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Senior Scope

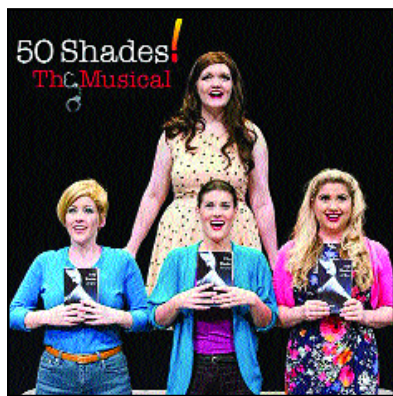
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V12-N1
August 1-26/13

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“THE BUZZ” Katz Brings 50 Shades, the Parody, to Winnipeg



Above: 50 Shades The Musical parody comes to Winnipeg.



Top right: Sam Katz. Bottom: Mick Jagger



Wilder Named President of the WJF; Football Hall Inductees Announced; Dwight Yoakam coming to The Burt; Fontaine Makes Public Request; Lanier Would Like to Come Back; Happy Birthday Mick

By Scott Taylor

Our 61-year-old Mayor, **Sam Katz**, is still an impresario at heart. That's why he went to Chicago, found a stage show he loved and is now bringing it to Winnipeg.

Continued on page 2

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Travel to Vegas



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Travel to Laos



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All Aboard!

All Seniors Care residents enjoy a river cruise



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“THE BUZZ” *cont’d from front page*

From Sept. 5-7 at Centennial Concert Hall, the hilarious parody of *The Fifty Shades of Grey* Trilogy, **50 Shades The Musical**, will make its debut in The Peg.

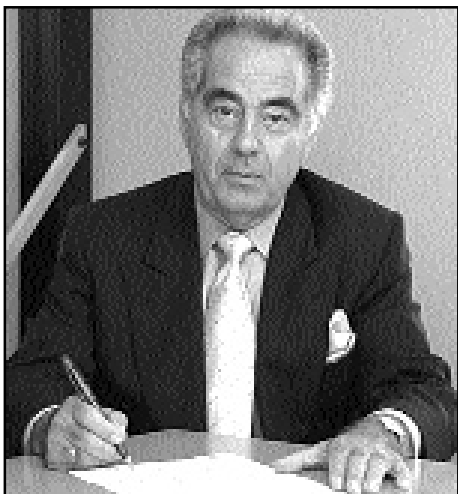
A resounding hit in Chicago and New York, and at the Edinburgh Fringe Festival, **50 Shades The Musical** opens with a ladies book club deciding to read *Fifty Shades of Grey*. Through their interpretation of the novel, the audience is led on an uproarious roller coaster ride through this unlikely bestseller. The show is full of dance numbers and original songs delivered by an outrageous cast with a live, on-stage band.

“This is my show,” Sam said. “I went to Chicago, saw it, loved it and had to bring it to Winnipeg. It’s so funny, so entertaining. I can’t imagine anyone who wouldn’t love it.”

Tickets, at \$59.50 & \$49.50 plus applicable service charges, are on sale now. Just call Ticketmaster at 1-855-985-5000 or visit Ticketmaster.ca. For more information, just log on to <http://50shadesthemusical.com/>

●●●

The former president of the Winnipeg Blue Bombers, **Joseph (Joe) Wilder**, was recently named president of the Jewish Foundation of Manitoba. Wilder, 78, is an honored Winnipeg lawyer who has held a leadership position with the Canadian Jewish Congress, the Canada Israel Committee, the Winnipeg Jewish Community Council and the Royal Winnipeg Ballet. He is a former politician and is a Senior Partner at the law firm of Wilder, Wilder & Langtry... For old time country music fans, Tuesday, Sept. 10, should be a great night in the city. 56-year-old **Dwight Yoakam** will play Winnipeg’s Burton Cummings Theatre... Ever tried to be in two places at once? On Saturday, Nov. 2, the Winnipeg Jets play the Chicago Black Hawks at MTS Centre and the Winnipeg Blue Bombers face the Hamilton Tiger-Cats at Investors Group Field. Both games start at exactly 2 p.m. and both games are on national television: the football game on TSN and the hockey game on CBC. Meanwhile, for horse racing fans, the Breeders Cup from Santa Anita Race Track in L.A. will be in full swing. It will be fun to be a sports fan on that day... Speaking of horse racing, the \$75,000 Manitoba Lotteries



Joe Wilder

Derby will be held at Assiniboia Downs on Monday, Aug. 5...

●●●

Phil Fontaine, the 68-year-old Manitoba Indigenous People’s leader and former National Grand Chief, wants the federal government to recognize a sixth world “genocide.” And it’s a genocide that Fontaine says occurred right here in Canada. Currently, our federal government Parliament recognizes five “official genocides” -- the Holocaust, the Holodomor, the Armenian genocide, the atrocities in Rwanda and the atrocities in the Bosnian city of Srebrenica.

Fontaine recently wrote a column in the Toronto Star in which he asked parliament to recognize a sixth genocide: Canada’s aboriginal policies during the last century, including the residential schools system, the nutritional experiments on malnourished First Nations adults and children in the 1940s and ‘50s and forced relocations.

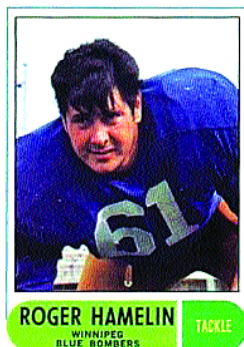
The Harper Government has not acknowledged the request and the Canadian Museum for Human Rights which will open in 2014, has refused to use the term “genocide,” to describe any of the the Canadian government’s aboriginal policies.

●●●

The Manitoba Football Hall of Fame will hold its annual induction ceremony at the Canad Inns Destination Fort Garry on Aug. 8 at 11:30 a.m. The luncheon will honor a long list of former amateur football stars, coaches and builders who



Phil Fontaine

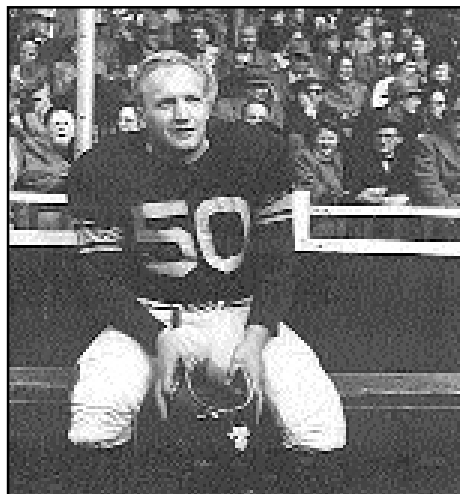


Roger Hamelin’s football card

have been inducted into the Hall. This year’s list includes, the late **Abe Kovnats**, one of the greatest officials in Canadian history, both as an amateur and CFL referee; builder **Joseph Salay** from Rivers, Man.; **Bud Irving**, who played in four Grey Cup games (1945, 1946, 1947 and 1950) with the Blue Bombers and was a three-time CFL all-star (1947, 1948 and 1949) and then became one of the greatest officials in CFL history; former Blue Bomber, the late **Cec (the Milkman) Luining** from Selkirk; **Gord Steeves**, the brilliant coach who was known as The Godfather of Brandon Football; Churchill High School head coach **Ron Gustafson** who went on to be the commissioner of the Winnipeg High School Football League from 2000-2010; the late **George Eakin**, a longtime amateur player and official; former St. Paul’s High School star and Winnipeg Blue Bomber Grey Cup champion **Roger Hamelin**; the outstanding St. James Rams star **Marshall Quelch**; and former Tec Voc head coach **Arnold Taylor**...

The list goes on. Former Daniel Mac High School star **Michael Kachmar** who went on to become an almost legendary coach; the late **George Depres Sr.** who played with St. Paul’s High School and the Winnipeg Rods and went to become a champion coach with the Rods; the late Eddie Cass who created the St. Paul’s High School football program; and the remarkable **Kas Vidruk**.

Jim Ladd from the Football Manitoba selection committee provided us with a beautiful biography of the late Mr. Vidruk:



Kas Vidruk circa 1952

KAS VIDRUK (1925 - 1986)

Kas Vidruk was born in Siaule, Lithuania on October 6th, 1925. After attending St. Paul’s High School, believe it or not he got his start in football as a player in 1942 signing with the Winnipeg Blue Bombers at the tender age of 17 years for the princely sum of \$50 as older players left for the War, making him perhaps the youngest player in CFL history at that time. During his professional career he played both offense and defense as a centre, guard, tackle and linebacker.

While still playing with the Bombers, Vidruk taught high school and was a lecturer at the University of Manitoba. After retiring from the Bombers, Vidruk was extremely active both as a teacher and became deeply involved in supporting the Winnipeg amateur sports community.

It was perhaps after teaching high school for three years, and then being appointed the Phys. Ed. Supervisor for the Norwood School Division that would lead to his contribution as a builder to amateur football

Kas retired after a long and successful career in June 1986. Bottom line, Kas Vidruk was always there to make sure the amateur athletes got the recognition they deserved and made sure his disapproval was shown to anyone who referred to it as “minor sport”.

