



ACTIVE AGING Week 2014
September 21-27



active living!



ALCOA
Active Living Coalition
for Older Adults
in Manitoba



CVAA
Coalition d'une vie
active pour les aînés
au Manitoba

See more on page 9

Senior Scope

The Paper for and about
Boomers & Seniors
in Winnipeg and rural Manitoba.

Vol.13 No.2 Aug 28 - Sep 23/14

FREE COPY

Join Senior Scope on:
f t Linked in



Picture This!
Submit your photos.
If chosen for the front page, you'll receive \$25.
(see page 2 for details)

Photo: FMG Dragon Boat races in 2013. 2014 Races run Sept. 12-14 in support of CancerCare Manitoba Foundation and The Children's Hospital Foundation of Manitoba.
Inset: A duck swims through the site of the 2013 Rose Ceremony, a tribute of tossing roses in the water to honour those who lost their fight to cancer.

It's off to the races... Dragon Boat, that is

- Kelly Goodman, Publisher of Senior Scope.

The FMG Manitoba Dragon Boat Festival is quickly approaching... September 12-14, at The Forks. It's the 20th year for FMG (Facility Marketing Group) in Manitoba.

Every year, there are about 60 new cases of childhood cancer diagnosed in Manitoba. Over 40 years ago the survival rate of children and adolescents with cancer was less than 20%. Today, thanks to research, 80% are cured.

I've been a proud member of the **Giv 2 Liv** team (formerly The Gifted Dragon Ladies - promoting the 'gift' of life) for approximately 10 years. The team was formed by **Transplant Manitoba** to raise

awareness for organ and tissue donation in our province.

Having had a kidney transplant nearly 28 years ago and losing many family members and friends to cancer, this festival is close to my heart.

For more information visit, www.transplantmanitoba.ca or SignUpForLife.ca, an online registry where Manitobans can record their wishes to be organ and/or tissue donors after death. If you have already signed a donor card, this is extra insurance that your wishes will be granted.

Note that you are more likely to need a transplant than to be a donor.

Please support a paddler or your favourite team by visiting www.manitobadragonboat.ca for online donations. Click on the 'Search for a Paddler/Team' link, type in the name or team name, click on that name when it appears below. Then click "Donate."

Thank You!
Hope to see you at the races to cheer on your favourite team.

Paddles Up!



PRAIRIE DENTURE CLINIC

In home visits available
204-390-1000

Foot Care for Seniors

Mobile Foot Care Nurses
204-837-6629

- Blue Cross & DVA Providers
- Specialize in Diabetics
- Gift Certs Available, Visa/MC



Adaptive Clothing

For Men and Woman

Our knowledgeable and experienced staff will provide you with solutions and advice on aided dressing for you or your loved one.

Adaptive Clothing Showroom stock includes:

- Bottomless, Open-back and Open-side pants
- Adaptive Nightgowns, Undershirts, Dress-shirts, Blouses and Cardigans
- Jumpsuits, Sleepers and other specialty items designed to simplify aid dressing and provide a practical solution to challenges associated with regular clothing

Hours of operation: 8:30 - 4:30 Mon to Fri

1320 Portage Avenue
Parking available at rear
Phone: 204-691-7771
Email: adaptiveclothing@reliablehomecare.ca

Contact us today to learn about our **Item of the Month Promotion** and in store sales!

TIRES COST LESS • TIRES COST LESS • TIRES COST LESS • TIRES COST LESS • TIRES COST LESS •

Stonewall Tire & Automotive Repair

204-467-5595
1-800-461-3209

377 1st Street E. Stonewall, MB
www.stonewalltireandautorepair.com



REBATES NOW ON!

GOODYEAR
MORE DRIVEN

TIRES SALES & SERVICE
AUTOMOTIVE REPAIR
MOBILE TIRE REPAIR
VEHICLE ACCESSORIES

• TIRES COST LESS •

MuddRuckers

CONCRETE LIFTING & LEVELING

www.muddruckers.ca quotes@muddruckers.ca

CALL TODAY: 204-992-6833

FREE ESTIMATES

SUNKEN OR SLANTED SLAB?
Don't Replace It!

Lift it!

DRIVEWAYS ~ GARAGE FLOORS ~ SIDEWALKS ~ PATIOS ~ WAREHOUSE FLOORS

Call Today and arrange for an estimator to come by and provide you with a Free Quote.



Senior Scope

www.seniorscope.com

Publisher/Editor:

Kelly Goodman
204-467-9000

kelly_goodman@shaw.ca

Advertising:

204-467-9000

Contributing Writers /

Submissions:

Scott Taylor
Roger Currie
Marion Clemens
Shirley Hill
William Thomas
Adrian Powell
Butch Robson
Lois Dudgeon
ALCOA-MB
Eva Arsenault

Senior Scope and Boomer Buzz is FREE at over 650 locations and by email subscription. Mail-out Subscriptions: 29.00 + 1.45 gst (30.45 total) for 14 issues/yr. Mail cheque or money order payable to: **Senior Scope, Box 1806 Stonewall, MB R0C 2Z0**

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

Available in Winnipeg and the rural Manitoba communities of Birds Hill, Middlechurch, Lockport, Selkirk, Teulon, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Winnipeg Beach, Petersfield, Beausejour, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, Ashern, Roblin, The Pas, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, New Bothwell, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, St. Eustache, Portage la Prairie, Holland, Hamiota, Notre Dame de Lourdes, Killarney, Neepawa, Brandon, Virden.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope and Boomer Buzz**. We do not make any warranty as to accuracy of material published. © Copyright 2014 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. **Senior Scope and Boomer Buzz** can be found at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 650 locations in all. Available online at **www.seniorscope.com** or by mail (\$29.40/yr) or email subscription (FREE) - email request to **kelly_goodman@shaw.ca**.

PHOTO SUBMISSIONS FOR FRONT COVER OF SENIOR SCOPE AND BOOMER BUZZ - Email your favourite photos to **kelly_goodman@shaw.ca**. If chosen for the front page, you will receive \$25.00. Category ideas: scenery, people, pets, etc. Or call **204-467-9000** for more information.

Are you a Luddite? Perhaps a Penguin?

By Butch Robson

The original Luddite was Ned Ludd, the eighteenth century English laborer who smashed technologically advanced factory equipment. He did it in protest against the thousands of lost jobs caused by the new labour-saving textile machines. His actions spurred on a nationwide, and some pontiffs say, an international uprising among the working class.

Is there a Ned in you? That is to say, given the rise of today's hand-held device (HHD) technology, are you thinking like a Luddite? Have you considered grabbing a HHD from somebody's texting thumbs and smashing it? You know what I'm saying: there they are waddling into traffic like a colony of glassy-eyed penguins transfixed to their technology, thumbs a flicking. Of course you have. Even if you're a penguin yourself, you've thought about doing it, but there's a rub.

It's inescapable. Boomers, and increasingly their senior parents, are taking hold of these new technologies in steadily increasing numbers. Stats indicate that collectively nearly 80 per

“Stats indicate that collectively nearly 80 per cent of Canadian boomers and seniors have cell phones which are hand-held devices capable of holding a multitude of apps.”

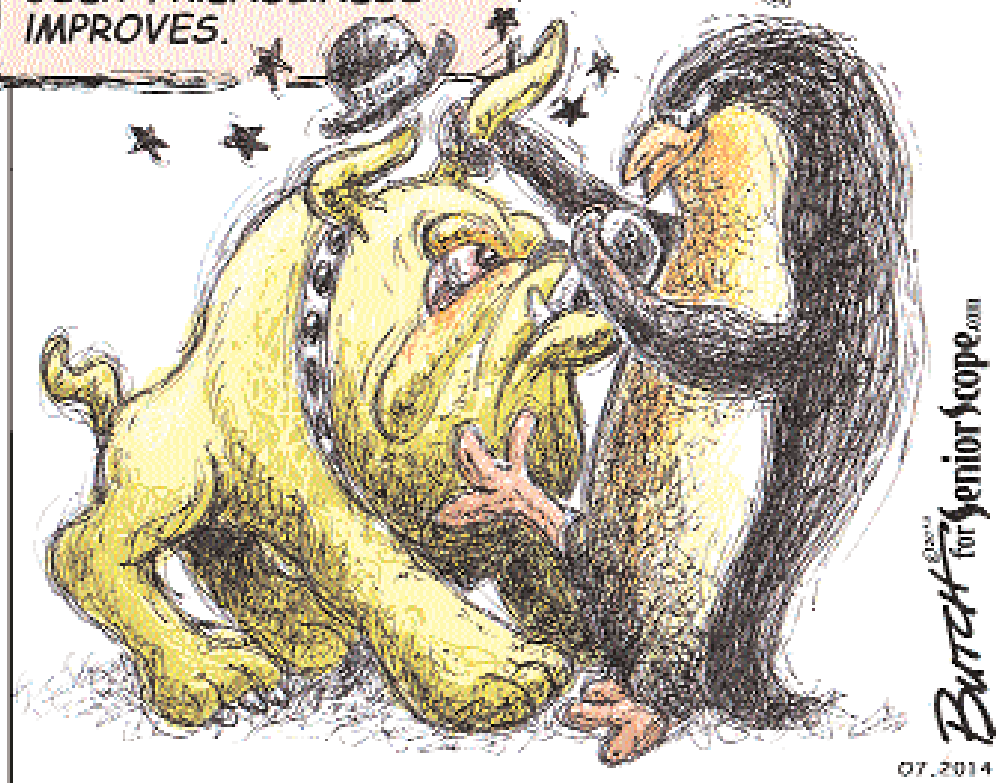
cent of Canadian boomers and seniors have cell phones which are hand-held devices capable of holding a multitude of apps.

The apparent gap between the well-to-do educated, and the less affluent challenged by health and disabilities, boomers and seniors, seems to be narrowing. If market indicators are correct, as unit costs continue to plummet, most of the third world will

NEWS ITEM

SENIORS ADOPT HAND-HELD DEVICES AS COSTS DROP AND USER-FRIENDLINESS IMPROVES.

LET GO OF MY HHD U OTL LUDDITE!



be wired by HHDs by 2016 (Africa in point).

Aside from the affordability factor, why are we all so willing to become glassy-eyed penguins?

There's an affordable HHD app for nearly every concern, from personal health monitoring (voiced medication reminders and monitors that warn of an impending heart attack or seizure); personal security (voice activated 911 or private life line); family interaction by text, voice or Skype (often the only guaranteed way for an older person to getting in real time contact with an off-spring and grandchildren); showing off pictures of the grand kids (a virtual library wall of photo albums in your hand); finding appointment locations (for the directionally challenged older person); and personal on-line research

(related to aging and health issues). The list of apps is seemingly endless.

HHD's come in a wide variety of sizes from the common Smartphone and iPhone to a slightly larger tablet that slips into one's purse or jacket pocket. If a boomer or senior has a vision or eye-hand mobility problem, on-screen keyboards and icons can be enhanced; even interfaced with much larger flat screen televisions, which are slowly evolving into a personal computer (PC). These various devices can be integrated and seamless. Apple has made remarkable inroads in this regard with its iOS mobility management solution.

Luddites of the world, it looks like this technology you'll just have to hate to love. And no, you will not transform into a waddling penguin. I promise. ■



The reasons to come see us deserve to be shared. !

Staying connected to those who can benefit most from your experience is an important reason to get your hearing checked.

Call or visit us today. There's no better time to book a complimentary hearing evaluation and try hearing aids for two weeks at no cost, and no obligation.*

Country Club 130 3025 Portage Ave. 204.885.6422
Midway Mall 1795 Henderson Hwy. 204.582.3968
Regent 130 - 701 Regent Ave. W. 204.942.7646



Exclusive discounts available to CAA Members.

We offer a **FREE** shuttle service for all our customers.

connecthearing.ca • 1 800.563.4327 (HEAR)

Connect Hearing !



WAC, NRC approved.

*No purchase necessary. Complimentary hearing evaluations are only applicable for customers over 18 years of age. See retailer details.

