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Vol. 13 No. 9  
Mar 5 - Mar 31/15

# DRIVEN!

The SENIOR SCOPE Automotive Review

**NEW!** See our new **SENIOR SCOPE Automotive Review** Pullout Section - Starting on Page 7



LEFT: Stonewall Foxie Roxies Red Hat group enjoy a Kinettes event - Ladies Night Out in Stonewall for a Murder Mystery - who dunnit event. See page 5.



ABOVE: South Winnipeg Seniors Slow-Pitch (SWSSP) Batting for Breast Cancer Team. SWSSP is always looking for new participants in both the House league and Travelling teams. Check out the competition in their daytime "Senior's Rules" Slow-Pitch House League every Tues. and Thur. [www.swssp.coffeecup.com](http://www.swssp.coffeecup.com). See page 6.



41st Annual **Piston Ring's WORLD OF WHEELS**

March 20-22 See page 7 for full lineup.

# Where is Stanley Knowles when we really need him

By Roger Currie

I suspect almost everyone who reads *Senior Scope* will be familiar with the name Stanley Knowles. Like his parliamentary colleague Tommy Douglas, he was a United Church minister who became a legend in Canada's House of Commons, thanks in large part to his expertise when it came to pensions. Knowles served as the CCF/NDP member for Winnipeg North Centre for all but 4 years of the period between 1942 and 1984. He decided not to seek re-election in 1984 because of a stroke that affected his memory and his ability to communicate.

As one of his last acts as Prime minister, Pierre Trudeau made Stanley

Knowles an honorary 'officer' of parliament. From that day in 1984, almost until his death in 1997 at the age of 89, Knowles was a fixture in the Commons, at a special table in front of the Speaker's chair. Especially when he was an elected representative, Knowles kept meticulous and voluminous files that were jammed into many cabinets in his office. Many of the files dealt with pension cases. I personally knew of a couple of staunch supporters of the Progressive Conservatives who went to Stanley Knowles for help when they had a problem with either *Old Age Security* or the *Canada Pension Plan*.

Stanley could resolve such problems faster than anyone, but unfortunately it seems that no one else has quite followed in his formidable footsteps. How I wish I could find easy answers to what I thought were straight forward questions about now. The past two Januaries I have tracked what I thought was an annual increase in my own monthly payment under *Old Age Security*. In January of 2014, the payment jumped by about \$7.50. This past January the increase was just over \$16.00. There was a time when inflation was a serious issue in Canada that Ottawa adjusted pensions as often as 4 times a year in an effort to help

Continued on page 2



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## Where is Stanley Knowles...

cont'd from front page



Stanley Knowles

seniors on fixed incomes. The increases were ridiculously tiny, and it was quickly evident that retirees who had nothing more than OAS were doomed to live in poverty in Canada.

By the time I became eligible for OAS in 2012, it appeared that there was only one monthly increase each year, and it was put through without fanfare in January. After my most recent article appeared in *Senior Scope*, I heard from several readers. All of them were wondering where their increase was. Obviously, if there is a system of regular increases to help with the rising cost of living, it does not always happen in the same month for everyone.

Without a fabulous resource like Stanley Knowles, it's difficult to get easy access to such information. I shall keep trying, but I want to hear more stories from any of you who care to share them. In magazines like *MacLean's* and *Zoomer*, there appears to be a growing sentiment that a majority of Canada's seniors have never had it so good, and perhaps it's time to do away with some of our 'entitlements' like discount transit rides and movie tickets.

For the millions of older Canadians who do not have substantial private savings, please don't let it happen.

**Roger Currie writes regularly**

**for Senior Scope, and he is heard regularly on CJNU, 93.7 FM.**



By Minister Deanne Crothers

## Financial Literacy

Financial literacy is described as having the skills, knowledge and confidence to make sound financial decisions. This is important at all life stages, but perhaps even more so as we get older and begin facing major changes like retirement, the loss of a spouse or an impending illness.

Financial resources also contribute significantly to our health and wellness and our quality of life. Even if you start late, a good financial plan gives you the ability to see what lies ahead, and confidence about your financial future. There are other important reasons why older adults should have a solid financial footing:

- People are living longer.
  - Canada's life expectancy of 65 has grown dramatically. For example, if you are 65 years of age now, you can expect to live to the Canadian average age of 86. This is five years longer than a 65-year-old in 1970.
- Canada's personal savings rate is at an all time low. One reason could be our lack of knowledge about the importance of planning for retirement. It is necessary to consider planning for your future when developing a personal savings plan.
- As we age, we want to maintain our independence and stay in our communities. Seventy (70) per cent of Manitobans, aged 45 years and older, live in their own homes. Having the income to do that is crucial.
  - According to statistics, 97 per cent of Canadian seniors are receiving income from one, or more, government transfers (ex: Old Age Security benefits, Guaranteed Income Supplement, Spouse's Allowance).

We know that we must do more to improve Manitoba seniors' access and understanding of financial information they receive. As well, certain groups, such as low-income earners and new Canadians, face additional literacy challenges. Plain-language forms and age-friendly websites are a good start to helping older Manitobans understand basic financial information, and how it applies to them and their future.

Another key concern of seniors is financial abuse. Manitoba is involved in a number of financial literacy programs designed to help older adults, not only with their finances, but also with information and resources on financial abuse.

These programs include;

- a partnership between the Manitoba Securities Commission and the Seniors and Healthy Aging Secretariat to develop and distribute a series of publications:
  - *Identifying and Preventing Financial Abuse: A Guide for Older Manitobans*
  - *The ABCs of Senior Investment Fraud: A Guide for Professionals Working with Seniors*
  - financial concerns checklist
- a Police Academy program for seniors (in partnership with the RCMP and other community professionals) to develop and deliver information on safety and security to older adults, at a community level. This includes information on elder abuse, financial planning, legal information and safe banking. Ask at your local senior centre about this program.

I am also very proud that Prevent Elder Abuse Manitoba has partnered with Credit Union Central Manitoba, CUSOURCE, the Credit Union Knowledge Network and the Financial Consumer Agency of Canada, to develop a training program on financial abuse for credit union staff. The training equips frontline staff to recognize and respond when concerns arise.

### Resources:

- Manitoba Finance - [www.gov.mb.ca/finance/literacy/index.html](http://www.gov.mb.ca/finance/literacy/index.html) - for great resources on spending and saving, avoiding scams and planning for retirement
- A *Legal Information Guide for Seniors* - [www.gov.mb.ca/shas/publications/index.html](http://www.gov.mb.ca/shas/publications/index.html) - for investigating legal issues like health care directives and powers of attorney, which are involved in financial planning (You can also call the Seniors Information Line, listed below, for a copy of the guide.)
- Creative Retirement - [www.ctm.mb.ca](http://www.ctm.mb.ca) - for information and courses on financial planning. Go to their website or phone them at 204-949-2565 for course schedules and costs
- Government of Canada - [www.seniors.gc.ca/eng/working/fptf/financial.shtml](http://www.seniors.gc.ca/eng/working/fptf/financial.shtml) - for information on financial planning for older adults

As always, I invite you to contact the Seniors Information Line with any comments, questions or for more information. Call **204-945-6565** in Winnipeg; toll free **1-800-665-6565**.

**Deanne Crothers**

Minister of Healthy Living and Seniors

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**FINANCIAL INFORMATION:**

# Your Children's Children Need Your Help!

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

In previous issues I outlined the six pillars of financial planning that all Licensed Certified Financial Planner professionals practice under. In the December 2014 article I once again wrote in greater detail on the six pillars of financial planning. I will continue organizing information under these principles. So the question needs to be asked, why would I spend so much time writing about the same thing even though the information may be more thorough? There are so many other things that I could be writing about.

I write about this again and again because of the importance of it. I can't stress enough about the importance of working in the six pillars of financial planning (**The Goal Setting Process, The Investment Planning Process, The Personal Risk Management Process, The Retirement Planning Process, and The Estate Planning Process**). These pillars are the guiding principles. If adhered to they will not only keep us safe but they will also open up opportunities for not only yourself but also those you care the most about.

Grandchildren – those wonderful grandchildren. I should know as now we have five. We were expecting four but we received a bonus. Our youngest daughter, a few months ago delivered twins. We are very blessed. So when I speak about the following information I have a very vested interest in the subject on many levels – one from a business point of view, two from a planning discipline and last but not least from a personal point of view as now we have five grandchildren to advocate for. I have personally followed and done what I am about to share with you as a strategy for all of my grandchildren. This strategy overlaps several pillars – 1) Goal setting 2) Risk Management and 3) Estate Planning (the movement of assets from one generation to another on a tax effective basis).

As someone who's successfully entered their golden years, you appreciate the past while keeping a keen eye on the future and the legacy to be left behind. With this in mind, thoughts almost always turn to children – and even more likely, grandchildren. With most adult children today precariously perched upon a pile of debt, living in two income households, surrounded by young children, and run ragged by extracurricular activities – essentially,

all the fixings of a modern Canadian family, they are often unable to see the forest from the trees when it comes to financial planning. In the rare instances that they are able to see, their ability to make a material difference in planning for legacy issues is often hindered by their financial wherewithal.

Indeed, without the intervention of grandparents – potentially like you – those little extras, the things generations' past might have taken for granted, are set aside. For instance, despite very generous tax credits and federal grants, the Registered Education Savings Plan (RESP) remains sadly underutilized. Most middle class families in Canada today do live pay cheque to pay cheque; according to the Canadian Payroll Association, over 51% of Canadian households would be in serious financial turmoil if they missed only one pay cheque.<sup>1</sup> That is to say, things are tight. Even for those who earn above average incomes, the old adage "the more you earn, the more you spend" is all too true, with ballooning mortgage debt and refinancing all too easy to come by for good income earners, and with that the hefty car payments, more frequent vacations, and bigger luxury purchases. Only the most diligent followers of advice from their Financial Planners can usually stem that tide and dedicate scarce resources to future financial priorities.

So as a grandparent, how can you help? Increasingly, grandparents are opting to shoulder the financial burden of helping their children's children in areas of least resistance (i.e.: those spaces where parents are happy to cede responsibility if someone else is willing to foot the bill) such as post-secondary education and insurance. Previous generations were quick to buy Whole Life insurance on their children, but today this is far less common than it should be. Rather, with the rising prominence of RESPs, parents have often diverted funds (such as those made available from the Federal Child Tax Benefit and the Universal Child Care Benefit) in that direction, favouring the registered plans that are dedicated exclusively to helping children pursue higher education. However, there is merit in what your generation would have considered in its place, and the likes of Whole Life and Critical Illness insurance as viable alternatives

are taking a larger piece of the available pie. In most cases, though, this pie is no longer part of the family budget, but thrown to the grandparents to manage.