As well, there will be four teams inducted into the Hall at the luncheon on Aug. 8: the 1954 Canadian

Continued on next page

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Pushing Spokes for Older Folks

By Ed Giesbrecht

Challenges with walking and mobility are the most common limitations for older Canadians, often resulting in reduced social connection and participation in important activities of daily life. A mobility aid can help seniors remain vibrant and active in their community. Nearly one in 30 older adults use a wheelchair to improve their mobility, either inside or outside of the home. A wheelchair can be a valuable resource, but its usefulness depends in part on one's ability to operate it effectively and safely. Studies show that most older adults who use a wheelchair have difficulty performing at least one major activity of life and many identify difficulty just propelling their wheelchair, let alone managing barriers in their home and community. As a result, they tend to limit their outings to only essential appointments and stop engaging in activities they did previously. In addition, their spouse or family member must provide assistance with managing the wheelchair, increasing caregiver burden and risk for injury.

A major reason for these challenges with wheelchair use is the limited training older adults receive when obtaining a wheelchair. Just like a computer or a camera, a wheelchair is more useful if you have the skills to operate it effectively. Limited resources in health care, long wait lists, and travel demands for outpatient rehabilitation services



Ed Giesbrecht working with a colleague, Art Quanbury, on wheelchair skills.

have made wheelchair training difficult to obtain. However, a new program has been developed by researchers at the University of Manitoba and University of British Columbia, called Enhancing Participation In the Community by improving Wheelchair Skills (EPIC WheelS). EPIC WheelS is a wheelchair training program delivered using a simple and interactive computer tablet. An occupational therapist with wheelchair expertise provides two training sessions and monitors the one-month home pro-

gram focusing on coordination, problem-solving and mobility skills. Currently, EPIC WheelS is being offered free of charge as part of a research study measuring its effectiveness. If you know someone or are a senior at least 55 years old who has used a manual wheelchair for less than one year, can push with both hands, and has someone who can attend the training sessions, please contact Ed Giesbrecht by phone at 204-977-5630 or email epicwheels@gmail.com for more information. ■

"THE BUZZ" cont'd from page 2

Intermediate champion Winnipeg Rams; the Rivers Rams, the 1964 MSSAA Provincial Rural High School Football Champions and the 1964 Rolling River School Division High School Football League Champions; the Winnipeg Hawkeyes, the 1968 and 1969 Canadian Juvenile Football champions; and the St. Paul's Crusaders, the 1982 Winnipeg High School Football League Champions...

●●●

Curler and big curling supporter **Zivan Saper**, 62, still gets up at 5:30 every day to go to the Wellness Centre and then he's off to work a full day at the family business, Saper Insurance Agencies.

He also plays a mean game of golf. With, **Steve Bucko**, **Stewart Leibl** and **Steve Dubois** on our team, Zivan and I just finished second at the Winnipeg Goldeyes Field of Dreams golf tournament. We were a smooth 13-under at Bel Acres.

So much for those professional baseball-playing whipper-snappers.

Meanwhile, it was great to see **Hal Lanier** and his wife Pam at the Goldeyes Golf Tournament last Monday. Lanier, 71, was the manager of the Goldeyes from 1996-2005.

The former Major League infielder



Hal Lanier

who was manager of the year in the National League with the Houston Astros in 1986, is retired from the game, living in Florida and actually itching to get back into the game -- in Winnipeg.

"I've told Sam (Goldeyes owner Katz) and Andrew (Goldeyes GM Collier) that I would do anything they wanted me to do," said Lanier. "I'd like to spend the winters in Florida and the summers back here in Winnipeg and if there was something the ball club needed me to do, I'm available."

He's not going to get the manager's job because Rick Forney has a long-term contract, is the defending American Association champion and has done a wonderful job since replacing Lanier, his mentor, in



Mick Jagger turns 70, the guitar player turns 70 on Dec. 18 and the drummer is 72.

2006. However, Lanier's expertise could be good for the organization: If the brass can find a place for him.

●●●

Last Friday, July 26, Rolling Stones frontman **Mick Jagger** celebrated his 70th birthday. Drummer Charlie Watts turned 72 on June 2. Keith Richards turns 70 on Dec. 18.

Back in 1964, if I'd predicted that by 2013, two members of the Beatles would be dead and yet the Rolling Stones would still be doing live shows, do you think anyone would have believed me? ■



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Buying your dream— The lure of a private retreat

- Shirley Hill, CFP - Executive Financial Consultant

Whether for summer, winter, or year-round use, a vacation property that you can call your own is a dream shared by many Canadians. Some people want access to recreational activities, such as skiing or fishing. Others simply want a relaxing environment where their family can meet, away from the stresses of day to day life. Whatever your reasons, it's important to consider the financial implications of owning a second property. Here are some areas to investigate before you purchase your dream retreat.

Paying for your dream

Unless you have the full purchase price in cash, you will need to examine your financing options before buying. The criteria set by lenders for borrowing against vacation property are often different from those applied to other properties. The right solutions will vary from person to person. For example, it may make sense to place a mortgage directly on the vacation property itself, or conversely, on your primary residence, or even perhaps liquidate other assets to fund the purchase.

Extra costs

Be sure to take into account the additional costs that may come with ownership. It's important to do a cash flow projection that includes all the costs of ownership, not just mortgage or financing costs. This can mean property taxes, insurance, repairs, utilities, even the extras that can enhance the vacation experience such as a boat or recreational vehicle. To help offset some of these costs, you may want to consider renting your vacation property when you're not using it. You can factor in this additional income to lower the projected carrying costs of the property.

Ownership options

When you make your purchase, you'll need to decide how you want to structure the ownership of your property. You might decide to register ownership in the name of only one spouse, particularly if the other spouse is a business owner and is concerned about potential creditors.

However, many couples choose to register the property jointly. In such cases, the property passes automatically to the surviving spouse upon death, and does not form part of the deceased owner's estate. The advantages are that probate and other estate fees may not apply, and the property should not be held up in the estate settlement process. However, in some cases, spouses want to keep their property separate with no automatic right of survivorship (particularly if they have children from a previous relationship). Keep in mind that ownership issues can be complex. There are many factors to consider in structuring the ownership of your property. To decide, it's important to get good advice and consider the issues in the context of your overall estate plan.

Protect your dream

Once you've taken the plunge and made your purchase, it's important to protect your vacation property against unforeseen events. A time of crisis, such as a death or disability, is a difficult time to make financial decisions. Serious cash flow problems could force your family to sell.

Home insurance offers essential protection against such events as fire and theft. If you've financed your purchase, you should consider life insurance to cover the outstanding mortgage in the event of your death or the death of a spouse. And make sure you have enough disability

insurance to maintain payments if you or your spouse are unable to work. There is typically a less liquid market for vacation properties. A forced sale could net significantly less than the property's true value. ■

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- Shirley Hill, CFP - Executive Financial Consultant
Investors Group
(204) 257-0999
shirley.hill@investorsgroup.com

Personal representative checklist

What are an executor's duties?



Manitoba's Largest Tea Cup Collection

The Guardian Angels, a volunteer committee of CancerCare Manitoba Foundation, are collecting Tea Cups & Saucers from Manitobans for the Guardian Angel Benefit for Women's Cancer.

We're asking Manitobans to bring their unwanted tea cups to a Canada Safeway store in Manitoba, labelled and in secure wrapping. Pink polka-dot boxes with the attached tea cup sign (Manitoba's largest tea party) will be in each store. Donors are asked to include a note with contact information and short explanation of the history of their tea cup.


The Guardian Angel's will host the 22nd annual Guardian Angel Benefit for Women's Cancer on Sunday, October 27 at the Winnipeg Convention Centre. In a tradition of generosity that began in 1992, this year's event will bring together "earthly angels" to raise funds in support of women's cancer. The tea cups will be used at the Benefit and then gifted to someone else.

This year 1500 guests are expected to share High Tea on Sunday afternoon – a new twist on this extraordinary event. In continuing with tradition, the afternoon will feature a fashion show with cancer survivors modelling the latest fashions. Our guest speaker is actress and cancer advocate Fran Drescher. For more information please contact:

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Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca

Advertising:
204-467-9000 or Irene Shaw: 204-8863984 / email: ishaw@mts.net

Contributing Writers / Submissions:

- Scott Taylor
- Roger Currie
- William Thomas
- Shirley Hill
- Maurice Allard
- Rick Goodman
- Ed Giesbrecht
- James Twyman

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Currie's Corner

By Roger Currie



Gimli Glider

This past week marked the 30th anniversary of the infamous *Gimli Glider*.

On July 23rd 1983, an Air Canada 767, flight 143, made a successful landing on an abandoned airstrip at Gimli Manitoba. The plane ran out of fuel on a flight from Montreal to Edmonton.

The reasons for that classic *snafu* would take far too long to detail. The pilot, Captain Bob Pearson had experience flying gliders, and he brought the big plane down with no power or hydraulics. There were no serious injuries to the 69 passengers on board.

It's safe to say that landing the *Space Shuttle* was quite a bit easier than what Pearson achieved that day. It became a classic scenario in flight simulators that were used in pilot training. The first several times that anyone tried it, the result was a simulated crash with serious casualties.

Captain Pearson got another free meal in Gimli this week, and there's now a street in the community that bears his name. He retired ten years after flight 143, and has been pretty much relegated to a small chapter in Canada's aviation history.

He doesn't get offered book deals, or fancy speaking gigs like Sully Sullenberger, the *Hero of the Hudson*. Pearson has not even been awarded the Order of Canada.

Far from being treated as a hero at the time by Air Canada, Pearson was demoted for six months after landing the Glider. I interviewed him 15 years ago on the anniversary. He shrugged and said .. "No big deal. A deadstick landing is one of the first things you learn in pilot training."

The man must be Canadian.

