shareable.
- To protect an inheritance or gift to your child, emphasize to your child the importance of investing it in their sole name, and not in joint ownership with a spouse.
- Additionally, ensure your will attempts to protect your child's inheritance to the extent possible, such as a clause indicating the gift is meant to benefit only your child.

If you have any questions about protecting your child's inheritance, I would be happy to help.

As you work hard and your wealth accumulates, old worries are replaced by new ones. Worries leap from "Will I leave my children enough?" to "What will my children do with their inheritance?" As of late, the worry that seems to preoccupy many is whether an estate or gift left to a child can be subject to a family property claim if the child later separates or divorces.

Family law legislation

Although the rules vary across Canada, in most jurisdictions inheritances and gifts may be exempt from a division of family property if the assets have been kept separate.¹ For example, once the gift or inheritance is used to purchase a jointly-held home, or pay down a mortgage on a jointly held cottage, the asset will usually become shareable. If a parent knows in advance that the child's relationship is on shaky ground, they should try to have a private conversation with them about their concerns, and the things the child can do to protect any future inheritance they may receive. Even where there is no evidence that the relationship is on the verge of breaking down, the parent may simply tell the

child that if at a future point their relationship starts to deteriorate, they need to understand that the best way to protect their inheritance is to keep it separate. For example, to the extent possible, the inheritance should not be used to:

- Purchase family assets, such as a home, cottage or vehicle;
- Pay down debt related to family assets; or
- Make investments in joint names.

The best way to protect an inheritance or gift is for the child to invest it in his or her name alone, and not add their spouse as a joint owner. Although your child may not appreciate the importance of this information when they are young, it may take on a new

"...the best way to protect their inheritance is to keep it separate. For example, to the extent possible, the inheritance should not be used to purchase family assets, such as a home, cottage or vehicle; pay down debt related to family assets; or make investments in joint names."

significance by the time they receive the inheritance, by which point their relationship may not be as strong as they had originally hoped.

Of course, because the laws are different across the country, and because they can always change in the future, the best way to protect specific assets is for the spouses to enter into a form of domestic contract – either a pre-nuptial agreement if they are not yet married, or a marriage contract if they already are. However, some children (and/or their fiancés or spouses) may not be open to this suggestion. It is also important to keep in mind that even if there is a contract in place, if the parties do things that nullify the contract (e.g. add their spouse as a joint owner of an otherwise exempt asset) then the contract may be of limited use. If possible, your children should speak to a family lawyer licensed to practice in their jurisdiction to discuss the optimal method for protecting their assets.

Estate planning

Aside from having a frank conversation with your children about the use of any inherited funds, are there things you can do as a parent to provide protection? One thing parents can do is to make sure that they have a will that attempts to protect their child's inheritance to the extent possible. For example, in some jurisdictions it is recommended that parents include a clause in their will indicating that the gift is meant to benefit the child only, including any income and growth, and is not meant to be shareable. Although this type of clause is not effective in every jurisdiction, it should be included in your will no matter where you live, since it may be hard to predict which jurisdiction your child will be living in at the time of your death. Again, to the extent the child uses the inheritance (and/or the income and/or growth) to purchase family assets, this type of clause may be ineffective. But in scenarios where the child does choose to keep the inheritance invested separately, it may help to protect the future income and growth as well as the original amount inherited.

Testamentary trusts

Another option is to draft your will such that the assets are left to a trust established for your child's benefit rather than to the child outright. A trust is a legal arrangement where a trustee holds legal title to the trust property for the benefit of the trust beneficiaries. The trustee has the power to deal with the assets and to distribute income and capital of the trust to beneficiaries in accordance with the terms of the trust.

The level of your child's control over

"One thing parents can do is to make sure that they have a will that attempts to protect their child's inheritance to the extent possible."

the trust's assets will depend in large part on their age and the state of their relationship. For children under the age of about 30, most parents set up non-discretionary trusts, meaning that the trustees of the trust must follow specific instructions, usually transferring the capital to the children in

stages (for example, one quarter of the capital at age 21, half at age 25, and the remainder at age 30). If the child is older, and there are concerns about the state of the child's marriage or their ability to manage large sums of money, then the parent may set out a different distribution scheme, or may make the trust discretionary, meaning that it is up to the trustee to decide when and how to distribute the capital. In many cases the trustee of the trust is the child, but where there are significant concerns about the child's ability to manage large sums, an independent trustee may be appointed instead.

The income tax rules further provide that there will be a "deemed disposition" of the assets held in the trust every 21 years, meaning that any unrealized capital gains will be triggered on the 21st anniversary of the creation of the trust (i.e. the date of the parent's death). In order to avoid this deemed disposition, most trusts are drafted in a way that allows the assets to be transferred to the child before the 21st anniversary. If the child is a resident of Canada, the assets can generally "rollover" into the child's name personally, thereby deferring the triggering of the gains until such time as the child sells the asset or dies.

The trust may provide a further benefit if the grandchildren are included as potential beneficiaries of each child's trust. If the grandchildren are low-income, then some of the income in the trust could be flowed through to them and taxed in their hands at lower rates. This would allow the family to pay less tax than if all the income were taxed in the hands of a higher-income parent or the trust (at least as of 2016, when proposed rules will change the way in which testamentary trusts are taxed). Also, if the child is disabled, further tax benefits may be available.

However, it is worth repeating that if the child receives property from the trust and then co-mingles it with the other family assets it would be very difficult to exclude such property from a potential future family property claim.

Common-law relationships

One increasingly common question that parents are asking is whether or not their child's assets will be shareable if they are in a commonlaw relationship. This is where the rules across the country start to diverge widely.

Continued on next page

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Protecting child's inheritance, cont'd from page 4

Generally speaking, only common-law couples in British Columbia, Manitoba, the Northwest Territories, Nunavut and Saskatchewan are treated the same as a married couple as far as the family property legislation is concerned, but the time period required for being considered a common-law couples varies even within those jurisdictions. Some jurisdictions allow couples to enter into a form of civil union (such as Alberta, Manitoba, Nova Scotia and Quebec), and if certain conditions are met, then their assets would be shareable upon the dissolution of the civil union (in Alberta, this is the case only if the couple specifically agrees to such a division). However, even in jurisdictions where no such rules are in place, the courts have become more open to allowing a former common-law partner to make a claim against their former partner, particularly where the relationship is long

“One increasingly common question that parents are asking is whether or not their child's assets will be shareable if they are in a commonlaw relationship. This is where the rules across the country start to diverge widely.”

term and they have formed a “family joint venture”, usually by making joint decisions, such as raising children together, or where one partner moves to another jurisdiction for the sake of the other partner's career. Therefore, even if your child is living commonlaw in a jurisdiction where there are no specific rules dictating that their assets will become shareable at the time of separation, it is still advisable that you plan for the worst, and take steps to protect their inheritance.

Gifts during your lifetime

Some parents have sufficient wealth that they are able to give funds to their children during their lifetime, either for the purpose of buying a home or starting a business. If the amount of the gift is significant, then consideration should again be given to protecting the funds, particularly where the relationship is quite new. Some parents will give their children tens of thousands of dollars when their children first get married to buy a house, for example, only to be distressed to find out that

these assets are shareable when the child separates from their spouse only a year or two later. If you want to protect the funds, consider structuring the transaction as a loan, not a gift. This would require the execution of a promissory note, and in a best case scenario, a loan agreement and security, usually in the form of a mortgage on the home (usually in second position after any bank mortgage). This can also help to alleviate situations where one child has received a significant gift during the parents' lifetimes, whereas another child or children may not have. In many cases the children are not expected to make payments against the loan during the parent's lifetime, but the amount of the loan can then be offset against the amount to be inherited by that child. For so long as the loan is in place, the parent will have a much stronger argument that those funds are to be repaid before any remaining equity in the home is to be divided between the spouses. It is very important for these types of arrangements to be properly documented and signed by all parties to minimize the possibility of someone denying the existence of the loan at a later date. Some parents have advanced the funds on a verbal agreement or based on “home-made” loan documentation, only to have the loan disputed at a later date. If the child is not making regular payments of interest and/ or principal, then it may also be necessary to “refresh” the loan from time to time, to ensure that it does not become statute-barred. If you want the funds to be treated as a loan, be sure to speak with a lawyer well in advance of entering into the transaction to make sure that everything is properly documented.

As can be seen, the rules regarding the division of family property can be complicated. If you are concerned about protecting your child's property, be sure to speak to a qualified professional. ■

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July 8, 2014

MANITOBANS ADVISED TO BE CAUTIOUS WHEN CONSIDERING RESIDENTIAL NATURAL GAS CONTRACTS

The Manitoba Public Utilities Board has been made aware that some door-to-door salespersons are approaching homeowners claiming they are representing Manitoba Hydro or Centra Gas in the marketing of natural gas contracts to residential customers.

The Board has also had reports that customer's signatures on natural gas contracts may have been forged.

These door-to-door salespersons marketing natural gas contracts are not affiliated with Manitoba Hydro or Centra Gas but are independent agents representing natural gas marketers.

