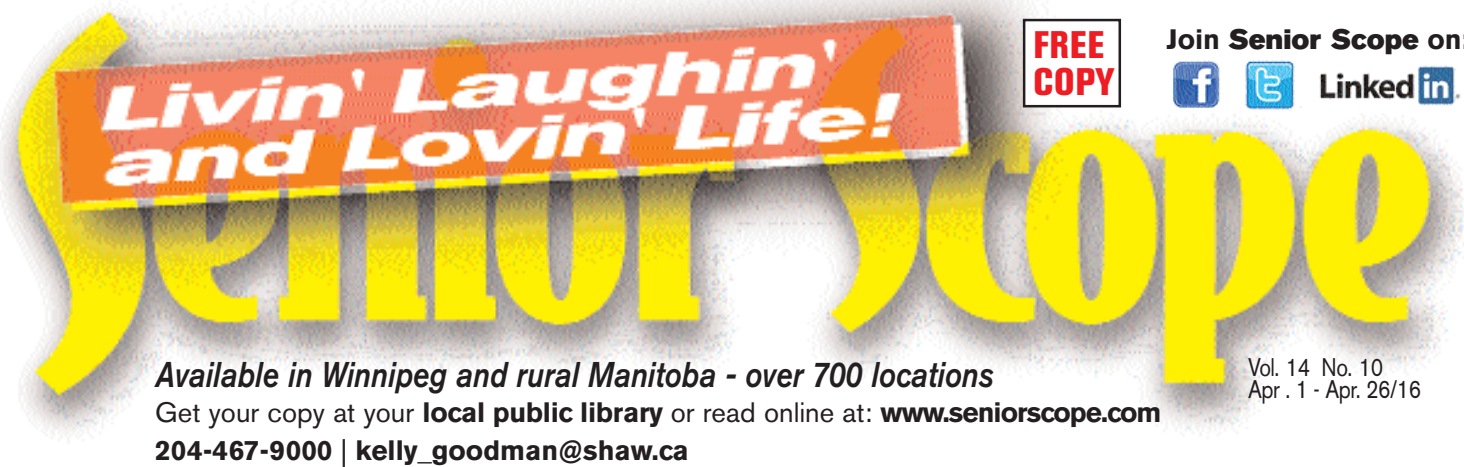







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Vol. 14 No. 10
 Apr. 1 - Apr. 26/16

GETTING OLDER • GETTING FIT • GETTING HEALTHY • GETTING IT TOGETHER
GET THE BEST OUT OF LIFE BY GETTING ACTIVE

Anticipating Spring and Warm Weather

Advertising Feature



Arbo Flora Garden Centre

For some 45 years Arbo Flora Garden Centre has been telling gardeners to "get a load of our bloomers." The real strength behind that slogan is the high quality and huge selection of the annuals, perennials and trees they sell at 650 St. Anne's Rd., a block north of Nova Vista Drive.

It's not surprising that gardeners buying plants at Arbo Flora for the first time are impressed by the quality and service offered by the family-run business.

For starters, it's an Arbo Flora tradition to grow top quality geranium plants with over 20 varieties and colors. This premium quality is the result of plants grown from virus-free cuttings brought in from prime

stock and given proper spacing to encourage their growth and branching, therefore more blooms and a better show in any garden.

At Arbo Flora, the vast majority of our seed started annuals are seeded right here at our greenhouses. Seeding provides us with better selection of properly timed plants which are growth retardant free compared to simply ordering pre-grown plants ready for sale. By seeding, we feel that we have a much wider range of annual plant varieties to select from which may be better suited to our shorter season climate. We can offer some of the newest improved varieties available. With our seeding schedule, we hope to better time plant growth so that they are at their prime for planting in late May or early June when the soil has

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This season Mark Scheifele leads the Jets in goals with 24 and is second in points with 47 despite missing 10 games due to injury...

Read 'The BUZZ'
 by Scott Taylor on page 10

warmed up, the weather has settled and the chance of frost has passed. Although seeding may be more time consuming and demanding to us over ordering pre-grown ready to sell material, we feel that the added effort provides the consumer with plants which will perform better and earlier in the garden.

At Arbo Flora, through experience, we are convinced that growing annual and vegetable plants in cell packs gives each plant its own private space, thus plant roots are self-contained and suffer little or no shock when transplanted; unlike plants grown in solid fibre pots which compels the gardener to cut or rip the plant's roots apart when transplanting, thus causing severe shock to plants.

Continued on page 2



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Anticipating Spring... *cont'd from front page*

"Cell pack grown plants allow you to get away with buying fewer plants," says Rob Appelmans, "because they will grow better, bigger and bloom sooner."

Well known for the quality and selection of roses, herbs and hanging baskets, Arbo Flora is always in the forefront introducing new varieties of plants suitable for our Manitoba climate.

This spring, some of the very impressive new offerings include: Calliope geranium (an improved zonal trailing geranium), Bolivian Begonia (a self branching, heat resistant, wind tolerant, trailing begonia), cutting Allysum (a more heat tolerant, fragrant, and vigorous Allysum) and an array of trailing and mounding petunias such as Ray, Cascadia and Potunia collections. We also grow many unusual plants such as Cardoon, a relative of the artichoke with massive grey, deeply cut leaves, Salvia Artemis with its huge 10" fuzzy leaves and Black Pearl Pepper with it's dark purple leaves and bright red hot peppers.

"We like to keep abreast of new varieties, looking for plants with interesting colors that will perform well locally," says Ida Appelmans, adding that "all the plants sold at Arbo Flora are grown on site in our greenhouses."

With the rising cost of produce at the stores and the increase in gardener requests for vegetable plants, we have increased our selections on these again this year. In particular, we have obtained varieties better suited to small gardens or even container growing. Now you too can grow tomatoes for munching such



Left: Windmill at entrance.



Right: Trial planters of Petunias.

as Sweat & Neat or paste tomatoes such as Little Napoli on your patio or balcony. These will only grow to some 12-20". Why stop there, this year try Pick a Bushel or Saladmore Bush, both recent AAS cucumber winners or maybe Patio Baby Eggplant another recent AAS winner all well suited for containers.

Arbo Flora carries a large variety of tomatoes to satisfy every taste, be it the Sweet Million or Juliet producing profusely and ideal for salads, as well as the low acid tomatoes. The new North American award winners such as Mountain Merit with late blight resistance or Chef's Choice Orange are also available. For those worried about a short growing season, try Early Girl, Manitoba or Bush Early Girl. And yes we still carry some of the old standbys and heirloom tomatoes such as Bush Beefsteak, Black Cherry, Brandy Wine, Mortgage Lifter, Old German, Oxheart, Ponderosa and others. As with many of our flowering

Customers invited to 'Get a load of our bloomers'

plants which we test in our own summer trial gardens, we also grow and compare for ourselves the new tomato introductions against older proven ones. The results of these tests are of course taken into consideration when selecting plants to be grown next year.