*CAA and CAA logo trademarks owned by, and are registered by, the Canadian Automobile Association. CAA Rewards issued by the Canadian Automobile Association.

Glenn's Moving Service

SENIOR'S DISCOUNT

- Household / Commercial
- In House Moves
- Local & Long Distance
- Appliance Removal

Over 30 Years Experience!



For more information,

Call **204-218-4949** Wpg

NEWMAN “LANDSCAPE SUPPLY”

**DAWN TO DUSK
7 Days a Week**

**QUALITY MIXED SOILS
SAND • LIMESTONE • CONCRETE GRAVEL
LANDSCAPE ROCK (GRANITE, RIVER, PEA) • MULCH
• BOBCAT SERVICES •**

DELIVERY IN STONEWALL & SURROUNDING AREAS OR PICKUP

“SMALL ORDERS WELCOME”

PHONE JIM (204) **467-2340** or (204) **461-1978**
380-4TH ST. E. @ CENTRE AVE • STONEWALL



MASC
Manitoba Association
of Senior Centres

*Be active, join a
senior centre in your area.*

204-792-5838
manitobaseniorentres.com

SHELDAR MANOR
200 Adsum Drive • Wpg

Fully renovated, spacious 1 BR, 1 BR + den
& 2 BR suites available including all utilities.

- ◆ Full appliances ◆ Sunken living room
- ◆ Tennis courts ◆ Window coverings
- ◆ Parking available ◆ Seasonal pool & sauna
- ◆ No pets / No smoking

Office Hours:
Mon-Fri, 9 am-5 pm
204-633-0716

Professionally managed by **Globe General Agencies**

NORTHWOOD OAKS
1452 Jefferson Avenue • Wpg

Fully renovated, spacious 1 BR, 1 BR + den
& 2 BR suites available

- ◆ Full appliances ◆ Window coverings
- ◆ Seasonal pool ◆ In suite storage
- ◆ Parking available ◆ No pets / No smoking
- ◆ Smart card operated laundry on-site

Office Hours: Mon-Fri, 9 am-5 pm
204-633-0716

Professionally managed by **Globe General Agencies**

Your
MOBILE LAW OFFICE
Wm. B.K. Pooley B.A., LL.B.
Lawyer, Notary Public

Service at **YOUR PLACE** of convenience:
Home or Office Visits (in Wpg)

**DAY - EVENING - WEEKEND
APPOINTMENTS AVAILABLE**
837 Downing Street
783-1632

Calls are “recorded for quality control”, but service does not improve

By Roger Currie

As an aging Boomer who loves to 'freelance' in his pyjamas, I am heavily dependent on the 'digital' Gods that we all must answer to now. I prepare and record a newscast five mornings a week. It can be heard on CJNU, 93.7 FM at about 7.15 am and 8.15 am, Monday through Friday.

Many 'digital' gadgets make all this possible. By far the most important of them is e-mail. Without it, most of what I do would simply not happen. In addition to the daily news and my Currie's Corner commentaries which many of you read in Senior Scope, I do a variety of other writing and voice projects. All of them are transmitted to their destination by e-mail.

Thirty years ago I hosted a program that was syndicated on several radio stations in western Canada. It had to be recorded on reel to reel tape, and tape dubs had to be made for each of my 'subscribers'. They were mailed out each week by Canada Post. We've come a very long way in a relatively short span of time, but inevitably there will be 'glitches' in all of this wonderful technology.

When my e-mail goes down, as it has a few times this year, I am at the mercy of anonymous people who answer calls at 'help desks'. Sometimes I have to wait what seems like an eternity for my call to be answered. During the wait, another anonymous recorded voice frequently repeats what most of us suspect is one of the most outrageous lies we will ever hear. They say "Your call is important to us". They also inform us that "This call may be recorded for quality

control purposes". I spent one half day working in a call centre years ago. I'll save the story for another time, but believe me when I say, it was about the longest half day of my entire life. These are not wonderful jobs. Yet remarkably, the people who take my calls are most often wonderfully helpful and incredibly patient. Most of them are also extremely courteous. I'm sure there are times when that's not always easy, given the frustration that the customer at the other end of the line is feeling.

At least it now seems that ours to these people are mostly answered in Canada now, rather than far away places like India or the Philippines.

Not surprisingly, we remember the really bad experiences with the help desk. A couple of months ago my e-mail went down for more than 24 hours. I deal with Manitoba's largest internet service provider. They used to be our publicly-owned telephone system. Somehow they managed to delete my e-mail account completely. The 'fixer' on the help desk was not one of the warm and fuzzy ones.

I had the distinct impression that my problem was the last thing he wanted to deal with that day. Near the end of the conversation, when the problem was almost fixed but not completely, I asked him to give me his name. The line immediately went dead. He had decided that I was not worth talking to any longer, and he hung up on me. I called back and got one of the good ones, and they helped me complete the fix very quickly.

I tried without success to pursue a complaint against the genius who had hung up the phone. I also thought about typing out a detailed account of what happened and sending it to the CEO of the company. I decided not to because I was exhausted and upset by the whole process. I somehow knew that writing it all down would probably only make me feel worse as I re-lived the experience.

I tell this story as a 67 year old man with what I think is an above average understanding of the digital technology. I cannot begin to imagine what it must be like for someone of a similar age who decides to cross the bridge into the digital world for the first time.

I get a similar sense of bewilderment when I take my vehicle to a garage to solve a problem I know nothing about. The service person asks "Did you try releasing the *thing-a-me-jig*, and pressing down on the *whose-it?*" I have absolutely no idea what they're talking about, and it shows. None of us wants to be made to look stupid.

More and more as the technology evolves, the BOOMERS who are supposed to possess some measure of 'wisdom', are totally helpless, and totally dependent on folks who are not much older than our grandchildren.

Please, please .. be gentle and kind.

Roger Currie is a writer and broadcaster who joined the digital world in 1995. He writes regularly for Senior Scope, and he heard on CJNU, 93.7 FM.

“TEAM MANITOBA 2014” competes at 2014 CANADA 55+ GAMES

These Games are these older adults OLYMPICS 2014!

By Lois Dudgeon

On August 26, the largest ever team of Manitoba senior athletes (155) ventured to Alberta to prove "you're never too old for FUN & Games!"

This year, the biannual Canada 55+ Games was hosted by Strathcona County, Alberta from Wednesday, August 27 to Saturday, August 30. The Canada 55+ Games is a first-class sporting event that brings together over 2000 senior athletes from all over the nation for healthy competition and social camaraderie. Team Alberta alone will be 800 strong!

The guiding mission statement of the games is to influence personal behavior and social supports that encourage healthy, active living for older adults in Canada. Manitoba's Team Manager, Lois Dudgeon of Morden, states that "fun, fitness and friendship" is the slogan both the administration and participants live by. "Athletes come to the games to reconnect with old friends or to make new ones within the spirit of friendly competition. It really is four FUN-filled days of friendly competition."

Familiar sports like golf, curling, ice hockey and slo-pitch are featured alongside other activities like cribbage, horseshoes and scrabble for a total of 22 events. The variety ensures that every senior, regardless of their fitness



90-year-old John Houldon and his 60-year-old daughter, Grace Atkins, came home with medals in track at the Manitoba 55 Plus Games.

level, will be able to participate. Pickleball which is the fastest growing sport among the 55+ crowd is also making its debut at this year's Games.

Team Manitoba 2014 was announced following the Manitoba 55 Plus Games

qualifier, held June 17-19 in Neepawa, MB. Nearly 1000 Manitobans participated in the local event built on the same principles of the Canada 55+ Games. Team Manitoba's uniforms are generously sponsored by Homestead Manitoba out of Winnipeg.

Athletes at the 2014 Manitoba Games ranged in age from 55 to 90 plus!! John Houldon, 90, of Winnipeg, won a Bronze medal in men's 70+, 400m track. His daughter, Grace Atkins, won Gold in the women's 60+, 200m, 400m, 800m and 3000m races.

Team Manitoba will enjoy Opening Ceremonies with an Athletes Parade, a banquet and fireworks during the Wednesday to Saturday event. Participants will also be treated to additional cultural activities including a Public Art Tour and live music from local talent such as The Alberta Country Legends. The next host community will also be announced at the closing ceremonies. Manitoba last hosted the Canada 55+ Games in 2006 at the community of Portage la Prairie.

For more information on the Canada 55+ Games, visit **www.canada55plusgames2014.com**. ■

More on the Canada 55+ Games in the next issue of Senior Scope.

Harman's MEAL SERVICE

Good Meals Prepared Fresh Daily

204-233-5005 • Winnipeg
Now you can order meals online at
www.harmanmeal-service.ca

Monthly Menus Available
Regular & Dietary Restricted Meals
City-wide Delivery - Mon-Fri
We also do Catering

DAILY DELIVERY
\$8.50 Taxes & Delivery included

OVER 5 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
An Intermediate Care Facility

- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca

INQUIRIES WELCOME

HAIRCARE MOBILITY CO.

Specializing in:

- Seniors,
- Disabled, and
- Homebound Individuals.

- Reasonable Rates
- Professional Products
- Hrs: 7 am - 4 pm Monday - Friday

Call Angie: **471-1948**
Winnipeg

Group Discount

DAVE'S MOVING

Moving Furniture & Small Items

746-4318
746-6141
Morris, MB

SENIORS DISCOUNT

JIM'S CLASSIC CORNER

A selling and buying service for classic & antique automobiles.

Jim Higham
204-997-4636
Email: jimhigham@shaw.ca
www.jimscorner.com

YEAR ROUND STORAGE

A Harvest Supper Tradition

By Eva Arsenault

A delicious home-made turkey dinner with all the trimmings, pie and coffee for only \$15? It may sound impossible, but Fall Suppers offer all of this, a chance to socialize and to get out and enjoy the beautiful fall weather. One of the most popular Fall Suppers celebrates its 25th year on Sunday, September 28th at St. Charles Parish in Winnipeg.

Located at 320 St. Charles Street, the Parish is one of the oldest Catholic communities in Manitoba. In 1855, The Hudson's Bay Company granted the site for a Mission that later became St. Charles Catholic Church that today stands on the scenic banks of the Assiniboine River.

Alice Spencler, a recently retired teacher is coordinating the annual Harvest Supper this year. "I am blessed with a ready, willing and very capable group of conveners and mentors who give their time, energy, and expertise to the event. They are busy pulling together the necessary knowledge, equipment, supplies and people power."

The majority of the event's volunteers are seniors and each well-experienced

convenor organizes a team to handle a unique aspect of the Supper. Over 100 volunteers cook 417 pounds of turkey, peel 250 pounds of potatoes, and brew 700 cups of coffee and tea. Preparations are made for 600 people and the Supper is almost always sold out.

"Each year when we start to organize the Supper, I get a flood of volunteers who are ready to help in any way they can...it makes my job much easier" explains Monique Senecal, the event's volunteer convenor.

Verna Baccari, a parishioner for over 40 years, has been involved from the beginning. "What makes our Harvest Supper different is that the turkey and trimmings are all home-made and the tables are set and decorated. We have never resorted to using paper plates or taking other shortcuts. We make it a special affair. Claire Lacroix, another senior parishioner has decorated the hall for years – she really captures the essence of a prairie harvest."

Alice Spencler says the Harvest Supper builds community both within the parish and in the surrounding areas. "During the Harvest Supper, as plates are filled, coffee is poured and deserts sliced, we observe all the volunteers working hard on behalf of their parish, serving food and fellowship to our guests. We also see workers enjoying each other's company, working together as a community and sharing the experience of a job well done!" Many former St. Charles parishioners return annually for the Supper and to meet up with old friends and acquaintances.