If you suspect you have entered into a natural gas contract with a natural gas marketer under fraudulent or misleading conditions, please contact your natural gas marketer and the Manitoba Public Utilities Board.

The Public Utilities Board
400 - 330 Portage Avenue
Winnipeg, MB R3C 0C4
Telephone: (204) 945-2638
Facsimile: (204) 945-2643
Toll Free: 1-866-854-3698
Email: publicutilities@gov.mb.ca
Website: www.pub.gov.mb.ca

Senior Housing in Dugald, cont'd from page 3

SSHC Board Chair Lesley Thomson credited the support of the Province of Manitoba and the RM of Springfield for bringing the project to fruition. "Dugald Estates was developed entirely by volunteers with strong community input. The commitment from the RM of Springfield in 2012 to provide us with the land for \$1 was the starting point. Through the work of our Board, our community and the pro bono work of ReSolve Project Management, we were 70% ready to go; the provincial loan guarantee was the key to enabling us to start construction."

"High-quality, affordable housing is vitally important so that Manitobans can continue to live in their own communities during their retirement years," said Jim McCarthy, Reeve of the RM of Springfield. "I would like to thank the Springfield Seniors Non-Profit Housing Co-operative for its vision, its determination and its hard work in meeting the needs of our community by creating these safe, affordable homes for seniors in the RM of Springfield."

Thomson also stated the idea for seniors housing began several years ago with the commitment of \$150,000 from the Dugald United Church to kickstart seniors housing. The contribution from the church is funding the entrance fee for a suite to enable, in perpetuity, a low-income senior in the community to reside there. Church funds are also going toward the multi-purpose room which will serve as a multi-faith chapel on Sunday mornings.

The SSHC has approximately 135 members, 33 of whom will reside in Dugald Estates and another 29 who are on a priority list for future suites. ■

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Are you walking fast enough to optimize your health?

Most people know that physical activity provides health benefits. However, the latest data from Statistics Canada shows that only 15% of adults are meeting the current national guidelines. These guidelines recommend the minimum amount of exercise needed in order to gain or maintain health and functional benefits. Adults at all ages should be accumulating at least 150 minutes of aerobic exercise every week at moderate to vigorous intensity in bouts of 10 minutes or more. More information about these national guidelines can be found on the Canadian Society for Exercise Physiology website: www.csep.ca/english/View.asp?x=587

Identifying if someone has accumulated 150 minutes of activity per week is fairly simple to calculate, but these guidelines become challenging to interpret when it comes to intensity. What is moderate intensity, and how do you know once you have completed your

walk, your gardening, or other activities whether it counts towards meeting the national guidelines? Most people struggle with this question, even regular exercisers, but having the ability to identify intensity is an important tool in order to exercise at an optimal level. The Canadian Physical Activity guideline describes **moderate** intensity as breathing harder and sweating a little. Examples of activities at moderate intensity are brisk walking and bike riding. The reason that the national guidelines recommend exercising at least at moderate intensity is because scientific literature has shown that higher intensity exercise can lead to greater gains in life expectancy. For example, one study has shown that people who walked 30 to 60 minutes per day at high intensity decreased their mortality risk by 44% compared to only 12% if people walked more than two hours per day at low intensity.

There are several ways to evaluate if exercise is being done at moderate intensity. For example, you can calculate a percentage of your maximum heart rate [e.g., 55% (220-age)] and measure your pulse while working out. Another way is to evaluate how much effort you feel you are exerting on a scale from 1-10. A score of 4 on this scale represents a moderate intensity


based on your perceived exertion. Another strategy that is being used these days to measure exercise intensity is walking cadence; how fast you need to walk per minute to reach at least moderate intensity. This is interesting because walking is the most reported form of exercise for Canadian adults. Based on preliminary results from our research team and others, the number of steps per minute needed to reach moderate intensity would be somewhere between 100 and 130 steps per minute for most people.

The bottom line is that any physical activity is better than doing nothing, but focusing on trying to achieve at least moderate intensity while exercising will optimize multiple health and functional benefits. Start gradually and build yourself up to reaching 150 minutes per week of aerobic activity. Then, a good idea would be to try to evaluate if you are doing your activities at the right intensity by consulting an exercise specialist.

We are currently running a research study on the subject of walking cadence in people age 65 or more. If you are interested in taking part in this study or want more information, contact us by email at slaghtj@myumanitoba.ca or by phone at 204-474-8627. ■

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204-474-7878 or slaghtj@myumanitoba.ca

The Education/Nursing Research Ethics Board, University of Manitoba, has approved this research. If you have any concerns or complaints about this project you may contact the Human Ethics Coordinator (HEC), Margaret Bowman at 204-474-7122, or margaret.bowman@umanitoba.ca.

Neepawa really is a beautiful town full of beautiful, active people!

Congratulations Neepawa, volunteers and participants!

By Karyn Heidrick / Photos by members of the Creative Retirement Manitoba (CRM) Photography Program

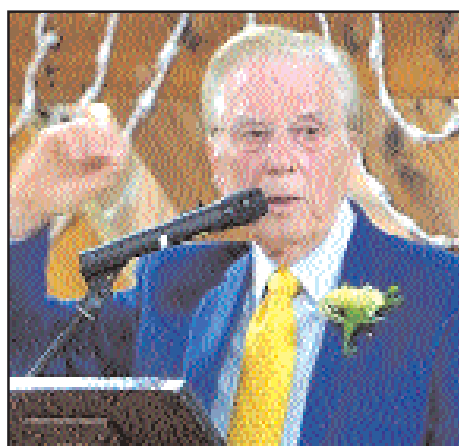
Bright yellow shirts along with sunny dispositions and cheery volunteers could be seen all around the town of Neepawa June 17-19th during the 2014 Manitoba Liquor & Lotteries 55 Plus Games as the town hosted over 1000 "guests of the games" which included participants, family, friends, spectators and tourists alike.

The banquet special guest speakers that included local Senior Men's curling team led by Kelly Robertson and news anchor Lloyd Robertson did not disappoint the sold out dinner crowd of over 430 guests. Lloyd entertained the crowd by telling tales and personal stories of his early years in his broadcasting career along with various entertaining excerpts from his book: "The kind of life it's been". The tasty home-cooked meal provided by the Beautiful

Plains Museum volunteers was enough to set someone back in their chair for the rest of the night still, fantastic music from the Grayson Ross Band kept the crowd on the dance floor until late into the evening.

The banquet also included the highly anticipated announcement of the location for the next Manitoba Liquor & Lotteries 55 Plus Games happening in Beausejour, MB, June 16-18, 2015. Beausejour host committee members were in attendance to accept the symbolic passing of the responsibilities to hold the spirit of the Games in trust for another year.

Minister Sharon Blady, who attended the opening ceremonies of the 2014 Games in Neepawa recently commented about the event adding that the Manitoba government, in partnership



Lloyd Robertson - special guest speaker.

with Manitoba Liquor and Lotteries, Manitoba Hydro and Manitoba Public

Insurance, had invested more than \$34,000 in funding to support the 55+ games.

"These games are a wonderful example of how being active and living a healthy lifestyle are qualities we can all strive for," said Minister Blady. The Minister also offered her congratulations to organizers for pulling together such a great event and showcasing the vibrancy of Neepawa.

The Province supports the efforts of the Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) in promoting healthy active aging for Manitobans who are 55 years of age or older. ALCOA-MB continues to work closely with the Seniors and Healthy Aging Secretariat and Manitoba in motion to promote opportunities for older adults in Manitoba. ■

Photo by Norm Grywinski - CRM Photography Program

Team Manitoba set to participate in the Canada Senior Games in Alberta



The Rock Lakers were the gold medal slo-pitch winners at the 55 Plus Games held in Neepawa on June 17th and 18th. The team went undefeated in six games to win the gold in the B Division. Because of the weather forecast for rain on the 19th, they had to play four of the games on the 18th. Big smiles around the campfire in the evening, showed a tired but happy group. The group includes from left to right, back row: Ed Giesbrecht, Mel Johnston, Doug Rinn, Lorne Bradley, Bob Sagert, Harvey Zacharias, Robert Cavers, Morley Johansen Front row: Herb Ransome, Marian Ransome, Shirley Sagert, Ken Horn and Allan Reimer.

Lois Dudgeon, the Manitoba Team Manager for the Canada Senior Games. This year, there are approximately 130 participants from Neepawa registered to represent Manitoba at the Canada 55+ Games in Alberta at the end of August, including the first ever Manitoba hockey team to participate in the Manitoba Games. ■



Lois Dudgeon, here with Lloyd Robertson, defends her gold in 9-Hole golf from last year.

