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Manitoba 55 Plus Games Beausejour, MB - Results: 2015

This year's Manitoba Liquor & Lotteries 55 Plus Games was held in Beausejour, MB, June 16, 17 & 18, 2015. The theme this year was "Never Too Old to Play" ringing true with competitors into their 90's.

Beausejour Mayor Ed Dubray, council and the Host Committee welcomed competitors, spectators and officials from all over the province. The town of Beausejour did an excellent job of showcasing their community.

Tuesday Results (June 17):		
Event	Name or Team	Region
<u>1 km P</u> Gold	redicted Nordic Daniel Topham	Walk St. Boniface/ St. Vital
Silver	Robert Stewart	Assiniboine Park/Fort Garry
Bronze	Mary Johnson	Eastman
3 km P	redicted Walk/I	Run
Gold	Patricia Middleton	Kildonan/ Transcona
Silver	Robert Stewart	Assiniboine Park/Fort Garry
Bronze	Rose Marie Steinke	Norman West
<u>16 km (</u>	cycle	
Gold	Raymond Steen	Interlake
Silver	Daniel Topham	St. Boniface/ St. Vital
Bronze	Walter Dedio	Pembina Valley
Bowlin Women 5	g 5 Pin Singles	
Gold	Lena Hiebert	Eastman
Silver	Marla Olinyk	Assiniboine
Bronze	Deb Miller	Park/Ft Garry Assiniboine Park/Et Garry
Women 6	5+	Park/Ft Garry
Gold	Eleanor Proppe	Parkland
Silver Bronze	Agnes Thompson Margaret Dzik	Eastman Parkland
Women 7	5+	
Gold	Eva Taylor	Parkland
Silver	Nettie Kleppenstein/ Marlene Cochrane	Eastman/ Parkland
Bronze	Rosemarie Tabak/ Lucille Lemieux	Parkland/ Parkland
Men 55+		- anitand
Gold	Joe Guiboche	Eastman
Silver Bronze	Landis Dirk Wayne Wittmeier	Eastman Eastman
Men 65+		
Gold Silver	Nestor Kalinowich Richard Cochrane	Parkland Parkland
Bronze	Allan Reynolds	Westman

Frederick Bieber, Chair of ALCOA-MB (Active Living Coalition for Older Adults), banner carrier for the 55 Plus Games, stressed how participating in The Games was a win-win for everyone, whether they win a medal or not.

Minister of Healthy Living and Seniors Deanne Crothers applauded 'everyone involved in the Games for embracing the idea that being active has no age limit and for recognizing the important role that physical activity plays in healthy aging.

Lois Dudgeon, Games Committee Co-Chair with Jim Ticknor, commends the sponsors, including Manitoba Liquor & Lotteries - the title sponsor, for their continued support. Great appreciation also went to ALCOA-MB Director Jim Evanchuk, Games Co-ordinator Karyn Heidrick, the host committee, volunteers, and especially the particpants for another successful Games.

Lois Dudgeon is also the Manitoba Team Manager for the Canada Senior Games. 🔳

Men 75+ Gold Silver Bronze	Melvin Oswald Leo Lansard Joe Dzik	Westman Eastman Parkland	Women 8 Gold Men 55+	Ann Marks	Assiniboine Park/Fort Garry
Bowlin 55+ Mixed	<u>g 5 Pin Team</u>		Gold Silver Bronze	Gary Brass Richard Marshall Mike Zolinski	Norman West Eastman Norman West
Gold Silver	Winstars Strikers	Eastman St. James/ Assiniboia	Men 65+ Gold	John Erickson	Norman West
Bronze	Plumas Pin Pals	Central Plains	Silver Bronze	Dan Deonarine Lynn Wright	Parkland Eastman
65+ Mixed	Ł			, ,	
Gold Silver	Team Lemieux/Dzik Team Taylor/	Parkland Parkland	Men 75+ Gold	Norval Campbell	Eastman
Bronze	Cochrane Team Szakacs/Zanzow	Interlake	Silver Bronze	Bryan Dixon David Spaulding	Norman West Assiniboine Park/Fort Garry
75+ Mixed	ł		Men 80+		Tark Tort Garry
Gold	Strike Force	Parkland	Gold	Jack Widdicombe	Parkland
Silver	Team Peters/Wiebe	Eastman	Silver	Stan Marks	Assiniboine
Arts an Fine Arts	d Crafts		Bronze	Frank Letkeman	Park/Ft Garry Pembina Valley
Gold	Jessie Tiessen	Westman	Golf 9	Hole	
Silver	Jessie Tiessen	Westman	Women 5		
			Gold	Donna Borkowsky	Eastman
Crocheting Gold	g Mavis Gerwing	Interlake	Silver Bronze	Lois Dudgeon Norma Wittmeier	Pembina Valley Eastman
Silver	Celine Bellin	Interlake	BIONZO		Lastman
Bronze	Celine Bellin	Interlake	Women 6		
Oika			Gold	Eleanor Proppe	Parkland
Quilts Gold	Donna Ray-Litke	Eastman	Silver	Shirley Strand	St. James/ Assiniboia
Silver	Donna Ray-Litke	Eastman	Bronze	Linda Buchanan	Norman West
Wall Hanc	ings and Rugs		Women 8	0+	
Gold	Donna Ray-Litke	Eastman	Gold	Evelyn Ferens	Kildonan/
Silver	Victor Savage	Interlake			Transcona
Woodwor	kina		Men 55+		
Gold	Victor Savage	Interlake	Gold Silver	Mike Zolinski Gary Brass	Norman West Norman West
Miscellane	ous: recycled craft		Bronze	Doug Graham	Eastman
Gold	Victor Savage	Interlake	11 05		
Silver Bronze	Jessie Tiessen Betty Patterson	Westman Westman	Men 65+ Gold	John Erickson	Norman West
DIONZC	Delly Fallerson	VVCStillali	Silver	Jim Ticknor	Eastman
Golf 18 Hole Gross			Bronze	Dan Deonarine	Parkland
Gold	Donna Borkowsky	Eastman	Men 75+		
Silver	Donna Demarco	Eastman	Gold	David Spaulding	Assiniboine
Bronze	Donna Ray-Litke	Eastman	Silver	Bryan Dixon	Park/Fort Garry Norman West

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Page 3

St. James/

Assiniboia

Assiniboine

St. James/

Assiniboia

Assiniboine

Interlake

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55 Plus Games, cont'd

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Men 80+ Gold Elmer Young Pembina Valley Silver Jack Widdicombe Parkland Bronze Wilf Hudson Parkland Golf 18 Hole Net Women 55+ Gold Lois Dudgeon Pembina Valley Jacqueline Wilson Interlake Silver Bronze Norma Wittmeier Eastman Women 65+ Gold Dixie Stewart Westman Carol Gabrielle Silver Eastman Bronze **Eleanor Proppe** Parkland Men 55+ Gold Landis Dirks Eastman Doug Graham Eastman Silver Bronze Rene Foubert Eastman Men 65+ John Erickson Norman West Gold Eastman Silver Jim Ticknor Lynn Wright Bronze Eastman Men 75+ Frank Porada **Central Plains** Gold Silver **David Spaulding** Assiniboine Park/Fort Garry Bronze Jack Dubnicoff Lord Selkirk/ West Kildonan Men 80+ Pembina Valley Gold Ron Lowry Silver Wilf Hudson Parkland Bronze Pembina Valley Elmer Young **8 Ball-singles** Men 55+ Gold Dieter Bonas Assiniboine Park/Fort Garry Silver Stuart Ganske Pembina Valley Bronze Guy Jolicoer Eastman Men 70+ Gold Leon Martens Westman Silver Dave Todd Parkland Bronze Dennis Pantel St. Boniface/ St. Vital **9 Ball-singles** Men 55+ Gold **Dieter Bonas** Assiniboine Park/Fort Garry Silver **Guy Jolicoer** Eastman Bronze Stuart Ganske Pembina Valley

Men 70+ Leon Martens Westman St. Boniface/ **Dennis Pantel**

8 Ball Teams

Gold

Silver

Bronze

Gold Simon/Ganske Pembina Valley

Remi Therrien

St. Vital

Parkland

Silver Bronze	Team MacDonell Team Anderson	Ea As Pa
	Bowling	
	wling Cues	п.
Gold Silver	Team Guillas Team Collard	Pa Pe
Bronze	Team Kitching	Pe
	0	
	wling Non-Cues	0
Gold	Team Vital Seniors	St St
Silver	Team Gimli	In
Horses	hoes	
Women Gold Silver Bronze	Agnes Thiessen Mary Anne Plett Wendy Heidrick	Ea Pe As Pa
Men		10
Gold	John Niemczyk	Ea

Duplicate Bridge

Gold

Silver

Bronze

James Schichl Walter Mychasiw

Floor Curling

Cue Team Peters Gold Silver Team Colman Team Gerwing Bronze

Non-Cue Gold

Gold

Silver

70 +

Gold

Silver

Gold

Silver

Gold

Silve

Gold

Silver

Bronze

Bronze

Bronze

Team Bellin Silver Team Gudmundson Bronze

55 +

Team Ell

Team Laferriere Team Downing Team Hildebrand

Team Hughson Team Bassa Team Piett

Pickleball

Gail Brigham Assiniboine Park/Fort Garry & Linda Brazil May Duff Assiniboine & Gail Woollard-Barnes Park/Fort Garry Fastman Bronze Maria Hawrylak & Pat Bothe