The cost of the St. Charles Harvest Supper is \$15 for adults, \$7 for children (ages 5 to 12) and children 4 and under are free. You can purchase tickets by calling Anna at **204-895-2420** or Verna at **204-837-8813**. ■



Claire Lacroix does a great job of decorating the hall. (photo from 2013)



Sheila Toth, Suzanne LaFleche, Lillian Meush, Diana Bernardin and Pat Arnal work on peeling 250 pounds of potatoes. (photo from 2013)



Henri Bohemier helps to set up tables. (photo from 2013)



revera
Retirement Living

See What's Happening at Revera

Join us for one of our upcoming events at Revera – The Wellington.

You're invited to take a peek at what retirement living at The Wellington is all about. Choose from our upcoming September events and take the opportunity to enjoy a tour. Invite a friend – or come meet someone new!

Annual Campfire & Fireworks

Thursday, September 11th 8:00 pm – 10:00 pm

Comedy Cocktail Hour

Friday, September 19th 4:00 pm – 5:00 pm

Bridge Mixture Tournament

Tuesday, September 23rd 1:30 pm – 3:30 pm

Call to RSVP today!

The Wellington
3161 Grant Ave
Winnipeg
204-831-0788
reveraliving.com

AGE IS MORE

Working together to overcome ageism.
Visit AgeIsMore.com

ABILITY SOLUTIONS

"Removing Barriers"

We repair wheelchairs and walkers.



We also install Grab Bars and other mobility aids.



SALE

Reconditioned wheelchairs on sale starting **AS LOW AS \$150 & up.**

204-471-1533

Email: lavallee@mymts.net

PIZZA DEN Restaurant & Lounge turns 25!

Can it be 25 years already? How time flies when you're having fun making pizza in Stonewall!!!!

The Pizza Den Restaurant & Lounge will celebrate through-out the month of September.

The Pizza Den started as a Pizza Take-out and Video store and has evolved to being a full service 50 seat restaurant, a NEW 50 seat lounge with its own menu, and of course a full take-out and delivery service.

With the new Den Lounge addition, the restaurant entrance was moved to the front of the restaurant and this allowed for a larger waiting area. This also made it possible for new dedicated handicap parking at the front of the building near the entrance with new accessible friendly ramp, hand rail and front door with a push button for easy opening. In speaking with Robert Magnifico, the owner, this was important so as to address the senior's comments on the difficulty of parking close to the entrance and accessibility into the restaurant comfortably. The renovations and new addition allowed for all this to happen and customer comments have all been positive.

Through-out the 25 years The Pizza Den has employed generations of local students who have all played an important role in helping the Pizza Den grow in Stonewall. Many of them have grown up and are regular customers at the Den today. While some have moved on to other parts of Canada to pursue their careers but still need their Den "Pizza



Robert Magnifico, owner of Pizza Den.

Fix" when they come home to visit.

Did you know that the Pizza Den offers the lunch and supper seniors discount hour? Instead of a senior's day which is common in many restaurants, the Den chose to give seniors more flexibility and choice by offering a lunch senior's hour from 11am to noon, and a senior's supper from 4pm to 5pm. This gives them a 7 day senior discount.

When asked what makes the Pizza Den Pizza so good, Robert says that it starts with the Dough made fresh daily, the special herbs & spices in making the sauce, the freshest of vegetables, the selected meats, and topped with the finest blend of two Italian style mozzarella cheeses, giving a full creamy flavour, and cooked in a stone oven that creates The Den Pizza. Stretchy, creamy, yummy!

The menu has grown over the years and the pizza is now complimented by a full menu selection including local selections with pickerel from Gimli, our local Danny's Own pulled pork and pulled turkey, and fresh buns from Family Foods used in the burgers, select sandwiches and with the Fried Chicken. The BBQ Baby Back Ribs get rave reviews says Robert as does the Den Jambalaya, Fresh made Lasagne, Borscht, Greek Salad, Angus Steak, Wraps and Burgers in the Restaurant to mention a few. The Lounge menu includes such foods as Nachos, Calamari and Frickles, to complement its own full menu which is a combination of some of the restaurant foods plus some lounge specialties, and of course including a full selection of pizzas.

Many customers expressed an interest in gluten free products, and The Den introduced Gluten free pizza, pasta, panko style crust for the pickerel and chocolate brownies within the the past year and they have become very popular. Many customers are now also asking for thin crust pizzas as well says Robert.

Menus can be seen on pizzaden.ca

To celebrate the 25 years, The Pizza Den Restaurant & Lounge will feature a number of activities in September including:

EMPLOYEE PRICING TUESDAY with 20% off all regular priced pizza when you dine in the restaurant or lounge for lunch and dinner.

OPEN MIC EVERYT WEDNESDAY, with Ellen, a Den staff member and local talent will showcase Stonewall and Area local talent in the Den Lounge from 7pm to 10pm starting September 3rd.

KARAOKE SATURDAY, IN THE Den Lounge from 8pm to midnight starting September 13th

DEN DOLLARS will also be given out to all qualifying Den customers through-out September

Celebrate 25 on the 25th when you will get a **BIRTHDAY CUPCAKE** with lunch and dinner in the Restaurant or lounge.

It sounds like there will be a lot happening at the Pizza Den in September. Happy Anniversary Pizza Den! ■

Radio the Way You Remember it Playing the Music You'll Never Forget



If you think radio isn't what it used to be, you haven't been listening to **CJNU Nostalgia Radio**. We play unforgettable music from the 1940s through the '70s and more. And it's all tied together by announcers who know that you're a mature adult with mature interests.

**Come visit the USANA booth at the 50 Plus Living Show
September 27 & 28, 2014 • Assiniboia Downs**

For more detailed product information on these products, visit www.pmanas.usana.com

NUTRITIONAL SUPPLEMENTS Essential Supplements <ul style="list-style-type: none"> Multimineral Plus Mega Antioxidant Youth Supplements Cardiovascular System <ul style="list-style-type: none"> Proflavanol™ C100 CoQuinone™ 30 CoQuinone™ 100 Nervous System <ul style="list-style-type: none"> Ginkgo-PS™ VisionEX™ Cellular Function <ul style="list-style-type: none"> Optomega® Poly C® Vitamin D BiOmega™ Skeletal System <ul style="list-style-type: none"> Active Calcium Chewable™ Active Calcium Plus™ Procosa® Endocrine System <ul style="list-style-type: none"> Palmetto Plus™ Pure Rest™ PhytoEstrin™ Digestive System <ul style="list-style-type: none"> USANA® Probiotic Fibery® Plus USANA® Digestive Enzyme Hepa Plus® 	DIETARY SUPPLEMENTS Nutrimeal™ Shakes (Low Glycemic, Gluten free) <ul style="list-style-type: none"> Dutch Chocolate French Vanilla Wild Strawberry Chocolate Whey Nutrimeal Free Nutrimeal™ Nutrition Bars <ul style="list-style-type: none"> Choco Chip Snack Peanutty Bliss Snack Fudge Delite Snack Go Nuts 'n' Berries RESET™ Is a comprehensive nutritional supplement program that provides a healthy, effective alternative to countless unscientific fad diets.	SENSÉ SKIN CARE <ul style="list-style-type: none"> No added chemical preservatives The Basics <ul style="list-style-type: none"> Gentle Daily Cleanser Hydrating Toner Daytime Protective Emulsion Night Renewal Creme Perfecting Essence Serum Intensive Eye Nourisher Rice Bran Polisher Nutritious Cremè Masque Sensé™ Body and Hair Care <ul style="list-style-type: none"> Revitalizing Shampoo Nourishing Conditioner Energizing Shower Gel Firming Body Nourisher Intensive Hand Therapy Natural Whitening Toothpaste
--	--	--

USANA® Products Named Best of the Best
 Now in its 5th edition, Lyle MacWilliam's NutriSearch Comparative Guide to Nutritional Supplements compares over 1,500 nutritional products in North America to an independent nutritional benchmark developed from the individual recommendations of 12 recognized nutritional authorities. The Comparative Guide to Nutritional Supplements recently awarded USANA® its highest distinction possible - the NutriSearch Gold Medal of Achievement™ - and selected USANA® as its Editor's Choice for the second time.

Lyle MacWilliam, BSc, MSc, FP, former Canadian Member of Parliament, and Member of the Legislative Assembly for British Columbia

SAVE UP TO 10% on all your USANA® products
AUTO ORDER - We deliver to your location as a preferred customer and you'll never pay full price.

To order call: 204-781-7472
 Email: pmanas@mymts.net
www.pmanas.usana.com
 Peter J. Manastyrsky

FREE Family Drive-In Movie Knight

Norberry-Glenlee Community Centre will be presenting their first-ever FREE Family Drive-In Movie Knight on Friday, September 5 at the 26 Molgat Avenue site. Two movies will be shown on an inflatable 30-foot Jumbo Screen with surround-sound. All you have to bring is your lawn chair and blankets.

"This family event is made possible thanks to the generous support from Councillor Brian Mayes, MP Shelly Glover, MLA's Nancy Allan and Theresa Oswald as well as Boston Pizza and Manitoba Hydro Power Smart along with all the Volunteers at NGCC" said event organizer Howard Kazuska, who added "Kids and parents are invited to vote for their favourite 2 movies on NGCC's Facebook page from our 14 title movie list. The 2 movies with the most votes will be announced the week leading up to the FREE Family Drive-In Movie Knight".

The latest movies to vote for on Facebook are as follows: The Lego



Movie, Despicable Me 2, Cloudy with a Chance of Meatballs 2, Mom's Night Out, Skyfall, Hunger Games Catching Fire.

How to Train your Dragon 2, The Muppets, Rio 2, Maleficent, Godzilla, Ride Along, Frozen and Ironman 3.

The duet, 2 For a Song will provide pre-movie entertainment with songs for everyone to enjoy. Bill Quinn and James Hickerson are veteran performers in the music community having performed across Canada and the US, as well as on TV and radio. They are both teachers for the Louis Riel School Division.

Popcorn, snacks and drinks will be available for purchase from the Canteen all evening. Lionel the Mascot from Boston Pizza will be visiting with the kiddies and handing out free kids meal coupons.

Gates open at 6:00 pm with the first movie show-time starting at sunset.

For more information, please visit norberry-glenlee.ca or call **204-256-6654**.

**Boomers & Seniors... Want to have an engaging day out?
Then get ready to Renew, Revitalize, Reinvent and Rediscover!**

Winnipeg's 50 Plus Living Show
 "The Consumer Show Designed with Baby Boomers and Seniors in Mind"
September 27 & 28, 2014
 Saturday 10:00 a.m. - 5:00 p.m.
 Sunday 11:00 a.m. - 5:00 p.m.
 Assiniboia Downs - 3975 Portage Avenue
 Admission \$5.00 - Free Parking

Discover exceptional products, services and resources including adult lifestyle living, health/wellness/anti-aging, travel, recreation, entertainment and much, much more!
 Additional door prizes totalling over \$2500

Bring this ad for a **2 FOR 1 ADMISSION COUPON**

For Exhibitor Information Contact:
info@50pluslivingshow.com
www.50pluslivingshow.com



By
Roger Currie

Currie's Corner

Smokin' hot issue

Canada's doctors say "please leave us out of it" when it comes to the debate over eliminating some of the restrictions on smoking marijuana. They met in Ottawa this week, at the annual convention of the Canadian Medical Association. Two thirds of the delegates approved a resolution that basically said smoking burning leaves of any kind, whether it's tobacco or cannabis, is not a good idea and should not be encouraged in any way.

The politics of pot are getting more

fascinating and more dangerous every day. Opinion polls suggest that Justin Trudeau has an excellent chance of becoming prime minister when we vote in a general election a year from now. He is the strongest supporter of eliminating criminal penalties for recreational marijuana use.

When his dad got the top job 46 years ago, he joked that he was in favour of "putting some pot in every chicken". As Prime Minister Pierre appointed the LeDain Commission

which resolved almost nothing. The Harper Conservatives have drawn a line in the sand, and they attack Justin as irresponsible and a dangerously bad example for Canada's children. They tried without success to recruit doctors to lend their expertise to an ad campaign, warning of the dangers. The doctors wisely said "no thanks, we'll pass".