What is old is new again – history is replete with such examples, and insurance is certainly one of them. It is not uncommon today to encounter a thirty-something with an old Whole Life insurance policy dating back to the early 1980s, with a small death benefit and a massive accumulated cash value. Why? Simple – their parents purchased these modest plans under the pretense (a correct one, as it so turned out) that Whole Life was not only a good buy, but that the insurance and cash values would prove

**“Increasingly, grandparents are opting to shoulder the financial burden of helping their children's children in areas of least resistance such as post-secondary education and insurance. Previous generations were quick to buy Whole Life insurance on their children, but today this is far less common than it should be.”**

tremendously useful over time. There are myriad examples in Canada alone of young adults who have successfully financed part or all of their tuition, bought their first car, paid for their wedding, and even provided a down payment on their first home – all with the help of their little old Whole Life policy that Mom and Dad bought for them years ago. If this approach worked well before, can it work well again?

Absolutely! In 2014, Whole Life sales in Canada are stronger than they have been in a long time. Consumers appreciate the values and guarantees such a product offers in uncertain times, and prefer to put their money into a financial vehicle that offers tax exempt growth of their capital while offering meaningful, long-term insurance cov-

erage. While not every insurance company in Canada offers Whole Life anymore (most once did) several of the leading insurance carriers continue to offer a strong Whole Life product, with a special emphasis on the traditional Participating Policies, which have made an enormous comeback after years of being considered "old and boring". Indeed, Canada Life is one of the leading purveyors of Participating Whole Life today and boasts a dividend from their "Par Account" that's been paid to policy holders every single year since 1848. How's that for stability and performance?

How does this appeal to you as a grandparent? In many ways, Whole Life is a keystone product, one that has endured the test of time, year after year. It appeals in a multitude of ways, not least of which is this product's ability to provide permanent insurance (a constant coverage, and a constant price) for a grandchild who is young, highly insurable (good health) and affordable. There is an old saying that Whole Life is "the gift that keeps on giving" and there is a sound reasoning behind this expression: the cost of insurance will never be lower than it is today for a child, it will never increase, and the cash values will provide useful injections of cash flow when it's needed most, during those critical life stages such as higher education, buying that first home, or getting married.

Whether through the withdrawal of dividends from the policy, through a direct policy loan, or through the use of the cash value as collateral for a loan at a lending institution of their choice, a Whole Life insurance policy can be useful for their *whole life*! When the time comes, ownership of the plan can shift seamlessly from one generation to the next with very minimal (if any) tax consequences, thus allowing your grandchild to continue making payments – if that's even necessary at that point. Indeed, most Whole Life policies produce sufficient dividend values over the course of 15 to 20 years that they can be self-sustaining, requiring literally no further investment or premium payments.

Another insurance product, one that never existed 30 or 40 years ago but is beginning to take a larger share of the insurance marketplace today, is Critical Illness (CI) insurance. CI insurance is a type of insurance that, like

<sup>1</sup>Source: Financial Post (<http://business.financialpost.com/2014/09/10/more-canadian-workers-are-living-paycheque-to-paycheque-saving-less-survey/>)

Continued on page 4

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## Your Children's Children..., cont'd from page 3

life coverage, will pay out a lump-sum tax free payment to a designated beneficiary. In the case of life insurance, this happens upon death and the money flows tax-free to the beneficiary (often a spouse). In the case of CI insurance, this pay out occurs 30 days after the diagnosis of a covered critical illness, such as cancer, heart attack, stroke, or any one of usually 20-24 protected illnesses in the plan. Why would you consider buying this for a grandchild? First and foremost, the insurance protection is immensely valuable. The incidences of childhood related critical illnesses, such as type 1 (Juvenile) Diabetes, Cerebral Palsy, Muscular Dystrophy, Cystic Fibrosis, or Congenital Heart Disease are high enough to warrant such coverage. The injection of tax-free cash would, if their child were to become ill, provide the family essential financial resources to combat the unexpected costs associated with a sick child, such as taking a leave of absence from one job (or both parent's jobs), paying for health care or treatments outside of Canada, covering specialty medications not covered by provincial plans, or even continuing to make those RESP contributions under such financial duress. Finally, thanks to most products featuring a full reimbursement of premium after a specified period of time, all the money invested into a CI insurance plan will normally be returned to the policyholder, also tax-free.

For example, one of the leading providers of CI coverage for children is Sun Life Financial, which offers a permanent plan (coverage and premiums remain the same, forever) and yet still provides a substantial 75% return of premium at age 25 - in time to help pay back student loans or make a down payment for that first home. By continuing the premium payments they will one day be able to choose to cancel the plan (such as in retirement) and obtain 100% of premiums as a guaranteed cash-back. And as with Whole Life, ownership can easily change hands from you - the grandparent - to the insured - your grandchild, allowing them to continue making payments, which will be comparatively tiny given the insurance was obtained when they were much, much younger. It's a priceless form of insurance protection for a vulnerable group, while offering substantial value by returning all the capital invested at some point in the future, should they remain healthy.

For some grandparents, perhaps even you, these two products can afford ample opportunities to not only protect those you love, but to leave them a legacy by repositioning the assets you already own (often, non-registered) into these insurance plans. A common strategy is to see underperforming and/or unnecessary non-registered investments moved over time

into insurance mechanisms like Whole Life and Critical Illness insurance. This way, the premiums are covered by these investments and therefore do not draw upon much needed cash flow in your retirement. Both products offer interesting coverage but also effective ways to transition wealth from one generation to the next in a tax efficient way, and offer you a convenient way to help your own children with theirs!

Once again the question now must be asked, "Have you had this conversation with your financial advisor"? If not, why not? What steps have been taken to protect not only you but your family's wealth? If your advisor is following the steps of financial planning then a discussion under the pillars of 1) Goal setting 2) Risk Management and 3) Estate Planning (the movement of assets from one generation to another on a tax effective basis) should have been either had or you are in the process of having.

It would be wise to consider your options for protecting not only your own financial health but also those who are the most vulnerable in your family and whom we seem to have no end of patience and caring for - our grandchildren.

Contact our office to learn more about your options regarding caring for your grandchildren. We also offer comprehensive estate planning strategies. ■



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# DISABILITY TAX CREDIT FOR ALL AGES

Advertising Feature



**By Peter J. Manastyrsky**

Throughout last year a number of articles appeared identifying a non-refundable tax or sometimes called a Health Tax Credit which reduces tax payable for those who qualify.

There are people in our province with disabilities who have never been aware that they may be eligible for a Federal tax refund. The Income Tax Act provides a non-refundable DISABILITY TAX CREDIT that can reduce your taxes to zero but not below, available to ALL ELIGIBLE INDIVIDUALS no matter what age level.

If you as an individual or caregiver pay or paid income tax, this DISABILITY TAX CREDIT will reduce the amount of income tax for a person with a disability or their supporting

person. This CREDIT can be transferred to a supporting member or a related caregiver (person who pays income tax) or a person who provides help and support. Please note that if you pay no taxes, there is no tax to refund. While the DISABILITY TAX CREDIT doesn't compensate for the cost of having a disability, it does provide some relief for people who qualify for the CREDIT.

People who are unable or having a severe difficult time to perform basic activities of daily living over a prolonged period of time and markedly restricted (all or substantially all the time) in walking, bladder or bowel problems, dressing themselves or mental functions necessary for everyday life may be eligible to apply for the DISABILITY TAX CREDIT. As mentioned this CREDIT is eligible to all individuals, YOUNG,

MIDDLE AGE or SENIORS who have a mental or physical impairment and their restriction has lasted at least 12 consecutive months.

The DISABILITY TAX CREDIT is separate from any of the other disability benefits. If you have paid taxes in pasts, your claim can go back as far as 10 years retroactively to the date of impairment. This CREDIT is possibly one of the most frequently missed provisions on the tax return and under claimed. There is an obligation to properly review all DISABILITY TAX CREDIT claims, approve those that are legitimate and maintain the integrity of the tax system.

A STEP BEYOND & ASSOCIATES help individuals - parents and families to make the most out of an unhealthy situation, by taking that STEP and applying the resources to move BEYOND.

If you or someone in your family, it could even be a close friend has an impairment they may be eligible for the DISABILITY TAX CREDIT. Our service is to look after you, don't be afraid to ask for help.

Please call or email A STEP BEYOND & ASSOCIATES for consultation no obligation, confidential dialogue and a flat fee for service rendered.

For further information contact:  
**A STEP BEYOND & ASSOCIATES**  
 (see advertisement on this page).

**Peter J. Manastyrsky**  
**A STEP BEYOND & ASSOCIATES**

**204-663-4651**

**pmanas@mymts.net**

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**DISABILITY TAX CREDIT**

**A STEP BEYOND & ASSOCIATES**

Call Peter 204-663-4651  
 pmanas@mymts.net www.astepbeyond.cc

**DO YOU HAVE ANY OF THESE DISABILITIES?**

- Do you suffer from mood disorder, schizophrenia or other mental functions?
- Is there difficulty walking or managing your bowel or bladder?

We help individuals, parents and families to complete all the necessary DTC forms. Consultation is strictly confidential, no obligation and a flat fee for services rendered.

A+ Rating



## Stonewall ladies had a nite out to solve a murder and have a whole lotta fun doin' it

The Stonewall Kinettes organized their annual ladies only event with a Murder Mystery theme in a Wild West setting this year on February 21st at the Stonewall 55+ Lions Centre.

A man was killed and one of the cast members did it. But which one? The audience's job was to solve the mystery with the clues given by each cast member.

Other Kinettes members volunteered with admission, the fine dinner

and a poker game using 'fun money' at the end. Only two men were on site and that was to bartend and serve beverages.

It was great fun for all ages. A very nice meal and dessert was served buffet style.

The Kinettes carry out various fundraising events and services to raise money to serve the community's greatest needs. ■



Above are some of the Kinettes cast in the skit. One was the murderer. (The daughter did it. The guilty looking one - 3rd from left - white skirt, blue vest)



A good time was had by all! L-R: Gerrie, Marilyn, 'Patsy' (actor), Ruth, Grace.



The Stonewall Red Hat ladies - The Foxie Roxies.

## Hospice & Palliative Care Manitoba gets a new name to better reflect same exemplary services - PALLIATIVE MANITOBA

- Palliative Manitoba

Hospice & Palliative Care Manitoba (HPCM), a charitable organization, has recently re-branded to better reflect the services the organization offers the community. These services are complementary to the formal health care system and are offered free of charge.