Wmen's Doubles 3.0 (70+) St. James/ Ruby Laughren Assiniboia & Nadine Yacheson

Wmen's Doubles 3.5 St Jamoo/

Mixed Doubles 3.5 Gold Nina Constable & Lionell Piche Silver Linda Roberts & Terry Ladyman Bronze Sharon & John Klassen

Mixed Doubles 3.5 (70+) Ruby Laughren Gold & Brian Shipham Silver Diane & Ron Dunsford

<u>Swimming</u> 50 Free 55+ Women Judy Steen

50 Free 75+ Women Vicki Kennedy

50 Free 55+ Men Paul Boulding

> Ken Faulder Raymond Steen

> > Grant Buchanan

50 Free 75+ Men Walter Dedio

50 Breast 75+ Women Gold Vicki Kennedy

50 Breast 55+ Men Gold Paul Boulding

50 Breast 65+ Men Raymond Steen Gold Silver Grant Buchanan

50 Breast 75+ Men Gold Jack Dubnicoff 50 Back 55+ Women

Gold Judy Steen 50 Back 75+ Women

Gold Vicky Kennedy 50 Back 65+ Men Raymond Steen Gold

100 Free 65+ Women Linda Buchanan Gold

100 Free 75+ Women

Gold

Bronze

Gold Vicki Kennedy 100 Free 55+ Men Paul Boulding



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St. Boniface/ St. Vital Interlake Interlake

Floor Shuffleboard

Westman Westman Eastman

Interlake Fastman Westman

Wmen's Doubles 3.0

Team Agnew Pembina Valley Eastman Team MacDonell ssiniboine ark/Fort Garry arkland embina Valley embina Valley

> t. Boniface/ St. Vital nterlake

Gold

50 Free 65+ Women Linda Buchanan

Interlake

Eastman

St. James/ Assiniboia Interlake

Pembina Valley

West Kildonan

Interlake

Norman West

Interlake

Fastman

Norman West

Interlake Norman West

Lord Selkirk/

Interlake

Interlake

Pembina Valley

Pembina Valley

Norman West

Interlake

Eastman

Lord Selkirk/

West Kildonan

Norman West

Interlake

Interlake Eastman

Silver	Bonas/LaMoureux	St. Boniface/ St. Vital
Bronze	Dougherty/King	Lord Selkirk/ West Kildonan
9 Ball		West Hildenan
Teams		
Gold	Simon/Ganske	Pembina Valley
Silver	Therrien/Todd	Parkland
Bronze	Bonas/LaMoureux	St. Boniface/ St. Vital
<u>Cribbac</u>	le l	
Cribbage S	Singles	
Gold		Pembina Valley
Silver	Stuart Hooey	Central Plains
Bronze	Vi Bretecher	Parkland
Cribbage F	Pairs	
Gold	Melvin Watkins	Assiniboine
	& Garth Pidhirney	Park/Fort Garry
Silver	Claire Logan	Eastman
	& Regina Konge	
Bronze	Betty Gray	Interlake
	& Yvonne Bernhardt	
	<u>t Bridge</u>	
	Team McCullough	Pembina Valley
Silver	Team Brisson	Pembina Valley
Bronze	Team MacDonell	Eastman

u	Nina Constable	JL. James/
	& Dianne Dunsford	Assiniboia
er	Ellen Torbiak	St. James/
	& Linda Roberts	Assiniboia

Men's Doubles 3.0

Leslie Whiklo Kildonan/ & Mike Bobko Transcona Dave Bevan & Blair Heaps Eastman Wayne Dennis & Randy Chervinski Transcona

Kildonan/

Transcona

St. James/

Assiniboia

Assiniboine

Park/Fort Garry

Norman West

Men's Doubles 3.5

Paul Aquin Gold & Miles Kereliuk Silver Brian Danielson & Lionel Piche Craig Vickery Bronze & Ray Spokes Men's Doubles 3.5 (70+) Terry Ladyman Gold & Larry Ladyman

Pickleball

Mixed Doubles 3.0			
Gold	Ann Sisler	Eastman	
	& Blair Heaps		
Silver	Cindy & Dave Litke	Eastman	
Bronze	Pat & Mike Bobko	Eastman	

100 Free 65+ Men Raymond Steen Gold Silver Ken Faulder

St. James/ Assiniboia Grant Buchanan Norman West

100 Free 75+ Men Walter Dedio Gold

100 Breast 55+ Women Gold Judy Steen

100 Breast 65+ Women Linda Buchanan Gold

100 Breast 55+ Men Paul Boulding Gold

100 Breast 75+ Men Gold Jack Dubnicoff

100 Back 65+ Women Gold Linda Buchanan

100 Back 55+ Men Gold Willie Anseeuw

Pembina Valley

Continued on page 4





55 Plus Games, cont'd from page 3



100m

Gold

Silver

100m

Gold

Silver

Bronze

100m

Gold

100m

Gold

200m

Gold

Silver

Gold

Gold

Silver

200m Men 60+

Bronze



Interlake

St. James/

Assiniboia

Eastman

Lord Selkirk/

West Kildonan

Norman West

Assiniboine

Lord Selkirk/

Eastman

Interlake

Eastman

Lord Selkirk/

West Kildonan

Norman West

Pembina Valley

Eastman

Eastman

Interlake

Lord Selkirk/

West Kildonan

Park/Fort Garry

Gold Silver Bronze	Linda Buchanan Vicki Kennedy Paul Boulding	Norman W Interlake Eastman
	<u>e Swim 400m</u>	
55+ Men Gold	Willie Anseeuw	Pembina V
65+ Men Gold	Raymond Steen	Interlake
75+ Men Gold	Jack Dubnicoff	Lord Selkir West Kildo
Silver	Walter Dedio	Pembina V

Track

Gold	Carole Masson
Silver	Linda Buchanan
Bronze	Margaret Birk

Predicted Swim 200m

100m Women 75+ Juliette Jacobson Gold

_	Pembina Valley	
	Interlake	
	Lord Selkirk/ West Kildonan Pembina Valley	
	City Centre/ Fort Rouge Norman West Kildonan/	

Norman West

Transcona Assiniboine Park/Fort Garry

Men	60+ Dharam Deonarine	Lord Selkirk/ West Kildonan
	Jim Whitehill	Kildonan/ Transcona
Men	65+	
	Leon Clegg Ken Faulder	Eastman St. James/
		Assiniboia
Э	Raymond Steen	Interlake
Men	70+	
	Walter Mychasiw	Interlake
Men	75+	
	Jack Dubnicoff	Lord Selkirk/ West Kildonan
Won	nen 70+	
	Carole Masson	City Centre/ Fort Rouge
	Linda Buchanan	Norman West

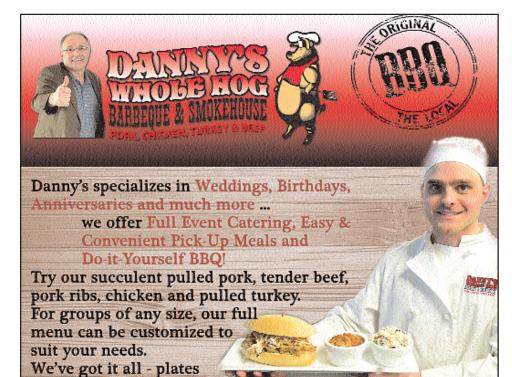
Margaret Birk

Jim Whitehill

Transcona 200m Women 75+ Juliette Jacobson Assiniboine Park/Fort Garry

> Dharam Deonarine Lord Selkirk/ West Kildonan Kildonan/ Transcona

Kildonan/



200m Men	65+
Gold	Raymond Steen
Silver	Ken Faulder
200m Men	75+
Gold	Jack Dubnicoff
400m Wor	nen 55+
Gold	Agnes Thiessen
400m Wor	nen 70+
Gold	Linda Buchanan
400m Wor	nen 75+
Gold	Juliette Jacobson
400m Men	60+
Gold	Dharam Deonarine
400m Men	65+
Gold	Albert Beal
Silver	Raymond Steen
400m Men	75+

Jack Dubnicoff Gold 800m Women 55+ Gold Agnes Thiessen

800m Women 70+ Gold Linda Buchanan

800m Men 60+ Willie Anseeuw Gold

800m Men 65+ Gold Leon Clegg Silver Albert Bea Bronze Raymond Steen

800m Men 75+ Gold Jack Dubnicoff

1500m Women 60+

Gold

West Kildonan Marilyn Bourbonnais St. Boniface/ St. Vital

1500m Men 60+ Gold Willie Anseeuw Silver Jim Whitehill

1500m Men 65+ Gold Albert Beal Silver Desmond Walton

3000m Women 55+ Gold Judy Otto

3000m Women 60+ Marilyn Bourbonnais Gold

3000m Men 60+ Gold Willie Anseeuw

3000m Men 65+ Leon Clegg Gold Albert Beal Silver **Desmond Walton** Bronze

Slo-Pitch Division 1 MB Coyotes Gold Ag-West Silver Bronze Charleswood

Primetime Division 2 Swan Valley Silver Fox Gold

Silver Tri-Clad Design Westlake Brewers Bronze

Division 3 Gold Lee River Silver St. James Ichabods

Portage Agri-Sales Bronze

<u>Whist</u> Gold Silver

Bronze

Team Carpick Team Lariviere Team Brisson

Norman West Parkland Pembina Valley

Pembina Valley

Kildonan/

Transcona

Eastman

Eastman

St. Vital

Eastman

Eastman

Assiniboine

Westman

Central Plains

Park/Fort Garry

Assiniboine

Parkland

Parkland

Eastman

St. James/

Assiniboia

Central Plains

Assiniboine Park/Fort Garry

Park/Fort Garry

St. Boniface/

Pembina Valley

Assiniboine

Park/Fort Garry

The City of Brandon has been officially named host community for the 2016 Manitoba Liquor & Lotteries 55 Plus Games!