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Manitoba Liquor & Lotteries 55 Plus Games Results

Tuesday Results (June 17) :

Event	Name or Team	Region
Bowling 5 Pin Singles		
Women 55+		
Gold	Marion Single	Central Plains
Silver	Joanne Oswald	Central Plains
Bronze	Lena Hiebert	Eastman
Women 65+		
Gold	Donna Zanzow	Interlake
Silver	Gladys Gork	Westman
Silver	Judy Watson	Westman
Bronze	Liz Lewicki	Parkland
Women 75+		
Gold	Doreen Fox	Westman
Silver	Eva Taylor	Parkland
Bronze	Mary Pisiak	Parkland
Men 55+		
Gold	Richard Unruh	Eastman
Silver	Landis Dirks	Eastman
Bronze	Doug Graham	Eastman
Men 65+		
Gold	Ted Mauthe	Central Plains
Silver	Norm Fox	Westman
Bronze	Nestor Kalinowich	Parkland
Men 75+		
Gold	Ernie Beyko	Parkland
Silver	Henry Calvert	Westman
Bronze	Leo Lansard	Eastman

Golf 18 Hole Gross

Women 55+		
Gold	Jacqueline Wilson	Interlake
Silver	Leona Moore	Norman West
Bronze	Beverly Sheldon	Pembina Valley
Women 65+		
Gold	Margaret Erlendson	Eastman
Silver	Mabel Taylor	Pembina Valley
Bronze	Tammy Dyck	Pembina Valley
Women 75+		
Gold	Ida Theodore	Parkland
Silver	Verna Miller	Parkland
Bronze	Ann Fashoway	Parkland
Women 80+		
Gold	Marion Hodgson	Pembina Valley
Silver	Gladys Rea	Parkland
Bronze	Iris Bamford	Westman
Men 55+		
Gold	Greg Hunter	Parkland
Silver	Richard Marshall	Eastman
Bronze	John Erickson	Norman West
Men 65+		
Gold	Gerald May	Pembina Valley
Silver	Dan Deonarine	Parkland
Bronze	Jerry Dominato	Parkland
Men 75+		
Gold	Charlie McCullough	Pembina Valley
Silver	Raynar Erlendson	Eastman
Bronze	Warren Gillies	Westman
Men 80+		
Gold	Clifford J Widdicombe	Parkland
Silver	Delmar Bamford	Westman
Bronze	Wilf Hudson	Parkland

Horseshoes

Women		
Gold	Mary Ann Plett	Pembina Valley
Silver	Agnes Thiessen	Eastman
Bronze	Betty Patterson	Interlake
Men		
Gold	Walter Mychasiw	Interlake
Silver	Roger Maksymchuk	Interlake
Bronze	Lyle Atkins	Lord Selkirk/ West Kildonan

Pickleball

Men's Doubles		
Experienced		
Gold	Brian Danielson/ Lionel Piche	Norman West



Photo by Kenn Green - CRM Photography program



Photo by Norm Grywinski - CRM Photography program

Silver		
	Peter Dyck/ John P. Klassen	Pembina Valley
Bronze		
	John H. Klassen/ Jim Loewen	Pembina Valley
Women's Doubles		
Novice		
Gold	Roberta Johnson/ Wendy Evans	Westman
Silver		
	Linda Brazil/ Judy Law	St. Boniface/ St. Vital
Bronze		
	Ruby Laughren/ Daphne Allec	St. James/ Assiniboia
Women's Doubles		
Experienced		
Gold	Nina Constable/ Dianne Dunsford	St. James/ Assiniboia
Silver		
	Carol Chmil/ Chi Ominga	Lord Selkirk/ West Kildonan
Bronze		
	Wanda Young/ Tannis Calhoun	St. James/ Assiniboia

Swimming

50 Free 55+ Female		
Gold	Heather Douglas	Westman
50 Free 65+ Female		
Gold	Linda Buchanan	Norman West
50 Free 65+ Male		
Gold	Raymond Steen	Interlake
Silver	Grant Buchanan	Norman West
Bronze	Achim Kemmesies	Norman West
50 Breast 55+ Female		
Gold	Heather Douglas	Westman
50 Breast 65+ Female		
Gold	Linda Buchanan	Norman West
50 Breast 65+ Male		
Gold	Achim Kemmesies	Norman West
Silver	Grant Buchanan	Norman West
Bronze	Raymond Steen	Interlake
50 Breast 75+ Male		
Gold	Jack Dubnicoff	Lord Selkirk/ West Kildonan
50 Back 55+ Female		
Gold	Heather Douglas	Westman
50 Back 65+ Female		
Gold	Linda Buchanan	Norman West
50 Back 65+ Male		
Gold	Grant Buchanan	Norman West
100 Free 55+ Male		
Gold	Willie Anseeuw	Pembina Valley
100 Free 65+ Male		
Gold	Raymond Steen	Interlake
Silver	Achim Kemmesies	Norman West
100 Free 65+ Female		
Gold	Linda Buchanan	Norman West
100 Breast 65+ Male		
Gold	Achim Kemmesies	Norman West
Silver	Raymond Steen	Interlake
100 Breast 75+ Male		
Gold	Jack Dubnicoff	Lord Selkirk/ West Kildonan
100 Back 55+ Male		
Gold	Willie Anseeuw	Pembina Valley
Distance Swim 400m		
55+ Male		
Gold	Willie Anseeuw	Pembina Valley
65+ Male		
Gold	Achim Kemmesies	Norman West
Silver	Raymond Steen	Interlake
75+ Male		
Gold	Jack Dubnicoff	Lord Selkirk/ West Kildonan
65+Female		
Gold	Linda Buchanan	Norman West
Predicted Swim Men 200m		
65+		
Gold	Raymond Steen	Interlake
Predicted Swim Men 200m		
75+		
Gold	Jack Dubnicoff	Lord Selkirk/ West Kildonan

Tennis

Women's Doubles		
55+		
Gold	Leslie King/ Margaret Morrison	Assiniboine Park/Ft. Garry Eastman
Silver		
	Anne Bergen/ Agnes Thiessen	
Track		
100m Women 55+		
Gold	Monique Everton	St. Boniface/ St. Vital
100m Women 60+		
Gold	Nancy McMahon	Norman West
100m Women 65+		
Gold	Ruth McLean	City Centre/ Ft. Rouge
100m Women 70+		
Gold	Juliette Jacobson	Assiniboine Park/Ft. Garry



Photo by Kenn Green - CRM Photography program

Silver		
	Lilli Kemmesies	Norman West
100m Men 55+		
Gold	Raymond Steen	Interlake
100m Men 70+		
Gold	Achim Kemmesies	Norman West
Silver	Doug Fraser	Pembina Valley
Bronze	Jack Dubnicoff	Lord Selkirk/ West Kildonan
200m Women 55+		
Gold	Monique Everton	St. Boniface/ St. Vital
200m Women 60+		
Gold	Grace Atkins	Lord Selkirk/ West Kildonan
Silver		
	Nancy McMahon	Norman West
200m Women 65+		
Gold	Linda Buchanan	Norman West
Silver	Ruth McLean	City Centre/ Ft. Rouge
200m Women 70+		
Gold	Juliette Jacobson	Assiniboine Park/Ft. Garry
Silver		
	Lilli Kemmesies	Norman West
200m Men 55+		
Gold	Raymond Steen	Interlake
200m Men 70+		
Gold	Achim Kemmesies	Norman West
Silver	Doug Fraser	Pembina Valley
Bronze	Jack Dubnicoff	Lord Selkirk/ West Kildonan
400m Women 55+		
Gold	Monique Everton	St. Boniface/ St. Vital
400m Women 60+		
Gold	Grace Atkins	Lord Selkirk/ West Kildonan
Silver		
	Nancy McMahon	Norman West
400m Women 65+		
Gold	Linda Buchanan	Norman West
400m Women 70+		
Gold	Lilli Kemmesies	Norman West
400m Men 55+		
Gold	Raymond Steen	Interlake
400m Men 65+		
Gold	Albert Beal	Eastman
400m Men 70+		
Gold	Achim Kemmesies	Norman West
Silver	Jack Dubnicoff	Lord Selkirk/ West Kildonan
Bronze		
	John Houlden	Lord Selkirk/ West Kildonan
800m Women 60+		
Gold	Grace Atkins	Lord Selkirk/ West Kildonan
Silver		
	Nancy McMahon	Norman West
800m Women 65+		
Gold	Linda Buchanan	Norman West

800m Women 70+		
Gold	Lilli Kemmesies	Norman West
800m Men 60+		
Gold	Willie Anseeuw	Pembina Valley
Silver	Dharam Deonarine	Lord Selkirk/ West Kildonan
800m Men 65+		
Gold	Albert Beal	Eastman
800m Men 70+		
Gold	Daniel Ehman	Norman West
Silver	Achim Kemmesies	Norman West
Bronze	Jack Dubnicoff	Lord Selkirk/ West Kildonan
1500m Men 60+		
Gold	Willie Anseeuw	Pembina Valley
Silver	Dharam Deonarine	Lord Selkirk/ West Kildonan
1500m Men 65+		
Gold	Desmond Walton	Assiniboine Park/Ft. Garry

Silver		
	Albert Beal	Eastman
1500m Men 70+		
Gold	Daniel Ehman	Norman West
3000m Women 60+		
Gold	Grace Atkins	Lord Selkirk/ West Kildonan
3000m Men 55+		
Gold	Raymond Steen	Interlake
3000m Men 60+		
Gold	Willie Anseeuw	Pembina Valley
Silver	Dharam Deonarine	Lord Selkirk/ West Kildonan
3000m Men 65+		
Gold	Desmond Walton	Assiniboine Park/Ft. Garry
Silver		
	Albert Beal	Eastman
3000m Men 70+		
Gold	Daniel Ehman	Norman West
Whist		
Gold		
	Louise Ford/ Daphne Lutes	Norman West
Silver		
	Beatrice Gudmundson/ Alice Bjornson	Interlake
Bronze		
	Ernest Labelle/ Denise Labelle	Central Plains