**Palliative Manitoba, "Helping You Live Today"**, along with its new website was formally launched on Wednesday, February 25, 2015. Over the past 18 months support and guidance was obtained from external stakeholders and the province as well as from our volunteers, families and support networks.

There was a need to heighten awareness of HPCM and increase the utilization of its services through a re-branding process with a new website and increased social media.

This new brand aligns well with the organization's current three year renewed strategic plan to:

- Expanding Palliative Manitoba's capacity on a provincial basis
- Educating Health Care Attendants and Direct Service Workers regarding the provision of quality end of life care
- Promoting and advocating on palliative care issues at all levels, local, provincial and federal

With an ever increasing aging population, the expectation is that there will be an exponential growth in the need for quality palliative end of life care services. Growth patterns in the palliative field have created a wide variety of service providers. At times, it is unclear to the consumer where they can most appropriately and readily access palliative care services.

Hospice & Palliative Care Manitoba was the "best kept secret" for many years. With its new brand Palliative Manitoba intends to be consumer driven and to become the "go to" place for information, guidance and direction on palliative care issues either internal to the organization and/or referred out to

external sources. Palliative Manitoba will help individuals and their support network "navigate" the system. Our services extend well beyond the person with the illness. Our services can assist the family, caregiver and other people in the individual's support network.

Palliative Manitoba offers the following services:

- Bereavement Services/Telephone Grief Support
- Grief Seminars
- Compassionate Care Courses
- Customized Compassionate Care Courses for First Nation communities and Direct Service Staff supporting adults with intellectual disabilities in care
- Caregiver Supports
- Volunteer Visiting Programs
- Final Days, Final Hours
- Kids Grieve Too and Teens Grieve Too
- Community Outreach
- Annual Conference
- Health Care Attendant Training
- Memory Tree

Palliative Manitoba relies heavily on a cadre of volunteers to assist in the delivery of its programs and services. The organization also uses Faculty of Social Work student field placements to increase its ability to develop and deliver projects.

Through the development of a new brand and website and creation of a Community Outreach function Palliative Manitoba will extend its capacity across the province.

The organization seeks opportunities to develop partnerships and work collaboratively with internal and external stakeholders to deliver quality palliative care services in Manitoba.

For more information:  
call **204-889-8525**  
or Toll free **1-800-539-0295**  
or visit the website:  
**www.manitobahospice.ca**

## ABILITY SOLUTIONS

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We also install Grab Bars and other mobility aids.



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

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## Manitoba is opening birth records related to adoptions

If you are an adult adoptee or a birth parent, learn more about accessing birth record information OR protecting your information

Please visit **manitoba.ca/adoptionrecords**  
Contact your local CFS agency  
Or call **1-855-837-5542** (toll free in Canada and the US)

**Manitoba**





By Roger Currie

# Currie's Corner

## Daylight Savings

Daylight savings is upon us and the province of Saskatchewan gets to demonstrate once again that it is different in a fairly noticeable way. While most of the rest of the world has to fiddle with clocks, and grumble about losing an hour's sleep, Roughrider Nation, also known as the Land of Living Skies, does not change.

It has been that way for more than 50 years, and it's likely to continue for at least 50 more. Whenever someone does a poll on the subject, the word 'inconclusive' takes on new meaning. Roughly half the Saskatchewan people who are questioned say "Enough is enough! It's time to get in step with the rest of the world and change those clocks !" But a fairly equal number say "No, we like things just the way they are, thank you very much".

Indeed, as the years go by, the list of compelling reasons why Saskatchewan should join the Daylight Savings parade seems to grow shorter, not longer. During the 11 years that I lived in Regina, the most annoying problem was forgetting how much time difference there was if you were calling

someone to the east or the west. More than once while I was hosting radio shows, I ended up missing what might have been a great phone interview because I called the interviewee an hour late, or an hour early.

Figuring out the TV schedule is always fun. In the summertime in Saskatchewan, popular shows are always an hour earlier than other places, but in the wonderful world of the PVR, who watches anything in real time ? What exactly is real time anyway ?

For many years I dared not be late with a newscast at the top of the hour because thousands of people stopped what they were doing to listen. Right. Not many of us believed it then, and almost no one believes it now.

Pardon me Miss, do you have the time? ■

.....

*Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio [www.cjnu.ca/c-corner.shtml](http://www.cjnu.ca/c-corner.shtml)*

# South Winnipeg Seniors Slow-Pitch (SWSSP) gearing up for a new season

By Fred Spiring

South Winnipeg Seniors Slow-Pitch (SWSSP) association is a community-based group of "mature" adults who have joined together to enjoy the physical and social benefits of slow-pitch softball. SWSSP offers interested individuals opportunities for non-competitive and/or competitive recreation through playing softball with and against others of similar ages and experience. Our twice weekly "House league" games are played at Moffat Field, located adjacent to Century Arena at the corner of Clarence and Hamelin in Fort Garry.

Games are Tuesdays and Thursdays from May to October (weather permitting) and both male and female members are encouraged to participate. Women aged 40 and over and Men aged 55 and over are eligible for membership.

SWSSP House league games are open to mixed participation by all members, and are intended primarily for exercise and social interaction. In addition to these House league games, SWSSP supports several "Traveling" teams, composed of members who wish to participate in more competitive games.

The SWSSP 2015 Registration and Spring General Meeting is scheduled for Monday, April 20, at the Victoria Community Centre on Derek Street in Fort Garry, Winnipeg. Registration and fee payment starts at 12:30 PM with the General meeting commencing at 1:00 PM sharp. All interested participants and members are urged to attend. There will be free coffee and donuts at the meeting.

The 2015 annual membership is \$50.00, and includes registration with Softball Manitoba, Insurance coverage, as well as a cap and jersey for new members. Bats and balls are provided. All that you need to join the fun are a paid-up membership, some comfortable clothing and a softball glove.

Membership fees also help support

the playing fields and equipment that the club provides, plus the barbecues and annual banquet. The SWSSP Spring and Fall "House league" tournaments are daylong festivities that include several games of slow pitch followed by a barbecue. All games, as well as the barbecue, are held at the Moffat Fields.

In 2014, SWSSP had three Traveling teams that included the Bees, Legends and Night Owls. The Bees and Legends participated in the Manitoba Seniors Slow-Pitch Tournament League and found them competing in over 50 games including regular league play at the Blumberg and Buhler diamonds as well as various tournaments in Manitoba. The Night Owls participated in league play featuring both daytime and evening games with teams from Lee River, Selkirk and Anola. Similar to the Bees and Legends, the Night Owls also participated in several tournaments.

The Night Owls, Legends and Bees joined forces to play in the Batting for Breast Cancer tournament and raised more than \$2700 for this very worthy cause. This year's Batting for Breast Cancer event is scheduled for Sat., July 4, 2015 at Little Mountain Sportsplex.

SWSSP is always hoping to increase the number of participants in both the House league and Traveling teams. All friends, relatives or acquaintances (Men 55+ and Women 40+) who may be interested in joining SWSSP are encouraged to register. Come enjoy competition in our daytime "Senior's Rules" Slow-Pitch House League every Tuesday and Thursday. For more information please visit our website at

[www.swssp.coffeecup.com](http://www.swssp.coffeecup.com),  
email us at [swssp@mymts.net](mailto:swssp@mymts.net),  
or call Bob: (204) 261-3033  
Metro: (204) 256-4074  
Janice: (204) 831-5641

# Laugh a Little

The census taker knocked on Betty's door. She answered all his questions except one. She refused to tell him her age. "But everyone tells their age to the census taker," he said. "Did Miss Martha Hill and Miss Myrna Hill tell you their ages?" she asked. "Certainly," he replied "Well, I'm the same age as they are," she snapped. "As old as the Hills," he wrote on his form.

# Medication Question? Ask Your Pharmacist



## MANITOBA PHARMACISTS

KEEPING OUR COMMUNITIES HEALTHY AND SAFE

HEALTHCARE: WHERE YOU NEED IT WHEN YOU NEED IT



#PHARMACISTS #HELPING50KADAY



# DRIVEN!

## The **SENIOR SCOPE** Automotive Review

1st EDITION - March 5/15

MARCH 2015



### Overview:

- The ideal Vehicle
- Driving Skills
- Fixit
- Driving
- RVing it
- The Drivers Test

## DRIVEN! The SENIOR SCOPE Automotive Review ...

is all about the latest in **Driver and Vehicle Technology** with articles on **New Vehicles, Driving Skills, Vehicle Maintenance** as well as **RV ing it** and **Driving in Other Countries** such as the USA and Mexico. We will have **Special Ride and Drive Events** where you will be able to come and drive our Ideal Vehicle New Car Review Cars to

actually feel the product in an open test just for **Senior Scope** Readers Special Columns about **Driving Laws** and **how to pass a driver's test and maintain your license** as well as the **physical and visual fitness needed for driving** are featured in each issue.

The **maintenance of your vehicle**

and **how to choose the correct products** to ensure its care and long life are covered as are **how to do-it-yourself**.

**Tours and special events are included in DRIVEN!** as are the fashions and apparel that make your drive safe and enjoyable.


**Driving skills** for the 21st Century

are a big part of our coverage and include all the **latest in high technology** assists in your new vehicle and how to correctly use them.

The 55+ Driver has the experience, skill and time to enjoy his/her personal transportation as never before.

Join us in our drive to enjoyment of the freedom of travel.

### OUR SENIOR COLUMNIST: Wm. M. E. Ward (Bill)



Bill is a dynamic individual with significant experience as a Motorsports Driver Trainer, Emergency Vehicle Operators Instructors Course Trainer, Collision Avoidance Instructor, Vehicle Control Specialist, Tire Performance Specialist, Motor Vehicle Collision Investigator and

Re-constructionist, Close Protection Driving Skills Specialist and a Driver Physical Fitness Coach. A dedicated professional in all tasks, he has significant media experience as a Radio Host, Television Personality and Editor of Automotive Specialty Magazines. With Certification in Safety and Compliance, as well as Work Place Health and Safety, his knowledge and

experience provide a diverse and well-rounded background to all his endeavors. A well-spoken individual, he brings both an intellectual, as well as, physical presence to all he does. The combination of Bill's Skills provides over 45 years of experience in all aspects of driver training, vehicle control skills and automotive testing.



### THE IDEAL VEHICLE, The New Car/SUV/Truck Review

**Sports Car or SUV and everything in-between; we review them for you in The Manitoba Environment**

Our Ideal Vehicle Review is directed towards the needs of the 55+ Driver and Passenger so we will be reviewing



vehicles that meet the needs and desires of our readers.