June 14-16, 2016, over 1000 athletes from all across this province will gather in Brandon to participate in the largest multi-sport event in Manitoba. The annual 55 Plus Games II run ior the 34th year oliering age friendly competition in over 25 events ranging from Cribbage and Scrabble to Swimming and Slo-Pitch. The games are open to anyone 55 years of age or older and will often see participants who are well into their 90's. Two local service clubs have joined forces to deliver the games. The Rotary Club of Brandon and the **United Commercial Travellers** James B. Chrisp Council #448 worked collaboratively on a success ful bid for the 2016 Games and will continue to partner in forming the host committee. Bernie Chrisp, Host Committee Chair says "It's a wonderful honor to be selected as the host city and we know the entire community will look forward to welcoming athletes and visitors to Westman." The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) coordinates these games as a celebration of healthy living and proof that Manitobans of all ages can lead active, engaged and healthy lives. The

games emphasize recreational activities combined with social and cultural experiences. ALCOA's Executive Director, Jim Evanchuk states "The 2016 Manitoba 55 Plus Games reprea partnership EII ALCOA MB, the provincial 55 Plus Games Committee and the Brandon Host Committee. We were very impressed with the bid from the Brandon Host Committee and we are confident that the fine people in Brandon will set the stage for a memorable experience in June 2016. No matter what your age or interest, the 55 Plus Games have something for you!" Brandon First, the destination marketing organization for Brandon and area is also proudly supporting the local host committee for the 2016 games. Executive Director, Jackie Nichol says "These games will provide an excellent opportunity for Brandon to strengthen its local economy as it showcases our city and its sport and recreation facilities to visitors and participants." Check the ALCOA-MB website (www.alcoamb.org) for updated information as the Games move closer for anyone who is looking to get involved.

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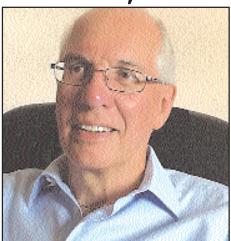
We will always be a 'nation of immigrants', and organizations like Success Skills have been helping newcomers for decades By Roger Currie

Since returning to live in Winnipeg just over three years ago, I have become increasingly aware of the role that immigrants play in the evolution of this part of Canada. I was away for six years, living and working in Saskatchewan, and when I returned there was a noticeable difference in a number of Winnipeg neighbourhoods.

My wife Janice and I help to distribute *Senior Scope* along Pembina Highway, south to the Perimeter and beyond. Major growth in construction of apartments and condominiums along Pembina began while I was away, and the pace of growth seems to be accelerating. Throughout its history, Winnipeg's cultural and economic strength has focused on neighbourhoods which have become distinctly 'ethnic'. This area of south Winnipeg has

seen tremendous growth in immigration from a number of countries in Asia. Some of them continue to be refugees from conflict zones, seeking a better future for their children, but many thousands who have emigrated here have done so in response to a con-certed effort by the government of Manitoba to attract people with definite skills. Over the past decade almost 130,000 people have come here under the Provincial Nominee Program and other options. Quite a few have subsequently moved to other parts of Canada, but enough have stayed and put down roots to enable Manitoba to be a consistent leader when it comes to economic growth.

The demographics in many of the countries that send immigrants to Canada are somewhat the reverse of what's happening locally. The birth rate has dropped dramatically in many



Roy Vallance - retired engineer

parts of Canada, resulting in chronic shortages of skilled workers. Manitoba and other parts of the prairies have been particularly affected by this. We generally think of entry level jobs in the service sector, but the shortage of more skilled workers is ongoing in almost every sector you can think of.

One of a number of organizations who have been helping immigrants settle in Manitoba is Success Skills Centre. A community-based non-profit that began in 1985, they act as a broker and advocate, helping their immigrant clients gain access to training and employment programs. The main objective of Success Skills is to help remove barriers that make it difficult for newcomers to work in their chosen field.

The Winnipeg office of Teshmont Consulting provides a great example of the results that can be achieved. Roy Vallance is a professional engineer who recently retired as a senior executive of Teshmont. He and his wife Patricia emigrated from the United Kingdom more than 25 years ago. Roy's involvement with Success Skills began 15 years ago when he was approached about helping foreign-trained engineers find work in Manitoba. "We hired our first engineer with the help of Success Skills in January 2001. It worked out very well, and we hired several more in the years that followed. The service was great, and it got to the point that we almost came to regard Success Skills as the human resources arm of Teshmont", he says.

Vallance's earlier professional experience included living and working in Pakistan for two years, and this undoubtedly made him somewhat more aware of international possibilities when it came to hiring professionals. He now chairs the board of Success Skills which recently celebrated its 30th anniversary.

Through the determined efforts of staff, led by CEO Monika Feist, and a number of dedicated volunteers, Success Skills has been able to boast of a remarkable success rate. More than 90% of their clients have been hired to work in the professions for which they were trained, but it continues to be an uphill battle in many cases. "We need to reach more employers to convince them that engineers and other professionals have lots to offer, despite a lack of Canadian experience" says Roy Vallance.

If Manitoba and other Canadian provinces are not successful in finding work for immigrant professionals, there are several other countries, most notably in western Europe, which will be more than happy to welcome them. Roger Currie is a Winnipeg writer and broadcaster. He recently was the Emcee at Success Skills 30th anniversary dinner. In addition to writing for Senior Scope, Roger is heard regularly on CJNU, 93.7 FM

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Variety Night at 55 Plus Games in Beausejour - Square Dancers



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NEWSBITS

University of Winnipeg 55 Plus Program

The University of Winnipeg offers courses designed specifically to meet the varied interests of older adult students. The interesting and engaging courses are 6 or 12 weeks long and have the special benefit of no tests or assignments. A 6 week course is only \$72. Courses vary from year to year and topics include current affairs, politics, religion, history, music, philosophy, science & literature. It's a great opportunity to learn new things and meet other students.

It's easy to find detailed information online by typing into Google: 55 Plus Program University of Winnipeg or entering http://pace.uwinnipeg courses.ca/55-plus-program. ■

Creating Jobs for Older Workers

Economy Minister Kevin Chief with Larry Maguire, member of parliament, Brandon-Souris announced that the provincial and federal governments are joining forces to help create jobs for close to 100 unemployed workers between ages 55 and 64 in western Manitoba with the Targeted Initiative for Older Workers (TIOW) program which was recently extended for an additional three years.

This multi-year project offers skillupgrading activities including training and work placements. The experience they will acquire will help them qualify for jobs and reintegrate into the labour market. ■

Be Fit With Gwen

Gwen was the 2012 Road Runner of the Year for Athletics Manitoba and has numerous age group championship wins.

She started running at 50 and is still putting on the K's each and every day to maintain her health and appearance.

Lets start with her simple clear advice and each issue we will assist you in being healthy and active.

Walk, Run, Aqua

Fitness is a daily function just like eating and takes you to new levels of ability and improves your lifestyle. So where do you start? Simply moving such as walking for progressively longer periods at increased pace will provide you with weight loss, joint flexibility and an overall feeling of wellness.

Walk

Start by walking around your block so that by the end of the first week you have progressed from walking and stopping to a continuous walk. Do not forget to take water with you, but leave sports drinks and sugared drinks or food behind.

Each week set a goal of distance and pace that stretches your ability until you can walk 5 km continuously, say by the end of the first month. At this point you are ready to start a fast walk, (or slow jog) and return to the process of adding in this extra speed for short distances in your walk. (Walk then run say from a hydro pole to the next one and then back to the walk for the rest of the



block). Remember to breathe through your nose and breathe out through your mouth and continue your growth until you can walk and run for the 5 Km. This means walking and then running (if Possible) every other block. Attending a Running Room Walk/Run Clinic will give you the support of their professionals as well as your fellow participants. After you are able to walk a block, run a block, so that the community spirit uplifts you to continue. Remember you are doing this for health and not to be a Runner although if you are even a bit competitive you will by now have the bug to de better forter langer

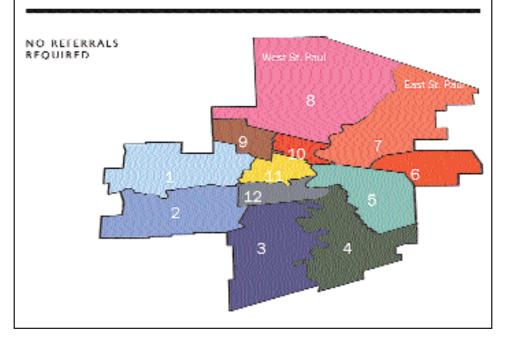
bug to do better, faster, longer. We will talk about aqua fitness next month and how to get started and blend this in to your Healthy, Feeling Better, process.