Wednesday Results (June 18) :

Event	Name or Team	Region
Arts and Crafts		
Fine Arts		
Gold	Gerry Nelson	Westman
Silver	Fran Fraser	Westman
Bronze	Fran Fraser	Westman
Crocheting		
Gold	Mavis Gerwing	Interlake
Quilts		
Gold	Christine Waddell	Westman
Silver	Christine Waddell	Westman
Bronze	Tangled Threads	Westman
Photography		
Gold	Gladys Anderson	Westman
Silver	Gladys Anderson	Westman
Bronze	Betty Patterson	Westman
Wall Hangings and Rugs		
Gold	Gladys Anderson	Westman
Silver	Christine Waddell	Westman
Dolls and Toys		
Gold	Christine Waddell	Westman
Silver	Betty Patterson	Interlake
Contract Bridge		
Gold	Dennis Wilton/ Gustine Wilton	Pembina Valley

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Neepawa, Manitoba - June 17, 18 & 19, 2014

Photos courtesy of members of the Creative Retirement Manitoba (CRM) Photography program.

Silver	Madeline Blum/ Elvene Hamilton	Pembina Valley
Bronze	Greg Schmidt/ Julie Schmidt	St. James/ Assiniboia

Duplicate Bridge



Photo by Norm Grywinski - CRM Photography program

Gold	Ed Sanderson/ Gail Sanderson	Pembina Valley
Silver	Jean Brisson/ Linda Brisson	Pembina Valley
Bronze	Madelene Blum/ Elvene Hamilton	Pembina Valley

1 km Predicted Nordic Walk

Gold	Anne Scuba	City Centre/ Ft. Rouge
Silver	Agnes Thiessen	Eastman
Bronze	Anne Bergen	Pembina Valley

3 km Predicted Walk/Run

Gold	Grace Atkins	Lord Selkirk/ West Kildonan
Silver	Nancy McMahon	Norman West
Bronze	Rose Marie Steinke	Norman West

Bowling 5 Pin Team

55+ Mixed		
Gold	Team Roxy Strikers	St. James/ Assiniboia
Silver	Team Winstars	Eastman
Bronze	Team Single	Central Plains
65+ Mixed		
Gold	Team Yendycks	Parkland
Silver	Team Sollner	Central Plains
Bronze	Team Plum's Pin Pals	Central Plains
75+ Mixed		
Gold	Team Evenson	Central Plains
Silver	Team Aces	Eastman

Golf 9 Hole

Women 55+		
Gold	Lois Dudgeon	Pembina Valley
Silver	Leona Moore	Norman West
Bronze	Beverley Sheldon	Pembina Valley
Women 65+		
Gold	Tammy Dyck	Pembina Valley
Silver	Eleanor Proppe	Parkland
Bronze	Margaret Erlendson	Eastman
Women 75+		
Gold	Ida Theodore	Parkland
Silver	Verna Miller	Parkland
Bronze	Ann Fashoway	Parkland
Women 80+		
Gold	Gladys Rea	Parkland
Silver	Iris Bamford	Westman
Bronze	Marion Hodgson	Pembina Valley
Men 55+		
Gold	Greg Hunter	Parkland

Silver	John Erickson	Norman West
Bronze	Blair Buick	Parkland
Men 65+		
Gold	Jerry Dominato	Parkland
Silver	Vester Bailey	Parkland
Bronze	Harold	Proppe
Men 75+		
Gold	David Spaulding	Assiniboine Park/Fort Garry
Silver	Ragnar Erlendson	Eastman
Bronze	Kass Holod	Pembina Valley
Men 80+		
Gold	Ron Lowry	Pembina Valley
Silver	Elymer Young	Pembina Valley
Bronze	Stan Fashoway	Pembina Valley

Carpet Bowling

Carpet Bowling Cues		
Gold	Betty Gordon	Westman
Silver	Diane Vercaigne	Westman
Bronze	Marnie Barr	Pembina Valley

Pickleball

Mixed Doubles		
Novice		
Gold	Lindsay Danielson/ Brian Danielson	Norman West
Silver	Patricia Bobko/ Mike Bobko	Eastman
Bronze	Carol Gabrielle/ Terry Gabrielle	Eastman
Experienced		
Gold	Sharon Klassen/ John P. Klassen	Pembina Valley
Silver	Ellen Torbiak/ Jim Vincent	Assiniboine Park/Ft. Garry
Bronze	Nina Constable/ Louis Allec	St. James/ Assiniboia

Slo-Pitch



Photo by Don Bailey - CRM Photography program

Division 1		
Gold	Keystone Canucks St. Boniface/St. Vital	
Silver	Charleswood Prime Timers Assiniboine Park/Ft Garry	
Bronze	Manitoba Coyotes	Westman
Division 2		
Gold	Rock Lakers	Pembina Valley
Silver	Tri-Clad Design	Winnipeg
Bronze	Westlake Brewers	Parkland
Division 3		
Gold	Brookdale Chuckers	Norman West
Silver	Dauphin MC's	Parkland
Bronze	Carman Cardinals	Pembina Valley

Scrabble



Photo by Keith Bradley - CRM Photography program

Rated		
Gold	David Smith	Interlake
Silver	Margie Hilash	Westman
Bronze	Debby Lee	Westman
Non Rated		
Gold	Connie Chudley	Westman
Silver	Sharon Plett	Westman
Bronze	Gerard Kloosterman	Westman

Thursday Results (June 19) :

Event	Name or Team	Region
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Floor Curling

Cue		
Gold	Ed Braun	Pembina Valley
Silver	George Wiebe	City Centre/ Ft. Rouge
Bronze	Edna Lavigne	Interlake
Non-Cue		
Gold	Irene Ell	East Kildonan/ Transcona
Silver	Norma Fridfinnson	Interlake
Bronze	Katie Giesbrecht	Eastman

Cribbage

Cribbage Singles		
Gold	Fred Embryk	Parkland
Silver	Doreen Madden	Norman West
Bronze	Jerry Kelnor	Pembina Valley
Cribbage Pairs		
Gold	Alfred Bretecher/ Robert Legall	Parkland
Silver	Elmer Arnold/ Sharon Arnold	Norman West
Bronze	Jim Reed/Bernice Reed	Parkland

Golf 18 Hole Net

Women 55+		
Gold	Heather Douglas	Westman
Silver	Grace Atkins	Lord Selkirk/ West Kildonan
Women 65+		
Gold	Leon Mackedinski	Westman
Silver	Flora Edkins	Pembina Valley
Bronze	Carol Gabrielle	Eastman
Women 80+		
Gold	Velma Snitka	Parkland
Men 55+		
Gold	Orest Nimetz	Parkland
Men 65+		
Gold	Andre Dacquay	Pembina Valley
Silver	Terry Edkins	Pembina Valley
Bronze	Grant Buchanan	Norman West

Men 75+		
Gold	Kass Holod	Pembina Valley
Silver	David Spaulding	Assiniboine Park/Ft. Garry

Men 80+		
Gold	Ron Lowry	Pembina Valley
Silver	Don Flatt	Westman

Snooker



Photo by Norm Grywinski - CRM Photography program



Photo by Norm Grywinski - CRM Photography program

Men 55+		
Gold	Leon Martens	Westman
Silver	Rheal Simon	Pembina Valley
Bronze	Dieter Bonas	Assiniboine Park/Ft. Garry

Men 70+		
Gold	Romeo Delaquis	Pembina Valley
Silver	Denis Pantel	St. Boniface/ St. Vital
Bronze	Herb Benson	Parkland

Women 55+		
Gold	Claire LaMoureux	St. Boniface/ St. Vital

Teams 101		
Gold	Rheal Simon/ Stuart Ganske	Pembina Valley

Silver	Ernie Davis/Joseph Leskiw	Parkland
Bronze	Herb Benson/Alfred Zastre	Parkland

Floor Shuffleboard

55+		
Gold	Pete and Julie Neustaeter	Eastman
Silver	Claude and Gail Laferriere	Westman
Bronze	Peter and Eileen Hildebrand	Eastman
70+		
Gold	Don and Mabel Brewer	Norman West
Silver	Wally and Verla Jopka	Assiniboine Park/Ft. Garry
Bronze	Victor and Betty Rance	Pembina Valley



Photo by Norm Grywinski - CRM Photography program

2014 55 Plus Games - Medals Won by Region

Region	Gold	Silver	Bronze	Total
1 Norman East	0	0	0	0
2 Norman West	27	15	4	46
3 Parkland	13	9	14	36
4 Westman	15	15	8	38
5 Interlake	12	6	3	21
6 Central Plains	3	2	3	8
7 Pembina Valley	23	10	12	45
8 Eastman	5	12	8	25
9 City Centre /Fort Rouge	2	2	0	4
11 Lord Selkirk / W. Kildonan	9	6	5	20
12 E. Kildonan / Transcona	1	0	0	1
13 St. Boniface / St. Vital	5	2	0	7
14 St. James / Assiniboia	2	0	4	6
15 Assiniboine Park / Fort Garry	6	5	1	12

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“THE BUZZ”

A Tough Loss for Sports Fans; Big Changes at the National Broadcaster; Hocking Passes Away Peacefully; Heffner improving; The Annual Ed Sweeney Letter; Keeper gets his Park



By Scott Taylor

Sam Katz's critics are happy these days. It took 10 years, but they finally forced Sam you say good-bye to his decade of public service.