We've had medicinal marijuana in Canada for years, and there are still a ton of unanswered questions about that. What's an appropriate dose? Is it

as dangerous as smoking tobacco? The doctors point out that none of these issues have been subjected to reliable scientific study.

Meanwhile, nothing will stop the politicians from getting involved it seems. The words of Tom Mulcair of the NDP are particularly interesting when it comes to the smoking of burning leaves. This week he confessed to smoking oregano as a teenager, but he says he didn't inhale. Remember when they called them *reefers*? ■

Manitoba
Association of
Retired
Government
Employees

JOHNSON 

New Prestige Travel Insurance for Manitoba Civil Service, Community College, and Manitoba Hydro Retirees.

Exclusive to members of MARGE enrolled in the Extended Health Care Insurance Plan (EHC Plan).

This new **Prestige Travel/Trip Cancellation Insurance Plan (Prestige Travel)** is sponsored by Manitoba Association of Retired Government Employees (MARGE) and will be launched on September 1, 2014.

MARGE members can apply for this exclusive EHC Plan with or without Prestige Travel *without providing medical evidence of insurability* during the open enrolment period from August 1 – October 3, 2014.*

In addition, Dental Care Applications received during the open enrolment period will not be subject to proration of annual limits.

Learn more from Johnson Inc.:
1-877-989-2600 | www.johnson.ca/marge
pbservicewest@johnson.ca

Become a member of MARGE:
204-956-0045 | www.mbgovretirees.ca

You could WIN! Call 1-877-989-2600 for a quote on the MARGE EHC Plan with or without Prestige Travel for a chance to win an iPad Mini!***

Johnson Inc. ("Johnson") is a licensed insurance intermediary. Johnson administers the EHC Plan and the options for Prestige Travel and Dental Care ("Options"). Eligibility requirements, limitations and exclusions may apply and/or may vary by province or territory. The EHC Plan and Options are underwritten by Desjardins Financial Security ("DFS"). Travel assistance is provided by Sigma Assistel. Sigma Assistel is a trademark of DFS. Eligible expenses related to a pre-existing condition are reimbursed at 100%, as long as the Emergency is deemed sudden and unforeseen in light of the insured's medical history as determined by the Insurer and/or the Travel Assistance Provider. Coverage under the EHC Plan is subject to proof of enrolment in applicable Provincial Pharmacare program. Other restrictions may apply. Policy wordings prevail. *From 9:00am (MDT) on August 1, 2014 to 5:00pm (MDT) on October 3, 2014 any new or current member in good standing with MARGE may apply for EHC Plan without providing medical evidence of insurability. After this open enrollment period, only those MARGE members who apply for the EHC Plan within 60 days of losing employer group insurance coverage are eligible for coverage without medical evidence. Those who apply for the EHC Plan after 60 days must produce medical evidence of insurability and may be declined coverage. **Contest open to all MARGE members and persons eligible to join MARGE at the time of entry, who are residents of Canada (excluding QC and NU). From 9:00am (MDT) August 1, 2014 to 5:00pm (MDT) October 3, 2014, eligible persons who are current EHC Plan policyholders are automatically entered, and an eligible person may enter Contest by calling Johnson Inc. at 1-877-989-2600 and requesting a quote on EHC Plan. No purchase necessary. One entry per household. Chances of winning depend on the number of entries received. Winner must correctly answer a skill-testing question. Conditions apply and contest rules and regulations prevail. For more information refer to www.johnson.ca/marge. CAT.07.2014

Don't be Square... Dance!



Bow to your partner, bow to your corner, allemande left with a right and left grand.

In squares of eight all across the country, Canadians from age 8 to 80 are linking arms and do-si-doing themselves to longer, healthier and happier lives. They're having a blast and in the process, lowering their risk of heart disease, diabetes, age related memory loss, osteoporosis and depression.

With all its moving, twisting and turning, Square Dancing provides more than the daily dose of healthy, physical activity. Remembering all the calls keeps the mind sharp, potentially staving off age related memory loss. And, the companionship offered by regular Square Dancing is an answer to depression and loneliness.

Dancers will tell you, listening and executing the commands takes serious concentration, while all the movement gives your body the exercise it needs.

Square Dancing, as with any regular exercise, contributes to a healthier and more independent lifestyle. If you can walk, you can Square Dance and have a lot of fun in the process.

Doctors know that any weight bearing exercise is a major benefit as one ages. Square Dancing will also help to improve your sense of balance and coordination thus reducing your chance of serious falls and injury.

Regular Square Dancing will also boost your endurance and improve cardiac function. One could easily consider Square Dancing as a type of cross training.

The physical benefits of Square Dancing are impressive, to be sure, but don't discount its social payoff. Dancing creates a forum for social interaction between people. Laughing and talking between dances and at the end of the evening is a great way to make new friends and share your life with others.

Most of the activities people do today are non-contact such as golf, tennis or bowling. Square Dancing is



unique in that it involves physical contact. Studies have shown that touch, in itself, can be beneficial to health. Regular touching can reduce stress, depression and improve immune system function.

People are often reluctant to join a Square Dance club because of their perception of that style of dance. Let me assure you that "Modern Square Dance" is much "hipper" than what we remember from old cowboy movies. The movements, at higher levels of dance, can be very complex and are called to popular music of our time. On any given evening dancers will twirl across the floor to the music of John Denver, The Bee Gees or Donna Somers as well as songs by The Beatles and Elvis Presley.

You say you're tempted but not sure you've got what it takes? Well relax. Although Square Dancing may appear complex, it is easily learned. Your "Caller" will take you through the process one step at a time and you will be dancing with seasoned people who are eager to help you. And besides, more fun is had when mistakes are made.

So, what's stopping you from being part of all the fun? There are several clubs throughout Winnipeg and lots more in rural areas with lessons start in early September. Check out this website (www.squaredancemb.com) to find a club near you or call Carole at 831-8954 or Pam at 414-7637 for more information. Singles or couples of all ages are welcome. ■

SAFETY ALERT

prepared by
Manitoba Hydro



Fall maintenance helps ensure comfort and safety

Now is the time to perform important fall maintenance tasks to ensure your home heating system operates at peak efficiency during the winter.

Clean and repair leaky eavestroughs

A thorough cleaning will prevent ice and melting snow from dripping onto the natural gas meter and/or pressure regulator and freezing when the temperature drops. Ice on the regulator can obstruct the vent causing a malfunction and allowing excess gas to enter the home.

Ensure your carbon monoxide (CO) detector is installed properly and is in good working condition

Accumulation of CO can result from a faulty appliance, clogged chimney, inadequate venting, or a build-up of engine exhaust. While CO detectors aren't a substitute for proper installation and regular equipment maintenance, they do provide some reassur-

ance and a CO detector can warn of deadly carbon monoxide in the home. Call **1-888-624-9376** for an emergency inspection if you suspect a CO leak in your home.

Have your furnace cleaned and inspected

Regular maintenance of your furnace can help prevent carbon monoxide hazards and helps to keep your natural gas furnace operating at its best. Have your furnace and venting system checked by a qualified heating contractor and keep your air filter clean. A filter clogged with dust and dirt restricts air flow, which can cause the furnace to run hotter reducing its efficiency and life expectancy. Never keep gasoline or other combustible or flammable materials such as paper, chemicals, paint, solvents or cleaning products near the natural gas furnace as they can explode. Even vapors leaking from containers can cause an explosion.

Vehicle contact with downed power lines

As the seasons change, weather conditions become more unsettled, which could result in downed power lines. If you're in a vehicle that has made contact with a downed power line follow these tips to keep you and your family safe:

- Stay where you are as it may be dangerous to exit the vehicle.
- Back the vehicle away from contact with the line (if possible).
- Warn others to stay clear of the power lines.
- Contact Manitoba Hydro to de-energize the lines.

If it is absolutely necessary for you to leave the vehicle, exit safely; do not simply step out of the vehicle one foot at a time, as your body can make a path for electricity to the ground.

To exit your vehicle safely:

- Keep your feet together.
- Hold your arms tightly at your sides.
- Jump without touching the vehicle and ground at the same time.
- With your feet together, shuffle or hop away from the downed line and vehicle.

Never touch a downed power line or try to move it with any type of object. Moving power lines is extremely dangerous and can result in serious injury or death. Report all downed lines to Manitoba Hydro. Call **1-888-624-9376 (1-888-MB-HYDRO)**.

For more information on safety and downed power lines, visit hydro.mb.ca/safety

Visit the Manitoba Electrical Museum

Explore the progress of electricity through the years while interacting with a giant talking robot made up of more than 50 household appliances. Check out the 1940s kitchen and a replica of an electric streetcar. Make your way through the Discovery Centre which features a touch table and a photo booth where you can dress up as a lineman!

The Manitoba Electrical Museum & Education Centre located at 680 Harrow Street (Winnipeg) in a converted electrical substation, is an interactive experience that's fun for people of all ages. Come and learn how generating stations are built and how to use electricity safely.

Admission and parking are free. Hours: Monday to Thursday, 1-4 pm.

Guided tours are available by appointment. To schedule a tour, or for more information, call **204-360-7905** or visit hydro.mb.ca/museum.

Virtual Museum

Take an online trip through the 1940s and 1950s, when the Manitoba Power Commission embarked on the ambitious goal to connect 50,000 farms in 10 years to the province's growing electrical grid. See pictures, read and hear stories from people who were there in the Virtual Museum of Canada's Community Memories exhibit: Powering Up Rural Manitoba.

The museum is a volunteer organization composed of retired members of Manitoba Hydro and the electrical industry.

Bathrooms of Distinction

The Walk-in Bath Specialists



We install all types and models of walk-in bathtubs. This will ensure that you get the right one for your needs.

Safety provides peace of mind to you and your family.

Dignity - No need for health care workers to bathe you.

Longevity in your home.

These tubs are made to take the place of your existing bathtub.

In business for 19 years.
Specializing in walk-in tubs
for 9 years.

Serving Manitoba and beyond.

Bathrooms of Distinction
677 Dunning Road
Narol, Manitoba
bathroomsofdistinction@shaw.ca

204-292-6676

Keeping Seniors In Motion...

QUARRY PHYSIOTHERAPY
SPORTS INJURY & MASSAGE CLINIC

- PHYSIOTHERAPY • MASSAGE THERAPY
- REFLEXOLOGY • FOOT CARE
- CUSTOM FOOT ORTHOTICS
- LASER • ACUPUNCTURE
- Convenient appointments
- Personalized service • Insurance direct billing
- No referral necessary • Modern decor

QUARRYPHYSIO.CA
204.641.5353 GML 204.467.9181 STONEWALL 204.376.2406 ARBORG

Active Aging Week - September 21-27, 2014:

"Let the Adventure Begin" - ALCOA-MB

Are you looking for excitement in your life? Are you tired of "same old - same old" day in and day out? Is there a bit of Huckleberry Finn or Alice in Wonderland or Bilbo Baggins stuck in your sub-consciousness? Well perhaps its time to let them out of their captivity and give them some fresh air! There is a whole world of age-friendly adventures and experiences that await you if you do!

The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) is challenging any Manitoban who is 55 years of age or older to embrace a spirit of adventure and enter the world of "Why Not?" during Active Aging Week September 21-27, 2014. Once again ALCOA-MB will be joining the International Council on Active Aging (ICAA) in promoting events and activities that encourage older adults to participate, and have fun. Active Aging Week is an annual celebration of opportunities to connect people 55+ years of age to age-friendly programs, events and services in their community that encourage them to live healthy active lifestyles.

The 2014 theme, "Let the Adventure Begin", represents a friendly challenge and nudge to get off your duff and try something new; perhaps it's something you have always wanted to do but never had the time - maybe it's something that has caught your attention, but you're hesitant because you have never tried it before. Mark the dates September 21 - 27, 2014 on your calendar.