- Gwen

OLDER ADULTS 55+ COMMUNITY SUPPORT AND SERVICES

SENIOR RESOURCE FINDERS and HEALTHY AGING RESOURCE TEAMS will link individuals to services and programs

1	St. James - Assiniboia Area - Senior Resource Finder St. James - Assiniboia & Assiniboine South Healthy Aging Resource Team	204-987-8850 204-940-3261
2	Assinboine South - Senior Resource Finder St. James / Assiniobia & Assinboine South Healthy Aging Resource Team	204-478-6169 204-940-3261
3	Fort Garry Area - Senior Resource Finder	204-792-1913
4	St. Vital Area - Senior Resource Finder	204-255-2061
5	St. Boniface Area - Senior Resource Finder	204-255-2061
6	Transcona Area - Senior Resource Finder River East / Transcona Healthy Aging Resource Team	204-222-9879 204-940-2114
7	River East Area - Senior Resource Finder River East / Transcona Healthy Aging Resource Team	204-667-6812 204-940-2114
8	Seven Oaks Area - Senior Resource Finder	204-612-3888
9	Keewatin / Inkster Area - Senior Resource Finder	204-774-3085
10	Point Douglas Area - Senior Resource Finder Downtown / Point Douglas Healthy Aging Resource Team	204-792-2920 204-940-8140
11	East Downtown Area - Senior Resource Finder Downtown / Point Douglas Healthy Aging Resource Team	204-803-8329 204-940-8140
11	West Downtown/Broadway Area - Senior Resource Finder Downtown / Point Douglas Healthy Aging Resource Team	204-722-3533 204-940-8140
12	River Heights Area - Senior Resource Finder	204-478-6169
**	Conseil des francophones 55+ - serves French speaking population of Winnipeg	204-793-1054
••	Middlechurch Home of Winnipeg Inc serves West St. Paul and East St. Paul	204-336-4126



The Ultimate Women's Show is Having a Fall Show!!!!!THE Ultimate Women's Show is Having a Fall Show!!!!!September 12 & 13, 2015

Assiniboia Downs Saturday 10 am - 5 pm & Sunday 11 am - 5 pm Admission \$5 - Free Parking

Contang Filling, Filler, Grant Rand

HERITAGE HOUSE

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Best Kept Secrets"

Fred Douglas

Heritage House

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Supportive Housing centrally located in downtown Winnipeg

- Tenant companions onsite 24/7
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One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

100 The Promenade (behind Portage Place) Take a virtual tour at www.freddouglassociety.com

For information contact Shauna at 204-949-9027 E-mail: sgladish@fdl.mb.ca

"Where It's Fabulous to be Female"

Ladies, gather all the women you know and get ready for a fun weekend out! Shopping, beauty, fashion, travel, health and wellness, jewellery and so much more!

Exhibitor Info Contact: info@ultimatewomensshow.com www.ultimatewomensshow.com







"The Consumer Show Designed With Baby Boomers & Seniors in Mind"

October 17 & 18, 2015 Assiniboia Downs

Saturday 10 am - 5 pm & Sunday 11 am - 5 pm Admission \$5 - Free Parking

Exhibitor Info Contact: info@50pluslivingshow.com www.50pluslivingshow.com





Wm. M. E. (Bill) Ward driven@mymts.net

I WANT YOU

I am still looking for Driver Evaluators for the Fall. Send me an outline/resume and get a drivers abstract and join our **Ride and Drive** Team. <u>driven@mymts.net</u>



THE SPEED LIMIT!

110 Kph on Highway 1 from Saskatchewan to Ontario is now in place except for areas prior to intersection traffic lights. Now is the time to take those lights out and build some over/underpasses and keep the traffic moving even better and reduce fuel consumption and pollution. All Manitoba 4 Lane Highways should be 110 Kph and all two lanes should be 100 Kph.

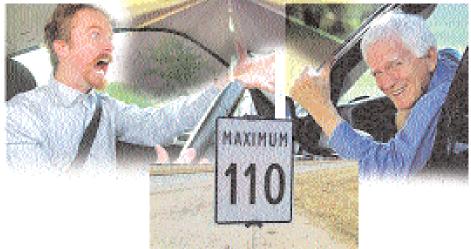
This new and correct thinking process means that You the Driver have to adapt to the process and change how you drive. In recent trips to Alberta and Ontario I have noticed many drivers in the Left Lane traveling significantly below the limit and not moving over for faster vehicles.

The current charge is 'interfere with traffic' and/or 'obstruct traffic' and yet many persist in obstructing the lane. In many other jurisdictions the fines are over \$1,000.00 and five points on your license. We should tag all vehicles traveling at 90 Kph or less as they cause significant potential for collisions when weaving from lane to lane to get around them as they are moving obstacles. A majority of new vehicles are in fact more fuel efficient at 110 than below and they are designed to operate between 100 and 130 Kph to accommodate US Highways and the needs of interprovincial travelers.

If you have a fear of traveling on restricted access highways such as Highway 1, a great idea is to use alternate routes on two lane roads with slower traffic.

An idea is to **contact a driving school and have them take you on a highway lesson** where you learn to merge so that you are at the speed limit prior to entering the highway and can merge into the first lane you come to and other road





users should speed up and move to the median lane to accommodate your entry into traffic.

Vehicles that are parked or stopped on the shoulder of the road are to be passed in the median lane and if it's an Emergency Vehicle – Police, Fire, Ambulance, Tow Truck or Workers – lane change and slow down. Not only are the fines doubled but you are at risk to hit the person(s) who are out of the vehicles.

You should be checking your mirrors every two seconds to be aware of overtaking traffic so that you can react to that which is front of you without causing overtaking traffic problems.

A major problem is vehicles crossing Highway 1 and not leaving enough space so they do not obstruct traffic as they cross the roads.

Restricting and lowering speed limits cause significant problems with

DRIVEN! Continued on page 8

BOB'S MAINTENANCE TIPS!

Bob Degrave Automotive Specialist

Bob and his shop **Seven Oaks Transmission** are a CAA Approved Auto Repair Services Facility and he is an approved vehicle specialist and the owner manager of Seven Oaks Transmission Each Issue we will feature reader's questions and the advice Bob gives in this section. Many people phone and say what's a new muffler for my 1996 Caravan installed worth? I can quote the price and labour for the new muffler but the actual culprit may be a loose clamp or a small world at 1/10th the cost

and not want the service inspection done. This means that that task will be done and the actual problem can go unsolved.

Bob I have a noise in my engine and it is only at cold start. What do I need to do? I stress that like a child's cold it may not happen as we want it to, so be patient.

This is like telling your Doctor what is wrong and how to cure it. The doctor will want to do tests to confirm the need so let our Doctors of Automotive Service get it right through testing.

- Bob DeGrave.

Please email **driven@mymts.net** with your questions.

a small weld at 1/10th the cost.

A written estimate is binding on both parties and has the ability to save the customer from unnecessary work, overcharges and simply put, the correct job is quoted on and the customer knows what is actually wrong. Many people will call and say put a new muffler on it

Well first we will park it in the compound overnight and check it first as soon as we open. If this gives us the noise then we can isolate it so that the problem is identified and quoted on.



Bob why will most shops want to have a tech examine a vehicle prior to giving an estimate?

Well That's a great question.

First a correct examination will pin point the exact problem and then the estimate will be for the actual repair and not a guess as to a fix that may not be correct.

This can save you money and prevent unnecessary work being done as the customer is getting just what they need not what is guessed at.

COMPLETE TRANSMISSION SPRING SPECIAL. ALL INCLUDED... NO HIDDEN COSTS

PICE INCLUDES: Construction of the product of the produ



Cont'd from page 7

traffic and have shown to cause more collisions as the perceived speed of drivers is often much higher than the new limit and impatience produces negative activity.

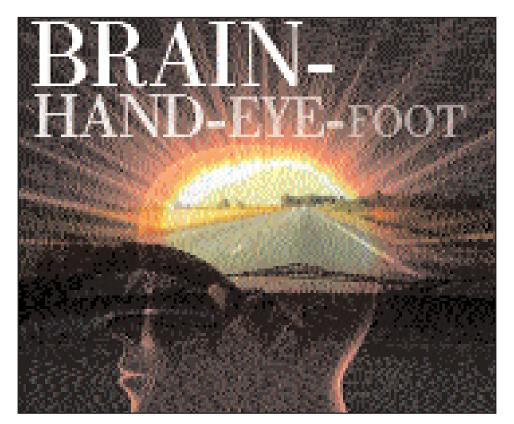


In fact NO VEHICLE Bikes, Mobility Carts etc., should be allowed on a road surface unless they can operate continuously at the posted speed limit. Bikes should be restricted to bike lanes and require a license plate, operator license and have enforcement that requires the Highway Traffic Act to be obeyed as it is written.

THE HUMAN BRAIN AND EYE WORK TOGETHER

Humans have been walking and running for their total existence and their first travel above the speed of running was on a horse and was about 20 miles per hour or 32 Kph and this was for over 3000 years or more until the Steam Train and the Aeroplane. So we have had a brain-eye connection that related to speed geneti-cally functioning for all of human exis-tence until the 1890s and then we accelerated rapidly until trains move at over 300 Kph and Passenger Aircraft are soon to brake the Sound Barrier and passenger cars are capable of over 300 Kph on the open highway.

This dramatic change has resulted in human expansion of the minds ability to function at ever increasing speeds and to revolutionize our concepts of human motion. We will soon be able to double the speed of human runners and we will be adapted to ever increasing rates of



AUTO EVE

TRACKDAZZE! 03 July 22 - Wednesday

An opportunity to extend your ability to drive your high performance car to its driving limit in a safe and controlled environment with experienced High Performance Driving Coaches, away

from normal traffic at **Gimli** MotorSport Park. Improving the driver/rider's skills should be the top goal as well as having fun.