For me, as a person who makes his living from sport and has loved the games we play for his entire life, last month's announcement that Sam would not seek re-election was one of the saddest days in the city's history.

No mayor – in fact, no politician -- in my 38 years in Winnipeg, has done more for our city's sporting life than Samuel Michael Katz.

After years of Bill Norrie and Susan Thompson, years in which our sporting venues and traditions were almost completely destroyed, Katz was elected and things began to happen.

He had already purchased a baseball franchise and built a downtown field of dreams by the time he was elected, but while mayor, he completed the ballpark – with no more public money – and watched as the area where the park was built has become one of the most beautiful sections of what is now a delightful downtown/Forks/Waterfront region.

But more happened in Winnipeg in the last 10 years. It wasn't just a baseball renaissance. After years of total neglect, Katz gave Winnipeg's sports fans a reason to feel invigorated again.

While Norrie and Thompson were at the helm, Winnipeg Enterprises Corporation ran rampant, making professional sports in Winnipeg an almost impossible endeavour. The Jets left and we spent a fortune on the Pan Am Games, which left virtually no legacy and was little more than a taxpayer-funded party for Thompson's wealthy friends. Winnipeg Arena was crumbling, Winnipeg Stadium nearly crumbled into itself and anyone with a decent idea was sent packing by a civic-run facilities landlord that drove owners into apoplexy while demanding free tickets to all the events.

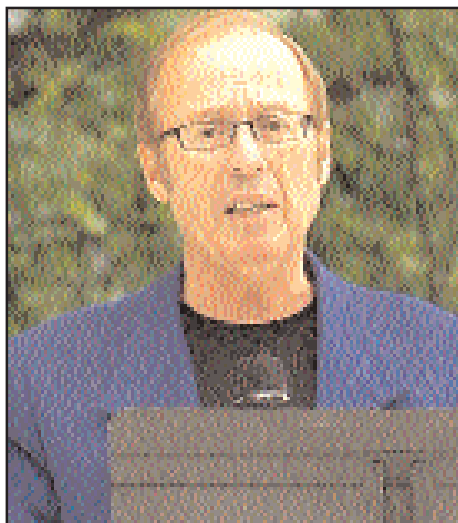
Then Katz was elected mayor and everything changed. Winnipeg Arena was torn down and MTS Centre was built, Winnipeg Stadium was torn down and Investors Group Field was built. Winnipeg Enterprises Corporation was disbanded. The Jets returned, the Goldeyes flourished and events such as the women's World Cup of Soccer, a (successful) Grey Cup Festival and two American Association all-star games came to town.

Yeah, yeah, I know, Sam Katz didn't do that by himself. But Sam did this: He created a can-do atmosphere at City Hall and provided the political will necessary to pull Winnipeg out of the Norrie-Thompson malaise and make the city confident and vibrant again.

Thanks Sam. It would not have happened without you.

●●●

BELOVED TEACHER, COACH AND VOLUNTEER, RON HOCKING DIES AT 77



Sam Katz won't run again.

Ron Hocking was one of the nicest people one could ever hope to meet. He was outgoing, enthusiastic and sincerely interested in what you and other people were doing. In essence, he was a really good guy.

Then Alzheimer's Disease came along and Eleanor Hocking's loving husband and a man I was fortunate to be able to call a friend and colleague was lost.

On June 10, Eleanor and her children – daughter Alison Demare, son Tim Hocking, sister Margaret Bayley, stepdaughters Diane Burke, Eleanor Farrant, Maureen Schoepp and stepson Ken Farrant -- lost Ron for a second time. He was 77.

He was born in Bristol, England and in 1996, he brought his young family to Canada to pursue a teaching. He started at Daniel MacIntyre Collegiate where he was not only a great teacher, but a great coach.

A fine rugby player, he coached everything from soccer to gymnastics and from tennis to field hockey. He was honored by the Manitoba Sports Hall of Fame for his involvement with the Winnipeg Fury and he was an important volunteer for both the 1967 and the 1999 Pan Am games as well as the Manitoba and Canada Games.

In lieu of flower donations may be made to the Alzheimer's Society (who was extremely supportive through our journey) or to a charity of your choice. Ron Hocking was a great Winnipegger.

●●●

HEFFNER BOUNCING BACK: READY FOR REHAB

Our good friend, **Tom Heffner**, 69, the former Canadian Masters Bodybuilding champion and the president of the Manitoba Bodybuilding Association is well on the road to recovery.

In May, Heffner had a massive heart attack and five arteries replaced but is back home now, resting comfortably, with only about four weeks of recovery ahead of him. He's getting set to head to the Re-Fit Centre where he'll begin exercising and maybe even lifting a few weights again.

"It was quite a surgery and it's been a long haul, but I'm feeling better and



Butch Goring

I'm excited about getting to the Re-Fit to start working out again," he said. "I was lucky to be in the kind of shape I was in. Doctors told me that if I hadn't been as healthy as I was, I would not have survived. It's quite a message to stay in shape no matter how old you are."

Heffner said he hoped to be back at Shaw Park to watch his Goldeyes, "as soon as I can."

●●●

THE ED SWEENEY LETTER: HEY, HOCKEY HALL OF FAME, YOU KNOW WHERE MANITOBA IS?!

NEWS ITEM: Late coach **Pat Burns** has been elected into the Hockey Hall of Fame class of 2014 alongside **Dominik Hasek**, **Peter Forsberg**, **Mike Modano** and **Rob Blake** and legendary NHL referee **Bill McCreary**. The three-time Jack Adams Award winner, who passed away nearly four years ago, enters the Hall in the Builder's category. The official induction ceremony will be held on Nov. 17.

Because my friend, the late **Ed Sweeney**, can't do it anymore, I have taken up the gauntlet.

Every year, as the new inductees to the Hockey Hall of Fame are feted, I like to write an open letter on Mr. Sweeney's behalf in an effort to alert **Bill Hay** or **Jim Gregory** or **Harry Sinden** or somebody on the Hall of Fame selection committee, to the fact that to the hockey historians in this part of Canada, the Toronto-based Hall is still a sad Eastern/American joke.

For more than a decade, Sweeney kept a list of five men, coaches, builders and players who should be in the Hall, but for reasons he could just never understand, had been consistently ignored by the people who made the Hall's final selections.

Sweeney was an old baseball player and bowling champion (he used to set pins at Billy Mosienko Lanes in Winnipeg's North End) who always had that deep, abiding love for hockey that only a Canadian can have. He was the curator of the Manitoba Hockey Hall of Fame for awhile and was, for a long



Murray Murdoch

time, an active member of the Canadian Association for Hockey Research.

Once again, this year, I have taken it upon myself to offer up Mr. Sweeney's annual letter to the Hall, a letter that includes the names of five people who should be in the Hall, but have been left out for reasons I simply don't want to consider. (Oh, and I've added one of my own, thanks to John K. Samson).

Here's "Sweeney's List"...

Robert "Butch Goring": He played 16 years with L.A., Boston and the New York Islanders. Was a Masterton, Lady Byng and Conn Smythe Trophy winner and helped the Islanders win four Stanley Cups in the early 1980s. "If **Clark Gillies** is in the Hall, then Butch Goring should be in the Hall," said Sweeney. There is an outstanding profile of Goring at:

<http://www.greatesthockeylegends.com/2013/07/butch-goring.html>

Murray Murdoch: The NHL's original Ironman, Murdoch played 11 years with the New York Rangers from 1926-27 to 1936-37, won two Stanley Cups and never missed a game. There is a tremendous profile of Murdoch at <http://www.newyorkrangers.com/tradition/bio.asp?Player=Murdoch>

Billy Reay: "Most people don't believe me when I tell them Billy Reay is NOT in the Hall of Fame," Sweeney always said. Reay retired as one of only two players to win a Memorial Cup, an Allan Cup and a Stanley Cup (with the Canadiens) and after retiring as a player he went on to coach the Chicago Blackhawks. He left coaching in 1976 with 598 wins – at the time, the second most in NHL history.

You can read more at: <http://ourhistory.canadiens.com/player/Billy-Reay>

Lorne Chabot: Port Arthur's "Old Bulwarks" won a Stanley Cup with the Rangers and had 73 shutouts in his career back when the NHL was in its infancy. There is a fine profile of Chabot at

<http://www.legendsofhockey.net:8080/LegendsOfHockey/jsp/SearchPlayer.jsp?player=18462>

Continued on next page

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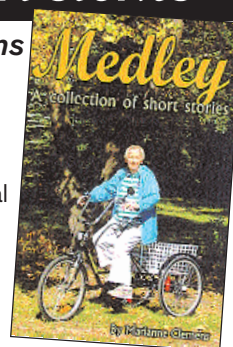
The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

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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.