At Arbo Flora also has great selection of peppers including stuffing peppers such as Mosquetero and grilling peppers such as Melrose and Admiral. We carry some of the sweetest peppers such as Orange Blaze and Carmen. We also grow hot peppers ranging from lower heat such as Hungarian Hot Wax, Cayenne and Jalapeno to the extremely hot peppers such as 7 pot, Scotch Bonnet, Bhut Jolokia and Fatalii.

The Arbo Flora greenhouses are filled to the brim with plants ready to be planted after the May long weekend, when there is less risk of frost. The roses were started over two months ago and already have blooms on them.

"The advantage of buying a rose that is pot grown as opposed to packaged roses is that the consumer can enjoy roses immediately. You don't have to wait six to eight weeks to see flowers as you would when buying a bare root packaged rose. In addition, because the root system is much further developed compared to the packaged roses, our tea roses offer the rose lover assurance of a growing plant producing many blooms throughout the summer," says Rob.

"We carry a lot of varieties, including many heavily scented hybrid tea roses."

Arbo Flora have informative signs throughout the garden centre, and tags on all packs giving information relating to the plants such as shade or sun lovers, height, spacing, color and growing conditions they need, and offer their customers sound advice on particular growing problems.

With the quality and selection of plants available at Arbo Flora, why not drop in at 650 St. Anne's Rd. for plants that "will tickle your fancy." ■

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Pâques ou printemps?

Soumis à la FAFM par Colombe Fafard Chartier

Comme question « qui était le premier?... l'œuf ou la poule? » Pâques est une fête chrétienne qui commémore la résurrection du Christ. Est-ce que le printemps commence avant la fête de Pâques? La date de Pâques est fixée au premier dimanche après la pleine lune suivant le 21 mars ce qui donne souvent un jour de célébration différent. Cette année, la pleine lune est le mercredi 23 mars, alors Pâques se trouve donc le 27 mars en 2016. Voilà la preuve que le printemps débute toujours avant Pâques, bien que la température ne laisse pas souvent les mêmes souvenirs.

Mes souvenirs d'enfances me rappellent que la semaine sainte (la semaine qui précède le dimanche de Pâques), on passait beaucoup de temps à l'église. Le Jeudi Saint, le Vendredi Saint et le Samedi Saint étaient célébrés sérieusement par tous les fidèles de ma petite communauté natale.

Enfin, le dimanche de Pâques arrivait et la messe semblait assez courte après cette semaine dévouée presque entièrement à la Passion du Bon Berger. Alors on ne tardait pas trop pour le bon repas qu'on avait si hâte de partager en famille. Le festin

ne ressemblait aucunement à la nourriture des quarante jours de carême. Parfois, on avait aussi le plaisir d'un œuf en chocolat.

Le grand carême nous paraissait surtout pénible quand on regardait les belles tablettes de chocolat qui semblaient nous sourire en plein visage derrière la vitrine du comptoir dans le magasin de nos parents. Ces substances alimentaires à base de cacao additionné de sucre semblaient être complices pour nous faire souffrir. On avait juste à traverser le salon et le magasin se trouvait dans la prochaine pièce. Les friandises tant convoitées et désirées étaient aussi proches que notre nez. Cette souffrance n'avait pas été si pénible quand on habitait dans la petite maison de rondins.

Après quelques années vécues dans la grande maison sous le même toit que le magasin, nous avions eu droit à une tablette de chocolat les dimanches pendant le carême. Quel soulagement pour nous les enfants! C'était une permission très bienvenue et Pâques semblait s'approcher plus rapidement! On pouvait continuer à s'amuser dans nos jeux inventés sans trop penser au comptoir du magasin.

L'arrivée de la saison qui succède à l'hiver et qui précède l'été n'était pas plus fiable qu'elle l'est aujourd'hui. Souvent, les nouveaux vêtements que notre chère Maman avait confectionnés jusqu'à très tard en soirée pour étreindre le dimanche de Pâques restaient cachés sous les chauds manteaux d'hiver qu'on n'avait pas le choix de porter, même au printemps. Mais, on savait se consoler en se disant que le printemps attendait au tour du coin et que le timide soleil printanier ferait bientôt sortir les bougeons de leurs cachette hivernale, pour enfin produire des chatons de saule qu'on aimait tant cueillir pour décorer la maison avant l'arrivée de premières fleurs, à l'heure où la nature renaît.

Pâques est main dans la main avec le printemps, les deux nous souhaitent de retrouver courage afin de dissiper la nuit et de laisser l'aurore se lever. Aujourd'hui, Pâques est plutôt en évidence dans les centres d'achats par l'étalage d'œufs en chocolat, principalement en forme de lapins, de poules et de petits poussins. C'est curieux que les œufs de chocolat en forme de coq n'existent pas parce qu'en grandissant sur

la ferme, c'était lui qui lançait l'arrivée du printemps par ses actions. L'image de ce souvenir se transforme en poème :

LE COQ PRESSÉ

Un éclat multicolore
Rouge, vert, bleu, violet
Se précipite comme un éclair
L'oiseau de la basse-cour
Ne dévoile aucun signe de
rhumatisme
Libéré de l'étable
Grâce au printemps
Il a carte blanche
À la poursuite des
Pondeuses d'œufs
Sous ses yeux vigilants
La nouvelle saison lui lance
Une abondance d'hormones
Il a une mission
Il est un coq pressé
La poule perd le concours de vitesse
Elle est sous son charme
Il passe à l'action
D'approvisionner les petits
de la poule
L'abstinence n'existe pas
Dans sa tête de linotte
Il est un coq pressé
Le printemps est arrivé!

EASTER or SPRING?

Submitted to FAFM / translated to English by Colombe Fafard Chartier

Much like the eternal question “what came first, the chicken or the egg?”, I ask, what comes first?.. Easter or spring? Easter is a Sunday in March or April commemorating Christ’s resurrection. Does Spring start before Easter? Easter Sunday is calculated as the first Sunday that follows the full moon after the 21st of March which occurs on a different date from year to year. In 2016, the full moon appeared on March 23rd; therefore Easter is celebrated on March 27th, proving that spring officially starts before Easter. However, the weather does not always corroborate this fact.

As I recall my childhood memories, we spent a good part of our time in church during Holy Week, (the week that precedes Easter Sunday). Holy Thursday, Good Friday, and Holy Saturday were celebrated by all the faithful in the small community where I grew up.