Contact: Wm. M. E. Ward (Bill) at 204-390-0457 driven@mymts.net www.trackdazze.ca

Presented by: TRACKDAZZE

YELLOWHEAD CLASSIC **AUTO SHOW**

July 24 - Friday - 5 pm

Held at the Neepawa Co-op Grocery Store parking lot, Hwy. 16.

For more info contact: Gary Salmon 204-368-2375

SPRINGFIELD COUNTRY FAIR

July 25 - Saturday

Tractor and Antique Vehicle display in Dugald, MB. Everyone welcome and bring a vehicle.

For more info contact: John Holland 204-853-7452 iamjohn@mts.net

Presented by: SPRINGFIELD **TRACTOR CLUB**

16TH ANNUAL LIONS CLUB OF EAST ST. PAUL SHOW AND SHINE

July 27 - Sunday - 11 am-5 pm

All antique, classic, high performance, and special interest vehicles welcome. Registration 7 am, entry fee \$10 per show car, includes complimentary lunch and dash plaques. Various car class awards will be presented. Free spectator admission. Children's activities, bbg lunch, silent auction and beer garden.

motion. Hand-Eye-Foot coordination speed and the ability to perform minute path corrections at speed are increasing with each generation.

In fact check out Earth Sky at http:// earthsky.org/human-world/what-isthe-speed-of-thought and find out just how fast thought travels (150th of a nanosecond) and then realize that you can recognize response to stimuli much faster than is held to be average and that you can be in better visual control than you accept as the average.

The distance from the brain to the area of the body that reacts from the thought process is the factor that influences the speed of reaction. Remember that the hands that steer the vehicle are nearer the brain than the feet so that steering occurs faster and more accurately than braking which takes longer due to thought having to go farther to cause the desired reaction.

Such Concepts are mind boggling to some, and to others they are simply the future.

The future is now if we can adapt, as we do not want to slow down as this equals stopping.

Hamilton in the rain at Silverstone an example of total car control and winning strategy

Watched the Silverstone GP on Sunday and was awed by Lewis Hamilton's control of his car and the track environment. This is the coming of a new age of driving skills and they are taught skills not just natural skills. Look up Advanced Driving Schools on Google and give some thought to the concept of attending one not only as a thrill but as a life preserving skill acquisition that will vastly improve your driving enjoyment as well as safety.



and SIPDE are taught to provide you with 100% of the skill needed to be collision free for a lifetime of safe driving.

gsalmon@bpsd.mb.ca

Presented by: YELLOWHEAD **ROADRUNNERS AUTO CLUB**

266 Hoddinott Road E. St. Paul, MB.

For more info contact: **Richard Chornick** 204-795-8604 rdchornick@shaw.ca

Presented by: LIONS CLUB OF EAST ST. PAUL

Threshold Braking, Skid Prevention, Evasive Maneuvers, Commentary Driving

If you are interested in this type of training email me at driven@mymts.net and I will send you a list of the best schools in Canada and the USA.

- Bill





DRIVE THE FUTURE! Now The Nissan Rogue SV Family Package AWD

- Bill Ward

I had the occasion to drop into **McPhillips Nissan** on McPhillips Street in Winnipeg and chat with John Medeiros Sales Manager and Valentine Anyanwu Super Vehicle Consultant and do a Test Evaluation of the Nissan Rogue SV Family Package for **DRIVEN!**

This is quite the ride with AWD it meets *Senior Scope's* definition of a must have vehicle for the thinking driver who wants control, safety and adequate performance in a stylish package that begs to be driven everywhere you may ever want to go.

My test vehicle was a SV Family Tech Package (AWD Only) Upgrade the Rogue SV with the SV Family Tech Package and seat up to seven in this compact crossover. In addition to 3rdrow split fold-flat bench seating with additional bottle holders, the SV Family Tech Package equips the Rogue with a Nissan Navigation System with 178 mm (7-inch) colour touch-screen monitor , voice recognition for audio and navigation, Around View Monitor , and SiriusXM Traffic capability . Outside, the SV's exterior style is enhanced with P225/65R17 low rolling resistance tires and a power liftgate. Add to that Blind Spot , Lane Departure, and Moving Object Detection warning systems and you've got a suite of advanced systems on the lookout for everything from errant shopping carts to intrusive big rigs.



The Quick Spec's are 170 Horsepower 9.2/7.2 City/Hwy L/100 km. 5 Seats / 4 Doors

c's are L/100 km. s

AWD This unit has one of my sot-after features and that is headroom to enter and exit without dipping and diving to get into the vehicle and once in the ability to wear a hat. Tom McCahil, of *Mechanics Illustrated* of the late 50's taught me that hat space is the definition of a high class vehicle and the ability to get in and out of it when over 50 and in as much pain as I am in from a misspent youth and

career in being bold not necessarily smart is a significant advantage. This unit is the class leader in headroom and low pain entry and exit.

Valentine showed me the way around this vehicle and highlighted all the features and how to operate them so that I would not be wondering a a critical moment



where the controls and functions are. This walk through was very through and professional and made my initial drive far more enjoyable.

The sun roof allows light in but is UV limiting and makes the interior feel so spacious as well as inviting.

Service and bodywork shops at the dealership are well equipped and make for easy maintenance.

Phone for an appointment and check out this perfect Smaller SUV that is pocket book friendly and practical. Talk to John and Valentine and come away as impressed as I was with their knowledge and great advice. You will find out why Nissan is the fast growing brand in Canada.

Call Valentine Anyanwu: 204-952-7532 or John Medeiros: 204-294-4294 of McPhillips Nissan for your test drive. (See ad below)





Young Back to Chemo, But In Good Spirits; Simmons Celebrates 45 years in the Biz; Doug Died; Dufresne to the Hall; Gardipy Jr. Leads All Trainers; Lanier Back in Winnipeg



Back in the day, Peter Young was one of the great sportscasters in our nation. His days with CTV in the 1970s and 1980s are still legendary and to this day, nobody has better stories to tell about the broadcasting industry

By Scott Taylor

in Canada. Except for maybe Don Percy and isn't it interesting that they both spent much of their careers in Thunder Bay and Winnipeg.

Since he left broadcasting in the late 1990s, Young has been President of the Calgary Vipers professional baseball team, owner of a pro hockey league called WHA 2, a documentary film maker, a part-time play-by-play broadcaster, a deal maker, a hockey team promoter and most recently, he worked in the PR department for Šiku Vodka and also worked in the documentary and PR

division of a company called IceLink. The 68-year-old veteran of Grey Cups, Jets telecasts and Olympic Games coverage was also working with a group interested in an NHL expansion when doctors told him the cancer he thought he'd beaten a year or two ago was back.

"I was just getting set to go back out on the road when the doctors told me I had six months of chemo in front of me," he said. "So we postpone, get rid of the cancer and then get back at it. It's the way it has to be.

Young is in great spirits and spent most of our conversation talking about



CTV Sports Legends: Fred Fleming, Peter Young, Al McCann and Frank Rigney - 1978



What a difference 28 years makes. Left, Donny Lalonde with Peter Young at Caesar's Palace in 1987. Right, Donny with Peter at the Regent Events Centre in 2015.

the "Great Old Days."

"We sure had some fun didn't we?" Young said with a laugh. "We were lucky. We worked in the media at a time when it was fun, when the people we worked with and worked for also had fun and we were allowed to be success-

ful. We could say what we wanted to say and our bosses would look the other way because with our ratings and our readership, well, what were they going to do? Say, 'Stop!?' Not likely. "The media business has just

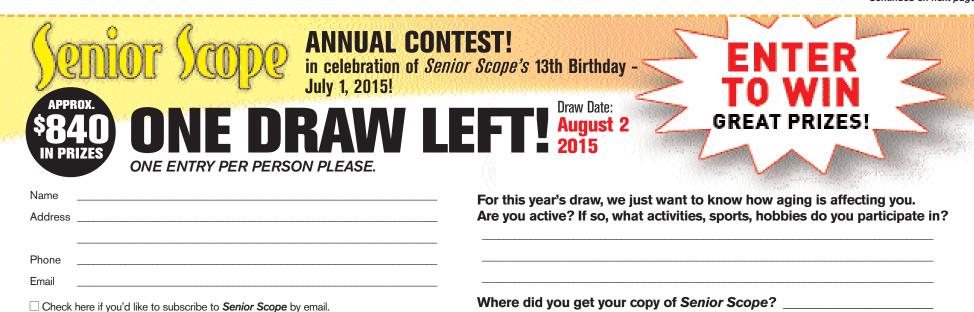
changed so much. At CKY, when we



finally passed CBC in the ratings in the 1980s, we were getting 120,000 viewers a night while CBC was getting 116,000. Those numbers aren't there anymore. You'd be lucky to get 30,000 to watch a daily newscast today because there is just so much else to do and so many other things to watch. And newspapers? Well, I'm surprised daily newspapers are still publishing at all. I don't know anybody who reads the actual newspaper anymore. And I'm 68. I'm the target market. But even I get all my news from Twitter and if I feel like reading a paper, I read it on line.

"It's a different world now. It's an electronic world. With Instagram and Twitter and Facebook, we could never do the things today that we did back then. It sure was though, wasn't it. We had some great times. But I'm afraid those times are never coming back."