I'm Roger Currie

Confession time

Confession time .. I should stay away from my computer, especially when I have a credit card in hand. This past week I came oh so close to being victimized by an internet scam. It was a very persuasive ad for a weight loss supplement using green coffee bean extract. Have you heard of this one? *Lose 17 pounds in barely a month, and you don't have to exercise !*

Sounds very much like my kind of weight loss plan, so I ordered the magic pills. The thing that made it all seem worthwhile was what appeared to be an endorsement by Dr. Oz. He is the most famous health care guy on TV, and a product of Oprah Winfrey's school of celebrity.

He has very impressive medical credentials, and he claims that all of the wonder potions that say he has endorsed them, are phony. Try Googling 'green coffee and Dr. Oz' and see what you think.

He claims to have lawyers working fulltime to take down those ads like the one I fell for. Other articles about the good doctor estimate his

net worth at somewhere between 7 and 14 million dollars.

In an interview with the *New Yorker* a few years ago, Oz was quoted as saying "I want no more barriers between patient and medicine. I would take us back a thousand years, when our ancestors lived in small villages, and there was always a healer in the group."

It's an interesting pipedream, and when he first appeared with Oprah and others, he seemed to be genuine and sincere in his efforts to help those with obesity and other problems related to lifestyle.

You very much wanted to believe that Dr. Oz was one of the good guys. But if you spend any time online, you begin to wonder if there are any 'good guys' when it comes to health care.

I'm Roger Currie

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



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A Million Senior Voices

By James Twyman

"The senior audience just isn't reliable," the man said to me. "Why do you think most movies are made for young people? It's because older people don't go to the movies. If they did, more would be made for them."

I couldn't believe my ears. I was speaking to a distribution "specialist," a consultant to independent producers like myself trying to get their films in front of large audiences. A movie I co-wrote and produced called *Redwood Highway* was ready to be released, and this man was recommended by a friend to help. According to him, it was a pointless trying to focus on seniors - the group we made *Redwood Highway* for.

According to the 2011 Canadian census there are 9.6 million baby Boomers, 10.4 million in the generations older than boomers totalling 20 million seniors in Canada as of 2011.

"There are over seventy-six million Boomers in the US, and forty-three million people over sixty-five," I said to him. "I'm pretty sure most of them still see movies."

The answer was the same. In his mind, and in the minds of many in the film industry, people over fifty-five are not worthy of attention, and are grossly neglected, especially in theaters. An occasional film like *The Best Exotic Marigold Hotel* breaks free and gets some attention, but it's the exception, not the rule.

That trend is about to change.

There is a movement gaining speed, what I like to call Senior Cinema, to which producers, distribution companies and even the big Hollywood studios are starting to pay attention. They're paying attention because they don't have a choice. As the Baby Boom population reaches retirement age, there's an enormous need for quality films with strong senior characters engaged in stories that resonate with them. It's already begun -- movies such as *Quartet* and *Amour* being among the latest - but that's only the tip of the iceberg.

"What you need are numbers," the man said. "If you're so convinced there's a big audience for films like *Redwood Highway*, prove it. Get a million seniors to join together and demand better entertainment. I think



it's unlikely, but if you can do it, then they'll definitely take notice."

A million seniors telling Hollywood that it's time for senior cinema to be taken seriously! I thought about that for the rest of the day and it didn't take long to realize he was right. It's easy to throw out numbers and data, but a petition with one million names, all of them lending their voices to a campaign for better senior entertainment - that would get some attention.

One million signatures may be just a starting place, but it represents something that has never been tapped in the film industry before - the largest demographic in the country standing up and demanding attention. Consider these statistics: One thousand boomers turn 65 in Canada every day and will for the next 20 years. The 50+ generation represents 45% of the US population; an American turns 50 every seven seconds, which is more than 12,500 people every day; the 55+ age group controls more than three-fourths of America's wealth; Baby Boomers account for 40% of total consumer demand; and seniors have a net worth 3 times that of younger generations. However you look at it, this is not a generation to take for granted.

"I love to go to see movies and I would go more if there were films worth seeing," Karen K., 56, said. "I don't think I'm any different than others my age. The problem isn't in our motivation, it's about choices. I'm not interested in seeing *Iron Man 3*, but as soon as a movie comes out I can relate to, I'm there."

AgeNation is an multi-platform website and organization that caters to "people who weren't born yesterday." Its founder and president

George Cappannelli adds, "Boomers and elders are being underestimated. Decision-makers beware. You are not only leaving money on the table, but in ignoring this market you are poking a bear that is about to wake up and bite you. They want more than you are giving them."

So I believe its time to launch this campaign and make our voices heard! We've created a petition and survey that will be distributed to all the key individuals in the movie business. It means that everyone in the industry making decisions about which films get made and which ones don't, or what films will or will not receive proper distribution, will see this report and will have to reckon with its contents. I can already tell what it will reveal -- that the senior community wants and deserves inspiring films that relate to their own lives. Knowing that there are a million people ready to buy tickets to senior-oriented films will be the difference between two movies a year and 20.

So, what can you do? It's very simple. Just go to www.seniormcinema.com and fill out the survey. It will only take about two minutes, but the results could be astounding. People like the consultant I met won't be able to dismiss you any longer. The entire film industry will have to take notice, and they will definitely respond. It's up to you. Let your voice be heard and let's go to see some great movies. ■

.....

About James Twyman:

James Twyman is the New York Times bestselling author of 15 books, as well as the producer/director/writer of five films including the award-winning feature film Indigo. His newest film, Redwood Highway, starring two-time Academy Award nominee Shirley Knight and film legend Tom Skerritt, will debut on National Grandparents Day, Sunday Sept 8, and will be previewed earlier that week in senior residences around the nation. He currently travels around the world promoting films for what he believes to be the most important, and underserved film audience in history - elders. For more info, visit: www.seniormcinemacircle.com

Movies for Baby Boomers and older

By Roger Currie

I can relate to a great deal of what James Twyman is saying in the article called *A Million Senior Voices*. Movies have been the overriding passion in my life for more than 45 years, and they have frequently helped me make a living in a variety of ways.

In 1969-70 I spent a year working as assistant manager at several Winnipeg movies theatres, including the Met where I now have the pleasure of hosting a series called *Dinner and a Movie*. I was 22 then, and watched literally every movie that came to town, regardless of quality. Like others of my generation, I'm now much more discriminating, but I still manage to get to a movie in a theatre almost once a week on average. Industry figures suggest that's way above average for Canadians who are collecting old age security.

Many of my contemporaries tell me they stopped going to the movies regularly at least a decade ago. They cite a variety of reasons, but for many it was a gradual drift caused by a growing dissatisfaction with the movies that were being offered. Graphic violence is a major turn-off, but a larger factor seems to be the absence of good storytelling and an absence of characters to care about.

Those in the 60 plus generation who still go the movies at all, will generally show up to watch films about great events of relatively recent history, with recognizable stars. Examples this past year include Steven Spielberg's *Lincoln*, and 42, the story of Jackie Robinson's debut with the Brooklyn Dodgers, with Harrison Ford as the legendary Branch Rickey.

Spielberg and George Lucas, who were both responsible many of Hollywood's blockbuster hits barely a generation ago, had some interest-

Continued on page 8

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Movies for Baby Boomers..., cont'd from page 6

ing predictions about the future of movies when each spoke recently at the School of Cinematic Arts at the University of Southern California. Spielberg said that *Lincoln* came very close to not showing up on the big screen at all. Instead it might have an HBO feature, and he predicted that similar stories will go directly to TV more and more in the future.

What then will be left to see in theatres? More and more it is likely to be giant spectacles in 3D, with hugely expensive special effects, and minimal dialogue. Both Spielberg and Lucas warned that ticket prices will continue to climb, and anyone looking for thoughtful drama on a human scale will probably do better staying at home watching their flat screens.

Films like the ones I mentioned, and *The Best Exotic Marigold Hotel*, which James Twyman mentioned, have been regarded by Hollywood as *non-recurring events* for more than a generation. They do very well with the older audience, but it has long been thought that there simply are not enough potential box office dollars there to drive the industry. The better bet in this entertainment 'gamble' are the superhero blockbusters like *Man of Steel*. In the words of *Variety*, the show business bible for more than a century, the latest go round of the *Superman* saga is definitely *boffo*, if not *Socko*!

Clearly the industry is at a significant turning point. Personally, I tend to gaze into the future through the eyes of a skeptical journalist who always hopes to be pleasantly surprised when things turn out better than expected. 'Better than expected' would be what James Twyman is advocating and campaigning for. He's looking for a world where *Senior Cinema* becomes a profitable phenomenon.

To my mind, Steven Spielberg and George Lucas have not made many mistakes in their successful careers. I think they are more likely to be right that watching movies in a theatre will become more and more the domain of the *Under 60* crowd, while the rest of us will spend more time in our living room with remotes in hand.

But if you will indulge me for a moment, let me lay out a third path that could unite all of us who love storytelling on a screen, regardless of when we were born. If you watch *Turner Classic Movies* on cable or

satellite, you will be exposed to some of the best storytelling that has ever been put on film, and the vast majority of it has always been *suitable for all ages*, to invoke the time-honoured mantra of film classifiers of which I am one.

Is it a forlorn waste of time to hope that someone destined to be the next Spielberg or Lucas, or Hitchcock or John Ford might rediscover the ability to produce entertainment that is suitable for the broadest possible audience?