Local Umpire Starts His Pro Career at Age 59

By Scott Taylor

Henry Lemoine umpired his first ball game in 1995. It would not have been very memorable for most people, but for Henry, it was a trigger. Suddenly, a very good 40-year-old amateur baseball player had found himself a new calling.

"It was 1995, my daughter was nine, she's 28 now, and she was playing a softball game," Lemoine recalled as if it were yesterday. "Nobody showed up to umpire, so I volunteered. I did the game, loved it and got the bug. And the bug never went away."

Late last month, 59-year-old Henry Lemoine umpired his first professional baseball game. He was the third base umpire in Game 1 of a three-game series at Winnipeg's Shaw Park between the visiting Grand Prairie AirHogs and the Winnipeg Goldeyes. It was a milestone. No one in North America, at any level of baseball, can recall if any person over the age of 55 had ever made it to pro baseball for the first time.

"There are a lot of older guys umpiring pro ball, but they came through the ranks as guys in their 30s and 40s," Lemoine said with a smile. "When I went to Pro Umpire Camp in Shreveport, La., this spring, they looked at me and I'm sure they said, 'bull\$#!' They didn't want to believe that a guy my age, coming for the first time, could do it. But by the end, Lance Schoenwald from Pro Umpire Camp and Kevin Winn, the director of umpires for the American Association, must have seen something because here I am."

"And hey, if you're this old and you can still run with the young guys, it's a lot of fun."

During that three-game series at Shaw Park, Lemoine umpired at third on Friday, at first on Saturday and then, for the Sunday matinee, took his



Henry Lemoine - Rookie Pro Umpire at age 59.

position calling balls and strikes behind home plate. It was an exhilarating feeling.

"I was pretty tense all morning and I just didn't know what to do with my hands," he said with a laugh. "The first pitch was a strike and the second was a foul tip right off my mask. That shook me up and got me into the game. After that, I was fine. Obviously, I just needed a good smack in the head."



Henry Lemoine

With that, Henry Lemoine was able to add, "professional umpire," to a remarkable sports resume.

A member of the Manitoba Baseball Hall of Fame, he was an outstanding basketball player and curler, as well.

Baseball was pretty easy for Lemoine. He played most of his junior and senior careers with St. Boniface and Carman and was known for his discerning eye at the plate. No matter where he played, he was always among the league leaders in home runs, runs batted in and average. He went to a national junior championship, won six Manitoba Senior Baseball League championships (he played in nine finals) and even played two seasons of semi-pro ball in Australia.

"Well into my 50s, I was playing, on average, one tournament a summer, but I've been umpiring five days a week," said Lemoine, "Because I spend

so much time umpiring, I don't have time to play as much as I'd like, but I'm in good shape, I could play a lot more."

For Lemoine, the father of three daughters – 28-year-old Michelle and 26-year-old twins Krissy and Karen – if the situation were right, he'd probably pick up his trusty bat and play again, but right now, he's going to concentrate on umpiring.

"I always dreamed of umpiring a game at Shaw Park," he said. "So when I went down to Shreveport in March, I was very serious about it. Bob Blad from Rapid City, Man., a good friend of mine accompanied me and after a couple of days there, we got to umpire four NCAA Division III college games at

“But even though they now call me, ‘professional umpire,’ things haven’t changed that much. I did a peewee game in Norwood the other day and I worked just as hard at that as I would any game at Shaw Park.”

Centenary College. I came out of it with the opportunity that I have now.

"But even though they now call me, 'professional umpire,' things haven't changed that much. I did a peewee game in Norwood the other day and I worked just as hard at that as I would any game at Shaw Park. I take it seriously and I love every minute of it – no matter what level I'm working."

"When I think of all the baseball I played, and all the arguments I had with ump's, I'm still very proud to be an umpire. I want to be the best I can possibly be and I work hard at it every time I go to the field." ■

The BUZZ, cont'd from page 10



Billy Reay

John Ferguson: "Even if you don't count the fact, he was the best fighter in the NHL and a pretty good player during his time, John has to be in the Hall as a builder," said Sweeney. "He was assistant GM with Team Canada '72 and then GM of the Rangers. He built the Winnipeg Jets and had a lot to do with building the Ottawa Senators and San Jose Sharks of today."

Read more at: <http://www.legends ofhockey.net/LegendsOfHockey/jsp/SearchPlayer.jsp?player=12581>

This year, I'm going to add one of my own. With the help of **John K. Samson** of Riverton, Man., and the Weakerthans.

Reggie Leach: From Samson: "A member of Berens River First Nation, Reggie Joseph Leach was born in 1950 in Riverton, Manitoba. While facing the injustices of racism and poverty, and playing on borrowed skates for much of his childhood, Leach's terrific speed and honed shooting skills earned him the nickname "The Riverton Rifle." He went on to become one of the most gifted and exciting hockey players of his generation. His pro-hockey accomplishments are truly impressive: two-time NHL All Star, Conn Smythe Trophy winner (the only non-goalie from a losing team to ever win it), 1975 Stanley Cup winner, 1976 Canada Cup winner, and Regular Season %Goal Scoring Leader, to name a few."

For more information, visit the website: <http://johnksamson.com/rifle>

I hope someone out there in the big Eastern city will remember Goring,



Lorne Chabot

Murdoch, Chabot, Reay, Ferguson and Leach. One of the Hall's 18 selection committee members can nominate a candidate and perhaps next year is the year they'll remember true greatness. I mean, as long as Clark Gillies and **Jim Gregory** are in the Hall, there is no legitimate reason that the aforementioned six aren't included.

On behalf of the late **Ed Sweeney**, I hope that this is year the Hall's gatekeepers will give their heads a shake.

●●●

KEEPER GETS HIS PARK

Jeff McWhinney would like to thank city councilors Russ Wyatt, Thomas Steen and restaurateur Peter Ginakes. Together, they helped get a Winnipeg park named in honour of



McWhinney's father, former Edmonton Eskimo and Winnipeg Blue Bomber, Glenn (The Keeper) McWhinney.

Last week, Keeper's son Jeff got word that city will change the name of Roc-Lin Park at the corner of Roch Street and Linden Avenue to honor his father's legacy as a sportsman and volunteer in the area.

"We got it, it's official," said Jeff

proudly. "It will be called Glenn McWhinney Memorial Park. **Russ Wyatt, Thomas Steen** and **Peter Ginakes** were all instrumental in getting it done."

Keeper McWhinney was an exceptional and gifted athlete who had a huge heart, cat-like quickness, passion, desire and intelligence, traits that just seemed to make him play bigger than he actually was.

Also a committed volunteer in the East Kildonan area, McWhinney was a major contributor to his community until his death in 2012. ■

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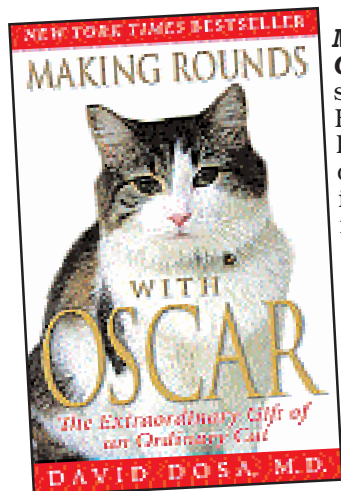
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The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

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

Looking for a great summer read? There are few things that go together as well as a beautiful summer afternoon and a book you can't put down. A great summer read does not have to be fluffy; it just needs to be a story you can get caught up in. Checking out our Consumer Health collection might not seem like an obvious place to look but here are a couple of suggestions, whether you are spending your time at the beach or on a lounge chair at home. Although our featured books tackle the heavy topic of dementia, both are almost impossible to put down once you get started.



Making Rounds with Oscar: The Extraordinary Gift of an Ordinary Cat by Dr. David Dosa is the true story of a typical cat who happens to live at Steere House Nursing and Rehabilitation Center in Rhode Island. Oscar roams the third floor, lounging on staff desks, stealing treats from the residents and relaxing in sunbeams. He also seems to know when someone is about to pass away. At this point, Oscar curls up on their bed and keeps vigil, providing comfort and solace to both patient and family in the final hours. Oscar gives the gift of his companionship when people need him most. Through Oscar, Dr. Dosa has learned the art of listening and "embracing moments of life that so many of us shy away from." This is a heartwarming book about a horrible disease, full of stories told with insight and

of love and devotion, and humour. ■

Still Alice by Lisa Genova is the story of Alice Howland, a respected professor of cognitive psychology at Harvard University who is becoming increasingly forgetful and disoriented. Her world is turned upside down when she is diagnosed with early onset Alzheimer's. Although the book reads like a memoir, it is actually the first novel by neuroscientist Lisa Genova. The first few chapters are a bit clunky, as Genova sets up the story, but it quickly becomes a compelling read. The story is told from Alice's point of view; sharing her fears, hopes, frustrations and small triumphs as she gradually loses her connection to herself, her family and the world around her. Genova approaches both her topic and her character with a great deal of respect and compassion. A beautiful and unforgettable book. ■



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. dclibrary@umanitoba.ca / <http://libguides.lib.umanitoba.ca/deerlodge>

Howard Swan



By Brian Swan

Accomplished country and old-time singer and guitarist Howard Swan has, at the age of 92, produced his debut album, "Now and Then".