We test our review vehicles for different things than the Automotive Magazines such as;

Ease of entry and exit, All Weather Capability, Fuel Economy, Driver Control Assists and how they function, Ease of Parking and Maneuvering, Carrying Capacity for grandchildren and cargo, in addition to its headroom and leg room. **Collision Avoidance Capability and Driveability are issues that all 55+Drivers are concerned about. We will report on it.**

### AT THE STEERING WHEEL

**Driving Skills and New Technology that affects the Driver.**

In the "AT THE STEERING WHEEL" column we discuss the issues that affect you the driver and how the modern vehicle demands significant changes to your driving skills and abilities.

Here in our first session at the steering wheel is how to hold it in a modern car/SUV/or truck for the most control.

### HOLD THAT WHEEL!

#### The Steering Wheel

Much has been made about the Hand Position on a Steering Wheel and how Driver Educators have been so wrong in teaching the 10-2 position. Here are the absolute facts on how you should always hold the steering wheel, and this means you have the center of your chest mass and the steering wheel in alignment with each other. You can use Shuffle or Motorsports X Technique but your hands must never cross over each other as this creates a confusion in the cortex of the brain which will result in a stutter like steering motion and you will lose the smoothness required to manage the tire contact patch and the slip angle of the tire.

When we had really large steering wheels in the 40, 50, 60's and no or limited power steering, the hand grip and seating position required a different grip.

Many Driving School instructors have not moved with the times and teach a method that is in fact dangerous in vehicles equipped with Air Bag Supplemental Restraint Systems. If an Air Bag deploys it will cause any hand position that is at say 10-2 or worse, a one hand grip over the center of the steering wheel, to be impacted into the face, chest area of the driver causing significant injury and has resulted in death.

Drive like a Pro and use the correct grip



Hands at 8-4 and Thumbs at 9-3

The modern Steering Wheel is designed to be held this way for control and safety



This is the next generation of steering wheel in the 2018-20 Cars

Continued on page 8

41st Annual

# PISTON RING'S WORLD OF WHEELS

**SPECIAL EXHIBIT! THE CARS OF FAST & FURIOUS!**

**MARCH 20-22**  
FRI 3-10 • SAT 10-10  
SUN 10-6

**Bananara**  
Featuring Yellow Customs  
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**Muscle Car Cafe**  
- Lake Marion Collision

**Miss World of Wheels Pageant**  
Sat. 8 pm • Presented by Pony Corral Restaurant & Bar

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DEMONSTRATIONS ALL WEEKEND!

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WWE Superstar "SHEAMUS" FRIDAY 6-8  
"AZN" & "Farmtruck" From Discovery Channel's "Street Outlaws" SATURDAY 12-5  
Danny "The Count" Koker from the History Channel's "Counting Cars" SUNDAY 1-4

**MARCH 20-22**  
RBC CONVENTION CENTRE - WINNIPEG

Discount Tickets Available at Piston Ring



DRIVEN!

The SENIOR SCOPE Automotive Review

Continued from page 7

Here is Shuffle Steering and How to Perform it.

Shuffle Steering Technique

The Ultimate Shuffle Steering Technique has been developed by Bobby Ore Motor Sports and it works so well that it deserves special mention.

The left and right hands touch only at the top and bottom of the wheel and they never cross over or x in any manner. Here is the technique.



Shuffle Steering is a simple technique for managing the steering wheel of an automobile, bus or truck. This technique enables you to have full control of the steering input without ever getting confused, and you can seamlessly go from delicate corrections to big motions with ease.

Your left hand always stays on the left half of the wheel. Your Right hands always stays on the right half of the wheel. So, the highest your hands can go is where both hands are at 12 o'clock (your hands touch their index fingers together). The lowest both hands can go is 6 o'clock (where your hands touch their pinkies together).

The left hand is always in position to operate the turn signals.

It's fast, smooth and has total control of the steering task at all times.

Sit back and enjoy your new grip on the steering wheel and drive to arrive.

FIXIT

FIXIT is the Vehicle Maintenance column of DRIVEN! and it deals with what you must do to ensure your vehicle has a long life with as reduced maintenance cost as possible. In FIXIT we will have maintenance articles and how to Do-It-Yourself articles that improve and maintain your vehicle.

The Car Wash

A car wash at a full service wash is the best investment you can make for continued maintenance of your vehicle as it provides significant paint surface and underbody cleaning as well as getting rid of road salt and grime.

An Underbody Wash is essential each time you wash your vehicle as is a coating of Wax and related products to maintain surface appearance as well as reduce corrosion. This should be done once a month, with a weekly exterior

wash at a drive through or wand wash bay once a week.

The interior needs cleaning and this should include vacuuming and a twice a year interior clean and shampoo of the carpets, cloth seats and appliques.

An option many folks do is the Spring and Fall full detailing package and this makes for extended life of the painted surfaces of the vehicle as well as it looks great. I include, in the spring and fall super cleaning or detailing, a very useful safety process called "AQUAPEL" this product provides enhanced vision as well as assists in cleaning the windows of bugs, ice and all sorts of foreign material. This product is sold and installed by Speedy Auto Glass, Chamois Car Wash and for the do-it-yourself person, at any NAPA Auto Store.

Automotive Rain Repellent Applications

Vehicle Windshields, Side Windows, Doors Mirrors

University of Michigan's Transportation Research Institute Study: The Influence of Hydrophobic Windshield Coating on Driver Performance

The study used simulated conditions to study the effect of hydrophobic coatings on windshields. The study indicates that hydrophobic coatings can improve an operator's visual acuity by nearly 34% over an untreated windshield. Additionally, a driver's response time to identify a small target was improved by 25 percent, from four seconds to three seconds. One second response time represents about 58 feet of travel distance at 40 miles per hour.

Here is a link to the AQUAPELLE web site for more information

<http://www.aquapel.com/>

SUNSHINE DRIVING



LOVERS BEACH AT Los Cabos Mexico - a great destination to drive to.

If you are a Snow Bird, Sunshine Driving is all about driving in the USA and Mexico. We will deal with the different Laws, Customs and procedures along with special interest items on Insurance and Vehicle Maintenance and Vehicle Warranty when you cross the Border.

Here are some unique differences in the US vs Canadian Vehicle Owners. "Canadians," says Dennis DesRosiers of DesRosiers Automotive Consultants, "often see vehicles as a necessary evil, while Americans see it as their 'God-given right' to drive the biggest, baddest, most eye-catching ride possible, whether they can afford it or not."

"Canadians," he says in a comparison of Canadian vehicle ownership trends and statistics with the United States, "will only spend an 'acceptable' amount on

that vehicle in the driveway. There are other noteworthy differences, as well."

Here are some unique differences in the US vs Canadian Vehicle

1. In Canada, 77.8 per cent of the driving-age population owns a vehicle, versus 96.3 per cent in the United States - and U.S. ownership has been higher than 100 per cent in recent years.
2. A vehicle in Canada typically has just three owners, compared to four in the United States - which means the extra owner is likely buying a very old vehicle, in turn creating a large U.S. do-it-yourself aftermarket not seen in Canada.
3. The U.S. pre-owned market is much larger than Canada's, using the one-tenth rule of thumb. That is, down south, the pre-owned market is up to 45 million units a year, versus what DesRosiers estimates at about 3 million in Canada.
4. The average expected life of a vehicle in the United States is 15.36, versus 12.88 years in Canada. Our weather plays a part, but so does psychology - many Americans are happy to drive a beater into the ground.
5. Half of all the cars sold in Canada are compacts, while in the United States compacts account for less than one-third. The Canadian subcompact is almost twice the size of the U.S. subcompact segment, too.
6. Just 1.7 per cent of Canadian passenger car buyers purchase a high-end luxury car, versus 4.4 per cent in the United States.
7. Mid-size cars? Twenty per cent of Canadian car buyers shop for an intermediate car, while in the United States the mid-size segment accounts for 39.6 per cent of all cars bought.
8. Canadians are nuttier about pickups than Americans. The Canadian pickup truck segment is a huge 30.6 per cent, versus 22.3 per cent in the United States.
9. Compact sport-utility sales account for 32.2 per cent of the market in Canada, versus 25.7 per cent down south.
10. Overall, we not only love pickups, we love trucks as a whole and much more than Americans. This is a huge reversal from 10 years ago when 56.6 per cent of the light vehicles bought by Americans were light trucks, versus 47.8 per cent in Canada. Last year, light trucks accounted for 52.2 per cent of U.S. sales, versus 57.6 per cent of sales in Canada.

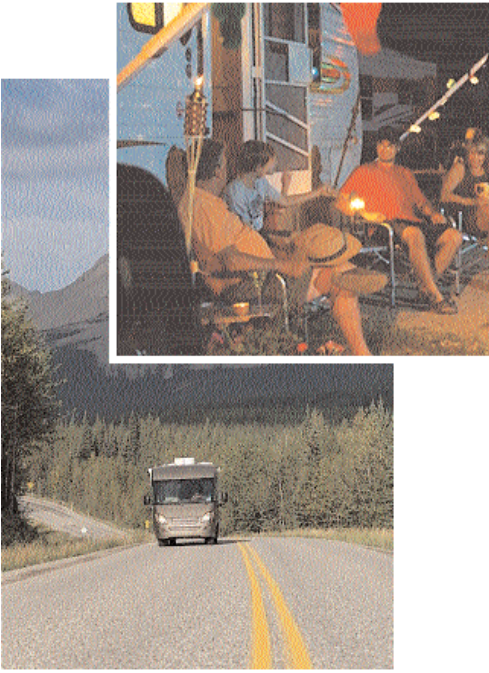
Given the importance Canadians, in general, place on fuel efficiency, DesRosiers says he's surprised by our romance with trucks. Could be we have more pent-up demand for light trucks coming out of the Great Recession, or it could be that collectively we have more money to spend. After all, as a recent report noted, the Canadian middle class is richer than the American middle class. And that's another big difference.

I think we like trucks because they are 4X4 All Weather Vehicles that can operate on our unmaintained Winter and, sadly yes, Summer roads.



Mainstream mid-size sedans such as the Chevrolet Impala or Ford Taurus are often perceived to be the typical and most common body style in the United States. While mid-size sedans are indeed among the country's best selling vehicles, pick-up trucks held the top positions until mid-2008, rivaling sedans in the terms of total numbers sold. In the year 2006, the best selling models were the Ford F-Series with 796,039 units sold and the Chevrolet Silverado with 636,069 units sold. The Toyota Camry, Dodge Ram and Honda Accord held the next three positions as the best selling cars. Rising oil prices stripped pick-up trucks of the "Best selling vehicle type" title in mid-2008. Toyota Corolla currently holds the title.

RVing It



All ages enjoy the open air recreation of a RV and Manitobans travel vast distances in theirs as well as use them as mobile cottages.