Continued on next page



You'll receive every issue in your inbox automatically for FREE.

Suggest a location where you'd like to see Senior Scope available at:

Prize #1: Eliminator-RC Hobby Supply store: A Dromida Ominus UAV QuadConter rest CONGRATULATIONS ly assembled, durable dron Wild Birds Ur b bag TO ROMAN DEDA 2) OF SANFORD, MB unch **PRIZE #1 WINNER** Assiniboia Dov m or Club West Restaur TOTAL PRIZE VALUE: \$235.00 (approx.)

PRIZES PROVIDED BY:



Page 10

(\$14.99 ea.) No N without the mess Anderson's Hi for two (see ad on P

Prize #2: Red-White & Blue Get-A-Ways:

3 day/2 night Motorcoach trip to Moose Jaw Mineral Spa provided. Lodging at Temple Gardens Mineral Spa Resort for 2 nights. Includes: unlimited use of mineral pools, \$60 casino package from Casino Moose Jaw. Motorcoach departs from Winnipeg, Portage or Brandon. Total Trip value \$494.00 (see ad on Page 12)

Wild Birds Unlimited: prize of One \$25 gift card and One 5 lb bag (\$14.99 ea.) No Mess Seed Blend. (approx. \$40 Value) (see ad on Page 12) Anderson's Hitch 'n Post Ranch: One \$20 Gift Certificate -Lunch for two (see ad on Page 12)

Assiniboia Downs: One \$50 Gift Certificate - Terrace Dining Room or Club West Restaurant

TOTAL PRIZE VALUE: \$604.00 (approx.)



120 Higgins Avenue Wpg. 204-947-2865 www.e-rc.ca



GAMING & EVENT CENTRE 3975 Portage Avenue, Wpg. www.ASDowns.com

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Red - White & Blue Get-A-Ways

1-866-846-3795 www.rwbgetaways.com

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

The BUZZ, cont'd from page 10 •••• SIMMONS CELEBRATES 45 YEARS IN SHOW BIZ

Al Simmons always loved a good party.

So in September, the beloved Manitoba children's entertainer will celebrate 45 years in the music business with a special performance at the West End Cultural Centre. The date has been set. It's the evening of Saturday, Sept. 19.

During his 45-year career Simmons has been known as "a baggy-pantsedslapstick-style vaudevillian, a Human Jukebox, a one-man-cast-of-thousands, a lightning-bolt of lunacy and the Thomas Edison of entertainers."

According to his biography: "His amazing gadgets, preposterous songs, impeccable comic timing and kooky take on classic vaudeville have thrilled and entertained fans of all ages for 4 1/2 decades."

He's won a Juno Award and is pretty much and entertainment genius. He's a lovable guy and if you've ever seen him perform (I suspect that if you raised kids in Winnipeg, you've probably seen him more than twice) you'll agree that he's more fun than the proverbial barrel of monkeys.

Simmons wants to invite everyone to come and celebrate 45 years in the entertainment biz on Sept. 19, at Winnipeg's West End Cultural Centre.

●●● BEST OBIT EVER?



The Fargo (ND) Forum recently published what might be the shortest obituary in newspaper history. In fact, there weren't many in the journalism dodge last week that could of written a shorter one.

Accompanying a photograph and the name of former Fargo resident Douglas Legler, the obit read: "Doug died." Two simple words.

We're told, the previous record was three words. Apparently, in 2014, a small Swedish paper published an obit for a man named Stig Kernell. A prominent citizen, Kernell had told his wife and the newspaper years earlier that his obit was to read: "I am dead." Nothing more, nothing less. It would appear his three-word obituary no longer stands as the shortest of all time.

Winner of Senior Scope contest -Prize #1 goes to Roman Deda According to the Forum, Legler's daughter, Janet Stoll, said that her father, "had long insisted on a short and sweet death notice."

"He said over and over, when I die, I want my obituary to say no more than 'Doug died," Stoll told the Forum. "He'd say, 'Other people's obituaries would say he was the president of this, a director of this' and my Dad would say, 'What? Couldn't that guy hold down a job?"

Stoll added that her dad, who died on Jun. 27 at the age of 85, was "very lighthearted and had a great sense of humor."

Indeed

According to the Forum, Legler worked for many years as a driver for the Nash Finch Company. He is said to have been a car enthusiast and an avid singer who loved country music.

••• DUFRESNE HEADED TO THE BASKETBALL HALL

University of Manitoba athletic director Coleen Dufresne, 62, is headed into the Manitoba Basketball Hall of Fame.

A former member of Canada's national women's basketball team, she played for Team Canada in the 1976 Olympics in her hometown of Montreal. She's now been with the Bisons for 26 years – 17 years as women's head basketball coach -- and she goes to work every day with a smile on her face.

"When I got here 25 years ago, I didn't think that I'd be here forever," she said with a laugh. "But the U of M has been great for me — the people, the programs. It's provided me an opportunity to grow as an individual and to follow my passion.

"I love going to work."

GARDIPY BATTLES FOR DOWNS TRAINERS CROWN

In the winner's enclosure at Winnipeg's Assiniboia Downs, trainer Tom Gardipy Jr. is at home. Of course, he's been there so often, he knows it just about as well as he knows his own backyard.

Success seems to follow Gardipy Jr. around Assiniboia Downs. Fact is, at the Downs, Tom Gardipy Jr. is a bettor's best friend.

Then again, winning horse races and winning awards, aren't things that are new for Gardipy Jr. In 2001 and 2002, he was the trainer of the year at Saskatoon's Marquis Downs and in 2003, the Federation of Saskatchewan Indian Nations named him a member of its Circle of Honour. But that's not what drives this slight, quiet, dedicated horseman.

"Hey, anybody can win a horse race," he says with a laugh.

What drives him is family.

Tom Gardipy Jr., now 58, got into the horse racing business because his father, Tom Sr. was in the horse racing business. Tom Sr., got into the game because his father was in the business. In fact, the Gardipy family's ties to horse racing go back five generations.

Of course, winning is definitely the most enjoyable part of the sport and Gardipy Jr. knows all about winning. This season, the former Downs Trainers Champion, is second in the trainers' standings. After 66 starts, he has 13 winners, 21 second-place finishers and eight third-place finishers. He is one win behind leader Jared Brown and is the money leader among all trainers at the Downs with \$118,600 in the bank thus far.

This past Saturday night, Gardipy Jr. entered the winners circle at the Downs to celebrate, with jockey Dane Nelson, the victory of Tin Pan Indy in Race 3.

Not bad for a small town kid who grew up in the racing industry.

Tom Gardipy Jr. grew up in a barn on the Beardy's & Okemasis First Nation near Duck Lake, Sask. He learned his thoroughbred craft at the foot of his father with a pitchfork in his hand.

"You didn't stand around the barn doing nothing," Gardipy Jr. laughed. "If you were just standing around, dad would throw you a pitchfork. I always made it a point to be busy. Or, at least, look busy."

Gardipy Jr. listened closely to his father, followed the advice he was given and started riding the horses himself. Early in his life, he wanted desperately to be a jockey, but like so many trainers who started out riding, "I got too tall."

Although disappointed as a jock, there was no doubt this son of an owner/trainer would wind up in the equine business. He got his trainer's license at age 17 and the got his start in what Gardipy Jr. calls, "the Saskatchewan bushes."

Now, after 36 years in the game, he's become one of the most respected trainers in the Canadian west.

"If I could use one word to describe Tom Gardipy Jr., it would be 'professional'," said Assiniboia Downs' director of operations, Darren Dunn. "He takes a lot of pride in the care of his barn and his horses.

"There is not one person on the grounds who doesn't have a high level of respect for him."

It's a respect earned by victories and modesty. Some just call him quiet and shy. Those who know him well, however, call him humble. "He knows horses, but he also knows people," said Dunn. "He doesn't brag, he doesn't boast. He goes about his business in a professional manner. And he works harder than just about anybody else.

"There is no doubt about it, he's one of our top trainers," said Dunn. "It was great to have him come over from Saskatchewan, seven or eight years ago. He knows horses, he knows the best horses to claim and he knows how to handle thoroughbreds. He's a professional in every possible way."

And once again, this former champion, is proving Dunn right every single night.

HAL LANIER BACK IN WINNIPEG WITH OTTAWA CHAMPIONS

From July 3-5, Hal Lanier was back in Winnipeg. It was great to see the former manager of the Winnipeg Goldeyes back in a baseball uniform again.

The 73-year-old former National League Manager of the Year with the Houston Astros is back in the dugout as manager of the Can-Am Laegue's Ottawa Champions. Because the Can-Am League plays a limited interlocking schedule with the American Association, Lanier was back in Winnipeg with his new team to face the Goldeyes at Shaw Park.

"I love it, it's great to be back in the dugout," Lanier said. "It's a great city, too. I'm living in the Marriott Courtyard and the hotel is right across the parking lot from the ballpark. I'm having a lot of fun."

He might be 73, but he doesn't look out of place. The former Major League infielder (he spent 10 years in the big leagues, eight with the San Francisco Giants and two with the New York Yankees), managed the Goldeyes from 1996 to 2005. He had a record 523-361 (.591) overall record and reached the playoffs eight times in ten seasons before declining a one-year contract offer from the Fish in 2005.

Most recently, Lanier was the manager of the independent Frontier League's Normal Cornbelters from 2010 to 2011. The product of Denton, N.C., -- his late father Max was a major league, as well -- had previously managed the Can-Am League's Sussex Skyhawks from 2008 to 2009, leading the club to the league championship in 2008. He also managed the Northern League's Joliet Jackhammers in 2006 and 2007.