During Active Aging Week start a new adventure in your life - expand your world and explore an activity that is a bit different from your normal activity and possibly a bit outside your comfort zone. Just say to yourself, "I'm going to try this - I just might enjoy it - I may be good at it - and I might just keep doing it! Allow yourself to be a beginner and challenge yourself to try something new. Remember, no one starts off being excellent at anything! Your adventure is anything different from what you normally do. Take the opportunity during the 2014 Active Aging Week to commit to a personal adventure that will arouse the explorer



Photo by Ken Green

Above: Pickleball



in you and introduce you to adventurous active aging.

ALCOA-MB encourages Senior serving organizations throughout Manitoba to plan and host events and activities that embrace the "Let the Adventure Begin" theme. Event ideas for individuals or groups could include anything out of your ordinary like: pickleball,

interactive hobby showcase, geocaching, parkour for seniors, or learn to play cribbage or a musical instrument. Check out details and planning guides on the ALCOA-MB website at www.alcoamb.org

Following **Active Aging Week** is **Seniors' and Elders' Month**, which is celebrated throughout the entire month of October. Contact the 55+ Active Living Centre nearest you to find out what events they have planned for Active Aging Week and Seniors' and Elders' Month. Let your adventure begin!

"**Active People 'R' Attractive People**", the theme of the 2014 Manitoba Liquor and Lotteries 55 Plus Games was proven to be true in Neepawa Manitoba (June 17-19, 2014) where nearly 1,000 participants (ages 55-97) enjoyed the annual age-friendly event. As lead organization, ALCOA-MB looks forward to the 2015 Manitoba Liquor & Lotteries 55 Plus Games, which will be hosted by the Town of Beausejour June 16-18, 2015. Visit www.alcoamb.org for Games coverage and other opportunities. ■

Information Session
Lakeview Resort
August 30, 2014
1pm - 3pm

Centennial Place

Affordable Lifestyle Condominiums in Gimli

Full Presentation
Gimli New Horizons
September 18
1pm - 3pm

204-442-0067

www.centennial-place.com **info@centennial-place.com**

CREATIVE RETIREMENT

(Turn on Call Us!)

THE 55+ LEARNING GUIDE

PROGRAM SCHEDULE - FALL 2014

CREATIVE Retirement

Available at your local Safeway or Library or By visiting us at 270 Sherbrook St.

270 Sherbrook St. Phone: 204-949-2565 www.crm.mb.ca

September 21 - 27 • 2014

Let your adventure begin!

Are you looking for excitement in your life? Are you 55+ years of age? The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) challenges you to try something different during "Active Aging Week" Sept 21-27, 2014!

Enter the world of "Why Not?" - Be adventurous — your adventure is anything different from what you normally do! Explore age-friendly activities in your community.

For more information on ALCOA-MB, Active Aging Week & other events visit our website at: www.alcoamb.org or phone: **204-632-3947** or toll-free: **1-866-202-6663**

ALCOA
Active Living Coalition for Older Adults in Manitoba

CVAA
Coalition d'une vie active pour les aînés au Manitoba

“THE BUZZ”

Shaw Park a Great Place to Find Active Seniors; Smokey’s Birthday; the Mayor Turns 63; the World’s Fastest 99-year-old; Dale Hughesman passes; Whitney Wins World Title; Next Mayor(?) Turns 64; Time for a Downs Barn Tour



By Scott Taylor

There are many places where you can find active seniors throughout Manitoba and one of the places where seniors and boomers congregate 50 times (at least) during the summer is Shaw Park in downtown Winnipeg.

And it’s going to be a great September at the ballpark. The Goldeyes, the 2012 American Association champions, will be part of the four-team playoff run that begins on September 3 and 4.

The Goldeyes, a team that was 58-34 at press time, already have their playoff tickets on sale and no doubt the park will be full of seniors this September.

“It’s a great place for seniors and always has been,” said Goldeyes general manager **Andrew Collier** who has been with the team since the club began in 1994. “The crowds are large, it’s families, lots of young people and plenty of folks over 60. The food is great, the entertainment is outstanding, you can win plenty of prizes, it’s a great ball club that certainly has a chance to win it all and it’s safe. Above all else, the ball park is comfortable and safe.”

And if you haven’t been to a game yet, you’ll love the team. It’s an “old fashioned,” ball club – zany, funny and loose, the players love to interact with the folks at the ballpark and they’ll always sign autographs and talk to the fans after (and sometimes before) the game.

Tickets for all 2014 Winnipeg Goldeyes games and playoff games are available through Ticketmaster by



A day at the ballpark - Shaw Park.



61-year-old Pat Benatar.



Smokey the Bear turns 70.



Gord Whitney

clicking on **Goldeyes.com**, calling **1-855-GOLDEYE** or visiting any Ticketmaster location, including the Shaw Park box office.

It’s **Smokey the Bear**’s 70th birthday. In fact, Smokey was born on August 9, 1944, when the U.S. Forest Service and the Ad Council agreed that a fictional bear named Smokey would be the symbol for their joint effort to promote forest fire prevention... Three places where we saw plenty of seniors in August: (1) At the **Pat Benatar** concert, where the 61-year-old rocked it like she was 25 (Yes, love is still a battlefield). (2) At the Bar-B-Que and Blues Festival at Shaw Park, where the demographic was probably 45-70 and (3) At the **Tom Petty** concert at MTS

Centre. Petty, who is almost 64, is still as good as it gets... Not all the news was good news at the Bar-B-Que and Blues Festival (and most of it was good news). Saxophonist **Eddie Shaw**, 77, suffered a heart attack right after his show and was still recuperating in hospital at press time... If you love football and you’re looking for a job, **Mark Cohon**, 48, will step down as commissioner of the CFL at the end of the season. He’s the 12th commissioner of the league. The first, of course, was Winnipeg barrister **G. Sydney Halter**. Halter served as CFL commissioner from 1958-66 and was 61 when he retired from the job. A founder of the Winnipeg Football Club in 1934, Halter passed away in 1990 at age 85... It’s long been determined that the largest, most dedicated voting bloc in Manitoba

Continued on next page

Attention All Anglers

you are cordially invited to take part in the

2014 SELKIRK WILD WALLEYE DERBY

ENTRY FEE:
***\$40** Adults
***\$20** Youth (16 and under)
***\$20** Senior (65 and over)
*Does not cover boat launch and parking fee.

ENTRY DEADLINE:
Thursday, Sept. 18th at 9:00 p.m.

LOCATION: Selkirk Park

UNLIMITED ENTRY: Boats 1 to 50 start in Flight 1 at 8:00 a.m. and finish at 4:00 p.m. Boats 51 and over start in Flight 2 at 8:15 and finish at 4:15 p.m. Trickle Starts will be used for both flights.

SPECIES: Walleye and Sauger 35 cm (14") and over with pinched tails will be eligible for counting in the Derby.

HOW TO ENTER: Info Pamphlets and Entry Forms can be downloaded from Websites advertising the Derby or sent to you by e-mail from Derby Organizer Dan Sernyk.

ENTRIES ALSO AT: Cabela's, The Fishin' Hole, The Tackle Box, Fas Gas in Selkirk, Lockport Grocery, Skinner's Hwy 44, Skinner's River Road, Harry's Foods, Sportsman's Stop on Hwy 44 at Hwy 59, and at the home of Dan Sernyk at 82 Bunn's Grove in North Kildonan.

MAIL ENTRIES TO: Dan Sernyk, 82 Bunn's Grove, Winnipeg, Manitoba R2G 3M6 before Friday, Sept. 12th, 2014.

ENTRY DROP-OFFS: Fas Gas in Selkirk, Skinner's Hwy 44, Lockport Grocery, The Tackle Box and 82 Bunn's Grove in Wpg.

FOR MORE INFO: Please call Dan Sernyk at 1-204-668-5831 Home or 1-204-612-9379 Cell

On Derby Day any Entrants, Sponsors, Volunteers and Spectators can feel free to make a Cash or Cheque Donation to the ALZHEIMER SOCIETY OF MANITOBA at their Information Table located near the Prize Presentation Stage.

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

After all expenses are paid the Net Proceeds will go to the Alzheimer Society of Manitoba

PRIZES:
Over \$12,000 In Cash, Merchandise and Resort Stays
(Based on 100 Boat Entry)

Saturday September 20th
8:00 a.m. till 4:00 p.m.
– RAIN or SHINE –

PRIZES:

1st – An Alumacraft Jon Boat from Luke's Town Service + 12% of Entry Pot + a Trophy

2nd – A Day Fishing Trip by City Cats Guide Service + 10% of Entry Pot + a Trophy

3rd – A Party Package from Danny's Whole Hog BBQ + 8% of Entry Pot

4th – A Prize Package from Cabela's + 6% of Entry Pot

5th – A Senior Scope Newspaper Prize Package + 4% of Entry Pot

6th – A Faloma Marina Pontoon Boat Use for a Day + 3% of Entry Pot

7th to 16th – 10 Merchandise Prizes + 2% of Entry Pot

17th to 30th – Merchandise Prizes

BONUS PRIZES:

Biggest Sauger – 1% of Entry Pot + a Trophy

Biggest Walleye Youth – 1% of Entry Pot + Don Bellamy Trophy

Biggest Walleye Senior – Senior Scope Prize + a Trophy

ALUMA Craft

Cabela's World's Foremost Outfitters

City Cats TOWN SERVICE

Senior Scope

LUKE'S TOWN SERVICE

DANNY'S WHOLE HOG

Faloma Marina

– Please Patronize All Our Sponsors –

First time 2014 Selkirk Wild Walleye Derby

Anglers in MB and ON will be on the water at Selkirk Park for the inaugural Selkirk Wild Walleye Derby on Saturday, September 20th, 2014.

Dan Sernyk, an experienced derby and team tournament organizer for over 30 years, is confident that there will be over 100 boats full of anglers of all ages on the water on derby day, as well as a large number of anglers competing in the event off the shore in Selkirk Park. Dan has held about 35 successful fishing derbies since 1984.

The net proceeds of the derby will be donated to the Alzheimer Society of Manitoba, an organization that is near and dear to Dan's heart.

“Over the years, I have had several family members and friends pass away from complications brought on by Alzheimer's Disease and other forms of dementia. Sadly to say, only recently

my dear friend Don Bellamy of Winnipeg died of Alzheimer's Disease. So I have decided to make it my goal to honour the memory of Don and all the other family members and friends who have passed away as the result of this terrible disease by holding a fundraiser fishing derby to raise much needed funds for Alzheimer and Dementia Research. If all goes well, and I believe that it will, the 2014 Selkirk Wild Walleye Derby will be a big success and will hopefully become an annual fundraiser event for that very worthy cause,” says Dan.

So register for your chance at winning one of the many great prizes, and in turn, ‘winning’ a cure for Alzheimer's Disease and Dementia.

See details in ad .to the left.

The BUZZ, cont'd from page 10

elections is "engaged seniors." OK, so here's today's political question: There are seven people running for mayor of Winnipeg. Can you name all seven? Check the answer below...

●●●

WINNIPEG'S WHITNEY WINS WORLD BOXING TITLE

For the second time since 2010, 55-year-old Gord Whitney is a Ringside World Masters Boxing Champion.

Whitney did not begin his boxing career until 2002 when he joined a local boxing club to try something new. Over the years he began sparring, and in 2010 he competed in his first Ringside World Championships in the Masters division -- and won.

He joined the Winnipeg Elite Boxing and MMA Academy in 2012 and has been an active coach and mentor to many athletes while continuing to improve his own boxing skills.

In 2013, Gord lost a decision in the semi-finals at the Ringside World Championships in Independence, Mo., but he came back to win his second Championship belt at this year's world championship tournament just outside Kansas City.

Talk about an active senior/boomer: You can find Gord teaching the L'il Champs class at the Winnipeg Elite Boxing and MMA Academy three days a week and the Masters class on weekends.

●●●

DALE HUGHESMAN PASSES AWAY



Dale Hughesman

My friend Dale Hughesman was not a senior, but he was a boomer, and his passing at 51 was not only a terrible loss, but it also reaffirmed to those of us who are still here that life is precious.