Whatever your choice, there is a RV for you. This said we will endeavour to assist you and your family in the wonderful world of RV ing and bring you the latest news and views from the RV World.

Here are some cost comparisons of a trip from Brandon MB to Drumheller AB.

Total \$3,175 - \$5,191 - \$5,904

Vacation Cost Comparison

The savings for a RV are \$220.00 to \$270.00 per day. Interesting? This information was found on <http://gorving.ca/rv-vacation-cost-compare/?trip=brandon-drumheller&car=yes&air=yes>



DRIVEN!

The SENIOR SCOPE Automotive Review

THE DRIVERS TEST

We all fear it and yet it's a great way to refresh our driving skills and to preserve our privilege to drive.

I personally take a driving course about every three years to maintain my skill and ability to drive. This with daily exercise at the Seven Oaks Wellness Institute and a yearly review of the Driving Law changes means I am up to date and aware, as well as physically and mentally set to continue driving.

Driving is a compound complex task requiring vision, physical co-ordination and space awareness, as well as attitude, physical driving skill and of course a relaxed grip on the wheel.

If you have not had a driver's test in the last 10 years it's a great idea to start with taking the driving quizzes on MPIC's web site and familiarize yourself with the rules of the road and the changes in them. Yep They Change and it's like being on a different planet from 10 years ago.

Find the Written Test Quizzes at [http://apps.mpi.mb.ca/dr\\_quiz/DrvQz1.asp?questions=10](http://apps.mpi.mb.ca/dr_quiz/DrvQz1.asp?questions=10)



I spoke to Dane Wilson of Crossroads Driver Training [http://www.crossroads-drivertraining.com/driver\\_training.html](http://www.crossroads-drivertraining.com/driver_training.html) and he suggested a 55+ Package of a 2 Hour Classroom and a 2 hour In-Vehicle Evaluation which duplicates the Driving Test. This will put you in the position of knowing your strengths and weakness and being able to upgrade your skills prior to needing a Drivers Test. This good advice and the process behind it will be offered as a package through DRIVEN! at **Senior Scope** in the near future.

**THANKS FOR READING OUR FIRST ISSUE AND IT GETS BETTER. PLEASE SEND YOUR COMMENTS, QUESTIONS AND IDEAS TO ME - Bill Ward at [driven@mymts.net](mailto:driven@mymts.net)**

Collision Rates in Manitoba (MPI):	
Age	Accidents per 10,000 Drivers (Estimated)
16-19	853
35-44	532
65+	309

Jewel101FM

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Married in the Morning

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# “THE BUZZ”

## McKinnon Joins Order of Canada; Stefanson Looks Great; Dr. Helen Glass Passes at 98; Chawla Still Finding Stars; Edmonds Retires; Neufeld and Link Win Provincial Sr Curling; Morrissey Retires; Field House Named After Daly; Percy Back on Air



By Scott Taylor

On February 13, Carman's own, **Frank McKinnon**, was officially welcomed as a Member of the Order of Canada. Last summer, it was announced that Mr. McKinnon had been selected to this prestigious group.

McKinnon served as commissioner for the Manitoba Junior Hockey League for 10 years (1992-2002) and was known for his charisma and vast knowledge of MJHL history.

"This is a tremendous honour for Frank," said MJHL Commissioner Kim Davis. "We are all very proud of him. After leaving the office of commissioner Frank always followed our league closely. He's a true gentleman and deserving of this honour."

McKinnon served two decades on the executive of the Manitoba Amateur Hockey Association (now Hockey Manitoba), including five as president in the 1970s. He was also president of the Carman-Dufferin Minor Hockey Association.

He also left his mark beyond Manitoba. As a trustee, he helped create the Centennial Cup (now RBC Cup) in 1971. He was a member of the congress of the International Ice Hockey Federation and part of the committee that organized the first IIHF World Junior Championship in 1974.

In 1979, McKinnon became the first chairman of the board of the Canadian Amateur Hockey Association (now Hockey Canada), a post he would hold until 1982. His contributions to growing the game at the grassroots levels weren't unnoticed. In 1981, he was awarded the Gordon Jukes Award for efforts in developing amateur hockey at the national level. Two years later he was named Hockey Canada's Volunteer of the Year. He received a third award from Hockey Canada, the Order of Merit, in 1991.

McKinnon also made a difference beyond hockey, serving two years as director of the Sports Federation of Canada and four years as vice-president of the Canadian Olympic Association. In 1993, McKinnon was named a Life Member of Hockey Canada.

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### STEFANSON CALLS HIMSELF "SEMI-RETIRED"

Had the pleasure of traveling back from Orlando, Fla., with former Manitoba Sports Minister **Eric Stefanson**.

Now 64, he calls himself semi-retired and lives part of the year at his home in St. Petersburg, Fla.

"I serve on a few boards but for the most part I'm semi retired," he said. "I like to play and work out regularly. I have balance in my life."

Most people in Manitoba remember Stefanson as Manitoba's Finance Minister, but I like to remember the



Frank McKinnon



Eric Stefanson

Sports portfolio. There was a lot less controversy.

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### DR. HELEN GLASS PASSES AWAY AT 98

**Dr. Helen Preston Glass**, in whose honour the Helen Glass Centre for Nursing was named, passed away on Saturday, Feb. 14, at the age of 98.

"I know I speak for all of us at the University of Manitoba when I express my sadness at the passing of Dr. Helen Glass," Dr. David Barnard, University of Manitoba president and vice-chancellor, said in a written statement. "She was a true pioneer and inspired many to achieve the highest standards within the nursing and health care professions. She will be greatly missed, but her legacy and vision for the nursing profession will continue to make a difference as a result of her contributions and dedication."

Born in Regina, Dr. Glass earned her diploma in nursing and her Registered Nurse (RN) designation from Montreal's Royal Victoria Hospital School of Nursing in 1939.

According to her biography, "Then, as a single mother, she was determined to forge a better and new life so she moved to Winnipeg where she received a Certificate in Teaching and Supervision from the University of Manitoba and taught at the nursing school in Victoria Hospital. She then traveled to Columbia University where she received her Bachelor of Science and Master of Arts degrees and returned to Winnipeg where she began teaching in the University of Manitoba School of Nursing. She later went back to Columbia University for her Masters and Doctorate Degrees in nursing education.

"Dr. Glass was named director of the School of Nursing in 1972, a position



Helen Glass



Archie Chawla

she held until 1979. She was instrumental in establishing a graduate program in nursing at the University and also in creating the Manitoba Nursing Research Institute. Dr. Glass later became President of the Canadian Nurses Association, and had a great influence on the wording and scope of the Canada Health Act (1984), working for the inclusion of nursing and allied health professionals alongside physicians in the delivery of primary care services.

"During her many years as a nursing and administrative professional, Dr. Glass lent her expertise to the development of new policies as the concept of health care shifts from institutional care to community-based health promotion strategies. Her commitment and experience in health care policy development and nursing education and research is recognized internationally."

Among the many honours Dr. Glass has received over the course of her career are the Queen's Silver Jubilee Medal (1977), YWCA Woman of the Year Award for Education (1979), Member of the Order of the Buffalo Hunt (1987), City of Winnipeg Community Service Award for outstanding contribution to the City, and Officer of the Order of Canada (1989).

In 1999, the Helen Glass Centre for Nursing at the Fort Garry Campus was dedicated in her honour, a recognition for which she was humbled and very moved. Most recently, Dr. Glass was the recipient of the College of Registered Nurses of Manitoba's Centennial Award in 2013.

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### CHAWLA STILL FINDS RACQUET STARS ALL OVER MANITOBA

It took a legend to get young **Haley Nakonechny** really excited about playing badminton. Turns out, the legend still has a pretty good eye for talent.

It is unlikely that there has been a coach more responsible for the identification, teaching, nurturing and creation of racquet sport athletes in Manitoba than **Archie Chawla**.

Born in India, Chawla, 64, has been the veritable king of racquet sports in this province since the day he moved to Winnipeg more than four decades ago. He has been a Squash, Badminton and Tennis professional throughout his career, both in private clubs (Wildewood

Club, Canoe Club and Winnipeg Winter Club) and as the provincial coach for Badminton Manitoba. He's also the founder of Racquets Pro Shop, which was originally located at the Winnipeg Canoe Club and is now at the Winnipeg Winter Club. Anybody from Manitoba who has ever been successful with a racquet in his/her hand has probably had something to do with Archie Chawla.

Haley Nakonechny, who has just competed in the 2015 Canada Winter Games in Prince George B.C., is one of those athletes. Chawla got her excited about the game and is her coach today.

"My dad used to take me to the school gym in Manitou to play badminton with him and his friends," Haley recalled. "Then I went to a badminton camp that was run by Archie and he asked me if I wanted to get serious about the sport and that's when I decided I really wanted to compete."

"Archie's a bit of a legend."

Indeed. In fact, he may have created the Next One when he convinced a 12-year-old Haley Nakonechny to take up the game seriously.

Since the day she became a competitive badminton player, she has pretty much run the table.

She reached her first quarterfinal in Girls Singles (U-16) at the Junior Nationals at age 15 and joined the Provincial Team at age 16. She is the 2013, 2014 and 2015 U-19 Manitoba Junior Provincial Singles Champion. She was the 2013 Provincial Women's Singles Champion and already in 2015, it's been a monster year. She won the 2015 Herb Richard Manitoba Open Women's Singles title, the 2015 Junior Provincial U-19 Triple Crown -- Girl's Singles, Doubles and Mixed Doubles -- and last weekend, won the 2015 Winnipeg Winter Club Open Triple Crown -- Women's Singles, Doubles and Mixed Doubles Champion.

Archie Chawla won't take credit for anything Nakonechny has done, but those who know him, know better. He's a great coach and a marvelous judge of people with talent and commitment.

"She's a wonderful young athlete and a beautiful person," said Chawla modestly. "She has done well."

"But you know, I guess I've been around long enough to know most of the people who play racquet sports at a high level in Manitoba modestly. I've been around a long time."

And he's been great since the day he arrived.

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### NEUFELD AND LINK WIN PROVINCIAL SR. CURLING TITLES

Randy Neufeld, Dean Moxham, Peter Nicholls and Dale Michie are Manitoba senior men's curling champions.

The La Salle team captured the Strathcona Senior Men's Provincial Championship late last month at the Altona Curling Club. Team Neufeld defeated Ron Westcott's team from Fort Rouge 9-2 in the final.

In the senior women's final, Team Link emerged victorious and will represent Manitoba at the national championship. Kim Link, along with Karen Fallis, Janice Blair and Allyson Bell from the East St. Paul Curling Club defeated Lois Fowler 8-6 in the final of the Senior Women's Provincial Championships at the Killarney Curling Club.