Finally, Easter Sunday arrived and Mass seemed rather short and sweet after having devoted most of the week to the Good Shepherd. We wasted no time hurrying home to the meal that we were so anxious to share with our

family. This festive meal was no comparison to the modest nourishment we had shared during the forty days of Lent. Sometimes, we even had the pleasure of a chocolate Easter egg.

The forty days of Lent were especially painful when we went into our parent's store to look at the chocolate bars. The beautifully wrapped goodies seemed to be mocking and laughing at us behind the glass window in the counter. These sweetened cocoa treats seemed to enjoy making us suffer! We just had to cross the living room and the store was right there, in the next room, harboring the chocolate treats right under our noses. The craving for these coveted sweets had been a lot easier to tolerate when we lived in the log house before our parents bought the store.

After living in this big house and under the same roof as the store for a couple of years, we had permission to have one chocolate bar on Sundays throughout Lent. What a welcome relief for us; Easter seemed to come a lot sooner! We could concentrate more on our dreamed up games than on what we desired behind the glass store counter.

The arrival of the season in which vegetation begins to appear was no more reliable in those days than it is today. More often than not, the new outfits that our dear Mother had sewn, until late into the evening, for us to wear on Easter Sunday, were well hidden under our heavy winter coats because the weather showed no sign of spring. But we knew that spring was around the corner! The sun would soon make the buds come out to produce the pussy willows that we loved to pick to decorate the house before the prairie flowers appeared. Nature would soon transform our surroundings!

Easter and spring go hand in hand. They give us courage to get through the last winter nights and to look forward to the new dawn. These days, Easter is more noticeable in the shopping malls by the abundance of chocolate eggs in the shapes of rabbits, hens, and baby chicks. It is strange that these eggs don't seem to come in the shape of a rooster because when I was growing up on the farm, I recall that it was his behaviour that indicated that spring was here. This memory has become a poem:

ROOSTER ON THE RUN

*A multicolored flash
Reds, greens, blues, purples
Dashes by in a panic
The male domestic fowl
Shows no signs of rheumatism
Revamped by his new
Found freedom
Spring has liberated
Him from the barn
He's in hot pursuit
To overtake every
Egg supplier under
His sharp watchful eye
His hormones abound
He has a mission
He's a rooster
On the run
The female bird
Loses the contest of speed
She's under his spell
The dominant male
Operates at full throttle
To replenish the supply
Of baby chicks
Abstinence doesn't exist
In his bird brain
He's a rooster on the run!*

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Why We Do The Things We Do

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

Why do we do things? That is the question. My team and I attended a seminar this week where the lead question was "why do you do what you do"? I found myself really having to stop and reflect why I came into the financial planning industry and why after 28 years I am still in a business expansion mode. I found myself reflecting to a time when I was a very young newly graduated, inexperienced naive nurse working in Emergency at the Health Sciences Centre. That was a wakeup call. There was devastation and carnage on many levels. The tragedy I found the most disturbing was the reaction of women after their husbands died in our resuscitation room. As a young twenty year old, I now was involved in breaking the news to the surviving spouse that their husband was not going to be getting better and that they were now widowed. We wanted to know whom we could call for them as we did not want to leave them alone. The fear was written all over their faces and displayed in all of their body language.

Many years ago, many women did not work outside their homes, did not have pension plans, did not pay the bills or have any idea about the family finances as their husbands looked after everything. I found it absolutely appalling that someone would leave themselves this helpless. That they would place themselves and their children's entire fate in the hands of someone else. At that point, I made a vow that this would never happen to me or if I should have children, to my daughters. I knew then that if it was to be it was up to me.

My work life, my volunteer endeavors and my education was completely focused on obtaining knowledge and expertise and sharing this with those who were prepared to listen and learn. To work with those who would take those concepts and skills and turn them into action. Knowledge and skill, in my opinion, is useless unless some action is taken. No one should be poor. There is no excuse. There is more than enough to go around if someone is willing to learn and put the right programs in place. Otherwise you become a professional victim.

That became my mission in life. The irony is that as I am writing this article, Johnny Reid, in his new album "What Love Is All About" is playing the Song "Today I'm Gonna Try and Change the World".

Hence, to answer the question of the moderator - what is my "why"? Why do I still work as hard as I do at a time when I am regularly asked if I am contemplating retirement. I find that there is still so much to learn and so much to get better at. The amazing thing is that there are people out there who are eager to learn and to do something about their own personal situation.

In that vein, I have added Colin Popham as a new Associate Consultant to Shirley Hill and Associate Private Wealth Management. He has multiple degrees including a business degree and is very gifted with technology. I also have Shannon, my long standing associate, who through personal family circumstances understands the need for insurance. She has experienced firsthand the devastation that occurs should someone get hurt and not have the financial resources to hire care. She has experienced the effect on a family of not having insurance or not having the right type of insurance. She knows the value of Long Term Care and other insurance products. She has devoted many of her adult years to spreading the information of how to reduce family suffering through having the right types of insurance strategies in place.

These very gifted young people challenge me daily to be better, to be more knowledgeable and to look at the world differently. They make me laugh and there is nothing more satisfying than when we review a file as a group - a file which happens to be a snapshot of someone's entire life. It is such fun when we can work with a cooperative accountant and lawyer. Where all disciplines work together in harmony to dissect someone's information, research tax law and strategize what is possible and then implement the new tax and investment strategy.

What is possible? That in and of itself is a very interesting question. Several years ago, as I was traveling in Italy, we had a very seasoned tour director who was a master at story telling. He went on to tell us about the belief systems of the Aristocratic Italian Families. He said the Aristocratic families took a multigenerational long term view on all the family activities. That everyone in the family knew their place. If there was a family of four - the first son inherited the farm. It was his job to not only maintain the family wealth but to also enhance it. The second son - he was to enter the church. That's where the power lay. If there were daughters - their job was to marry well and unite Aristocratic families. The last son - his job was to be an artist. The entire family was to support this child so that he could develop his talent. That is why Italy has so many well recognized artists - painters, sculptures, singers etc.

Now let's fast-forward to present-day Canada, where we have many first-generation millionaires. In speaking to parents and grandparents, this first generation of millionaires, their greatest fear is ruining their children. The mantra is "I don't want to leave too much because I don't want my kids or grandkids to be too lazy". This is no excuse but a lack of education. What a dishonour to someone's life's work to not nur-

ture their wealth because of fear and not having the knowledge or skill to manage this fear. So our team's second focus became working with parents of the affluent to manage their fear and to work with their children, grandchildren and great grandchildren. Our team of consultants and associates covers a wide variety of ages - we are very well positioned to work with not only the lead family but their heirs as well. In other words, multiple generations within a family group.