Frank Capra made *You Can't Take it With You* in 1938, and it won the Oscar as Best Picture of the



Lionel Barrymore



Roger Currie as a teenager.

Year. Lionel Barrymore played the 60 Plus head of a colourful family, who was also physically challenged.

I first saw the movie in the early 1960's when I was a teenager. I never thought of Barrymore's character as being impossibly old, and therefore irrelevant. I didn't even think of him as a *senior*. The late 1930's were hugely different from today in many ways, but *You Can't Take it With You* was a hit.

Maybe there are some lessons to be learned by studying fairly recent history. Ted Turner has obviously done that to great success with *TCM*. ■

Roger Currie is a regular contributor to Senior Scope. Besides his beloved partner Janice, movies continue to be the abiding passion in his life.

Among other movie connections, he serves as a member of the Manitoba Film Classification Board.

Roger can also be heard doing news and commentary on CJNU, Nostalgia Radio (www.cjnu.ca)

VACATION & TRAVEL:

Las Vegas is Hot! No, it's Really Hot.

By Scott and Sally Taylor

LAS VEGAS, Nev. – Sometime between the day's fourth different buffet and another wager on jockey Joel Rosario at Belmont, you just have to get up and go for a long walk.

That's the one thing we've learned to do in Las Vegas. If you need to kill time and feel better about yourself head out to the strip and start walking. When you do that, you kill three birds with one giant step – (1) you get out of the smoke in the casino, (2) actually get a little exercise and (3) you get to watch people and People Watching just might be one of the most interesting activities you can undertake in America's Disneyland for Adults.

We love Las Vegas. We love The Strip, the people, the sports books, the shows and the food. Love it all. Sure, we're in our 60s and so we hate the prices, the cigarettes and the odds of winning, but still, when it comes to getting away, having a few laughs and killing a few days, nothing beats "Fabulous" Las Vegas, Nev.

Sure, it can get old pretty quickly. That's why we never go for more than three days at a time. After awhile you can get tired of slot machines and high-calorie buffets.

On the upside, if you're just looking to get out of town, do something totally different and do it relatively economically, you can't beat Las Vegas.

For the first time we tried the hottest Winnipeg travel fad – driving to Grand Forks and taking an Allegiant Air flight. On our flight last week, it was packed with Winnipeegers, many of them we knew.

Allegiant is cheap (in comparison to flying Air Canada, West Jet or Delta out of Winnipeg, we saved between \$500 and \$1,000 and we didn't have to fly home at 11:30 p.m.), but it isn't perfect. With their old planes, lack of in-flight entertainment and *al la carte* everything, you should buy a bag of goodies before you board (snacks are cheaper in the airport than they are on the plane), make sure you have a book and a couple of magazines or simply be so tired you just doze off for the duration of your 2 1/2-hour flight.

As well, make sure you pay for your carry-on. It's worth it. You board sooner (and thus you can get to sleep sooner) and if you do stay awake for

the entire flight, you have your laptop, tablet and other devices handy.

Obviously, we also flew in the summer. That meant that Las Vegas was incredibly hot (47 C last Saturday), but the savings you get from flying out of Grand Forks didn't come with a gigantic winter pain in the behind.

Must admit, it's unlikely we'd drive to North Dakota and fly Allegiant in winter. You'd need another bag for winter clothes, you'd have a car to clean off and warm-up and there is no guarantee you'd get to your flight without our unpredictable winter weather delaying you somewhere. But clearly, as a summer form of southern travel, it's well worth it.

When we stay in Vegas, we like The Mirage. The pool is terrific, the location is perfect, the hotel's air-cleansing system keeps out most of the smoke, it's not the priciest resort on The Strip, but the location is perfect. Yes, it's getting a little dated, but unless you're staying at the Cosmopolitan, the Vdara, the Aria, the Wynn, the Encore, the MGM Grand or the brand new Crystals, all of the Strip resorts are getting a little dated – or are just way too tacky.

Granted, we don't go to Vegas for the early morning clubbing scene at spots like 1 Oak, the Bank or Hakkasan, nor do we spend anytime shopping (Sally would rather watch a ball game in the Sports Book than pay way too much for a pair of shoes), but if you're interested, Chanel's windows in the Bellagio have the new fall fashions despite the fact it was 37.7 C at the time.

For many Winnipeegers, Vegas has become the early week or weekend of choice, because there are simply so many things you can do that you can't – or won't -- do in Winnipeg.

Now, like many Winnipeegers, we tend to visit The Strip at least once, maybe twice, a year. On this trip, we saw the Cirque de Soleil show, KA, at the MGM Grand (the first time that the stage, honest, the stage, is the actual star of the show), wandered past the Andy Warhol Show at the Bellagio, spent a couple of days wagering on horse racing, hockey and baseball at the Caesar's Palace

Continued on next page

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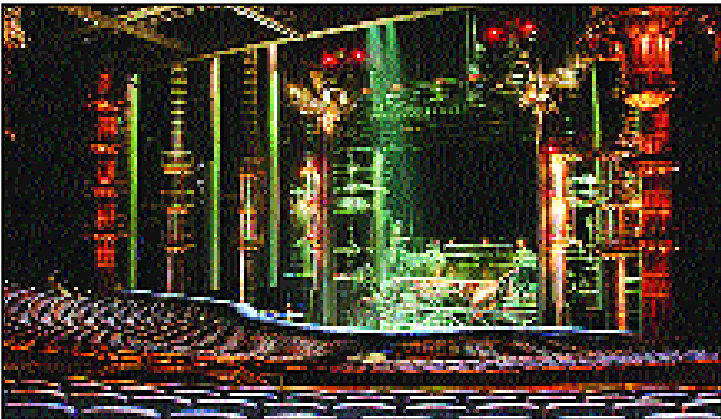
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Las Vegas, cont'd from page 8



The buffet at The Paris.



Cirque du Soleil's KA, where the stage is the star.

and Mirage Sports Books (it's been completely renovated is now the best book in Vegas), spent hours at the Mirage pool (yep, watching people) and even took a cab down to The Palms to see if the Sports Book is as good as they say (it's not) and to go to an afternoon movie.

However, if you are thinking of going to Vegas for the first time or if you haven't been since the 60s or 70s and you're ready to do it again, then here are some tips to make the trip go smoothly. For neophytes, even "older" neophytes and, yes, we did meet a few, nothing is familiar, so here are eight ways to make the difficult go by quickly so the fun can start without a hitch.

1) Plan ahead. Don't decide on Thursday that you want to go on Friday. It's too expensive and there are no flights left anyway. Give yourself a month to plan the trip properly, get the best hotel at the best rates or buy an all-in airline vacation and do your best to get a direct flight for a good price.

- 2) When we go to Vegas, we want to be on "The Strip." That's where the fun is (that's why we love the Mirage) and that's where you'll probably end up running into people you know. So before you leave, sign up for as many hotel deals as you can. Go to Google and ask it for a list of all the hotels on the strip. Go to the hotel websites and sign up for regular email reports. You'll start getting great offers that will allow you to stay in a higher-end Strip resort for not a lot of money.
- 3) Shop around for airline deals and the best possible schedules. If it's summertime, think seriously about heading down to Grand Forks or Fargo to get a cheap, direct flight on Allegiant.
- 4) As you land at little McCarran International Airport listen for the flight attendant's baggage claim announcement. Then when you de-plane just follow the signs right to your bags. You can take a shuttle to many hotels but we always just grab a taxi. It's quick, easy, takes you right

to the front door of any Strip resort without delay, and it's only about \$25.

5) Everybody who visits Las Vegas for the first time always seems to hear about the great buffet tables. Just about every hotel has one and, at the big hotels on the strip, the food is generally very good. Right now, there is only one way to enjoy the best buffets on the strip. The Caesar's Palace (Wyndham) Resorts have a spectacular buffet deal, The Buffet or Buffets. For \$49, you get a 24-hour pass to the buffets at Planet Hollywood, Harrah's, Rio, Paris (we absolutely love the buffet at Paris), the Flamingo, Bally's and The Quad (you can add on to get Caesar's and the high-end Rio seafood buffet). It was the best thing we ever did. With a \$49 pass (and believe me it's probably going to cost you \$49 a day to eat in Vegas even if you eat at McDonald's and Denny's), you no longer argue about where or what you're going to eat. Just pop into the buffet, eat as little or as much as you like -- without feeling you just blew a \$30 buffet on a salad -- and then get back out to the penny slots.

- 6) Be ready to walk. There is nothing more fun than walking the Strip at night, so pack good, comfortable walking shoes.
- 7) All of the resort swimming pools are great fun (although if you go in the winter, it will be cold here and there is often upgrading and renovations being done at the pools). Still, if it's fall, spring or summer, pack a bathing suit, sunscreen and a good book. Man (or woman) cannot exist on slot machines and poker tables alone.
- 8) The shows in Vegas are tremendous. From Jerry Seinfeld to Celine Dion to David Copperfield and all the Cirque du Soleil extravaganzas, you will never be short of entertainment. But most of the shows can be expensive if you don't look around for deals. And there are deals -- great deals -- especially in summer. Some shows are cheaper on Monday or Tuesday nights, others have great two-for-one offers. If you're set on seeing one particular entertainer on your only weekend in Vegas, you will likely be stuck paying retail, but if you're just looking for a show and it doesn't matter which night you go, ask the concierge at your resort if there are any deals out there.
- A weekend in Las Vegas can be a lot of fun, but it can be more fun if you have a smooth arrival and you get settled in quickly.
- And sure, there is probably a slot machine with your name on it or a poker table awaiting your arrival, but remember, you can always gamble at the Casinos of Winnipeg or at Assiniboia Downs. It's the other stuff that makes a Vegas vacation more fun than any adult should be allowed to have. ■

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VACATION & TRAVEL:

Road Trip!