The national championship will be held in Edmonton from March 21-28.

In the men's final, Neufeld picked up two in the first end, stole three in third and then it was handshakes all around after the La Salle skip hit for five in the sixth end.

Continued on next page



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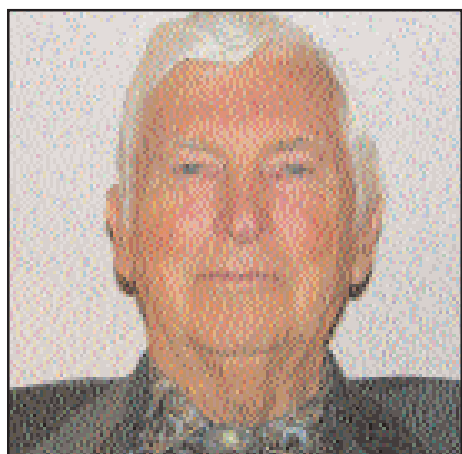
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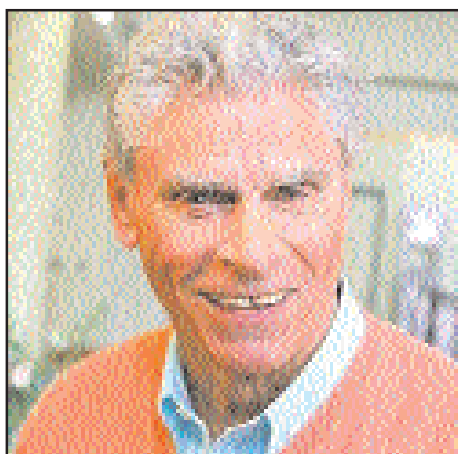
## The BUZZ, cont'd from page 10



The Randy Neufeld Championship Team (L-R): Neufeld, Dean Moxham, Peter Nicholls and Dale Michie.



Jim Daly



Phil Kives

"Everybody played really well," said Michie. "We hadn't had a lot of games together as a team. In fact before this we played two games together. Right from the very first game, everybody started throwing well, got a good read for the ice and just carried it right through. Randy played great all week - it was great."

Neufeld, Moxham, Nicholls and Michie went undefeated in the round robin, winning seven straight. They were clearly the best team in the provincial championship.

It was a disappointing finish for Westcott, Howard Restall, Bob Boughie and Don Shiach who ended Team Robertson's reign as provincial champs with a 7-6 victory over the three-time provincial champions in the semifinal on Monday morning.

"We came into this as a Masters team," said Westcott. "When we're on the ice we play to win."

Neufeld, Moxham, Nicholls and Michie will represent Manitoba at the Canadian Senior Men's Curling Championship from March 21st - 28th in Edmonton.

### U OF M FIELD HOUSE NAMED IN HONOUR OF JIM DALY

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

That career has not yet come to an end.

"My grandson volunteered me so I'm still hanging around," said Daly, recently. "He recommended me a few years ago. His name is David Flynn, my daughter's boy, and he was a tremendous athlete at Fort Richmond Collegiate. He eventually won a scholarship for engineering and that's what he is today, an engineer."

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

On Friday night, Feb. 27, one of the greatest track coaches in Canadian history was honored by his coaching colleagues at University of Manitoba.

On Day 1 of the Canada West Track and Field Championships at the U of M, the indoor track field house on campus was officially named the James Daly Fieldhouse. Daly's close coaching associates **Alex Gardiner**, **Claude Berube** and **Bruce Pirnie** all spoke at the ceremony and an alumni

reunion/reception was held at the new Active Living Centre.

To call Jim Daly, now 87, a legend might be stretching it a bit, but certainly not too much. The fact is, in the annals of Winnipeg amateur sport, there has been no one else like him. He started the track and field program at the University of Manitoba and brought indoor track to the province, way back in 1949. He was also the guy who brought the incredibly successful 1967 Pan Am Games to town.

The field house, or something like it, should have been named after Jim Daly a long time ago.

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**NOTES:** Two big birthdays in February: Canadian Masters Bodybuilding Champion **Tom Heffner** turned 70 while former Lakehead University basketball star, Brandon University champion coach and Manitoba Sports Hall of Fame member **Jerry Hemmings** turned 67. Coach Hemmings is now Coach Emeritus at Brandon University... Good friend **Terry Petrishen**, one of the great Goldeyes fans, celebrated his 78th birthday in February with this remark, "I know I'm old because the candles cost more than the cake." Now that certainly rings true, Terry... One of the great sports journalists in Manitoba, **Scott Edmonds**, has retired from *The Canadian Press* bureau in Winnipeg. Edmonds just turned 65... During this summer's 50-day race meet at Assiniboia Downs, our local racetrack will honour 86-year-old racing legend **Phil Kives** with special races named after some of his greatest horses... **Bill Morrissey**, the head of YES! Winnipeg, the man who's job it was to convince businesses to relocate from wherever to Manitoba's capital region, has decided to retire. In January of 2016, Economic Development Winnipeg will launch YES! Winnipeg's second five-year term. A search to replace Morrissey is slated to start this month... How about that **Don Percy**? He was back on the air at The Jewel, hosting the Morning Show during the last week of February. "I thought they were just being nice to me when they said they wanted me to fill in," Percy laughed. "Guess they were serious. And, heck, I'm nearly 80..." One of the great leaders in Manitoba amateur sport, especially aboriginal sports, **Ken Faulder**, retired after 30 years at first, the Manitoba Sports Federation and later Sport Manitoba. He was honored by Sport Manitoba in February... ■

# ARTHRITIS



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■ For 40 years I had injections and drugs and finally Bell Shark Cartilage #1 spared me the endless torture I suffered day and night with 3 bottles costing less than \$100. Pat Laughlin, Colchester, ON. ■ Cancelled knee replacement. I was in pain and limping. Have no more pain now. Can square dance for hours. Anton Melyshuk, Porcupine Plain, SK. ■ At first I was skeptical. I gradually noticed an improvement. Then I took another brand. I was surprised having so much pain again. Eventually I realized that I needed to re-order Bell. Found relief again. Marie Cifavio, 72, Oakland, CA. ■ Many people on our website write: "Can walk again for hours." "Can climb stairs without hanging on to railing." "First time in 15 years can sleep at night." Rheumatoid arthritis in joints down 90%, same for my sister...

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## High Blood Pressure?



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The only cold medicine with a money-back guarantee. Four medical doctors that wrote in their book SHARK LIVER OIL that you can prevent colds and flus. Dr. Hubert wrote since his own high school age children took shark liver oil they have no more colds. Dr. Harnes's grandchildren have been taking shark liver oil for 6 months and he writes they have no more infection of any kind. Read many testimonials on the Bell website: "I had 3-4 flus every winter. None last 5 years." "Amazing! All of us have no more colds." "No more asthma, no puffer, no cold, no flus, change of my life". In North America this is a by-product from the restaurant industry. No sharks are caught for their liver or their cartilage. ■ No more colds, also my eczema disappeared! Last 2 years I would get colds often due to stress as I am an athlete and body builder. After starting Bell Shark Liver Oil #51 I had no more colds or even a sign of a cold. Dennis Jukos, 23, Kent, WA.



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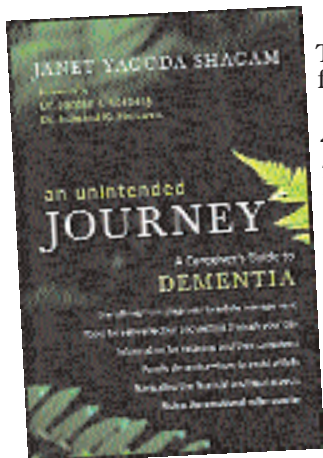
@ J.W. Crane Memorial Library, Deer Lodge Centre

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

January is Alzheimer's Awareness Month. Alzheimer's is a fatal, progressive and degenerative disease that causes loss of memory, changes in abilities and behavior, and

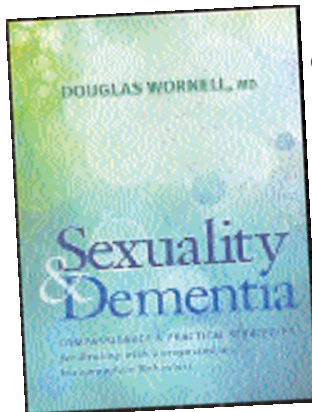
decline of judgment and reasoning. It is one of several types of dementia. Alzheimer's affects all aspects of a person's life and can have a profound impact on their loved ones.

Currently, 74% of Canadians know someone with dementia and this number is expected to increase significantly as the Baby Boomers age.



The emotional, physical and financial strain of caring for someone with Alzheimer's can be overwhelming.

**An Unintended Journey: A Caregiver's Guide to Dementia** by Janet Yagoda Shagam is a comprehensive resource for families dealing with all stages of the disease. In this beautifully written book, the author shares her own experiences as her mother's caregiver and provides a guide to navigating everything from diagnosis to family dynamics to the legal aspects. She encourages readers to coordinate and communicate with family and other care providers, and includes work sheet to help you get organized and reflect on your own situation.



One of the most difficult aspects of dementia for caregivers, and one of the least written about, is the changes in sexual behaviour that often occur. Whether you are a spouse, child, home care worker or nurse, inappropriate or uncharacteristic sexual behavior may be difficult to understand, deal with and discuss. *Douglas Wornell* gets the conversation started in his frank and sympathetic book **Sexuality & Dementia: Compassionate and Practical Strategies for Dealing with Unexpected or Inappropriate Behaviors**. He talks about behaviors such as promiscuity, verbal abuse, aggression, exhibitionism, and jealousy, as well as coping strategies, including changes in medication. Wornell's book also includes many personal stories, which illustrate the wide variety of situations and solutions. He stresses the importance of respect for both the person with dementia and their caregivers in what is often a troubling or embarrassing situation. ■

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](mailto:dlclibrary@umanitoba.ca) / <http://libguides.lib.umanitoba.ca/deerlodge>

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EVENTS

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

**The Manitoba Coin Club** - meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré Hall: **204-296-6498**, email: **mbcoin@shaw.ca**

**North Kildonan United Church** - hosting Sisters of the Holy Rock, Sat. Apr. 18 at Chief Peguis Junior High School, 1400 Rothesay St. Doors open 6:30 pm. Tickets \$18. in advance, \$20 at the door. Call Barrie: **204-663-6744** or email **bmmcperson@mymts.net**

**The Women's Canadian Club of Winnipeg** - Luncheon, Tue. Mar. 31, 12-2 pm, at RBC Convention Centre, Pan Am Room. Discussion on changes for Assiniboine Park Conservatory and gardens. Adults, Members \$22, Guests \$25. Reservations: **204-663-5657**