Ronald Dale Hughesman was born on April 4, 1963 and passed away on Aug. 1, 2015. He was 51. He was the owner of Esdale Printing and a giant in Manitoba's hockey community. He was, and for a very brief time, a business partner of mine in a magazine called Manitoba Hockey News. When Dale became ill, we both decided to change the direction of the magazine and I always hoped that he would recover and we go back to where we started, but he just wasn't given the time.

He is survived by his two sons, Adam, and Matthew, special partner Andrea and stepdaughter Nicole, his parents Ron and Margaret, brother



He wants you to take a barn tour.

Darren (Shannon), nephews, Mason and Jordan and his buddies Sidney and Suzy. He also leaves to mourn his special Auntie Nessie, many aunts, uncles, cousins and Angie, the mother of his boys.

Dale played hockey at the University of Winnipeg and after graduation joined the family business, Esdale Printing. According to his obituary, Dale "was appointed to many positions over the years including President of ESPCC, President of Pine Ridge Golf Club, Chairman of the Board of Governors of the Manitoba Junior Hockey League, Board member of REMHA as well as his involvement in the Selkirk Steelers Organization."

He loved golf and hockey, his business and his family. His obituary read: "Dale was always a happy glass-half-full guy and his joy for life and sense of humour were contagious to everyone around him. His love of music always kept him drumming to the beat on his drive to his next destination. Family was most important to Dale and he always looked forward to family celebrations."

I always had the deepest respect for Dale Hughesman and was overjoyed to have worked alongside him for a very short period in 2013 and 2104. He was whip-smart, a hard-worker and a man of his word. For those who knew Dale, donations can be made to CancerCare Manitoba or in Dale's name to the following organizations: River East Minor Hockey, 2Nations Female Hockey, Winnipeg Minor Hockey and/or Hockey Manitoba.

●●●

Our outgoing Mayor, **Samuel Michael Katz**, celebrated his 63rd birthday on Aug. 20. He's never looked better. Why wouldn't he look great? His baseball team is heading toward the post-season, he just had a successful Bar-B-Que and Blues Festival at the ballpark and Wicked, his Showtime Productions spectacular at the Centennial Concert Hall has been selling out. Wicked runs until this Saturday night... Horse racing fans, or folks who just love horses, have one more chance to take a barn tour at Assiniboia Downs. This Sunday, Aug. 31, you'll get to tour the restricted areas, get to walk through the barns and pet the horses, you can talk to trainers and you'll get a wonderful lunch from **Manley Chan** and his staff at the Downs. It's only \$10... Did you have fun at Folklorama this year? You must have. More than 412,000 attended the 45th edition of Manitoba's world famous multi-cultural celebration this



Ida Keeling and her coach - daughter Shelley Keeling.

month... The answer to our trivia question: **Judy Wasylycia-Leis, Brian Bowman, Gord Steeves, Paula Havixbeck, Robert-Falcon Ouelette, Mike Vogiatzakis and Michael Fillion**. The only senior running is Judy, who turned 64 on August 10. At last count, she was collecting at least four pensions. Frankly, there isn't one of these people I'd hire to cut my lawn, but hey folks, have fun at the polls in October...

●●●

THIS IS MY FAVORITE STORY OF THE MONTH...

It seems that 99-year old **Ida Keeling** is pretty fast.

Keeling became the first woman in her age group to break a minute in the 100-metre sprint. Keeling finished an

internationally recognized race in Akron, Ohio, in 59.8 seconds, making her the world-record holder among 99-year old women. At least, according to her coach, she's now the world record holder.

Full disclosure: Ida's coach is her 63-year-old daughter, Shelley. Ida finished in last place at the Gay Games race in Akron in late August, but **Shelley Keeling** says that Ida's time is the best ever for her age in an internationally-certified track event.

In June of 2012, Ida, then 97, ran the 100-metre in 51.85 at the USA Track and Field Eastern Regionals.

Ida is 4-foot-6 and weighs only 83 pounds. She started competitive running at age 67 to help deal with her grief over losing her two sons to drug-related homicides. ■

Because there's more to life

In-suite Washer and Dryer

DISPLAY SUITE OPEN Mon-Sat 10am-4pm

THE PARKWAY II
Retirement Community

Independent Living Suites with Services and Seniors' Apartments

95 Paget St. (off Sterling Lyon Parkway)

204-487-8500 • THEPARKWAY.CA

Quality Care Moving

- *Conscientious and Clean Service*
- *Competitive Rates and Adjustable Prices*
- *Ongoing Damage Prevention Trained Movers*

Services include:

- Local and long distance moves • Very qualified seniors service
- Pick-up and delivery • Office and commercial moves
- Packing and unpacking • Removal and donation service

Phone - 990-4341 wpg

Email: qualitycare@mts.net Website: www.qualitycaremoving.net

Ask about our **Seniors Moving Service**

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

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

Alzheimer's disease and dementia take a significant toll on individual families, and society as a whole. According to Alzheimer Society Canada, in 2011 nearly 15% of Canadians 65 and older were living with cognitive impairment, including dementia. Annually, the combined

costs of dementia in Canada total \$33 billion. This amount includes \$11 billion in lost income, as caregivers spent more than 444 million unpaid hours looking after their loved ones. The cost is not only financial; families also struggle with the physical and emotional strain of caring for someone with

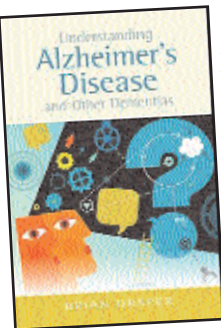
this progressive, long-term disease.

By gaining knowledge about dementia, family members will be equipped to handle its challenges and provide better care. The Crane Library has a large collection of books on dementia and Alzheimer's in our Consumer Health collection. Two recent additions are:

Prevention and Care of Alzheimer's Disease: A Practical Guide to Reducing Your Risk, Slowing the Progression and Living with Dementia by Lavonne Steckbeck, and **Understanding Alzheimer's Disease and Other Dementias** by Brian Draper.



Prevention and Care of Alzheimer's Disease is a good place to start if you are looking for an introduction to Alzheimer's. Steckbeck, a retired nurse, takes a conversational tone, making the book easy to read and understand. The book is divided into three parts. In Part 1, she shares her personal story of caring for her husband, Perry, during his recovery from a stroke at age 49 and after his diagnosis of Alzheimer's disease at age 55. Steckbeck also gives several first-hand accounts of diagnosis and treatment of Alzheimer's patients. Part II presents a variety of topics including a brief background on Alzheimer's and its symptoms, various medications and treatments, and supports for caregivers. Part III tackles finding a care facility or hospice. She also provides a list of online resources. ■



In **Understanding Alzheimer's Disease and Other Dementias**, Draper takes a more comprehensive approach in describing the symptoms, treatment and management of dementia. He covers "everything from assessment and diagnosis to drug and psychosocial treatments, community and residential care options, assistive technology, support for families and other caregivers, ethical and legal considerations, end of life decisions and the latest research and treatment developments, the book provides a complete road map for those supporting someone with dementia, in either a personal or professional capacity." Despite the fact that this book is packed with information, it isn't overwhelming. Draper, who is a global expert on Alzheimer's, writes in a way that flows nicely and is relatively easy to understand. His book is an excellent resource for those coping with dementia. ■

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>

TRAVEL & ACTIVITIES

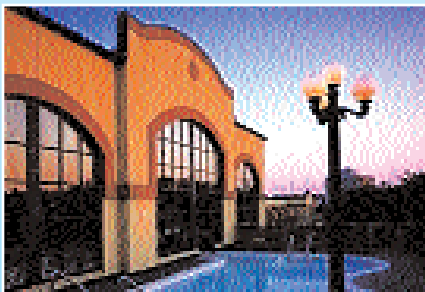
Share the space. Share the cost! Call for special pricing in this section: 204-467-9000

Moose Jaw Mineral Spa Bus Tour

Lodging at Temple Gardens Mineral Spa Resort Hotel. Relax & soak in healing geothermal waters drawn from ancient sea beds.

September 21-23 • 2014

Bus Departs Winnipeg - Portage La Prairie & Brandon. \$240.00 pp dbl occ \$75.00 value casino package offered at Casino Moose Jaw across the street



Red-White & Blue Get-A-Ways

1-866-846-3795

www.rwbgetaways.com

ENNIS

With a Juno award, a SOCAN award, multiple ECMA and Music NL awards and three gold records, Maureen and Karen have performed internationally sharing the stage with respected artists as the Nitty Gritty Dirt Band, Mary Black, Jann Arden and the Chieftains.

Sunday October 5/14 - 2 pm
Tickets \$30

Box Office: 204-239-4848

WILLIAM GLESBY CENTRE

11-2nd St. N.E., Portage la Prairie, MB

www.glesbycentre.com

The Glesby...
Great Music,
Good Times!

The HITCH N POST RANCH

OPEN FOR LUNCH

WEDNESDAYS

11:30 - 1:30

\$10.00 tax included

* There's a different buffet every week *

5-1/2 miles off Perimeter on Hwy. 6

204-467-2544

www.thehitchnpost.com

Please make reservations for parties of 6 or more.

Manitoba Theatre for Young People

COME AWAY

on a fantastic adventure!

From the high-flying Peter Pan to timeless Pinocchio, the inspirational Black Violin to Spot, the tale of the most beloved little dog in children's literature, MTYP's 2014-15 season offers adventure and discovery for kids, grandkids, parents and grandparents of all ages!

Don't miss **FRED PENNER** in MTYP's Holiday Spectacular Peter Pan as the villainous Captain Hook!

Call or visit us online to subscribe today!
204-942-8898 | shop.mtyp.ca

Kinsmen Jackpot Bingo SATURDAYS at 5:30PM on CTV-TV

Guaranteed JACKPOT of \$2,000

Cards available at selected stores or by mail through head office

The Bigger the Jackpot, The Easier it is to WIN!

\$1 from every card goes to the Jackpot Blackout in 50 Numbers or Less On the 6th week of each Jackpot: Blackout in 51 Numbers or Less 7th Week - 52 Numbers or Less, etc...

Kinsmen Jackpot Bingo & Kingo Bingo
161 Rue Grandin, Winnipeg MB R2H 0A8
Ph: 233-6365 Fax: 233-6415
email: bingo@kinsmenclub.com
Web: www.kinsmenjackpotbingo.com
www.kingobingo.ca

Seniors' and Elders' Day "Celebrate, Participate!"

Celebrating Seniors' & Elders' Month - October

Tuesday September 30
10 am - 2 pm
Doors open 9 am

RBC Convention Centre Winnipeg
375 York Avenue • Wpg

Call for information:

1-800-665-6565

(204) 945-6565 Wpg

Email: seniors@gov.mb.ca
www.seniors.cimnet.ca

Host your own Seniors' and Elders' Month event in October. Register your celebration in the Calendar of Events and showcase your organization throughout the province. Visit www.seniors.cimnet.ca for details.

Journée des aînés et des anciens

« Célébrez participez! »

Octobre : mois de célébration des aînés et des anciens

Le mardi 30 septembre
10 h à 14 h
Heure d'ouverture : 9 h 00.