Howard was born June 23, 1921 and, at the age of 17, became part of a trio called "The

Haymakers". Consisting of Howard, his brother John Swan (banjo/ukulele), Bill Forgie (fiddle), they began performing in 1938, the latter years of Vaudeville's golden era in Winnipeg. The Haymakers were a favourite of many, and performed into the early 1940s at many venues including the Beacon and Orpheum Theatres in Winnipeg. The trio was also in demand as a touring act, playing at dance halls and theatres throughout the prairies. Howard also was a frequent entertainer on CBC Radio on such shows as "Red River Barn Dance".

It was while performing at the Beacon Theatre one day that Howard met Hazel Dale, a tap dancer in a duo called "The Dale Sisters", who were also regular performers at the Beacon. They dated a couple of times before Howard entered the service in 1942 in the R.C.A.F. Medical Field during World War II. They were married on January 29th, 1944 and had a wonderful marriage until the passing of Hazel on January 9th, 2009.

Howard's musical career flourished after the end of World War II, playing in the orchestras of Lew Dickson, Bud MacIntosh and many others including the late Lenny Breau. It was during this era that Howard became an accomplished bass player to complement his guitar playing.

Howard continues to perform to this date. In addition to volunteering his

time to do some "gigs" at retirement homes and hospitals in Winnipeg, he spends the winters in Apache Jct., Arizona where he participates in "jams" approximately 3 to 4 days a week.

Music and singing has always been a passion for Howard. At the repeated requests of his sons, he finally agreed to create a CD showcasing him singing 13 of his favourite songs from throughout his life and career. The CD was completed in December 2013 and is dedicated to Hazel.

"Now and Then" contains the following songs:

- My Adobe Hacienda
- I'm Throwing Rice
- Once In A While
- Walk Right Back
- Spanish Eyes
- The Last Waltz
- I'll Hold You In My Heart
- Release Me
- Chime Bells
- When It's Lamp Lighting Time In The Valley
- Welcome To My World
- I Wish I Was Eighteen Again
- Drinking Champagne

You can listen to some tracks on YouTube as well.

If anyone is interested in purchasing (\$20) a copy of the CD "Now & Then" you can contact one of the following:

Brian Swan (204) 487-1061
Kevin Swan (204) 918-3786

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Photo by Kathy McGhan

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Fair Ladies, Brave Knights

Medieval Festival

Saturday, July 26

at the Historic Immaculate
Conception Church & Grotto
Cooks Creek, Manitoba
(Hwy 212 at Zora Road)
Gates Open 12 noon

- Full Contact Jousting (weather permitting)
- Live Chess Tournament
- Garden of Ale
- Fire Dance
- Early Music in Cathedral
- Merchant Marketplace
- Kids Games
- Medieval Petting Zoo & More!



Day Pass - Noon-6 pm
Adults \$10/Under 12 - \$5
Evening Banquet - Sold Out
(Limited wheelchair access)
www.immaculate.ca



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Things to do in Winnipeg

EVENTS

A & O: Support Services for Older Adults - Volunteer Visitors are needed in all areas of Wpg. 1 hour every 1-2 weeks. Please call **204-956-6440** or email **proth@ageopportunity.mb.ca**

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**.

Nearly New Shop - Summer On Sale, month of July & Aug., 961 Portage Ave. Buy 1 piece of clothing and get the 2nd piece of the same value for free. Summer Hours: Closed Mon., Fri., Sat. & Sun. Open Tue-Thur 10 am-2 pm. All proceeds to Children's Hospital Foundation of Manitoba

St. James Anglican Old Church - summer concert series in the heritage church in the cemetery at 525 Tylehurst Street, south of Polo Park/Portage Avenue. July 17th, the B-Side Apostles with Larry Updike & Gary Glatz; July 24th, blue grass gospel group Still Standing and July 31st, Leo Gosselin featuring the Chapman Stick touchboard. Concerts start at 7:30 pm. Admission \$10 at the door. **http://stjamesanglicanchurch.ca/Concerts_in_the_Cemetery.html**

SAM's BBQ, Bake & Rummage Sale - Thur. Aug. 7, 11-2 pm, 247 Provencher Blvd. \$5 Lunch (hot dog, chips & drink). Donations of baked goods and GENTLY used items for our rummage sale welcome! Call the office: **204-942-2880** for details or arrange for pick up.

Forum Art Centre - offers For Everything Art Summer art classes for adults/teens & art camps for children. 120 Eugenie St. we're in Coronation Park. Classes include: Plein Air Drawing & Painting, Intro. to Animation, On Location Photography, Drawing Outdoors, Drawing in Parks, Manga, Into the Attic: A Vintage Scrapbooking Class & Children's Animation. For details visit: **http://www.forumartcentre.com/classes/** or **204-235-1069**

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

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

Bowls Manitoba - Canadian Lawn Bowling Championship, Aug. 17-23, at 100 Ferry Rd. in St. James and 1212 Dakota St. in Dakota/Norwood, Wpg. Volunteers are needed. Call Marilyn: **204-256-6744** or email Cathy: **bowls@shawbiz.ca**.

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.

VOLUNTEERING

Middlechurch Personal Care Home - is looking for volunteers for early afternoons, evenings and Saturdays. Please contact Matt Mutcheson: **204-336-4138** for info

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

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

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

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

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

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

Misericordia Health Centre - accepting volunteer applications for Spiritual Care volunteers. Involves supporting a safe environment for Senior residents by accompanying those wishing to attend services. Call **204-788-8134, volunteer@misericordia.mb.ca**

SOCIAL PROGRAMS / SERVICES

Springs Drop In Centre - Join us for fellowship, games, pool, horse shoes, ladder golf, wi. etc. July 22 and Aug. 5, Aug. 19, 1-4 pm at 725 Lagimodiere Blvd

Pembina Active Living 55+ (PAL) - Summer activities: PAL Pedallers (cycling group), PAL Putters (golf), lunch PALS, movie PALS, bocce ball. Summer picnic and membership drive: Monday, Aug. 26 1:30-4 pm, St Norbert Farmers' Market. Information: **www.pal55plus.ca, 204-946-0839** or e-mail **info@pal55plus.com**

Good Neighbours Active Living Centre - offers special events, classes, outings, presentations, workshops, and more. Call **204-669-1710** or visit our website at **www.gnalc.ca**. Home Maintenance Program in Winnipeg for people 55+ who are looking for various types of help in their home - call **204-806-1303** or email **hmprogram@gnalc.ca**

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

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

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

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

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

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

The Friendly Settlers Senior Citizens Club - Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Club will be closed until Aug. 11. Jean: **204-222-7504** or email: **ganyadel4@mymts.net**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

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

Harvest Dance - Sat. Aug. 16, 7:30 pm at Komarno Community Hall. Band: Canadian Rythm Masters. \$15 /person.

Lunch included. Advance tickets - Call **204-886-2994**. All proceeds go to Komarno Hall Renavations.

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 Council **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**



Recipe OF THE DAY



Larry McIntosh

Barbeque Rib Sauce

Metric	Ingredient	Imperial
1.3 L	ketchup	5 cup
625 ml	tomato sauce	2 1/2 cup
30 ml	mustard	2 tbsp
175 ml	brown sugar	3/4 cup
30 ml	black pepper	2 tbsp
250 ml	wine vinegar	1 cup
60 ml	steak sauce	5 tbsp
15 ml	worcestershire sauce	1 tbsp
75 ml	soy sauce	6 tbsp
375 ml	onion, chopped	1 1/2 cup
125 ml	vegetable oil	1/2 cup
4	cloves garlic, chopped	4
40 ml	liquid smoke	3 tbsp
15 ml	salt	1 tbsp
1	can beef broth	1

Combine all ingredients in large heavy saucepan and bring to a boil. Reduce heat and simmer for 1 1/2 hours. Store in refrigerator or freeze.

RIBS: Parboil baby back ribs for 1/2 hour. Transfer to roaster and generously ladle sauce over ribs. Bake covered at 350 F (180 C) for 2 1/2 to 3 hours.

Serves 12

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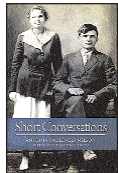
Mention this ad to receive one month free monitoring

Winner of Senior Scope 2014 Survey/Contest

(July 4/14 Draw Date)

Congratulations to Charlotte Peach of Balmoral, MB.

Charlotte wins one \$50 Gift Certificate to the **Terrace Dining Room** at **Assiniboia Downs**, Two tickets to **Rainbow Stage's 'The Producers'** Show - July 4-19/14, two tickets to the **MTYP - Manitoba Theatre for Young People 'Peter Pan'** production - Nov. 27-Dec. 24/14 - starring Fred Penner, and 4 passes to the **Medieval Festival** - July 26/14 - at the Immaculate Conception Church & Grotto in Cooks Creek, MB. (see ad on page 12), plus the **'Short Conversations'** book by Antonia Paulencu Nelson.