Our goal is to move from a place of fear to an approach based on knowledge, understanding and appreciation. The younger heirs have a holistic approach to the wealth that has been accumulated within the family. They take their job seriously in wanting to know how to not only grow the wealth and protect the wealth, but also how to work with it in the context of planned giving and community development.

We are starting to see that the lead families (who built the wealth) are starting to relax as they see their children, grandchildren and great grandchildren stepping up in their understanding of the discipline it has taken to build this wealth and that the heirs are willing to take over the stewardship of this money when the time comes. The planning does not stop with one generation but is ongoing. A legacy is being left not only in wealth but in knowledge and skill. Community (charities), churches and families will benefit from this change in family dynamics and planning. Everyone has a roll and is engaged.

The other surprise - we received information via one of our clients that his accountant was recommending that he ask us about our corporate class products and the tax deductibility of the management fees of our iProfile™ Managed Assets. I have to say how surprised and gratified I was to receive this call. Maybe there is hope yet. I've talked and written about this asset class many times - maybe the message is finally starting to get out there.

Other developments this week:

- 1) Premier Selinger, should he be re-elected, has made the announcement that anyone over \$170,000 of income will now be considered a high income person and subject to an additional tax level. Remember, this is not only you personally but also includes your estate.
- 2) Two disturbing conversations/questions arose in a conference call with our tax lawyers. Regarding the new Federal Budget:
 - a) Will there be tampering with the capital gains exemption?
 - b) Will the Trudeau Government make changes to the corporation's act? This will affect a broad sweep of professionals.

Continued on page 5

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RELINES AND REPAIRS

Too-Ra-Loo-Ra-Loo-Rai: Generations Together in St. Vital

Story and photos submitted by Lesley Smith

Tots and seniors were all smiles at an intergenerational musical St. Paddy's Day Party. Vital Seniors teamed up with Nancy Aasland of Kindermusik Discovery and several families with young children in songs, creative movement, instruments, refreshments, and a few surprises that kept everybody dancing and smiling.



Some of the senior participants are shaking bells while the children were walking around the inner circle.

Vital Seniors Boast Most Friendly Bridge Players in Manitoba



Some of the friendly Bridge players.

If you are interested in a game of cards with a group of very friendly players then an afternoon of Bridge with the Vital Seniors is for you. A group of 28+ players meet every Thursday at 1 p.m. for friendly partners' competition. The group has a wide range of experience and no master players. Of the three types of bridge, Vital Seniors play a form of 'Rubber' Bridge. Rubber Bridge is a variant of bridge from the 1920's. It is believed forms of bridge have been

played since the 1880's and stemmed from whist. The game is played by bidding on face cards from each suit, with the ace of hearts being the most valuable, and jacks being the least. The team that wins their bid and has the highest number of points wins. The difference between all types of bridge is in the bidding. 'No', there are no fierce bidding wars, says coordinator Margaret, who boasts that Vital Seniors are the friendliest Bridge players in the province. Are there bidding tricks and tips? Margaret only smiles but there was definitely a gleam in her eye challenging all to join in and find out! For information, call Margaret at 204-256-3832. For more Vital Seniors programs, check out the public service announcements.

• • • • •

Join us in May for 'Grow-A-Salad' container gardening for seniors, parents & children (aged 5-12 years) at St. Mary Magdalene Anglican Church, 3 St. Vital Road, off St. Mary's Road. For information, call Lesley at 204-452-2230.

• • • • •

Why We Do The Things We Do, cont'd from page 4

As deficits balloon, all governments will be looking around for other sources of revenue. It's important to respect your money and take steps to manage it effectively and protect it. Keep it or lose it. The choice is yours.

• • • • •

On April 6th we will be hosting a Tax & Estate Planning Seminar at 7:00 pm. We have a few spots left – please call our office at **204-257-9100** to reserve your spot.

• • • • •

Shirley Hill and Associates Private Wealth Management would like to say goodbye to a very skilled tax lawyer from one of the largest law firms in the city. We have had the pleasure of working with this tax lawyer for the last few years. It has been an absolute pleasure and my clients have benefited greatly from her skill, collaborative nature, and openness in developing strategies. We wish her all the best and will miss her greatly. ■

SHIRLEY HILL Executive Financial Consultant

Shirley Hill & Associates Private Wealth Management
Investors Group Financial Services Inc.
10 Island Shore Blvd.
Winnipeg, Manitoba R3X 0E7
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The purpose is to advise you of current developments, not to provide legal advice. Clients must consult their professional advisors for advice based on their specific circumstances. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Shirley Hill is solely responsible for its content. For more information on this topic or any other financial matter, please contact Shirley Hill. Commissions, fees and expenses may be associated with mutual fund investments and the use of iProfile™ Managed Asset Program. Read the prospectus and speak to an Investors Group Consultant before investing. Mutual funds are not guaranteed, values change frequently and past performance may not be repeated. Recommendations relate only to Investors Group mutual funds. An asset allocation service, iProfile is a managed asset program for clients with a minimum of \$250,000 invested in the iProfile program.

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Manitoba Election News:

MANITOBA PARTY REGISTERS WITH ELECTIONS MANITOBA

- Elections Manitoba

A new political party has officially become registered in Manitoba. By endorsing 11 candidates (to date) in the upcoming general election and filing the required forms and statements, the **Manitoba Party (MP)** is now registered under The Election Financing Act (EFA).

As per section 6 of the EFA, a political party can register in one of two ways:

- File a petition with the Chief Electoral Officer with signatures of 2,500 individuals who were eligible to vote in the last provincial election
- Endorse five or more candidates in the current general election

Registering with the Chief Electoral Officer allows a political party to be identified on the ballot beside the name of its endorsed candidates, issue tax receipts for contributions, receive reimbursement for election expenses, and receive an annual allowance (EFA sec. 4). In order to receive a reimbursement, the party's endorsed candidates must obtain, in total, at least 10% of all the valid votes cast in the election (EFA sec. 73).

Contact information for the Manitoba Party may be found at http://www.electionsmanitoba.ca/en/Political_Participation/Registered_Political_Parties.

41ST GENERAL ELECTION NOMINATIONS CLOSE - 223 CANDIDATES SET TO RUN

- Elections Manitoba

Nominations closed March 30th, 2016 at 1:00 p.m. for Manitoba's 41st general election. A total of 223 candidates have had their nomination papers accepted by their returning officers.

Candidates' names, electoral divisions, and party affiliations are listed on Elections Manitoba's website: <http://www.electionsmanitoba.ca/en/Voting/Candidates/1> and are available on our mobile app, **Manitoba Votes 2016**.