Simplify Travel With Older Loved Ones

By Lisa M. Petsche

If you are planning to take an older relative on a vacation involving car travel, thorough preparation is the key to success, especially if the person has special health care needs. Follow these tips for a safe and enjoyable stay.

Planning

Set realistic expectations for the trip. Consider your relative's needs and limitations. Make plans and start necessary preparations well in advance. Make lists to keep organized and prevent last-minute chaos. Include your relative in the preparations to the best of their ability. Research the accessibility of accommodations and attractions you wish to visit. If you are planning to stay at a motel or hotel, make reservations, especially if you will need specific features such as a room with handicapped facilities or a ground floor room. Learn the location of the nearest hospital in any areas you plan to visit. Avoid destinations where a hospital is far away.

Arrange for your relative to visit the doctor pre-trip. Share your travel plans and any health-related concerns, such as motion sickness or circulation problems. If your relative has trouble walking long distances, rent a folding wheelchair or ensure that the places you plan to visit have some wheelchairs available. Have your car checked and serviced before departure. If you are going to an unfamiliar area, obtain a road map and study it. If you belong to an automobile club, take advantage of its route-planning service. Plan to do as much driving as possible during off-peak traffic times. Or choose the scenic route if time and your relative's sitting tolerance permit.

Packing

Include the following items when drawing up a packing list:

- Loose-fitting, breathable clothing, comfortable walking shoes, a wide-brimmed hat, and a cardigan for air-

- conditioned environments and cool evenings
- Sufficient prescription and over-the-counter medications to cover the time you plan to be away, plus a few extra days, worth in case your return is delayed
- Sunscreen, insect repellent, antihistamine and motion sickness tablets
- A list of all health conditions and medications in case of a medical emergency
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads or diabetic supplies
- A cushion or two for comfortable positioning in the car
- An extra pair of eyeglasses and spare hearing aid batteries
- Sunglasses and umbrellas (the latter primarily for instant shade)
- A pillow and a nightlight
- Snacks and a cooler containing sandwiches and beverages
- Favourite music or books on tape for the car ride
- Emergency roadside and first aid kits
- Cell phone (Don't forget to charge it and bring a recharging unit along)
- Disabled parking permit

Driving

Top off the gas tank at frequent intervals.

Stop approximately once per hour for stretch breaks or short walks. Choose stops that have clean, well-lit restrooms with good accessibility. Wear seatbelts and, if your relative is in the front seat, ensure that the headrest is centred at the back of their head. Encourage your relative to shift their weight often and to do neck and shoulder stretches and foot flexes.

Lodging

When checking in, ask for a room close to the lobby or elevator. A ground-floor room is ideal in case of an emergency in which elevators become inoperable. If your relative has a back problem, request a room with a recently replaced mattress.

Recreation

Space out activities and allow ample time for each. Schedule outings for the time of day when your relative's energy level is highest. Stick to regular meal, medication and sleep times. Have a flexible itinerary. Take things one day - and one activity - at a time. Ensure plenty of time for rest and relaxation!

Lisa M. Petsche is a registered social worker and a freelance writer whose specialties include elder care.

Real Estate as seen on TV - Part 2

By Maurice Allard, Century 21 Carrie.com Realty

OK, I know I wrote about this a few months ago but I can't help watching these TV Real Estate shows. So, once again I need to comment on what's real and what's a bit beyond belief. Case in point is one of the renovate and flip couples from California. Every week they go to an auction and bid on a property that they have not had time to see and over the next hour face crisis after crisis always complaining on how "if this goes wrong, we'll lose everything" You'd think by now they'd have figured it out and gotten real jobs or stop whining. It really gets to me when the investor who is financing the project comes in and tells them to hurry and get the job done because he needs his money back. Most flips, in reality, don't get done in 10 days. So if you can't tie up the cash for six months or more, find a new form of investment. In the end, they all profit a hundred grand anyway and if you tune in next week they'll do it all over again. Another of my other favorites is the show about the agents in New York selling the multi-million dollar condos. I'd love the opportunity to make \$200,000.00 commission on one deal. Condo in St. Vital anyone? It'll be UNDER \$20 million. I have to say, there is one I really like. The young lady flips older homes in St. Paul Minnesota. Her renovations of hundred year old

Minnesota houses are a bit more realistic and not unlike the housing stock we see in some areas of Winnipeg. It's not all granite and \$40.00 per square foot tiles. She actually re-purposes a lot of things that the other renovators would consider junk. What makes it even more interesting for me is that my son just bought a 104 year old house in Norwood that we are going through. I find we are facing a lot of the same things she is, like stone foundations, knob & tube wiring etc. And yes, we have shopped at the RE-Store for some of our materials. My son's a computer network guy, so guess who's doing most of the hands-on work. But then who better than me? After all, I've learned a lot from watching reality TV because as we all know, it's REAL. Whether you want a new place, a house to flip or just want to sell your home I'd love to represent you. I will work in any area of the city. Once again, if you have any questions or want an evaluation call me. Evaluations are free and no obligation, always. I'm waiting for your call.

Maurice Allard
Century 21 Carrie.com Realty
Cell: 204-791-8178
Office: 204-987-2100
Seniors Real Estate Specialist
mauriceallard@mts.net
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Email at **HOPE@alsmb.ca**, call **204-831-1510** ext 4 or drop by the office at 493 Madison Street Monday to Friday between 9:00 am and 5:00 pm.

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VACATION & TRAVEL:

Landing in LAOS - PART ONE

© Story by Rick Goodman. Photos by Beatrice Daigneault.

A friend of mine told me that he was taking his family back to his home country of Laos for a six week holiday and invited my wife Bea and I to come along. Work was at a standstill so I surprised myself by booking a trip to Laos. Not, however as surprised as Bea.

Checking the airlines we found that because of the short booking return fare from Saskatoon to Bangkok, Thailand would be around \$1700.00 and around \$150.00 one way each from Bangkok to Vientiane, the capital of Laos.

With better planning you should be able to get there for around \$1500.00. Pay attention to the routing however. Going thru Hong Kong is cheaper than going thru Tokyo but the layover is torturous. You're going to be in the air for around 20 hours so I would suggest that you get to Bangkok as quickly as you can.

Having booked the trip we decided that maybe we should know a little bit about this country. Like, for example, what's it like there? Where is it and why should we go there? Do we have to eat fish heads? Can we ride elephants?

A little time on the computer told us that Laos is a country with a tropical monsoon climate with the cooler dry season being from November to February. It's in southeast Asia, is landlocked and is 12 timezones away from Saskatoon. Thailand is on it's western border, with Myanmar (Burma) and China to the northwest and northeast respectively. Vietnam is to the east and Cambodia to the south.

As to why we should go there, well never mind the adventure of exploring an exotic country, seeing how different people live and work. How they play and celebrate. Never mind the opportunity to taste different foods, smell different smells. To generally be immersed in a completely foreign culture. Really, just to experience life in a different place. To test ourselves, to see if two old fat people can adapt, and maybe even thrive in a new environment. To see if they can really fit on the same elephant. That's what I told Bea. She's a hard sell.

Really though I had quit paying attention right after the tropical climate part. In my mind tropical means palm trees. I love the idea of sitting in the shade of a palm tree with a cold drink in my hand while the neighbors back home are polishing their snow shovels and hoarding sidewalk salt.

Besides, my friend Chai said we should go. Bea said, "And I suppose if Chai said you should jump off a bridge..." Somehow it just didn't feel like the right time to tell her about the zip lines at Tad Sae Waterfalls outside of Luang Prabang.

Instead I replied, "Hon, I've been researching and apparently we do

not have to eat fish heads." But... I did NOT mention the sauteed crickets and grubs. Or the lizard soup. Haa HaaHaa Haa Haa. Surprise.

What is it about flying that wears a body out? We got on a plane in Saskatoon. Drank coffee, and after a while got off the plane. Got on another plane in Vancouver, drank everything we could get our hands on, ate plastic wrapped Air Canada mystery meals, napped, and after a very long time got off the plane. Got on another plane in Tokyo and drank beer. (As an aside we had some time to kill in Tokyo so I thought I would make use of the washroom. Wow. High tech, I can't even begin to describe it. There was a throne in there that looked to me like it was equipped to handle the normal scope of business but might also be able to give you a bath and a hot wax and maybe even remove your appendix if you didn't know how to drive it and pushed the wrong button. It scared me and that's all I'm going to say about it. The plastic wrapped mystery meal came with chopsticks so I suspected that if we weren't getting close we were at least headed in the right direction.

Six hours after leaving Tokyo we got off the plane in Bangkok. Absolutely bushed. I felt like I'd flapped my arms all the way there. Just could not wait to get to our guesthouse for a shower and some sleep. It was around 10:00 in the evening and we had an 8:00 A.M. Flight to catch to Vientiane.

Suvarnabhumi is a modern mega airport. It's huge and very well air conditioned. It took a while to find our way around, claim our luggage, and clear customs. Then we had to find our hotel car and driver.

Having done all that we wheeled our bags up to the big glass doors that separate the cool air conditioned comfort of Suvarnabhumi from the hot, wet, industrial strength sauna that they call Bangkok. The doors opened. Jet lagged and confused we stepped out and it was like having a pail of hot water thrown over you and then being wrapped in a wet wool blanket. With maybe a rice bag thrown over your head to cut off whatever little air your lungs are managing to suck down.