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

Total approx. value \$240.00

Thank you for entering the Senior Scope contest!

CROSSWORD - Global Gallivanting

By Adrian Powell

ACROSS

1 Offend

5 Route through the woods

9 Eggs on

14 Niagara River's feeder

15 Territory

16 Rider's command

17 Where to travel to see pink flamingos

20 Something Jennifer Jones would play

21 Used to be

22 TV room, maybe

23 Wood of the Stones

24 Captain ___ T. Kirk

26 1961 Susan Hayward/Dean Martin drama

28 Where to travel to see dromedaries

34 Wonderland wanderer

35 Merino ma

36 Nanking nursemaid

38 Hollandaise ingredient

39 Two-legged beast

41 Unlikely to bite

42 Closed

43 "A Bug's Life" critter

44 Old western

45 Where to travel to see giant otters

49 Toronto's Ford

50 Gives out

51 Back on a barge

54 Deface

56 Enzyme suffix

57 Curly-tailed lap dog

60 Where to travel to see bottlenose dolphins

64 Nasty bacteria

14

17

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42

45

51

60

64

67

DOWN

1 Hand out

2 Where Tabriz is

3 Unearth

4 Tasselled Turkish topper

5 State of Central America

6 Cropped up

7 Caffeinated brew

8 You've got your finger on it

9 Entebbe's land

10 CFL whistle

11 Backpacker's stuff

12 Monaco's money

13 Whirl like a dervish

18 Knowledgeable

19 Charred

24 Sailor

25 Royal staff

27 On-line gaming characters

28 Speaks

29 Wahini's welcoming word

30 Seed soar

31 Wonderment

32 Stradivarius' tutor

33 Identified

37 "Right where I'm standing."

39 Thick-trunked African tree

40 Dick's Stratford

44 Mink's aquatic cousin

46 Dead man waking?

47 Plummer of "Agnes of God"

48 Financial

51 One-pip cards

52 Bit of evidence

53 Where Helen was heroine

55 Tropical fish haunt

57 Like Hamelin's piper

58 "Gently worn", perhaps

59 Fetches

61 Running a high fever

62 Big fuss

63 Mork's craft

Prize Package!

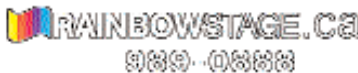
Remaining Draw Date: **August 1 2014**

Prizes will accumulate until draw dates

Name _____ Phone _____
Address _____ Email _____

Mail entry to Senior Scope, Box 1806, Stonewall, MB R0C 2Z0
or email your responses to: kelly_goodman@shaw.ca

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



For tickets: 204-942-8898 / 1-877-871-MTYP (6897) or www.mtyp.ca

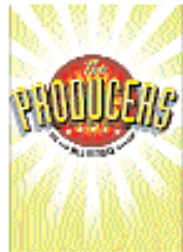
Aug. 1 Draw Prize:

One Gift Certificate to the **Terrace Dining Room** at **Assiniboia Downs**. (value \$50)

Four tickets to **Rainbow Stage's 'The Little Mermaid'** Show - Aug. 13-29/14 (approx value \$180)

Two tickets to **MTYP - Manitoba Theatre for Young People 'Peter Pan'** production - Nov. 27-Dec. 24/14, Starring Fred Penner (approx. value \$40)

Total approx. value \$270.00



JULY 4-19

NOV. 27-DEC. 24

ONE ENTRY PER PERSON, PLEASE.

HUMOUR COLUMN:

Along These Lines... by Nick Thomas



25 Amusing Double Features

One of the best ways to unwind at home in the evening is to grab some popcorn, soda, and a couple of movies. But what to watch? Here are some suggestions for film pairings for double features. All are real films and although the second one in each case was not a sequel, it could have been!

- “The Dark Knight” (2008) followed by “The Longest Day” (1962)
- “The Postman Always Rings Twice” (1946) followed by “You’ve Got Mail” (1998)
- “A Night at the Opera” (1935) followed by “The Big Sleep” (1946)
- “The Swarm” (1978) followed by “The Sting” (1973)
- “Mr. Smith Goes to Washington” (1939) followed by “Dirty Rotten Scoundrels” (1988)
- “Twister” (1996) followed by “Gone with the Wind” (1939)
- “Marathon Man” (1976) followed by “Breathless” (1960)
- “One Hundred and One Dalmatians” (1961) followed by “The House of the Yellow Carpet” (1983)
- “Meet the Parents” (2000) followed by “High Anxiety” (1977)
- “It Happened One Night” (1934) followed by “For a Few More Dollars” (1965)
- “Life of Pi” (2012) followed by “Requiem for a Heavyweight” (1962)
- “Raging Bull” (1980) followed by “Poor Cow” (1967)

- “They Died with Their Boots On” (1941) followed by “Happy Feet” (2006)
- “Blazing Saddles” (1974) followed by “The Long Ride Home” (2003)
- “Attack of the 50 Foot Woman” (1958) followed by “Vertigo” (1958)
- “Robin Hood: Men in Tights” (1993) followed by “Great Balls of Fire!” (1989)
- “A Night to Remember” (1958) followed by “The Seven Year Itch” (1955)
- “Edward Scissorhands” (1990) followed by “Love Hurts” (2009)
- “Divorce American Style” (1967) followed by “The Great Escape” (1963)
- “Fiddler on the Roof” (1971) followed by “A Shot in the Dark” (1964)
- “The Man Who Fell to Earth” (1976) followed by “Fragments” (2008)
- “Weeds” (1987) followed by “The Constant Gardener” (2005)
- “The Frozen Dead” (1966) followed by “Die Hard” (1988)
- “The Birds” (1963) followed by “Hard Rain” (1998)
- “The Cable Guy” (1996) followed by “Never on Sunday” (1960) ■

Nick Thomas has written features and columns for over 350 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>

America’s Most Wanted ... BUG

Of all the animal species on the planet, which one kills the most people each year?

You might be thinking snakes. After all, cobras alone take out some 20,000 people annually in India. So, candidates with poison-laden fangs should logically be bumped to the top of the list, right? Nope.

How about wild carnivores sporting a prominent set of sharp teeth? Wrong again. You’re more likely to be savaged by a crazed Lady Gaga than by any shark, lion, or bear.

In fact, the answer may very well be sitting just a few feet away from you, right now, ready to strike.

More than a relentlessly annoying pest searching for its next meal, blood-sucking mosquitoes can kill their human victims by transmitting deadly diseases and parasites. These include malaria, yellow fever, and Dengue Fever which, collectively, kill millions of people around the world each year. Malaria alone will have bumped off ten poor souls by the time you finish reading this article.

While the mortality numbers are staggering enough, diseases spread by mosquitoes have also influenced human history. These winged micro-vampires reportedly may have contributed to the deaths of prominent figures including Jefferson Davis, Alexander the Great, and Oliver Cromwell.

It’s also been claimed that they helped thwart some of history’s great ancient armies by preventing the advancement of Roman legions, defeating the Spanish Armada, and spoiling an attempt to conquer the world by that lovable rogue, Genghis Khan.

Turns out that not all of the world’s 3,000 species of mosquitoes actually feast on humans. And rather than biting their victims, they actually stab their prey with a tiny, needle-like proboscis, sucking up as much as one and half times their body weight in blood.

During the “bite,” some of the insect’s saliva drains back into our blood. Most people are slightly allergic to the saliva from these little droolers, which results in the familiar puffy, itchy welt that appears on the skin. Only the females “bite,” and the blood provides protein for eggs. Once topped up, they won’t eat again for several days. Bet you wish you could say the same thing about your fridge-raiding, grandkids.

So what can you do to protect yourself from these flying hemoglobin

addicts? Well, you could build a canal around your home and fill it with *Gambusia affinis*, a small fish that can put away some 500 mosquito larvae a day. However, if unreasonable city ordinances prohibit moat construction in your neighborhood, consider the following suggestions:

- Bathe regularly (hopefully, you do this anyway). Lactic acid, produced by muscles during exercise, finds its way through the skin and attracts the menacing monsters in droves. So when partying under the stars, go easy on the dancing. Your cool moves may attract more than a dance partner.
- Be careful what you drink, because alcohol dilates blood vessels increasing blood flow near the skin. So, the more pickled you become, the more attractive you are as a meal. Which leads to an interesting question: How much booze do you have to consume to get a mosquito drunk? Not sure any research has been done on that, but I’m willing to volunteer.
- Finally, you might want to go easy on that breathing, because mosquitos have a liking for carbon dioxide, a component of our exhaled air.

So there you have it – simple steps to enjoy your next venture into the great outdoors. And I know they work, too. Because at the last BBQ party I attended, I spent the entire evening holding my breath, lying on the ground, motionless, and sober.

Okay, so I wasn’t exactly the life of the party. But at least there were no skeeters on me when the hosts threw me out. ■

CROSSWORD - Solution

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

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