Candidates endorsed by registered political parties are as follows:

- Communist Party of Canada-Manitoba:** 6 candidates
- Liberal Party of Manitoba (Lib.):** 52 candidates
- The Manitoba Party (MP):** 16 candidates
- New Democratic Party of Manitoba (NDP):** 57 candidates
- The Green Party of Manitoba (GPM):** 31 candidates
- The Progressive Conservative Party of Manitoba (PC):** 57 candidates
- Independent:** 4 candidates

LETTER . . . to the editor

25 Years of Unfair Taxation

Submitted by Donna Marion - a senior citizen and a condominium owner.

For 25 years, condo owners in Manitoba have been paying unfair and excessive property taxes. The political party which forms the new government after next month's provincial election will have an opportunity to rectify this. Here's why: the power to change the current system of property taxes lies with the Province.

All property taxes are established by a province-wide formula: Portion X Assessed Value X Mill Rate.

The assessed value depends on what the local assessor believes the value of the property to be. The mill rate is determined by the municipality and school board. However, the portion (percentage) is set by the Province and it is this particular determinant of property taxes that creates an unfair situation for condominium owners, a situation that could be corrected by the politicians elected on April 19th .

Currently, condominium owners pay a portion of 45%, a percentage identical to the portion charged owners of detached houses but this was not always the case.

Over the past twenty-five years, successive provincial governments have created and maintained this situation starting with the introduction of the Municipal Assessment Act in 1990.

The result was a shift in portioning among several property classifications. For example, in 1990, residential property classifications had percentages ranging from 27.1% for condos to 73.2% for multi-family dwellings. By 2002, all three residential classifications - single family dwellings, apartments, and condo-

miniums (which includes co-ops) - were portioned at 45%.

What makes this level of taxation unfair to Manitobans who own condos?

First of all, condo properties tend to be smaller in size than single dwellings. Condo residents pay property taxes up to 84% higher than the average taxpayer (due to smaller household size).

As well, condos exist in closely-packed clusters. Condominiums and co-operatives provide more efficient and dense housing options for Manitobans and result in long term government savings, both provincially and municipally. For example, these types of housing save municipalities money for snow clearing, garbage pickup, road maintenance and more.

No surprise then that condominiums and co-operatives are considered essential to smart growth, not just in Manitoba but across the country.

However, twenty-five years of unfair property taxation based on outdated legislation works against modern day expectations of smart growth in the housing market. Smart politics would seem to dictate that, on April 19 th , Manitobans have an opportunity to elect a government sensitive to the changing times rather than to maintaining the status quo.

Ask the candidates knocking on your door where they stand on fairness in property taxation. Find out where the party they represent stands. It's the smart thing to do.

- Donna Marion



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CURRIE'S CORNER

By Roger Currie



Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

Another Sad Story

Hands up if you remember the name *Glenn Babb*. 30 years ago, when South Africa was still the land of *Apartheid*, he served as that country's Ambassador to Canada, and he made a highly-publicized visit to the Peguis First Nation in Manitoba.

He was invited by Chief Louis Stevenson who wanted to make the point that life for black South Africans was better than it was for aboriginal Canadians living in third world conditions on reserves. Louis Stevenson, may he rest in peace, will never be compared to Nelson Mandela, but if Glenn Babb were to return to Canada today, he would probably conclude that not much has changed in 30 years.

This week, nine family members died when fire destroyed their home on Pikangikum First Nation in northern Ontario. It was an all too familiar story. More than one generation living in not much more than one room, with no proper toilet or running water. On remote reserves, there is little or no fire protection, or

meaningful recreation. Far too many young people in particular are driven to addiction problems, and eventually suicide.

Before *Pekangikum*, the brief focus was on Cross Lake where hundreds have attempted suicide in less than a year, and too many have succeeded. When these tragedies happen, the national media swoops in, along with the grief counselors, and everyone says "we simply must do better". Then the news cycle moves on to another sad story, and nothing changes.

There is precious little chance that the situation ever will change, and we have to wonder what is the value in perpetuating such a sad, dysfunctional world. For the youngest victims, like the toddlers who died in the Pikangikum house, is it not just about the worst form of child abuse imaginable?

Justin Trudeau has made a solemn promise that on his watch, life for aboriginal Canadians will change for the better. The mountain that must be climbed seems to get higher all the time. ■

The Donald

It's now less than 4 months until the Republicans in the U.S. must decide who will carry their flag in the November election. Rather than concentrating their efforts on winning back the White House, the obsession in recent weeks has been "Can we find a way to stop *The Donald*?"

Clearly a GOP campaign headed by Donald Trump would be a disaster, and it would surely grease the wheels for Hillary Clinton to become the first woman to make decisions in the oval office. Who would ever have imagined that the bombastic billionaire would be tripped up by questions about abortion?

In Wisconsin, after he got through trashing Governor Scott Walker and insulting members the local media, particularly the women, Trump literally got 'suckered' by Chris Matthews of MSNBC. What came out was 'Women who have an abortion should be punished in some way', if such a procedure were illegal. Abortion has been legal in the U.S. for more than

40 years. Donald would like to change that, but he hasn't spelled out how.

When a predictable firestorm followed his comments, he tried to backtrack, saying that the person who performs an abortion is the one who should be punished, not the woman who terminated her pregnancy. But the damage has been done, and it appears to be huge.

Perhaps most importantly, it will hopefully wake up the more intelligent citizens of *Trump Nation* to take a closer more critical look at just what this man stands for. Other than his rhetoric about building a wall on the Mexican border and keeping Muslims out of the U.S., Trump has done his best to avoid substantive debate about important issues. He has avoided most of the major debates with his opponents for the Republican nomination.

Perhaps the tide is finally turning, and the world's largest democracy might still get to make a slightly more sensible choice in November. ■

Baby Boomers Still Active at Forever Young Club MB

Story and photo by Bob Sidof



Deanna Sidof & Carol Green wearing poodle skirts.

Jiving and dancing to old rock 'n roll. What a great way to stay young and get exercise. We're celebrating our 19th year of enjoying 1950's, 60's and 70's rock 'n roll music with dancing, fun, friendship, and a healthy lifestyle.

If you would like to enjoy a night of old time rock 'n roll, come to our dance **April 23rd at 283 ANAVET - 3584 Portage Ave., Winnipeg.**

Dance to continuous music by the BIIVVERS (live band) and DJ sounds of SPECIALTY MUSIC.

Come dressed in 1950's fashion, take part in 50/50 draw, Charitable Children's Rehabilitation Foundation silent auction and bring a tin for the bin for Winnipeg Harvest. All for \$25.00 a ticket. Come support the cause. You'll have a rock 'n roll great time.