We panicked, did an about face and sprinted for the air conditioning. And bounced off the doors. I did a little shuffling, weak kneed blind stagger. Bea had a pretty good Michael Jackson moonwalk going when the driver and his helper wrestled us into the car. It must have looked like an abduction. Nobody seemed to notice. We didn't care. It was cool in the car. Hello Bangkok!

We had booked our guesthouse thru TravelersPoint on the internet. It turned out to be a pretty good

deal. For something like \$22.00 a car picked us up at the airport and drove us to a small, clean, quiet hotel. They checked us in, gave us a wakeup call, fed us breakfast and drove us back to the airport. Up where we live it's pretty hard to get breakfast for that price.

It's about an hour's flight from Bangkok to Vientiane. We paid our entry fee and got our visas without any problems. Chai and his brother in law Chai were waiting for us when we came out the doors. They bundled us into a truck and took us on a quick tour.

Vientiane is the capital of Laos and it's largest city with a population of around 755,000. It's situated on the Mekong River near the border with Thailand. Probably the most iconic landmark in Vientiane is the Patuxai Gate in the Thannon Lanxing district. Architecturally Laotian, it does however remind you of the Arc de Triomphe in Paris. It was built between 1957 and 1968 with American money and cement intended for the construction of a new airport. (I like to think that somebody had a foreboding of just what the Americans were capable of doing with airplanes. Not long after Laos would become the most heavily bombed country on earth.) Originally known as the Anousavali (Memory) for Laotian soldiers who died in WWII and the Independence War against the French it was renamed Patuxai (Victory) Gate by the Patet Lao in 1975.



We later learned that, yes, we both fit on one elephant.

There was a lady sitting behind a table on a street beside the monument park selling a pig. Nice pig, great presentation, cooked to a beautiful dark brown, whacked into chunks with the head front and center and the sausages piled behind.

This reminded the two Chai's that it was time for lunch so off we went to a Feu or Pho restaurant in the morning market.

.....
Rick Goodman lives in Ile A LA Crosse, Saskatchewan. He likes to travel and can be reached at rickgoodmansk@gmail.com.

Cont'd next issue: Starting off with a good hearty lunch. Then the real adventure begins.

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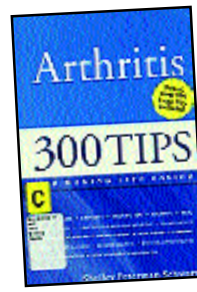
Currently providing Trivia Shows at Seine River, Shaftsbury Park, Sturgeon Creek I, Sturgeon Creek II, River Ridge, and The Westhaven seniors residences.

Fun - Entertaining - Challenging - Shows

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

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

Schwartz, Shelley Peterman.
Arthritis: 300 tips for making life easier.
New York: Demos Health, 2009.


 This self-help book is full of tips to streamline daily activities allowing individuals with arthritis to remain active. While the title speaks to persons diagnosed with arthritis, the book is helpful to many people suffering from a disability. At the end of each chapter, the author offers a list of helpful resources for unique items that may not be readily available in your local stores. Even though the resources/companies are US based, the author provides web addresses for further

research. The tips in this well organized book will help you save time and use your energy in a positive and productive way.

Some of the tips you will find in the book:
Recognize your uniqueness (tip 13)
Accept that you will have good days and bad (tip 45)
Keep an emergency kit ready to grab and go (tip 113)
Look good without a lot of effort (tip 310)

The author was diagnosed with multiple sclerosis in 1979 while working part-time as a teacher of the deaf. Her nationally syndicated column, "Making Life Easier" appears in numerous newspapers and magazines across the country. ■

Borenstein, David.
Heal your back: Your complete prescription for preventing, treating, and eliminating back pain.
Lanham, MD: M.Evans, 2011

 Dr. Borenstein's self-care program allows sufferers to control their own recovery while evaluating all the possibilities for therapy. But first, understanding why your back hurts will help with the healing process. In the first chapter, Dr. Borenstein explains the composition of the back using diagrams and explanations on how the back works. In subsequent chapters, treatment options from mechanical

to medical causes are discussed along with detailed exercises and alternative therapies. The final section "living without pain" offers a prevention plan to stay pain free. At the end of each chapter you will find a quick synopsis entitled Dr. B's prescription summary.
"If you lift, bend, reach, squat, twist, or turn – or even sneeze – you are at some risk for developing back pain. In addition, a variety of medical conditions can result in back pain. It is documented that almost 80 percent of the human population will experience back pain at some point in their lives."
Dr. David Borenstein is a clinical professor of medicine and former medical director of the Spine Center at George Washington University Medical Center. ■

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

Luncheon of the Boating Party - Afternoon River Cruise



Luncheon of the Boating Party by Pierre-Auguste Renoir captures an idyllic atmosphere as Renoir's friends share food, wine, and conversation on a balcony overlooking the Seine at the Maison Fournaise restaurant in Chatou, France. The painting also reflects the character of French society in the mid- to late 19th century, the restaurant welcomed businessmen, society women, artists, actresses, writers, critics, seamstresses, and shop girls. This is also representative of our luxury retirement residences where diverse groups of people come together to enjoy a vibrant and active community lifestyle.
On Monday, July 29th, aboard the **MS River Rouge**, 300 invited seniors brought to life this immortal Renoir masterpiece. At All Seniors Care Living Centres Residences our residents and guest enjoy many unique, fun and exciting experiences... and today, a Picnic aboard ship, live music, dancing and fun were the order of the day.

Highlights of the Voyage:

10:08 am: All Seniors Care staff worked alongside River Rouge owner, Kerry Vogiatzakis, and crew to transform the ship for today's picnic cruise.
10:44 am: Excitement is in the air as the local TV news camera crews record the arrival of the first bus
10:52 am: Passengers begin to board the MS River Rouge and are escorted by the fine young officers of Winnipeg Police Cadet Corp.
11:15 am: Mr. Miller from River Ridge gets everyone into the mood of the day by playing maraca's as he boards the boat
11:45 am: While final passengers staff and volunteers are introduced and made clear that they are available to help
12:15 pm: Passengers all aboard and band "Diva Knows Best" begins to entertain
Ship sets sail for afternoon cruise
12:30 pm: Picnic lunch is served and enjoyed by all aboard while watching the fascinating sights



along the historic Red River
1:00 pm: Captain Curtis Grimmelson sounds horn twice to indicate to all other boats that this 150 foot river beauty is making its turn for home, while continuing to share river facts and boat history
1:23 pm: Passengers are overheard exclaiming "Beautiful Day", "Wonderful Scenery" and compliments amongst the passengers on the stunning array of fine hats each was wearing
1:45 pm: Mrs. J. Killington from Sturgeon Creek I Retirement Residence was overheard telling fellow passengers "I grew up on the other side of the river junction of St. Anne's and St. Mary's and I remember swimming here as kids and watching the ducks White-Tailed Deer
2:00 pm: The winning continued when, after referring friends to move in, three residents from Sturgeon Creek II, Shaftesbury Park and River Ridge had their spins of the Wheel of Treasures and came away big winners

2:10 pm: Live Music and Dancing
2:30 pm: Boat returns to Alexander Docks and passengers return to their buses for the ride home... Mrs. Bye from Seine River Retirement Residence summed up the afternoon best when she exclaimed as she left the boat "It was a wonderful afternoon." ■

About All Seniors Care Living Centres
All Seniors Care is dedicated to creating and operating the best senior's facilities in Canada, while providing the highest level of care to our residents. Residents and their families enjoy enhanced independence, greater peace of mind, and a higher quality of life throughout the years at our beautiful facilities.
For More Information Contact:
Joshua Kuhl, Senior Executive Vice-President of Operations,
E-mail: jkuhl@allseniorscare.com
O: 416.929.1328

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Things to do in Winnipeg

EVENTS

Seniors' and Elders' Day Celebration - Celebrate! Participate! Tuesday, Oct. 1, 10 am-2 pm, Winnipeg Convention Centre. Festivities are free, including entertainment, information booths, and gift bags. Call **204-945-6565** in Winnipeg or toll free, **1-800-665-6565**

River East Council for Seniors - Join us for a hot, delicious meal for 55+. Pre-registration required. \$6.50. Parkside Plaza, 1630 Henderson Hwy. Tues/Thurs/Fri. @ noon. Ph: **204-339-4428**. and River East Meal Program, 1100 Henderson Hwy. Mon/Wed/Fri @noon. Ph: **204-338-6284**.

Historic St. James Anglican Church - Summer concert series Wednesday evenings until Aug. 14, 7:30 pm., 195 Tylehurst (in the cemetery across from Polo Park). Admission \$10 at door. For line up details go to http://stjamesanglicanchurch.ca/Concerts_in_the_Cemetery.html

The Seniors' Choral Society - under the direction of Richard Greig, are looking for new members to join them for their 2013-14 season, beginning Mon., Sept. 9. NO AUDITION REQUIRED. For more information contact Mary at **204-221-2538**, or email us at windmar2010@yahoo.ca or visit our website at <http://www.seniorscoral.society.ca/>

Whirlaway Westerners Square DanceClub - Open House, Fri. Sep. 13, 7 pm, at Kirkfield- Westwood Community Centre, 165 Sansome Ave. Enjoy Modern Square Dancing! New dancers, both singles and couples. Your first three dances are free! For more info call Art/Zoya: **204-632-0698**

50 Plus Living Show - Oct. 19-20, Sat. 10-5, Sun. 11-5. at Assiniboia Downs. Admission \$5. Free parking. Exhibitor information call **905-697-1037** or email info@50pluslivingshow.com. www.50pluslivingshow.com.