Centre des congrès RBC de Winnipeg
375, avenue York

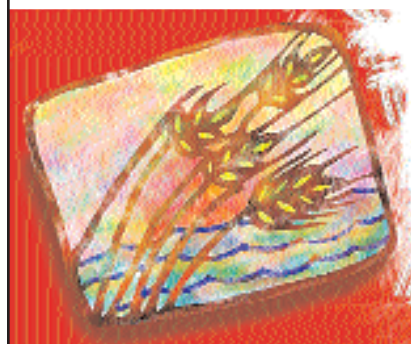
Renseignements :

1-800-665-6565

(204) 945-6565 (à Winnipeg)

Email: seniors@gov.mb.ca
www.seniors.cimnet.ca

Organisez votre propre célébration de la Journée des aînés et des anciens en octobre. Faites-la inscrire dans le calendrier des activités pour faire connaître votre organisme à l'échelle de la province. Visitez le site Web à www.seniors.cimnet.ca (anglais seulement) pour plus de détails.



south of the lakes art tour 2014

Saturday September 20th
10:00 am - 5:00 pm
Sunday September 21st
12:00 - 5:00 pm

Showcasing local artists and their works
Admission/Maps are Free

Watch for maps at all Hallmark Stores and around Stonewall, Rosser, Balmoral, Teulon and Selkirk

for more information call:
Bev @ 204-467-9991
Dolly @ 204-467-2766

This event is brought to you by the Prairie Oak Regional Arts Council

EVENTS

Canada's Royal Winnipeg Ballet - presents Going Home Star – Truth and Reconciliation, Wed. Oct. 1 - Sun. Oct. 5. Oct. 1, 2, 3, 4 - 7:30 pm; matinee, Oct. 5, 2 pm. Based on a story by acclaimed author Joseph Boyden, a representation of the emotions and experiences by residential school survivors and their families. Tickets as low as \$29 plus taxes and fees, avail. online: **www.rwb.org**, at RWB Customer Service Office, 380 Graham Ave. or call **204- 956-2792** / toll free **1-800-667-4792**. Group discounts.

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**.

Seniors Slo-Pitch - Looking for Men 55+ and Women 40+ to play a fun game of ball, Mon.-Tues.-Wed., 1 pm in Kildonan Park, May-Oct. Call John: **204-582-1904** or Terry: **204-586-5868**

Good Neighbours Choristers - 4-part mixed choir welcomes new singers. Meet Tuesdays 9:30-11:30 am, Sept. 9-Apr. 2015, at Good Neighbours Active Living Centre, 720 Henderson Hwy. Call **204-669-1710**.

Sarasvati Productions' FemFest 2014 - She's Got The Power! - 12th annual festival of life-changing plays by women for everyone Sept. 13-20, at the U of W Asper Centre for Theatre and Film. Visit **www.femfest.ca** for line-up and ticket options. Call Molly Karp: **204-586-2236** or email **development@sarasvati.ca**

Central Corydon Community Centre Walking Group - Walk for approx. 1 hr and then enjoy sociable coffee/cool drink. 9:30 am: Sept. 12 - South Seine River Walk; Sept. 15 - Kildonan Park; Sept. 19 - Kings Park; Sept. 22 - Sturgeon Creek; Sept. 26 - Fort Whyte Centre; Sept. 29 - Silver Ave. Walk. New members welcome. Info: **www.centralcorydoncc.com** or call the RHCC Office: **204-488-7000**.

South Winnipeg Seniors Resource Council (SWSRC) - 20th Anniversary Celebration, Thur. Oct. 16, 1-4 pm, Corydon Community Centre, 1170 Corydon Ave.

Gwen Sectar Creative Living - Women's Health Issues." Are you sick and tired of being sick and tired? "Dealing with Chronic Pain for You or Your Partner" with Susan Fletcher in partnership with Gwen Sectar Creative Living Centre & The Simkin Centre, Tues. Sept. 16, 1 pm, held at the Simkin Centre, on 1 Falcon Ridge Drive. R.S.V.P at **339-1701** or to Elaine at **recreation@shaw.ca** by Sept. 9.

Gwen Sectar Creative Living - Lunch & Learn, Mon. Sept. 15, 12 noon. "I Laughed So Hard I Peed My Pants" with Dr. Kelli Berzuk. With compassion & humor, she explores bladder health. Members \$15, Non-Members \$18. R.S.V.P at **204-339-1701** or Elaine at **recreation@shaw.ca** by Sept. 8 with any dietary restrictions.

Seven Oaks Seniors Links and Gwen Sectar Creative Living Centre - 6-week discussion group series "You and Your Adult Child;" Oct. 14, 1 afternoon/wk, 1:30-3 pm at Gwen Sectar, 1588 Main St. For adults

Things to do in Winnipeg

55+ who'd like to enrich their relationships with their adult children. Call Susan: **204-612-3888**, Seven Oaks Seniors Links

Friendship Force of Manitoba - Festival of Nations Open House Dinner, Sept 10, 6 pm at the Masonic Temple, Donald & Osborne. Display of artifacts and an opportunity to speak to people who have visited various countries. Friendship Force is a non-profit cultural travel group. Cost \$20. Call Shirley: **204-237-7856** to reserve. **www.friendshipforcemanitoba.org**

Village Green English Dance Group - Boost your brain & physical health. Weekly, Wed. 7:30-9:30 pm, starts Sept. 17, Harrow United Church, 955 Mulvey Ave. Everyone Welcome. Info: Katherine: **204-475-2097**, **villagegreenenglishcountrydancing.org**

Post Polio Network - Meeting, Tue. Sept. 30, 1-2:30 pm, at the Katherine Friesan Centre, 940 Notre Dame Ave. Topic: Services and Support provided by senior centers. Guest speaker: Adele Spence, Coordinator of Support Services at St. James-Assiniboine 55 Plus Centre.

The Seniors' Choral Society - under the direction of Richard Greig - looking for new members for 2014/15 season. No audition required. Contact Mary: **204-221-2538**, **Windmar2010@yahoo.ca** or **www.seniorschoralsociety.ca**

Springs Forever Young - Tues. Sept. 9, 1-4 pm. join us for fellowship, games, pool, horse shoes, ladder golf, darts, shuffle board, etc., no charge. **Tues. Sept. 23** we will be celebrating our first year operation. Refreshments served. Join us for a fun day. 725 Lagimodiere Blvd.

Grand Squares Square Dance Club - Open house, Mon. Sept. 8, 7 pm at Norberry- Glenlee Community Centre (26 Molgat Ave). Learn modern square dance. Easy instructions by a professionally trained caller. Individuals or couples, all ages. Free admission. Call Mary: **204-228-9049** or Jane at **204-391-9281**.

Whirlaway Westerners Square Dance Club - Open House, Fri. Sept. 12, 7 pm at Kirkfield- Westwood Community Centre, 165 Sansome Ave. Enjoy Modern Square Dancing! New dancers, singles and couples, welcome. First 3 dances free. Call Carole at **204-831-8954**

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

Fort Garry Legion - Hard Card Bingo – Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

Manitoba Genealogical Society Inc. - Open House, Sat. Sept. 27, 10 am-3 pm at Unit E- 1045 St. James St. (in the "Brick" parking lot). Many resources and free help available to research your ancestors.

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort

Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Visitors, guests and new members welcome. Call Barré Hall: **204-296-6498** for info.

VOLUNTEERING

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@reveralliving.com** or call **204-942-5291**

Rupert's Land Caregiver Services - Volunteers in Wpg. are needed for our "Time-out for Caregivers Program" where a volunteer is matched with a family to provide companionship to the older adult & give their family caregiver some time-out. For volunteer opportunities, call: **204-452-9491** or email: **rlcs_vol@mymts.net**.

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

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**

Victoria Lifeline Home Service Representatives - Volunteers needed to travel throughout Winnipeg to explain and set up Lifeline equipment in people's homes. Must have a car. Mileage reimbursement, flexible schedules, training provided. **204-956-6777** or email **sdewalt@vgh.mb.ca**

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

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

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

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

SOCIAL PROGRAMS / SERVICES

Transportation Options Network for Seniors (TONS) - NEW & Redesigned website: **www.tonsmb.org**

Bleak House Senior Centre - 1637 Main St. Mon. 1 pm - Whist; Tue. 10 am - Coffee & Conversation, Noon - lunch; 1 pm - Bingo & Ceramics, Thurs. 1 pm - Cribbage; Fri. - Quilting. Info: **204-338-4723**. New members welcome.

Pembina Active Living 55+(PAL) - Fall activities begin Sept. 8 at Grace Christian Church (50 Barnes Street) and St. Norbert, Ft. Garry and Linden Woods Community

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Komarno - Fall Supper & Dance - Sat. Sept. 20. Band: Dennis Nykoliation. Proceeds to the Komarno Hall renovations. Advance tickets only - \$25. **204-886-2994**

Town of St. Eustache - 1st annual St. Eustache historical and multicultural service, Sat. Sept. 20, 4 pm, at Baie St. Paul cemetery on Hwy.26 and PTH 248 followed by a roast beef dinner at St. Eustache Hall - 6 pm, and dance with Bach 40 entertaining. Tickets: Dinner \$10, Dance \$10, Dinner & Dance \$15. Tickets: Sylvia **204-353-2464**, Ann **204-353-2114** or Philippe **204-353-2586**, Jackson Store and Laramée Garage. Organized by Chemache Cultural Committee.

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**

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

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

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

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

Centres. Registration deadline Sept. 5. To register: **info@pal55plus.com** or call **204-946-0839**, More info: **www.pal55plus.ca**

Seine River Seniors Inc. - Southdale CC. activities: bridge, Mon., 9:45-11:30 am; walking/urban poling, Mon., 9:30-10:30; monthly lunches - 2nd Wed. of each month; Sept. 7 - Pansy Fall Supper; Sept 17 - Assiniboine Park Zoo; Oct. 5 - Cooks Creek Fall Supper. Call: **204-253-4599**

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

Senior Centre Without Walls through A & O - Support Services for Older Adults offers free educational and recreational group activities over the phone, for socially isolated adults 55+ living in Manitoba. Call toll-free **1-888-333-3121** or we can call participants into the line when unable to do so themselves. Call to register: **204-478-6169** or **204-956-6440 (Wpg)** or email: **swsrc@mymts.net** or **intake@ageopportunity.mb.ca** for info.

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

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

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.

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

The Friendly Settlers Senior Citizens Club - 200 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Jean: **204-222-7504** or email: **ganyadel4@mymts.net**

Good Neighbours Active Living Centre - Home Maintenance Program in Winnipeg for people 55+ who are looking for various types of help in their home - call **204-806-1303** or email **hmprogram@gnalc.ca**

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

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

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 - Gordon Howard Support Services **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa 753-2962 or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**



Mushroom Soup

Metric	Ingredient	Imperial
1.5 L	chicken stock	6 cup
25 ml	soy sauce	2 tbsp
25 ml	dry sherry	2 tbsp
25 ml	butter	2 tbsp
2	garlic cloves, minced	2
375 ml	onion, chopped	1 1/2 cup
500 g	fresh mushrooms, sliced	1 lb
-	black pepper to taste	-

In a large pot; bring stock, soy sauce and sherry to simmer. Meanwhile, in a frying pan; saute onion and garlic in butter until soft; add mushrooms. When all is tender, add to stock including all liquid expressed during cooking. Add pepper and simmer 20 minutes at very low heat.

Serves 4www.PeakMarket.com

Dill and Potato Scones

Metric	Ingredient	Imperial
500 ml	all-purpose flour	2 cup
15 ml	baking powder	3 tsp
5 ml	salt	1 tsp
40 ml	butter, softened	3 tbsp
15 ml	fresh dill, finely chopped	1 tbsp
250 ml	mashed potatoes, freshly made	1 cup
40 ml	milk	3 tbsp

Measure flour, baking powder and salt into a large bowl; add butter and mix with fingers. Add dill and stir. Add mashed potatoes and enough milk to make a soft pliable dough. Turn dough onto a well-floured surface and roll out until it is fairly thin. Cut into 3 inch (7.5 cm) rounds. Place scones on greased baking sheet. Bake in preheated 450 F (230 C) oven for 20 to 25 minutes until golden. Serve warm.

Serves 4www.PeakMarket.com

CROSSWORD - You're Getting Warmer... By Adrian Powell

ACROSS

1 Use FedEx again

7 What cigars eventually become

10 Great big dog

14 Galapagos beast

15 Extinct bird of New Zealand

16 "Why don't you sleep ___?"