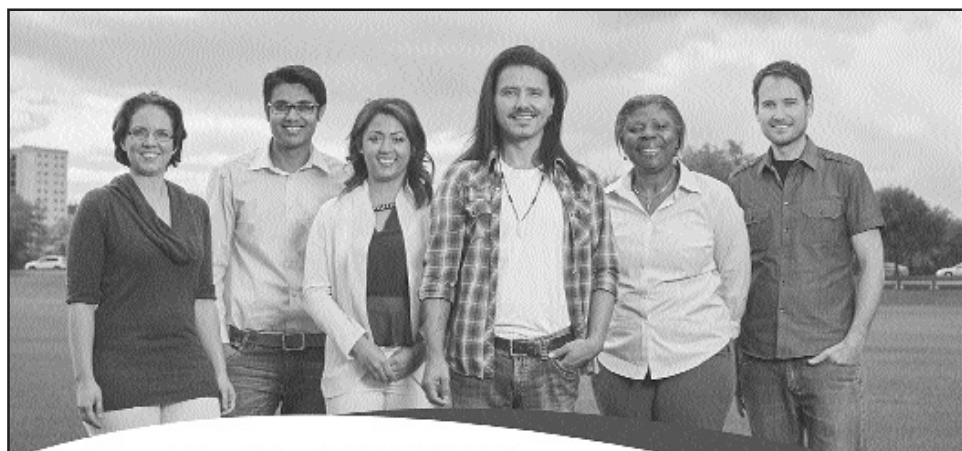
We live up to our motto: **"YOU DON'T STOP PLAYING WHEN YOU GET OLD. YOU GET OLD WHEN YOU STOP PLAYING."**

Members and guests love dancing in the company of our peers. This is our music. It is the stuff we listened to on the juke box and danced to at soc hops. Sometimes we dress the part wearing poodle skirts, saddle shoes, t-shirts and jeans.

Everyone is welcome at our dances.

Advance tickets only - call Forever Young Club hotline **204-261-4442** for tickets or visit our website - **foreveryoungclub.wordpress.com** - for information on upcoming events. ■

(See our ad on page 12)



VOTE

Provincial election day is Tuesday, April 19

Election day voting

Voting places are open from 7 am to 8 pm.

Advance voting - Vote anywhere

Advance voting will be held Saturday, April 9 to Saturday, April 16, from 8 am to 8 pm (noon to 6 pm on Sunday). You can vote at any advance location in the province. To find locations, visit our website or download our mobile app.

Be sure to bring government-issued photo ID, such as a driver's license, or two other documents with your name.

Am I eligible to vote?

If on election day you are a Canadian citizen, 18 years of age or older, and a resident of Manitoba for at least six months, you can vote.

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April and Car Care Time again combined with Pot Hole Season and yes The Spring Check Up, Wash and Detail as well as Tire Changeover. On the Driver Safety Front, I am sure we all want to stay driving as long as we can so I have created a **SPECIAL MANUAL (SUMMER DRIVING - The Manual for Warm Weather Driving!)** that deals with Collision Avoidance Driving Skills and the Sense, Identify, Predict,

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- C/ Windshield Wipers are required when you do the Oil Change and have your Car Care Provider or Car Wash/Detailer apply Aquapelle to your Windows and Lights for Vision and Glass protection
- D/ Car Wash and Detail your vehicle at a Car Wash/Detail Facility and get the interior done as well as an engine shampoo to add years to the life of your vehicle.
- E/ Have your Transmission-Differential and Running Gear checked as well as have a suspension system and brake system checked for damage and ware.



Here is the link to Be Car Care Aware and you can download their car care guide, service interval brochure and vehicle systems overview for free. <https://www.becar-careaware.ca/car-care-resources/>

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POTHOLES

Potholes shown in Winnipeg in the 300 block of Stanley Street, near Higgins Avenue.

St. JAMES at NESS, WPG

This street and others like it show the lack of concern for Tax Paying Drivers by the City of Winnipeg. This and other streets like it cause Thousands of Dollars of Suspension and Frame Damage to your car.

Bicycles riders who pay no road use taxes, get far better service in Winnipeg.

Call 311 to report potholes and if it is a serious traffic hazard report it to your local police so that they can deal with it. If you have a pot hole incident and your vehicle or suspension system or tires are damaged report immediately and take pictures of it for the claims adjuster.

We're fully aware that there's potholes out there, but the drivers are also aware they need to take action to avoid the potholes," said Brian Smiley from Manitoba Public Insurance.

Here are MPIC's tips on potholes: It's no surprise to encounter potholes in Manitoba. To protect your car and other road users, follow these tips.

Scan ten to twelve seconds down the road in front of you, looking for potholes. If you are approaching one, don't swerve suddenly as you may hit another vehicle. Identify the pothole early and change lanes when it is safe to do so.

If you can't change lanes, slow down as much as possible before the pothole. But don't brake when driving over the pothole as this can cause more damage. You should:

1. Take your foot off the brake
2. Roll over the hole at a low speed
3. Hold the steering wheel firmly to avoid losing control

Most potholes develop in the curb lane where water accumulates. This can hide potholes so you should approach all puddles with the same caution as you would a pothole.

Under the Highway Traffic Act, motorists have to drive appropriately to avoid all hazards on the road, including potholes.

In some cases, however, they can't be avoided.

"If you're driving beside someone and you can't avoid hitting the pothole, well, you have no choice because in normal traffic you are following too close to be able see the pot hole under the vehicle in front and be able to avoid it."

There are 500 to 600 pothole-related claims every year.

Smiley said MPI rarely finds the driver to be at fault for hitting a pothole because not all potholes can be avoided. The percentage is in the single digits.

"In some situations you can't - there's water coverage. The pothole sprung up overnight," said Smiley.

If a driver doesn't like a decision made by an MPI adjuster, they can appeal to their supervisor.

Here is MPIC's Contact Information:

In Winnipeg: 204-985-7000
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DRIVEN!

The SENIOR SCOPE Automotive Review

Continued from page 8



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Here is the first of a series of conversations about the service centres that I have evaluated in Manitoba and why they are my personal choice for service excellence.

BOB'S MAINTENANCE TIPS!

Seven Oaks Transmissions - Celebrating 35 Years in Business!

Seven Oaks Transmissions is a locally owned and operated automotive repair shop that has been serving the Winnipeg area for more than 30 years. They offer transmission repair and diagnosis using state-of-the-art computer diagnostic equipment, as well as general repair work on all imported and domestic model cars, trucks and RVs.

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Owner **Bob Degrave** and his sons Kyle and Garrett invite you to visit their clean and comfortable garage for your automotive repair needs. They provide repairs and installation services for all types of import and domestic vehicles, as well as RVs. They are proud to be the only transmission shop in Winnipeg to offer an RV hoist.