**Ukrainian Catholic Women's League** - Spring Tea, Sun. Mar. 29, 1-3 pm, 115 McGregor St., Church auditorium. Official Opener, Lesia Szwaluk

**Manitoba Antique Association Spring Antique Sale (New Location)** - Sun. Mar. 15, 10 am-4 pm, at the Viscount Gort Hotel, 1670 Portage Ave. Many tables to find that treasure you're looking for at our annual spring sale. Admission: \$5. FREE adm-children under 12. Call Kelly: **204-981-9616**

**St. Basil's Ukrainian Catholic Women's League of Canada** - Annual Palm Sunday Tea, Sun., Mar. 29, 1 pm & 3 pm. St. Basil's Parish Auditorium, 202 Harcourt St. Home Baking, Raffle, Silent Auction

**Class: Crystal Singing Bowls** - March 17, 24, 31, (Tues), 7-9 pm at 525 Beresford Ave., Spiritualist Fellowship Church in Churchill Park United Church building. Cost \$15 per class. No preregis-tration required. **204-333-5364**, [www.spiritualistfellowshipchurch.info](http://www.spiritualistfellowshipchurch.info)

**Westview Dance Club** - Prairie Crocus Dance, Sat. Mar. 14, 8 pm, Oak Bluff Recreation Centre. \$35/couple. Alcohol free beverages and light lunch. Call Brian: **204-880-5505** for tickets. Email: **westviewdancetickets@gmail.com**

**Friendship Force of Winnipeg** - Dinner meeting, Wed. Mar. 11, 6 pm, at Holiday Inn South, 1330 Pembina Hwy. Call Elizabeth @ 204-452-5299 or visit [www.friendshipforcewinnipeg.org](http://www.friendshipforcewinnipeg.org).

**Mennonite Heritage Centre Gallery** - Presents A Place in the Kingdom: and Heritage Stories by Celebrating Farm Animals, Mar. 13-Jun. 20, at 600 Shaftesbury Blvd. (south campus of CMU). Free adm., storytelling, refreshments, 100 free printed story booklets.

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

Things to do in Winnipeg

**George V School Alumni** - 100th Anniversary Celebration, June 5 & 6. Contact school at **204-669-4482** or visit **[www.winnipegssd.ca/schools/georg ev](http://www.winnipegssd.ca/schools/georg ev)**

**Village Green English Dance** - Weekly, Wed, 7:30-9:30 pm, Jan 7-Apr 29, Harrow United Church, 955 Mulvey Ave. Everyone Welcome. Info, Katherine: **204-475-2097** **[villagegreenenglishcountrydancing.org](http://villagegreenenglishcountrydancing.org)**

VOLUNTEERING

**The Big Brothers Mentoring program** - At any time we have 100 youth waiting 1-3 yrs to be matched with 80% being boys. We need male volunteers to serve as Big Brothers. Support provided by experienced case-workers. Kayla Chafe: **204-988-8663**, [kayla.chafe@bigbrothersbigsisters.ca](mailto:kayla.chafe@bigbrothersbigsisters.ca)

**Rupert's Land Caregiver Services** - Volunteers in Wpg. are needed for our transportation program in S.W. Wpg. **204-452-9491** or email: **[rlcs\\_vol@mts.net](mailto:rlcs_vol@mts.net)**.

**Middlechuch Personal Care Home** - Volunteers needed for friendly visits. Contact Matt Mutcheson: **204-336-4138**.

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

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

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

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

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

**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](mailto:proth@ageopportunity.mb.ca)**

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

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

**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](mailto: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**

PROGRAMS / SERVICES

**Pembina Active Living 55+ (PAL)** - "Zing into Spring"-social event/registration for 10-wk spring programs, entertainment - Thurs. Mar. 19, 1-3 pm, Grace Christian Church, 50 Barnes St.; Fundraising dinner-Tues. April 14, 6 pm; Music "Happy Homesteaders" - Mar. 12, 1 pm; Gardening club - Mar. 26, 1 pm. Info: **[www.pal55plus.ca](http://www.pal55plus.ca)** , e-mail **[info@pal55plus.com](mailto:info@pal55plus.com)** , **204-946-0839**

**Springs Senior Drop In** - Mar. 10 & 24, 1-5 pm, 725 Lagimodiere Blvd. Enjoy billiards, darts, shuffle board, cards and many board games. Free coffee/tea and refreshments. For more info call **204-233-7003** or email: **[info@springschurch.com](mailto:info@springschurch.com)**

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

**Assiniboia Wood Carvers Association** - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

**A & O: Support Services for Older Adults** - Entry Program for Older Adult Immigrants, engage in fun group activities, group discussions, etc. over the phone. Thursdays, 1-2 pm, Jan.15-Mar. 19/15. Call **204-956-6440** or email **[entry@ageopportunity.mb.ca](mailto:entry@ageopportunity.mb.ca)**

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

**St Vital Streamliners** - meet Tuesdays, 6:45 at General Vanier School, 18 Lombond Blvd. Fun group with focus on weight loss and healthy living. Exercise suitable for all fit-ness and mobility levels. Modest member-ship fee. Call Carol at **204-269-4097**.

**Vital Seniors** - Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays & Fridays: **204-334-3559**, Free Exercise Class, Tuesdays: **204-253-0555** (Judy), Monthly Luncheon, Last Tuesday: **204-256-0414**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Rd.

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

**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. Call: **204-253-4599**

**Weston Seniors Club** - Programs: computer training, cooking, guest speak-ers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan **204-774-3085**

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

**Dakota 55+ Lazars Senior Centre** - various programs: Cribbage, Line dancing, floor curling, Quilting, fitness programs, etc. 1188 Dakota St. **204-254-1010** ext. 206.

**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](mailto:conseil55@fafm.mb.ca)**

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

**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. Call **204-619-8477**

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

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

**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., 12-3:30 pm, dance, 4 piece band & lunch. **204-986-2608**

**The Friendly Settlers Senior Citizens Club** - 400 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](mailto:ganyadel4@mymts.net)**

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

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

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

**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**

**Springfield Seniors Community Events** - Canasta/Bingo - Tuesdays, Pickleball -Wednesdays. Call **204-853-7582** for info. Reviving the Past - Cooks Creek Museum - Thursdays (call Liz **204-444-3247**).

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Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Lac du Bonnet** - Suicide Awareness Workshop, Thur. Mar. 26, 9 am, at Lac du Bonnet Community Centre. Speakers, service provider dispays, lunch. \$10/per-son. Deadline to reg. is Mar. 12. Call Diane Dumas: **204-853-7582** for tickets.

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

**South Interlake 55 Plus** - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plays on Keith Cousins Drive, Stonewall. Wear comfortable clothing and shoes. Bring water to drink. Admission \$1/class with 55 Plus 1-yr

membership (\$20) Call Verna, Member of the Quarry Strutters Line Dancers: **204-467-5090** or email: **[verrod1@mymts.net](mailto:verrod1@mymts.net)**

**Quarry Toastmasters** - Face your fears of public speaking. Meetings at Stonewall Collegiate library, 7:15-8:45 pm. We all work together. You're not alone. Contact Brenda: **204-467-5088**

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

**Ritchot Senior Services** (serving seniors 55+ in the RM of Ritchot and Lorette) - Volunteer drivers, friendly visitors, housekeep-ers... needed. Call Denise: **204-883-2880**

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

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

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





Skillet Chicken Salad

Metric	Ingredient	Imperial
4	chicken breasts, boneless skinless	4
1	red pepper	1
1/2	bunch broccoli	1/2
50 ml	vegetable oil	1/4 cup
50 ml	chicken stock	1/4 cup
40 ml	vinegar	3 tbsp
15 ml	dijon mustard	1 tbsp
5 ml	dried tarragon	1 tsp
-	salt & pepper to taste	-
250 ml	tiny whole mushrooms	1 cup
2	green onions, chopped	2

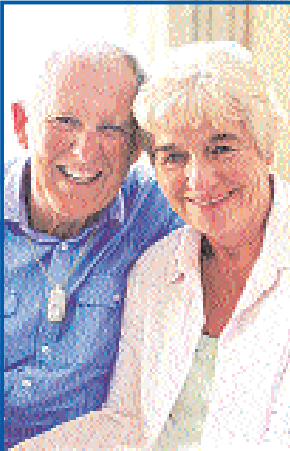
Cut chicken crosswise into 1/2 inch (1 cm) wide strips. Seed and core pepper; cut into strips. Cut broccoli into small florets; slice 1/4 inch (5 mm) thick.

In large skillet; heat 2 tablespoons (25 ml) of oil over medium heat; cook chicken, stirring occasionally, for about 4 minutes or until golden and no longer pink inside. Using slotted spoon, transfer chicken to warm bowl.

In same skillet, heat remaining oil; cook pepper and broccoli for 2 minutes. Stir in stock and reduce heat to low; cover and steam for 2 minutes. Using slotted spoon, add pepper and broccoli to chicken; cover to keep warm.

In same skillet, pour in vinegar; bring to a boil, stirring to scrape up brown bits in pan. Stir in mustard, tarragon, salt and pepper to taste. Add mushrooms and onions. Return chicken mixture and any juice to skillet; cook just to heat through. Serve on a bed of rice or lettuce.

Serves 4



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CROSSWORD -

You Want to Retire and Live Where? By Adrian Powell

ACROSS

1 Use your knife

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9 Diuretics might help it

14 What poi is made from

15 Satan's speciality

16 Yahtzee and chess

17 Ajar

18 Something you'd be if you resided in a marijuana-friendly block?

20 Feather, technically

22 Molar malady

23 Where you'd live if your view was all wheat and trees?

26 Welsh mountain pond

29 Bony, fancily

30 Couple of laughs?

31 Run the car without moving

33 Bathed in a dusky glow

35 Where you'd be if you retired next to the Grand Canyon?

40 Fly an airplane

41 Extremely grave

42 Self-centred

43 Algeria's neighbour

48 "Wheel of Fortune" request

49 Feature of a dark retirement home on Hudson Bay?

53 Cajole

54 Belgian bucks

55 What you'd be if you retired in the Chinese backwoods?

61 Extreme anger

62 From the city

DOWN

1 Like bumper-to-bumper traffic

2 Snouted S. American mammals

3 Where gladiators fought

4 Clyde's partner

5 Broadway's "\_\_\_ Miz."

6 "\_\_\_ had it!"