17 Summer

20 Common plural ending

21 New driver, usually

22 Perfect in every way

23 Microscope component

24 Young lass

26 Summer jaunt with a bunch of nuts?

31 Twiddling one's thumbs

32 Old giant UK record label

33 Relief agency offering

35 Feta source

36 Out of kilter

38 Doing zip

39 Animals lair

40 Lifer, e.g.

41 Dentist's gizmo

42 Like some days of summer, in song

47 Mutton fat

48 Dash of panache

49 Butcher's scraps

52 Ear-connected

53 Clubhouse alternative, initially

56 Cool summer cocktails

60 Wetlands

61 Man, neighbour

62 Word's last syllable

63 Bristle, technically

64 "What ___ I

DOWN

1 Get up

2 They're gigantic in Hollywood

3 Space heaters?

4 Broom Hilda, e.g.

5 As an alternative

6 Inventor's protection

7 End of grace

8 Sinking ship's message

9 Is afflicted with

10 Scribble aimlessly

11 "Snowbird" singer Murray

12 One of Columbus' ships

13 Long list shortener

18 Put one's feet up

19 Quite grave

23 Soap-making solutions

24 Garnets and rubies

25 Venerated

26 Roundwooden rod

27 Rock concert site

28 Big name in pickle packing

29 Port from which Columbus sailed

30 Like BC's interior

31 River bottom

34 "Runaway" singer Shannon

36 Molar malady

37 Castle encirler

38 Tehran's environs

41 Lily Munster's maiden name

43 Eva and Magda's sister

44 Christmastide

45 Sherpa sighting?

46 Snobbish group

49 Whacks, to the Mob

50 At liberty

51 Holy water basin

52 What mares eat, in song

53 "Blimey!" blurter

54 Tequila accessory

55 Ivan was a terrible one

57 This instant

58 Big organic molecule, briefly

59 "___ Showtime!"

SOLUTION ON NEXT PAGE.

Wedding Season!

"Classically" Drawn Caricatures for Your Special Occasion and Gifts.

The Butch Caricature Artist

ready in 10 minutes a face*

Butch the Caricature Artist | Artist@PartyArtist.ca | www.PartyArtist.ca

*EVENT CARICATURES ONLY

"You know you've grown up when a nap no longer feels like a punishment, but a reward."

* Anonymous

Free Multi Media Presentation

Topic

No Country Can Live in Isolation: An Example from an Island Nation, Sri Lanka

Content

History - Culture - Interrelationship Canada & Sri Lanka - Demographics - Emerging Sectors - Human Capital Development - Agriculture - Srilankan Community in Winnipeg

Contact: Senaka Samarasinghe

Tele. No. 204 888 8253 | Email: senaka24@yahoo.com

ADVANCED ALL - SEASON

Landscape • Property Management • Snow

Bobcat For Hire, Landscape & All Yard Work

Asphalt Repair, Paving Stone & Concrete / Residential & Commercial

Call for your appointment. I will call you.

KENT SUCHE, Owner/Operator

204-898-2685 | advancedallseason@gmail.com

FREE ESTIMATES

MANITOBA Wild

Scenic Secrets of Manitoba

Pick up a copy at your local book-store today!

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

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

ETERNAL GRACE FUNERALS

204-505-4559

10-1111 Logan Ave at McPhillips

Winnipeg, Manitoba

In our Brand New Facility

Stonewall - 204-299-9058

www.eternalgrace.ca

Nick Knysh

Funeral Director

WHEN ONLY THE BEST WILL DO

HUMOUR COLUMN:



The Answers To All Our Postal Problems

By William J. Thomas - Humour Columnist

North America's postal services are drowning in debt. They have never figured out how to adjust to the digital age. Half of the mail is now being delivered electronically and the post office still has us licking glue.

Canada Post announced a slash and burn policy that cuts jobs, reduces delivery service and jumps the cost of stamps by 35%. For the third time in as many years the U.S. Postal Service just defaulted on its debt load of 5.6 billion that it can't pay the U.S. Treasury. (And still Americans want Saturday mail delivery?!?)

The CEO of Canada Post is a man named Deepak Chopra. I know what you're thinking ... where does a guy who's written 50 books about holistic medicine while sitting cross-legged in an Indian ashram find the time to run a national postal service?!? Well, that might be the problem right there.

After announcing the slashing of 8,000 jobs at Canada Post and the end of door-to-door delivery of mail in urban areas, Deepak "The Postie" Chopra took the sting out of it all with some comic relief. Everybody slammed the price hike of stamps. The postal union went ... well, postal over the loss of 8,000 jobs. City dwellers railed against the idea of walking to a neighbourhood box to retrieve their mail. And Chopra, who gave himself a bonus last year worth 33% of his salary delivered his punch-line defense with a straight face.

"The seniors are telling me," he said, "I want to be healthy, I want to be active in my life."

Yeah, Canadian seniors are really looking forward to the all-new Canada Post fitness program in which they'll walk to a centralized mailbox and back each day. Except of course, those who can't walk.

Ah Deepak, the seniors are telling me they'd really like to get their monthly \$551.54 pension cheques delivered to their door instead of paying cab fare to go and pick them up. Also, they say they wouldn't turn down a sweet 33% increase in that monthly subsistence allowance they worked their whole lives for.

How to fix our postal systems and have some fun?

First, nobody needs mail delivery more than three times a week. Monday, Wednesday and Friday are adequate and that way, your bills will arrive less frequently.

In my case, if I received my junk mail on Monday which is also recycle day. I could just toss it in the blue box next to the mailbox and I won't have to haul it up to the house.

But the real solution to our postal problems is donuts. Donuts, coffee and the daily addiction Canadians and a growing number of Americans have to Tim Hortons. There are 4,000 Tim Hortons franchises in Canada, 200 in the United States with more on the way.

Think about it - Canadian and American postal services own buildings in prime downtown locations in every village, town and city from coast to coast. Tim Hortons is the fastest growing coffee shop franchise on the continent. Down by almost half in business, post offices have nothing but vacant space. Tim Hortons is searching for ideal spaces to lease in downtown areas. Bingo! The all-new Post Office & Tim Hortons Centre, a place for us to go and not only receive our mail but read it with a coffee and a cruller. The post office gets a lease-paying partner and Tim Hortons gets an immediate North American expansion plan. It's a natural, I tell you. A natural.

And all those thousands of postal workers who are about to lose their jobs. They go from delivering mail in bad weather to pushing cups of decaf and croissants across a counter in a lively little cafe. From business bills to buttered bagels - their work place remains the same. Plus Tim Hortons "Roll Up The Rim To Win" contest? That could now be operated by the U.S. Treasury to help pay off the post service's debt.

As far as seniors picking up their own mail, forget about those community mailboxes. In Canada, we have more older people spending their leisure time at Tim Hortons outlets than senior citizen centres. Any time of day, all day, Canadian seniors congre-

gate at Tim Hortons to bitch about the government, whine about the weather and discuss how it is humanly possible that Justin Bieber's scrawny ass can stay inside those baggy pants when they are clearly belted at his knees.

Trust me, a national caffeine addiction is a good thing. If Colorado had a Tim Hortons for every 8,000 residents in that state, which is the company's marketing rule of thumb, they would not have legalized marijuana. Hyper is more productive than being mellowed out.

There's also a nice human touch that comes with bringing a Tim Hortons to your town. Last year in Windsor, Ontario a woman gave birth in the washroom of a Tim Hortons donut shop and she named the kid Timbit after those tasty little mini-donuts. Think about it, America. Merge your post office with this donut franchise and in a few years you too could have a bunch of children running around named Maple Dip and Apple Fritter.

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

CROSSWORD - Solution

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

"I ate 5 cans of Alpha-Getti and just had a humongous vowel movement."



Picture this!



Cedar waxwing at Steinbach AD Penner Park.
Photo by Mary Harms from Steinbach, Manitoba.

MR. ODDS & ENDS

BUYING & SELLING Used Items

Specializing in items people need. Will trade items /Cash for some.

Currently Available:
Bicycles, Lawnmowers, Air Conditioners, Fridges, Couches, Beds (like new), Furniture & More.
Snowblowers and Shovels also available.

WANTED TO RENT:
Garage in Winnipeg to store garage sale items, with or w/out power.

DOWNSIZING?
Maybe I can Help.

Call Dave
1-204-746-4318

DAVE'S MUSIC

D.J. SERVICE

Music for any occasion
Socials • Weddings • Parties • Bar music

PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up

New Laser Light Show Available - Professional Equipment
Excellent Sound - 25 Years Experience - Special Rates

SPECIAL OFFER:
Book a Social and get \$100 OFF your wedding.

Bookings and info, call
1-204-746-4318
(Morris, MB)

Book for your Socials/Weddings NOW!
Seniors Discount on any event.

THE CLASSIFIEDS

Personal items / private sales only. Not for commercial. All listings must be pre-paid: cash, cheque, money order, MasterCard or Visa. Listings and payment must be received 10 days prior to printing. Call 204-467-9000.

Listings: \$5.25/line (approx. 6-8 words/line). Photos: Additional \$10.00.
For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

House - FOR RENT

House in E.K., Wpg, For Rent:
Comfortable, clean, 2 bdrm home for seniors, w/security, close to all amenities, fenced, double garage. No pets please.
Call: 204-885-9354.

.....

Listings are seen in Winnipeg and over 70 rural Manitoba communities. Also online at www.seniorsscope.com, Facebook, LinkedIn and Twitter.

Mail listing with payment to:
Box 1806 Stonewall MB R0C 2Z0
NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

Miscellaneous - FOR SALE

For Sale: Sears Recliner/Lift chair, electric remote w/heat massager. Excellent condition. \$700.00 O.B.O. Call 204-791-5476.

Working for Seniors

 <p>Greg Selinger MLA for St. Boniface Premier of Manitoba 204-237-9247 GregSelinger.ca</p>	 <p>Dave Chomiak MLA for Kildonan 204-334-5080 DaveChomiak.ca</p>	 <p>Jim Rondeau MLA for Assiniboia 204-888-7722 JimRondeau.mb.ca</p>	 <p>Nancy Allan MLA for St. Vital 204-237-8771 NancyAllan.ca</p>	 <p>Gord Mackintosh MLA for St. Johns 204-582-1550 GordMackintosh.ca</p>	 <p>Matt Wiebe MLA for Concordia 204-654-1857 MattWiebe.ca</p>
 <p>Deanne Crothers MLA for St. James 204-415-0883 DeanneCrothers.ca</p>	 <p>Mohinder Saran MLA for The Maples 204-632-7833 MohinderSaran.ca</p>	 <p>James Allum MLA for Fort Garry-Riverview 204-475-2270 JamesAllum.ca</p>	 <p>Greg Dewar MLA for Selkirk 204-482-7068 1-855-695-1361 GregDewar.ca</p>	 <p>Dave Gaudreau MLA for St. Norbert 204-261-1794 DaveGaudreau.ca</p>	 <p>Ron Lemieux MLA for Dawson Trail 204-878-4844 Ron-Lemieux.ca</p>
 <p>Jennifer Howard MLA for Fort Rouge 204-946-0272 JenniferHoward.ca</p>	 <p>Stan Struthers MLA for Dauphin 204-622-7630 StanStruthers.ca</p>	 <p>Peter Bjornson MLA for Gimli 204-542-4877 1-800-253-0255 PeterBjornson.ca</p>	 <p>Kerri Irvin-Ross MLA for Fort Richmond 204-475-8433 KerriIrvinRoss.ca</p>	 <p>Andrew Swan MLA for Minto 204-783-9830 AndrewSwan.ca</p>	 <p>Melanie Wight MLA for Burrows 204-421-9414 MelanieWight.ca</p>
 <p>Sharon Blady MLA for Kindfield Park 204-832-2318 SharonBlady.ca</p>	 <p>Theresa Oswald MLA for Seine River 204-255-7840 TheresaOswald.ca</p>	 <p>Bidhu Jha MLA for Hadjilasson 204-222-0074 BidhuJha.ca</p>	 <p>Clarence Pettersen MLA for Elm Flon 204-687-3357 ClarencePettersen.ca</p>	 <p>Ron Kostyshyn MLA for Swan River 204-734-4900 RonKostyshyn.ca</p>	