Computer Diagnostics

Their modern facility is equipped with the latest computer diagnostic equipment to ensure that any faults with your car and transmission are quickly and correctly identified – saving you time and money. Whether you're in need of repairs to the family car, a regular schedule of fleet maintenance, or replacement of the transmission in your RV, you can count on the professional technicians at Seven Oaks Transmissions in Winnipeg to do the job right.

When your car, truck or recreational vehicle is in need of repair or servicing, let Seven Oaks Transmissions provide the solution. They repair clutches, front and rear axles and transmissions in all types of RVs, domestic and import vehicles.

Be Fit with Gwen

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

It's time to get fit for the Beach and Summer Vacation Fun. Let's start with my top five workouts to make you as fit as you can be for this summer.

Running/Walking, Yoga, Aquasize, Rowing, and Weights are the perfect combination along with a healthy diet and the desire to be as fit as you can be no matter your age.

Let's take One Hour per day for your fitness and you can change your self-image in one month for the better.

- 1/ Walk Run for 5 Km or a half hour at the best speed you can do and each day you will have more endurance, go faster and will be stronger. Start Slow and progress in easy steps until you are not tired at the end of your walk-run and feel that you can go farther, faster, longer.
- 2/ Do Yoga at a class, with a friend, a DVD-TV Program 3 times a week for a half hour and your body will be more flexible, injury resistant, and your posture will improve making you feel more confident than ever.
- 3/ Aquasize, your way to lower weight, better mobility and more strength without joint pain or impact. This can be done at City Pools. Wellness Centers and if you have one at home your own pool. Get a couple of friends and make it a social event as well as a health event.
- 4/ Rowing on a rowing machine at home or at your fitness facility , or contact the Winnipeg Rowing Club for a real on the water experience at <http://winnipegrowingclub.ca/programs/learn-to-row>. Rowing provides you with a allover workout along with arms, abs, shoulders, chest, back
- 5/ Weights are super at providing more strength, endurance and a great looking body. Weights are not how much weight you move but how well you perform the technique and how smoothly and slowly you manage the process. Get some professional guidance such as at Seven Oaks Wellness or other professional facility. I do small to medium weights in order to generate long muscle and to create endurance and stamina. Start with small weights and slowly move up to more advanced numbers.

strengthening and you will marvel at how fit you can be in a short time. Make sure you learn the correct process and it's important to have the correct form before you practice it for the best results. A machine for 1/4 hour or 2000 meters very three days is a great all over workout. Gotta Love Your Guns!!

Check your sugar levels before and after each exercise session if you are diabetic, along with heart rate and blood pressure levels so that you can chart and monitor the process and see the numerical benefits as well as the physical ones.

See you at the Beach !

- Gwen

.....

In the April 28 issue of *Senior Scope* we will talk about Getting the Driver Ready for Summer and Tips on Saving Fuel on those fun tours and Stay-vacations we can do right here in Manitoba and Western Canada in the **DRIVEN! Automotive Review** section.

~ Wm. M. E. (Bill) Ward

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THE BUZZ



By Scott Taylor
Editor, *Game On*,
Manitoba's Hockey Magazine
gameonmag.ca

The Winnipeg Jets have not been a very good hockey team this season (30 wins in the first 73 games is a testament to that), but GM Kevin Cheveldayoff and head coach Paul Maurice have probably learned one important lesson: The "Atlanta" Jets are swiftly becoming Mark Scheifele's Jets – sooner than expected.

And that is definitely not a bad thing. This season Scheifele leads the Jets in goals with 24 and is second in points with 47. Considering he missed 10 games due to injury, those numbers are rather impressive, especially for a 22-year-old who was a second- or third-line centre for most of the season.

A lot of his success this season – especially in recent weeks – has to do with the season-ending injury suffered by Bryan Little. With Andrew Ladd off to Chicago and Little done for the year, Scheifele became the team's No. 1 centre and he's proven his worth thanks to upwards of 20 minutes of icetime a game.

To be fair, he's always been given his share of ice time, but not until the past few weeks has the total logged reached more than 20 minutes a night. In fact, over his last 13 games, he's logged at least 19-plus minutes in every one.

However, the two most important things about Scheifele are (1) he's a Winnipeg, not Atlanta, but Winnipeg draft pick and (2) he's still only 22-years-old. Both of those elements scream future, not past, and past is a problem for these Jets.

Say what you will, but the core that arrived in Winnipeg from Atlanta has not been good enough. Sure, it led the Jets to the playoffs last season and sure, it played extremely well against Anaheim last spring. But the reality is this: The Atlanta core has led the five-year-old Winnipeg Jets to one playoff series and in that series the Jets did not win a game. The past has not been pretty.

The Jets quickly becoming Mark Scheifele's team

Photos by Rusty Barton, Jeff Miller and James Carey Lauder



Mark Scheifele

Despite what others might think, the future of this team does not belong to Little, Toby Enstrom, Mark Stuart, Blake Wheeler, Chris Thorburn, Ondrej Pavelec or even Dustin Byfuglien (although with a new five-year contract, he will definitely play a role). This team belongs to Scheifele, 22, Andrew Copp, 21, Marko Dano, 21, Josh Morrissey, 20, Adam Lowry, 22, Joel Armia, 22, Nikolaj Ehlers, 20, Nic Petan, 20, Scott Kosmachuk, 22, Chase De Leo, 20, JC Lipon, 22, Alexander Burmistrov, 24, Jacob Trouba, 22, and Connor Hellebuyck, 22. There is a good chance it will also belong to Kyle Connor, 19, Eric Comrie, 21, and Julian Melchiori, 24.

Through the first 73 games record was 30-37-6. They were all but mathematically eliminated from final Wild Card spot in the West. The Atlanta core has failed to make the playoffs for the fourth time in five seasons and counting on them any longer will only take this franchise backwards. Now is the time to start getting the next generation of Jets into the lineup on a regular basis. Failing with 22-year-olds is a lot easier to swallow than failing with 30-year-olds.

Any way you look at it, this year's Jets were, at best, a mediocre hockey team. Through 73 games they



Marko Dano

scored 186 goals and gave up 216 (minus 30). The only streaks they seem to be able to muster are losing streaks. The Jets win one, lose a couple, and just kind of stagger along.

Considering they were a playoff team last year, the club's entire plan for this season has gone sideways. Or backwards. One-goal games they used to win, they simply don't win anymore. On nights when they get solid goaltending, they can't score. On the nights they get lousy goaltending they often score just enough to lose. They were 16-18-3 on the road, but also a lousy 14-19-3 at home.

At this stage, GM Kevin Cheveldayoff's alleged "five-year plan" is in ruins. Of course, that doesn't mean the seven-year plan (Plan B, one suspects) is dead. It's not like Cheveldayoff is going to be fired so why not go with his players.