When you're 73 and still in great shape, there is no better place to be than the ballpark. When he came back to Winnipeg in early July, it was as if he'd never left. ■



of Sanford, MB Prizes include: Eliminator-RC Hobby Supply store: A Dromida Ominus UAV QuadCopter ready-to-run, radio controlled, fully assembled, durable drone (\$125 Value) (see ad on Page 12)

Wild Birds Unlimited: prize of One \$25 gift card and One 5 lb bag (\$14.99 ea.) No Mess Seed Blend. (Attract a wide variety of birds without the mess or sprouting!) (approx. \$40 Value) (see ad on Page 12)

Anderson's Hitch 'n Post Ranch: One \$20 Gift Certificate -Lunch for two (see ad on Page 12) Assiniboia Downs: One \$50 Gift Certificate - Terrace Dining Room or Club West Restaurant

TOTAL PRIZE VALUE: \$235.00(approx.)

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

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

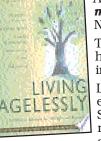


Rous, Melba. (2000). Anyone can travel: The essential guide for seniors, people with disabilities, health problems and all travellers. Winnipeg, MB: Health Ideas.

Anyone Can Travel is an excellent guide for seniors and people with health problems and/or disabilities. It takes these Special Needs travellers through every aspect of taking a trip including planning, booking, travelling and the return home. The book is full of practical tips, essential questions to ask and useful checklists. It is easy to read, use and handle.

The book covers the major forms of travel including hotels, cruising, flying, buses, cars and trains with emphasis on the

services available to meet special needs. It also has practical information on travel insurance, packing, customs, passports, visas, currency, travelling with medications and death away from home.



Altoonian, Linda. (2009). *Living Agelessly: Answers to your most common questions about aging gracefully.* New York, NY: DiaMedica.

The book is a wonderful resource for those approaching retirement, have already retired or have parents who have retired and are looking at better ways to manage the challenges of a healthy lifestyle.

Living Agelessly helps readers prepare for greater comfort and enjoyment while dealing with the practical issues of daily life. Some of the topics covered include: Health & fitness, planning for retirement, financial stability, family relationships and pursuing an active lifestyle.

The extensive resource list is a great starting place to find a wide variety of useful information to start you on the path of a fulfilling retirement life. Great travel tips as well. \blacksquare

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**

TRUEL & LETTE

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







EVENTS

IT TAKES A VILLAGE fundraiser in support of Darrell and Ruth Madill of Stonewall, MB. Wed. July 22/15 - 5:30 - 8:30 pm **Canad Inns Garden City** 2100 McPhillips St., Wpg. Bud, Spud & Steak, Silent Auction, 50/50 Draw, Bottle Draw, Door Prizes. Tickets \$20. Call Conrad: 204-750-2377 or Sam: 204-479-9487

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

The 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. Call Barré Hall: **204-296-6498**, email: mbcoin@shaw.ca

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Ultimate Women's Show - Sept. 12 & 13, Sat. 10 am-5 pm & Sun. 11 am-5 pm, at Assiniboia Downs. Adm. \$5, free parking. A fun weekend out! Exhibitor info: info@ultimatewomensshow.com. www.ultimatewomensshow.com.

50 Plus Living Show - Oct. 17 & 18, Sat. 10 am-5 pm & Sun. 11 am-5 pm, at Assiniboia Downs. Adm. \$5, free parking. Exhibitor info: info@50pluslivingshow.com www.50pluslivingshow.com

Music in the Cemetery Summer

ad Concert Series - every Thur., Jul 16-Aug 13, 7:30 pm in the Heritage Church in the St. James Cemetery (across from Polo Park), 525 Tylehurst. \$10 adm. at door. track Jul. 16 - Charmaine Bacon and Friends, a classical evening featuring flute ; Jul. 23 home grown country/folk, Cat's Advice; Jul. 30 - Still Standing, bluegrass gospel; Aug. 6 - folk, soul, Paul Plouffe; Aug. 13 bs acapella group, Company L. http://stjamesanglicanchurch.ca/Con ± certs_in_the_Cemetery.html

Nearly New Shop - Out With Summer Sale, Jul. 2-Aug. 27. Buy one piece of clothing and get anothr piece of equal or lesser value for FREE. Location: 961 Portage Ave, open Mon-Sat, 10 am-4 pm. All proceeds go to the Children's Hospital Foundation of Manitoba.

West End Biz - Mural Tours, July & August. Murals, Area History, Trivia, Culture, Games. Adults \$5, 12 & under \$2. Refreshment included. To book a walking tour, call 204-954-7900.

Bible Land Israel Tour, w/optional Jordan, Petra tour - with optional Jordan, Petra tour Oct. 25-Nov. 5/15. Visit www.toisraelwithlove.com or call Ken at 204-942-5433

St. Boniface Diocesan High School is turning 50! Come celebrate with us Oct. 9-11, 2015. Wine & cheese, dinner & dance, and mass followed by a pancake breakfast. Call the school: 204-987-1560 or visit sbdhsalumni.net for more info and early bird pricing.

Things to do in Winnipeg

SENIOR SCOPE IS LOOKING FOR A FEW GOOD PEOPLE FOR VARIOUS CASUAL POSITIONS:

1. Customer outreach - No Sales required, just good communication skills and a phone.

2. Distribution drivers - Car and license required. Can accept trade with those who are self-employed and needing advertising.

3. Reporter - Must be able to report on various events. Most can be done over the phone. The odd photograph may be required.

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SENIOR SCOPE IS ALSO LOOKING TO TRADE OFFICE SPACE IN WINNIPEG FOR ADVERTISING. Preferrably in St. James, Polo Park, Seven Oaks or Garden City areas.

For any of the above, call **204-467-9000**

Sir John Franklin Public School (class of 1954-55) - 60th Kindergarten Reunion, Sep. 7-8, 2015, Wpg. Contact: Walter Badger: 204-467-5838, badgerw@mts.net; 2 Derek Legge: 204-837-1290, Thank dlegge@mts.net; Shar Mitchell: 204-414-2066, sharmitchell19@gmail.com

Seniors (55 Plus) Slo Pitch Baseball -May-Oct. Mon-Wed, approx 1 pm, at Sinclair Park, Arlington St. and Church Ave. Fun. exercise and socializing. Call John: 204-582-1904 or Terry: 204-582-1904

The Morse Place Flashback Senior Baseball Club - looking for new slo-pitch .Ц baseball players which is open to men 55 years of age and over and women 40 years of age and over. Call Paul: 204-668-8574

VOLUNTEERING

Bethania Group - Volunteer Opportunity for a casual Administrative Assistant to process deposits and receipts for both Bethania Mennonite Memorial Foundation and Mennonite Benevolent Society, plus other administrative duties. 1-2 days/wk. Contact Dianne Nixdorf, Director of Recreation & Volunteer Services at 204-654-5035, Dianne.Nixdorf@bethania.ca

Sarasvati Productions, host of the annual Femfest Theatre Festival - We are looking for volunteer board members. For info: **204-612-1112**

Canadian Cancer Society, Manitoba **Division -** Volunteer opportunities: Volunteer driver, Door to Door Campaign, Dragon Boats, presentations/displays, data entry, Gala Ball, Speaker's Bureau, general help, Daffodil sales, Sun Safe Communities, Relay for Life, Science Fair, committee work. Call: **204-786-0613**, email: SunSense@mb.cancer.ca or Ecummings@mb.cancer.ca. Or pick up application form at 193 Sherbrook St.

Middlechuch Personal Care Home -Volunteer needed for rehab assistant to help with transporting residents to our rehab dept. Contact Matt Mutcheson: 204-336-4138

Meals on Wheels Inc. - Volunteers needed for 2 hours a week or more. Please call us to get started. Training and honorarium provided. Call **204-956-7711** or visit www.mealswinnipeg.com

The Big Brothers Mentoring program At any given time we have 100 youth waiting to be matched with 80% being boys. They wait 1-3 years for a Big Brother! We

need male volunteer mentors to serve as role models and friends. Support provided by experienced case-workers. Contact Kayla Chafe 204-988-8663 or

kayla.chafe@bigbrothersbigsisters.ca ¥ Thar

Rupert's Land Caregiver Services -Volunteers in Wpg. are needed for our transportation program in S.W. Wpg. 204-452-9491 or email: rlcs_vol@mts.net.

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

HSC Winnipeg - Seasonal volunteers welcome in patient and support areas. Free parking or bus tickets. Call 204-787-3533 or email: volunteer@hsc.mb.ca

Tudor House Personal Care Home, In Selkirk, MB - Need Volunteers to assist with Recreation Programs, Rose Bistro Tuck Shop, Friendly visiting, etc. Also Nursing Volunteers/companions, Palliative Care, Office, and grounds and gardening. Call Sable Chamberlain: 204-482-6601 Ext:21.