CARP - Canadian Association of Retired Persons, Winnipeg West Chapter 47 - 1st meeting-Sep. 4, 9:30 am, at ANAVETS #283 Board Room, 3584 Portage Ave. Bring a friend and they will be entered for a free 1 yr. membership to CARP. Guest speakers and/or discussion topics at each meeting. Call Ann-Marie: **204-831-1320** or abhowe@shaw.ca

The Nearly New Shop - is closing for renovations soon and they need your help clearing the store. Fill a garbage bag with clothing for \$5! Red lined items not included in the sale. 961 Portage. Hours: Mon-Sat, 10 am-4 pm. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba.

High Steppers Seniors - Garage Sale, Sat. Aug. 24, 9-3 pm at Winakwa Community Centre. BBQ hotdogs and soda will be available too. Check www.highstepperswpg.com for more info. **Sisters of the Holy Rock** will perform to support High Steppers Seniors, a club for frail/elderly in southeast Winnipeg, on Sat. evening, Sep. 21, at Bethel Community Church. Early bird tickets only \$17. Call 204-253-3903 or 204-619-8477 to order yours.

Seniors Bridge Tournament in Dauphin, MB - Preregistration for Tournament is Sept. 4 by 1:30 pm. Contact Person is Jean White **204-638-7135**

International Peace Garden - Annual F.A.M.E. Summer Festival, Aug. 4 - Fun, Art, Music and Entertainment. Also see First Class Cactus Collection, Sensational Sunken Garden, Camping, Hiking, Dining & Flowers Galore. Fun for everyone. Canadian visitors need passports.

Harvest Dance - At the Komarno Community Hall, Sat., Aug. 24, 8 pm. Live band - Canadian Rhythm Masters. Tickets

Community Singers - N.Kild. based ladies choir requires ladies to join their group. Starting Sept. 4/13, Wed. evenings. Info. provided upon inquiry. Ph. Evelyn Shepel @ **204-338-2554** or Joy Kaczor @ **204-669-6950**.

Community Singers - N.Kild ladies choir requires pianist for Wed.evenings, Sept. - May, beginning Sept. 4th, 2013. Resume of musical education and experience, audition required. Further info. provided upon inquiry. Ph. Evelyn Shepel at **204-338-2554**

SOCIAL PROGRAMS / SERVICES

Seine River Seniors at Southdale Community Centre - Creative Writing Thursdays - Call Denise **204-275-1353**; Monday Urban Poling - Call Sandra **204-255-8332**; Social Brunch, Aug. 20 Pembina Hwy. Canad Inn. To register for following programs, call **204-253-4599**: Monday Bridge; Health Fair at Walmart (Empress St.) Aug. 22; Morden Corn & Apple Festival, Aug. 24; SRS, Sept. 11, Luncheon; Pansy Fall Supper Sept. 8; Celebrations Matinee Sept. 24; Starbuck Fall Supper Sept. 29.

Good Neighbours Active Living Centre - Home Maintenance Program in Winnipeg for Older Adults who are 55+ and who are looking for various types help within their home. To find a service provider, please call the Coordinator: **204-806-1303** or e-mail: hmpprogram@gnalc.ca.

Springs Senior Drop In Centre - 725 Lagimodiere Blvd. 1-4 pm Thur. Aug. 15. Join us for an afternoon of fun and games. Open to all people age 55+. Meet new people; make new friends around free coffee, snacks, games, etc.

Gwen Sectar Creative Living Centre - Shuttle Bus runs Wed. mornings for \$14 from the north end and \$15.00 from the South End. (members). Get lunch, bingo, entertainment, refreshments & transportation home. Looking for Bridge Players, Tues., 1-3 pm. Volunteers needed for Wed. Programs. Elaine: **204-339-1701 ext. 205**

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**

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.

Addictions and Depression Recovery Group for Seniors 55+ - Wednesdays, 10 am-12 noon, starting Apr. 17 at ACCESS Transcona, 845 Regent Ave W. A support group for those battling addictions and wanting to improve Mental Health. Call Colleen: **204-222-9879**.

Dufferin Senior Citizens Inc., 377 Dufferin Ave. - Mondays - Shuffle Board 9.45 am, Bingo 1 pm; Wednesdays, 12 noon - soup and perogy lunch. We also have perogys for sale. Every second Sat: Dance 12 noon-4 pm, with a 4-piece band and lunch. **204-986-2608**

River East Council for Seniors - Presentation & AGM, Mon., June 17, 2:30

at Parkside Plaza, 1630 Henderson Hwy. "This Full House; Later Life Hoarding" by Age & Opportunity. Refreshments. Call Debbie: **204-667-6812**.

Elmwood-East Kildonan Active Living Centre - 180 Poplar Ave. & Brazier. Various scheduled and drop in activities (pool, shuffle board, wood shop, Art). Hours: 9:30-3:30. EEKALC is home to Local Colour. For more info, visit www.localcolourart.ca/index.html. Call **204-669-0730** to confirm if activity still on.

Pembina Active Living (55+) - Summer programs: Bocce, beginning June 12, 10 am (weather permitting), at Richmond Kings Community Club. Email rtryhuk@mymts.net or call **204-269-1903**. PAL Pedallers - Wednesdays. Call **204-261-4198**. PAL Putters - Mondays. Call **204-253-6236**. Fishing PALS - meet bi-weekly. Call **204-253-6236**. Lunch PALS meets once a month during the summer. Call **204-269-5383**. Still Bloomin' Garden Club, June 27, 1 pm. Call **204-269-5431**.

Good Neighbours Active Living Centre (720 Henderson Hwy.) - Programs and services to 55+: Outreach Program, expressive arts, fitness & educational classes, workshops & more. Bookstore, Mon. 1-4 pm & Tues.-Fri. 10 am-4 pm; Hobnobs Café, Mon-Fri, 10 am-1 pm. For more info: **204-669-1710** or visit www.gnalc.ca

Vital Seniors - St. Mary Magdalene Church, 3 - St. Vital Road. Bridge, Thursdays, Margaret **204-256-3832**; Carpet Bowling (looking for volunteer coordinator), Tuesdays, Pam **204-253-9848**; Line Dancing Mondays, Beginners, Prairie Stars, Fridays, Beginners Plus, Warren **204-334-3559**; Luncheons \$10, last Tuesday of month, June **204-256-0414**, Scrabble, Mondays, Don **204-487-7835**, Urban Polling, spring startup, Bernice, **204-253-9244**, Afternoon movie, 1st Tues, Cecile **204-253-4599**, Explore restaurants, last Fri. of mo., Fran **204-269-8584**.

Dakota 55+ Lazers Program - Variety of programs at Jonathan Toews Community Centre, 1188 Dakota St.: Mondays - Cribbage, Tuesdays - Line Dancing, Floor Curling, Wednesdays - Public skating, Whist and various health and education programs, Thursdays - Floor Shuffle, Kraft Korner. Call Karen: **204-254-1010 ext. 206**

Whirlaway Westerners Dance Club - Modern Square Dancing. New single and couple dancers welcomed Fridays, 7-9:30 pm at Kirkfield Westwood Community Centre, 165 Sansome Ave. Membership \$2. Cost per evening \$4. Art/Zoya: **204-632-0698**.

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**

Archwood 55Plus Centre (565 Guilbault St.) - Offers programs: Nordic Pole Walking, Yoga Fit, Zumba Gold, Water Exercise, Bowling, Belly Dance, Lite "N" Lively Workout, Line Dancing, Painting & Drawing. Birthday Party: Mar. 22. Call: **204-416-1067**

or email: archwood55@gmail.com

A&O: 400 Stradbroom - Pilates, Tai Chi Tuesdays, Qi Gong, Yoga, Zumba Gold, Table Tennis Tuesdays & Thursdays (FREE), Scrabble Club (FREE). Presentations: Jaw Pain, Mon. Aug. 26.10:30 am. One week notice required. Call **204-956-6490** for times, cost, length of classes and to register for classes.

A&O: West End - (Clifton CC 1315 Strathcona St) Clogging Thursdays (FREE for Summer), Line Dancing Wednesdays, Social Dance Mondays (FREE), Card players - open Thursdays, Call to set up. Summer Strollers Tuesdays, Table Tennis (FREE) Mon-Fri, Woodcarving Fridays (FREE), Social Gathering Wednesdays (FREE). Call **204-975-5167** for times, cost, length of classes and to register for classes.

A & O – Seniors Centre Without Walls program - Free program for 55+ in Manitoba. The program operates entirely over the telephone and provides older adults with a variety of presentations, tours and activities over the phone. Program presentations include: The San Diego Zoo, The Assiniboine Park, The Human Rights Museum, etc. Please call A & O at **204-956-6440** and speak with Silvia Del Vecchio to register and receive more information about the July-Sept. Summer Session.

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

Prendergast 55 Plus Seniors Club - Programs: Cribbage; Whist; Exercise programs; Soup & Sandwich luncheon every 4th Wed. Club membership \$11/year. Call **257-9586** or Joe / Mary **254-8390**.