7 Algerian money

8 Terrible golf shot

9 White wading bird

10 "Zip-A-Dee-\_\_\_"

11 Old giant UK record label

12 Jennifer Tilly's sis

13 Result of a burning desire?

19 Honey Graham cereal

21 Sprinkle with holy oil

24 Blur the facts

25 Norse capital

26 Icy

27 Tories opponent, once

28 Ball of dust

30 Dash off, to Shakespeare

32 Curling segment

33 Play rhythm guitar

34 Hot dog, slangily

35 Volcanic stuff

36 Terrible tear

37 Eight on a sundial

38 Bond creator Fleming

39 Yugoslav leader for 27 years

44 Habituated

45 Mariachi's blanket

46 Figure with all equal angles

47 Rate

48 Small PC images

50 Icky stuff

51 Lounges around

52 Primrose family plant

55 You can sit on this

56 We \_\_\_ Not Alone

57 Mgr.'s degree

58 Winged mammal

59 Middle of Napoleon's palindrome

60 Beads on the grass

SUDOKU MEDIUM - By Senior Scope

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By William J. Thomas -  
Humour Columnist

# Fighter George Chuvalo - Head Intact, Heart Unbroken

Last fall I interviewed George Chuvalo while he was on the book tour with his memoir *Chuvalo - A Fighter's Life*. Like no other, this inspirational memoir tells the story of one of the greatest boxers in history who fought the legends - Muhammad Ali, Joe Frazier, George Foreman - and then lost everything outside the ring.

Chuvalo is a living, breathing and yes, still laughing Canadian icon who fought his way to the top of the world of boxing while coping with unimaginable loss along the way.

Chuvalo was as tough as they come, a raging bull who fought the biggest and strongest heavyweights of his time in an inconceivable 93 punishing professional fights and never got knocked down. Never off his feet, not once in 23 years in the ring.

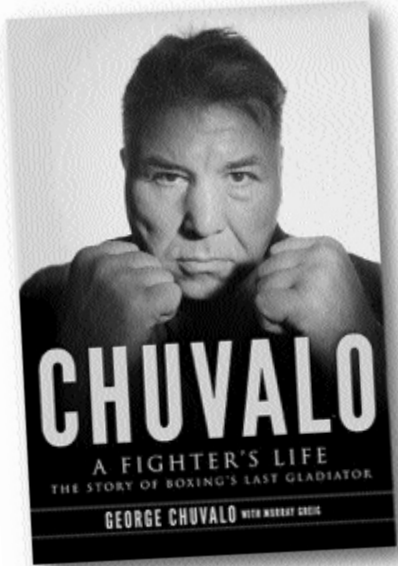
Our conversation took place before a live audience at Port Colborne's Roselawn Theatre in front of a sold-out audience of 300 people. Sports writers always characterized Chuvalo as a counter puncher, a battler who could take a lot of punches before coming back with his own attack. With my first question I wanted to see how a man who made a living with his fists would react.

"Your critics have described you more of a defensive boxer than ..." I didn't get to finish my sentence.

"My critics should talk to the 74 guys I put in the hospital," replied Chuvalo, rather calmly. Fortunately he did not say the critics should talk to the 74 feckless interviewers he had put in the hospital. His eyes said that.

"The night I fought Muhammad Ali in Toronto, he went to the hospital afterwards and I went dancing with my wife."

Unlike many punch drunk boxers who slur their words, Chuvalo is not only mentally sharp, he can remember every detail of every one of his bouts. I



Memoir of Canadian boxer George Chuvalo -  
*Chuvalo - A Fighter's Life*

asked Chuvalo how, with the average fighter taking as many as 200 hits to the head per match he could not possibly have received a single concussion?

"No neck," he said. "I don't have a neck."

Just a hunch on his part but he's probably right. The brain needs to swing like a pendulum banging off the walls of the cranium in order to concuss. Very little of a neck means not much of a swinging motion and therefore little or no damage done when hit.

I couldn't wait to ask him about Henry Cooper. Way back in the 70's I found myself in The Henry Cooper Pub in London, England staring at a wall of photos of every great fighter that ever lived including Jack Dempsey and the original Sugar Ray (Robinson).

Cooper was a small heavyweight but a quick puncher with a deadly left hook, a pugilist who out-boxed and

out-foxed his opponents instead of steadily pummeling them into a purple pulp as Chuvalo did. Henry Cooper who once knocked down a young Muhammad Ali was the British, European and Commonwealth Heavyweight Champion. Canada being part of that Commonwealth meant Chuvalo, the longest-reigning Canadian champion had a legitimate chance to challenge Cooper. Except Cooper knew what every fan of boxing believed - trying to dance around George Chuvalo would be like throwing himself in front of a big, red double decker London bus. So Cooper artfully dodged Chuvalo, fighting less dangerous opponents.

One day Chuvalo was training in a London gym when he spotted Cooper's manager Jim Wicks. "Boom Boom" as George was known ambled over to Wicks and after a bit of small talk put it to the manager bluntly.

"So when are me and your boy going to meet in the ring?" asked Chuvalo.

At this point in the storytelling, Chuvalo invokes a very good English accent.

"Mister Chuvalo," replied Cooper's manager, clearing his throat, "he doesn't even want to meet you socially!!!"

And with that, perhaps the greatest compliment ever paid him, Chuvalo never got a shot. And Cooper, a smart man much beloved by the Brits, retired a champion, later to be knighted.

Hearing George Chuvalo tell me that story and laughing is a testament to the resilience of the human spirit rather than his prowess as a puncher. Because while George Chuvalo was working his way into the World Boxing Hall of Fame in Los Angeles, those he loved the most were dying under unimaginable tragic circumstances.

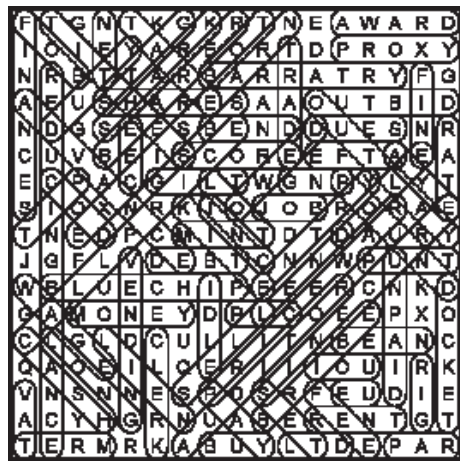
His youngest son took his own life with a gun. Two other sons died together of heroin overdoses. His wife,

unable to overcome the grief committed suicide as well. How many people could survive such personal catastrophes let alone write about them and rise above them to the point where you can smile again and even laugh? None that I know.

Greater than his remarkable strength in the gladiatorial sport of boxing is George Chuvalo's indomitable will to survive in life as a person. The ability to laugh is sometimes the only power that keeps the human spirit from breaking. Today George's job is to go into schools and describe to students, parents and teachers the devastation drugs can exact on family. ■

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

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OPEN	SENIOR	HIGH
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GRAIN	FOREST	CWM
OSSEOUS		HOHO
	IDLE	TWILIT
LIVING	ON THE	EDGE
AVIATE	DIRE	
VAIN		TUNISIA
ANI	IGLOO	MINES
	COAX	EUROS
BAMBOO	ZLED	RAGE
URBAN	EIRE	EPOS
MEATS	SPEW	DENS

## The Centre on Aging will be hosting its 32nd Annual Spring Research Symposium - May 4, 2015

8:45 am - 4:00 pm

The symposium will take place at the Bannatyne Campus, located at 727 McDermot Avenue. Join us as we address aging issues important to Canadians, reflecting on lessons that can be learned from longitudinal aging studies; reviewing current and past perceptions of an older population; caring for and reaching out to seniors and their caregivers.

Detailed information can be found online at the Centre's Web site: <http://umanitoba.ca/centres/aging/events/384.html>

All are welcome! There is no cost to attend the sessions. Lunch is available for \$10.

Registration forms are available online until April 24, 2015. After April 24, 2015, attendees must register in person at the registration desk on May 4, 2015.

For more information please visit <http://umanitoba.ca/centres/aging> or call (204) 474-9854.

## MR. ODDS & ENDS

### BUYING & SELLING New & 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.

**NOTICE TO BUSINESSES:**  
Looking to share space with existing business to sell NEW & USED items in Winnipeg. Can show examples. Open to selling on consignment.

Call Dave  
1-204-746-4318

## THE CLASSIFIEDS

Personal items / private sales only. Not for commercial use.  
All listings must be pre-paid: cash, cheque, money order. No credit cards.  
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

### BUY • SELL • TRADE • RENT • NOTICES

### FREE LISTINGS FOR MONTH OF APRIL 2015.

Get your spring cleaning underway and sell those unused items!!! Call for details.

#### Miscellaneous - WANTED

**NOTICE TO BUSINESSES:**  
Looking to share space with existing business to sell NEW & USED items in Winnipeg. Can show examples. Open to selling on consignment. Call Dave 1-204-746-4318 (Morris, MB)

**WANTED: Vintage Pedal Toys, Cars, Tractors, Planes, etc.** Call 204-461-8169 Email: dmollard1@yahoo.ca

Listings are seen in Winnipeg and over 65 rural Manitoba communities at over 700 locations.

Also online at [www.seniorsscope.com](http://www.seniorsscope.com), Facebook, LinkedIn and Twitter.

Mail listing with payment to:  
Box 1806 Stonewall MB ROC 2Z0

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



# Working for Your Family

 <p><b>Sharon Blady</b> MLA for Kirkfield Park 204.832.2310 SharonBlady.ca</p>	 <p><b>Dave Gaudreau</b> MLA for St. Norbert 204.281.1704 DaveGaudreau.ca</p>	 <p><b>Andrew Swan</b> MLA for Minto 204.703.0060 AndrewSwan.ca</p>	 <p><b>Greg Dewar</b> MLA for Selkirk 204.432.7068 1-800-696-1361 GregDewar.ca</p>	 <p><b>Nancy Allan</b> MLA for St. Vital 204.237.8771 NancyAllan.ca</p>	 <p><b>Ron Kostyshyn</b> MLA for Swan River 204.734.4000 RonKostyshyn.ca</p>
 <p><b>Peter Bjornson</b> MLA for Gimli 204.642.4977 1-800-263-0266 PeterBjornson.ca</p>	 <p><b>Jennifer Howard</b> MLA for Fort Rouge 204.948.0272 JenniferHoward.ca</p>	 <p><b>Dave Chomiak</b> MLA for Kildonan 204.334.5060 DaveChomiak.ca</p>	 <p><b>Kerri Irvin-Ross</b> MLA for Fort Richmond 204.475.9433 KerriIrvinRoss.ca</p>	 <p><b>Deanne Crothers</b> MLA for St. James 204.415.0903 DeanneCrothers.ca</p>	 <p><b>Ron Lemieux</b> MLA for Dawson Trail 204.070.4844 Ron-Lemieux.ca</p>
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