The High Steppers Seniors club -Volunteers needed to help with getting seniors to and from our club on Wednesdays and Thursdays, 10-2:30. 204-619-8477

Parkview Place, Long Term Care by **Revera -** Volunteer Recreation Program Assistant required to assist in running programs for residents and with individual visits, days/evenings, downtown Wpg. Email: pierre.feng@reveraliving.com or call 204-942-5291 bu

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

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

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

PROGRAMS/SERVICES

Seine River Seniors Inc. - 204-253-4599 at Southdale CC. Activities: Bridge, Mon., 9:45-11:30 am; Walking, Mon., 9:30-10:30 am, cheapy aft. Movies, 1st Tue. of mo. Call 204-452-5439; Brunch, 3rd Tue. of mo.; Fall Supper, Sep. 13; Creative writing-Sept. Call: **204-275-1353;** Nordic Poles for Sale, call Sharon 204-253-9059

Pembina Active Living 55+ (PAL) - No weekly PAL classes will be held during the summer and the PAL office will be closed. Outdoor drop-in activities continue (membership required): PAL Putters (golf -Mondays); Bocce ball (Tuesdays); PAL Pedallers (cycling group - Wednesdays); Pickleball: Thursdays, 1-3 pm, July 2 (training) - Aug. 6, behind Margaret Grant Pool. Special event - PAL picnic and membership drive – Tue. Aug. 25. www.pal55plus.ca, 204-946-0839 or info@pal55plus.com.

Archwood 55Plus - Archwood Community Centre, 565 Guilbault Street - exercise classes, pickle ball, line dancing, social activities (monthly luncheons, bowling, card & board games), bus trips & more. 204-416-1067, www.archwood55plusinc.weebly.com

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.

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Vital Seniors - Bridge, Thursdays: 204-256-3832, Carpet Bowling, Tuesdays: 204-452-2230, Line Dancing, Mondays & Fridays: 204-334-3559, Free Exercise Class, Tuesdays: 204-253-0555 (Judy) Monthly Luncheon, Last Tuesday: 204-255-7508, Scrabble, Mondays: 204-487-7835. St. Mary Magdalene Church, 3 St. Vital Rd.

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.

Bleak House Senior Centre -1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 9:30 am Quilting. Info: **204-338-4723**

A & O: Support Services for Older

Adults - Entry Program for Older Adult Immigrants, engage in fun group activities, group discussions, etc. over the phone. Thursdays, 1-2 pm, Jan.15-Mar. 19/15. Call 204-956-6440 or email entry@ageopportunity.mb.ca

McBeth House Centre Inc. - 55+: Tues.: Quilting, 9-2 pm; cribbage day or evening; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Looking for bridge players. Call 204-334-**0432** for info. House is also avail. for rental.

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

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.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Gimli Film Festival - Looking for

Volunteers! Volunteers will be involved in site management, box office, guest services, hospitality, and venue preparation. Volunteer shifts are available before, during and after the festival. Apply online: gimlifilm.com or call Emily Lair: 204-642-8846

South Interlake 55 Plus - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plus on Keith Cousins Drive, Stonewall. Wear comfortable clothing and shoes. Bring water to drink. Admission \$1/class with 55 Plus 1-yr membership (\$20) - can arrange to pay membership after hours (4 pm) at a Wednesday class. Call Verna, Member of the Quarry Strutters Line Dancers: 204-467-5090 or email: verrod1@mymts.net

Strawberry Social - Wed, Jul. 22, 1:30-3 pm at Lion's Community Centre, #5 Keith

Cosens Drive, Stonewall, MB. Entertainment by 'Prairie Men'.

Springfield Seniors Community -

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

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels,

Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: Arborg and District Seniors Resource Council 376-3494; Ashern Living Independence for Elders 768-2187; Brokenhead/Beausejour Outreach for Seniors at 268-7300; East Beaches Resource Center (Victoria Beach) 756-6471; Eriksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource Council 372-8703; Gimli Seniors Resource Council 642-7297; Lundar Community Resource Council 762-5378; Riverton & District Seniors Resource 378-2460; St. Laurent Senior Resource Council 646-2504; Selkirk Selkirk & District Senior Resource Council Inc. 785-2737; Stonewall - South Interlake Seniors Resource Council 467-2719; Springfield Services to Seniors 853-7582; Teulon and District Seniors Resource Council 886-2570; Two Rivers Senior Resource Council, Lac du Bonnet 345-1227, Pinawa

753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128

Springfield Seniors Community Events

- Canasta/Bingo - Tuesdays, Pickleball Wednesdays. Call 204-853-7582. Reviving the Past - Ćooks Creek Museum Thursdays (call Liz 204-444-3247).

East St. Paul 55+ Activity Centre -

262 Hoddinott Ave. Tuesdays - For area residents: Cribbage, Fridays - Whist. Other activities: guilting, shuffleboard, book club, potluck suppers and casino trips. Call **204-654-3082** (msg).

Selkirk Community Choir - Rehearsals Tuesdays, 7 pm at the Lutheran Hall (by Safeway parking lot on Main. St., Selkirk, MB. Small membership fee. No music experience necessary. Call: 204-757-4411 or or tmhaut@escape.ca, or 204-785-1929

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

VICTORIA

Lifeline



ĺ	Orien	tal Crab Spread	
	Metric	Ingredient	Imperial
	75 ml 15 ml 5 ml - 1 25 ml 75 ml 1 30 ml	cream cheese soy sauce granulated sugar pinch white pepper can (4.2 oz / 120 g) crabmeat, drain water chestnuts, finely chopped red bell pepper, finely chopped green onion, thinly sliced plain yogurt	1/3 cup 1 tbsp 1 tsp - ned 1 1/2 cup 1/3 cup 1 2 tbsp
		n bowl; combine first four ingredients. St Cover and refrigerate until chilled.	ir in remaining

Serve with toast, crackers or assorted vegetables.

Serves 4

www.PeakMarket.com





CROSSWORD Let's All Stop Working By Adrian Powell

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SOLUTION ON NEXT PAGE.

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Kids - The Shortest Stand-up Comics Of Them All



We have a comedian in the family. Michael is 13 years of age, looks like Mike Myers and has the stand-up style of Henny Youngman. "Take my sister," he'd

By William J. Thomas

"No, seriously, say. please take her with you."

Recently he set his grandmother up on Skype in more ways than one. After he walked her through the complexities of password, code name and email address, they were finally ready for the big moment of facing each other live on webcam. All she could do was rave about how great it was to see her favorite grandson on the screen in front of her. Michael's first words were: "Ah Grandma, I noticed you haven't made your bed today." Boy, did that even things up between them for all of the times she babysat and had to hound him to do the same.

When his grandmother asked him if he had a cold he replied: "No, I'm fine. It's not a cold, it's just puberty. I have hair growing in the strangest places ... even on my legs!"

Recently at a family celebration attended by 120 people at a local hall, Michael asked to be the last speaker on the program. He took everyone by surprise when he announced that he could top every speaker who preceded him to the microphone. When the room went quiet, (his timing is impeccable) he said the word "Ditto" and sat down. As I said, we have a comedian in the family.

Michael, a Net nerd has never heard of Art Linkletter and what a shame that is. Ages ago, Art Linkletter had a hit television program entitled Kids Say The Darndest Things. Spinning off the TV show with books, albums and a speaking career, he became a millionaire by listening to what children say. The little ones provided all the comic material free. Apparently no kid ever said: "Mr. Linkletter, I'd like you to meet my agent Sid Silverman.'

Innocently and in the nicest kind of way, the kids tormented Art Linkletter.

Art: "What's the first thing a fireman does when the four-alarm bell rings?"

Kid: "Pulls his pants up."

Art: "What does your father do to help around the house?

Kid, after a long pause: "He makes cocktails.

Art: "What's the first thing you would do as president?'

Kid: "Keep my mouth shut."

And the cruelest cut of all ...

Art: "How do you spell Art?" **Kid:** "R-A-T."

But Art was right - out of the mouths of babes come real beauties. And parents too, especially in their notes to teachers explaining the absence of their kids. I was re-reading one of my books the other day, Guys: Not Real Bright And Damn Proud Of It! in which the following list appeared. It's a compilation of excuses offered to teachers concerning their children's absence from class.

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Here are but a few:

- "Please excuse Blanche from gym today. She's administrating." (And the people who work in the principal's office were furious. They thought that was their job.)
- "Please excuse John from being absent on Jan. 28, 29, 30, 31, 32 and also 33." (Which again explains why February is the shortest month of the year and January kicks off a "Leap Of Faith Year.")
- "Please excuse Gloria. She has been under the doctor." ('Care' is the missing word and the doctor will be returning from Mexico as soon as it all gets sorted out.)
- "Please excuse Jimmy for being. It was his father's fault." (Kids! The high price you pay for fooling around.)
- "My daughter was absent yesterday because she was tired. She spent the weekend with the Marines." (That's ridiculous. It was just one light infantry regiment. Honest.)
- "Pease excuse Sara for being absent. She was sick and I had her shot." (We're assuming the mother meant she had the doctor give her daughter a shot. Otherwise we're hoping it's just a flesh wound and she'll be back in school next week.)
- "Carlos was absent because he was playing football. He was hit in the growing part." (Ironic, because last week he got hit in the part that's not



growing and that was bad enough! Also this would not be a good place to introduce that common lower body injury known as a "groin pull.")

 'Please excuse Roy Friday from school. He has very loose vowels." (Thank goodness the consonants are holdin' up strong.)

Please understand, those were simply errors in written communication. I checked. Nobody got shot, pregnant or traumatized. And you'll be pleased to know that Carlos's part did finally stop growing on February 37.

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

WORDSEARCH - Solution



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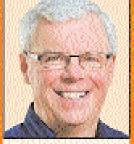
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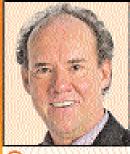
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