Norberry-Glenlee CC - Programs for seniors at 26 Molgat Ave., St. Vital: Square Dance, Seniors Bingo, Bridge, Red River Seniors Cards, Light & Lively Fitness: Intermediate and Beginner. Call **256-6654** for info

Le Conseil des francophones 55+ - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. **793-1054**, 400-107 Des Meurons St. St-Boniface, Wpg., conseil55@fafm.mb.ca.

VOLUNTEERING

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed for the following positions: Cribbage players and one to one visiting companions - various days and times; Assistance with our Breakfast Programs twice monthly-usually on a Tuesday morning from 7:30 am-9 pm; Require a volunteer to do filing and typing occasionally; Program assistant Mondays-1:30-3:30 pm and 6 pm-8 pm. Call Janet Paseshnik: **204-257-6688**

Seniors **204-853-7582**, Two Rivers Senior Resource Council, Lac du Bonnet/Pinawa **204-345-1227** or Whitemouth/Reynolds **204-348-4610** and Winnipeg River Resource Council **204-367-9128**

South Interlake Seniors Resource Council Inc. - Services for seniors and those with disabilities. (Stonewall, RMs of Woodlands, Rosser, Rockwood – wards 1,2,3,4). Services include Driver/Escort Program, Mobility aid Lending Service, Handy Helper, Housecleaning, Friendly Visiting, Telecheck-Telephone buddy, E.R.I.K., Life Line. Caregiver Support Grp. meets last Wed. ea month. Call **204-467-2719**

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Steinbach Arts Council - Concert season tickets available. Season ticket holders also receive an SAC membership that entitles you to 10% off our added attractions, reduced rental fees, and discounts at local businesses. Call **(204) 346-1077**. The Loewen Green Art Scene at 306 Reimer Ave hours are 7-9 pm on Mon. and Fri., and 1-4 pm on the first and third Saturday of each month. Keep up with the latest events at the Loewen Green Art Scene on our website www.steinbachartscouncil. Watch for free art classes this summer!

Teulon & District Seniors Resource Council Inc. - (Teulon, Gunton, Komarno, Erinview, Malonton, Inwood, Narcisse, Chatfield & surrounding areas). Driver program, CancerCare driver program, Victoria Lifeline, handi-helper, housekeeping/laundry, friendly visiting, telecheck, medical equipment loans, E.R.I.K., volunteer income tax program, yardwork, monthly bbq's during summer months. Call **204-886-2570**

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**

The Services to Seniors programs in North Eastman - Services: transportation, friendly visiting, phone calls, foot care, house-keeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, etc. Brokenhead Outreach for Seniors **204-268-7300**, East Beaches Resource Centre **204-756-6471**, Springfield Services to



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 **Recipe OF THE DAY**

Larry McIntosh

www.PeakMarket.com

Potato Pancakes with Smoked Salmon

Metric	Ingredient	Imperial
1	onion, finely chopped	1
500 g	yukon gold potatoes, peeled & grated	1 lb
15 ml	fresh dill, chopped	1 tbsp
-	salt & pepper to taste	-
1	egg white	1
112 g	smoked salmon	4 oz
50 ml	sour cream	1/4 cup
-	cooking spray	-

Combine onion, potatoes, dill, salt, pepper and egg white in a medium bowl and stir to combine. Coat baking sheet with cooking spray. Form pancakes by dropping about 1 tablespoon (15 ml) mixture on tray and flattening into disks. Bake in preheated 400 F (200 C) oven until golden brown on bottom about 10 minutes. Remove from oven and turn pancakes over. Return to oven and bake until brown on both sides about 7 minutes more.

Serve pancakes topped with smoked salmon and a dab of sour cream. Garnish with dill sprigs.

Serves 6

HEADING WORDS WORD SEARCH

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

BOATING	FOLKS	MOVIE	SPOKES
BOOK	KATZ	OLDER	SUMMER
BOOMER	LAOS	READING	TEACUP
BUZZ	MANITOBA	RECIPE	TRAVEL
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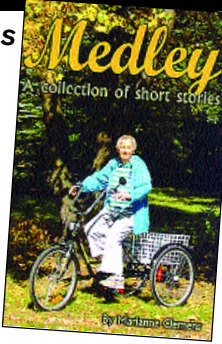
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HUMOUR COLUMN:



You Might As Well Laugh; Nobody's Getting Out Of This One Alive

by William J. Thomas - Humour Columnist

On what was once a peaceful planet and now appears to be our solar system's biggest crime scene – the world is in need of humour. It's a big world and as hard as he tries, Mayor Rob Ford can't do it all by himself.

Whereas laughter was once a bit of a bonus, it is now a vital ingredient to a happier, healthier life. No longer a luxury, laughter has become a necessity today.

Given the complex workings of the human body, the immediate benefits of a good bout of laughter are quite remarkable. First the heart rate drops and blood pressure eases off. More oxygen is added to the blood and then, endorphins are released in the brain characterized as a 'natural high.' A calmness takes over the brain assisted by the fact that when you're laughing you can't possibly be worrying.

Studies show that laughter boosts the immune system helping to fight off infection. People who laugh a lot get fewer colds and have a higher tolerance of pain because of the immunoglobulin produced in the process.

But it's got to be a good laugh, eh? Not a tepid ha ha – "don't bend over in the garden Granny, you know them taters have eyes" – kind of laugh. This is the kind of belly-laugh you get while retelling the story of how your husband while teeing off at the Humane Society Golf Tournament took a mighty swing, ripped his pants, fell down and made a noise that fright-

ened the "Adopt Me Dog of the Week". When you make that snorgeling noise and root beer comes out your nose, the health benefits of laughter are definitely in high gear.

Dr. Madan Katria of Mumbai, India believed laughter played such a vital role in boosting the morale of people living in the slums of Mumbai that he started a laugh club. Each person brought a piece of humour and the hysterical response of the group produced better benefits than therapy. Today there are a thousand laugh clubs around the world and over fifty in Canada. Laughter being immediately contagious, jokes are no longer needed. They just meet, fall down laughing and go home happy.

In the workplace, laughter lightens the mood and boosts morale, thus reducing stress. Humour in a place of business creates camaraderie among employees and wards off burnout. Acting as an emotional stimulant, laughter at work in measured doses can't help but increase productivity and longevity of employment. Most employees rate a pleasant and happy work environment higher than a wage increase when listing reasons they like their job.

But you have to be very careful. Humour is perilously subjective. As American humourist Ray Blount Jr. was fond of saying: "A good joke is like a hefty sneeze. If it's any good at all, somebody's going to get some on them."

The working title of *Margaret And Me*, a book I wrote about my wee Irish mother was: *All Humour Needs A Victim And Your Mother Should Come First!* I changed the title because at 89 years of age, she threatened to get a lawyer. We settled out of court. Yet part of that title 'all humour needs a victim' is true.

Choose your victims wisely. One workplace study shows that 70% of jokes told in the workplace mock their co-workers' age, sex or weight. This not only defeats all the benefits of laughter, the real butt of the joke, yours, will find itself in a real bind.

The best victim of humour is always you. Self-deprecating humour, poking fun at yourself is a solid and safe form of humour.

"Sorry about all that waving," said Jerry Seinfeld. "I couldn't control my arms. I shouldn't have been at that meeting. I was just a puppet in there."

The next best victim is us. All of us. Observational humour that takes all of us to task for our human foibles is safe by inclusiveness.

The biting satirist Mark Twain was funny but inoffensive because he held all humans to the same (low) standard. "Familiarity," said Twain, "breeds contempt ... and children."

Twain's stress-reducer? "When angry, count to four. When very angry swear."

Looking at the state of the world, then and now, no words ring truer than Twain's take on people. "Man is

the only animal that blushes. Or has need to."

To get more laughter in your life and humour in your workplace, be creative. Some hospitals in the States have "humour carts" full of everything from rubber chickens to water pistols to remind the sick that fun should be part of their healing program. Some corporations have "humour rooms" with comedy videos, gags and humour tapes to give their employees a quick jolt of laughter instead of caffeine. The U.S. Digital Equipment Company has deputized a "grouch patrol" whereupon happy employees put on big red noses and swarm the office of the cranky guy.

Proudly, Canada funds a group called "Clowns Without Borders," high powered executives who on their own time and dime, don clown costumes in war zones around the world to teach children how to smile and laugh again.

Laughter, a weapon of mass resurrection. Nearly a century and a half ago, President Abe Lincoln understood the benefits of humour. "Gentlemen," he said to his cabinet members, "Why don't you laugh? With the fearful strain that is with me night and day, if I did not laugh, I should die."

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

Laugh a Little

Have you read these books by these peculiar authors?

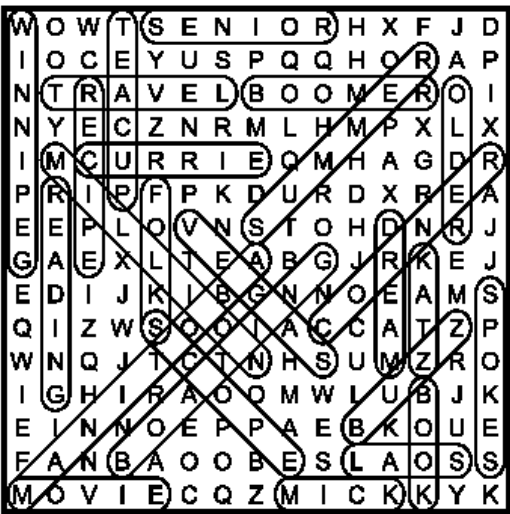
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Thank You and Good Luck! We value your comments and opinions.

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