Nic Petan (photo by James Carey Lauder)



Alexander Burmistrov

There is still a decent chance that the Jets have a solid future. Nikolaj Ehlers can play. Scheifele is a star. Jacob Trouba has his ups and downs, but it's mostly been ups. Adam Lowry and Joel Armia are slowly finding their way. Alexander Burmistrov has become a decent two-way player. Nic Petan is small but he can make plays. Scott Kosmachuk had more speed than people imagined. Julain Melchiori and Josh Morrissey aren't flashy but they're steady.

Trouble is, Cheveldayoff has to make some hard decisions if he expects to improve this hockey team and if any of those decisions are wrong, the Jets could be set back a decade or more.

And his biggest decision is the Thrashers core. The group that arrived in Winnipeg from Atlanta in 2011 has not shown any consistent signs of being a winner. And the core isn't getting any younger. Next year Wheeler will be 30, Little, 29, Byfuglien, 31, Enstrom, 32, Thorburn, 33, Stuart, 32, and Pavelec, 29.

Chevy's problem, however, is not so much that the core is aging and not winning, but there are too many of them. For most of the season, the core consisted of eight players who still lead the team in scoring and ice time and includes the No. 1 goaltender. Cheveldayoff has ridden this group for five years and it has produced virtually nothing. Fact is, the entire Atlanta-Winnipeg franchise has reached the playoffs twice in 17 seasons and is yet to win a playoff game.

So the questions are: Do you move the core and let the kids find their way at the NHL level? Do you start planning for the break-up of the core at the NHL draft in June? Can you move most of your eight "best" players and start Plan B? After all, the issue was never just Andrew Ladd and his trade to Chicago for Dano and draft picks, but an entire team that has never been as good as the Jets brass had hoped and expected (BTW, since acquiring Ladd, the Hawks have gone into a skid and Ladd has not produced as much offense as Dano).

However, and it's a big "however" to move all of them is a ginormous decision and it's hard to imagine that anyone in the organization has the courage to push that button. ■

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Nostalgia Broadcasting Cooperative

Brandon to Host 2016 Manitoba 55 Plus Games

By Sheila Runions – Publicity Chair for Brandon Host Committee

Nine months have passed since it was officially announced that Brandon would host the annual Manitoba 55 Plus Games. Brandon Rotary Club and James B. Chrisp United Commercial Travelers (UCT) have partnered to host this provincial sporting event which is sponsored by Manitoba Liquor & Lotteries. Brandon has a great history of hosting local and/or world events and this three-day competition for seniors will be no exception.

While several Rotarians and UCT members have already volunteered their time to work the games, more help is yet needed. If you would like to volunteer in any way, please contact Bea Storm at: **204-726-5740 / stormwatch15@gmail.com** or Phyllis Elliott: **204-728-6817 / phyle@wcgwave.ca**.

The games will be held Tuesday - Thursday, June 14-16 at locations throughout Brandon and beyond, such as golfing at Glen Lea just east of the city.

The 55 Plus Games is the largest multi-sport event for older adults in Manitoba. More than 1,000 athletes from across the province will come to Brandon to participate in 22 age-friendly sports. From card games and Nordic Pole Walking to bowling or Slo-Pitch, there are friendly competitions for all ages and skill levels. The events are open to all Manitobans who are turning 55 years of age or older in 2016. Some events, such as Cribbage, Whist and Contract Bridge continue to be so popular they require a regional play-off in some of the 14 different regions of Manitoba. To respond to the ever-growing number and diversity of participants in Manitoba 55 Plus Games many of the events have specific age-categories (55+, 65+, 75+ and 80+) to ensure fairness and a positive age-friendly experience.

Host committee chairperson Bernie Chrisp says, "It's a wonderful honour to be selected as the host city. We know the entire community will look forward to welcoming athletes and

visitors to Westman." His crew of 16 executive committee members is thrilled to work together to bring the games back to Brandon; this 34th annual event will only be the second time Brandon has hosted and that was back in 1987.

The Active Living Coalition for Older Adults (ALCOA-MB) co-ordinates the annual Manitoba 55 Plus Games and is responsible for planning, promoting and providing an enjoyable experience for everyone involved, including participants, supporters, volunteers and visitors. ALCOA-MB's Executive Director, Jim Evanchuk says, "We were very impressed with the bid from the Brandon host committee and we are confident that the fine people in Brandon will set the stage for a memorable experience in June 2016. No matter what your age or interest, the 55 Plus Games have something for you!"

Plenty of information about the games can be found on ALCOA-MB's website at **www.alcoamb.org** or phone the toll-free Manitoba 55 Plus Games number at **1-855-261-9257**. Registration is open until May 13, 2016 (with an extended deadline for Slo-Pitch being May 20th). As long as you are 55 years of age by December 31st this year, you are eligible to compete in any event. Games open to all are walking/running, bowling, golf, arts and crafts, duplicate bridge, floor curling and shuffleboard, horse-shoes, lawn bowling, pickleball, scrabble, slo-pitch, snooker, swimming, track and bocce ball. If you plan to participate and will require lodging in the city, make sure to inform the motel/hotel/B&B that you are a Manitoba 55 Plus Games participant. The host committee has worked with Brandon First to secure funding based on number of beds booked for these provincials.

The Manitoba 55 Plus Games have been in operation since 1983 and have grown from 365 athletes to more than 1,600 people participating. Join us in Brandon, where you can be "Young At Heart" June 14 - 16, 2016. ■

The Boys and Girls of Summer

By Metro Hnytka



Jennifer and Metro in Vegas!

I was fortunate to watch my 13 year old grandson play at a baseball tournament in Las Vegas this February. It was a time when all the signs of play ball awoke in me. The enthusiasm of the players, the crack of the bat on a well hit ball, players running the bases and scoring runs. It all brought me back to 66 years ago when I first started to play baseball, and the desire is still there; I love the game. I'm sure I am not alone as there are many in my age group who still play baseball and enjoy it.

Winnipeg has some great senior teams which play regularly, competitively or just for fun and exercise. We could find you a place to play, so give us a call. Even if we are out of your area, we can direct you to a closer team.

Call the Winnipeg South Seniors Slowpitch.

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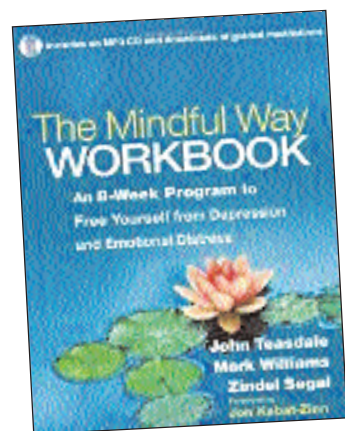
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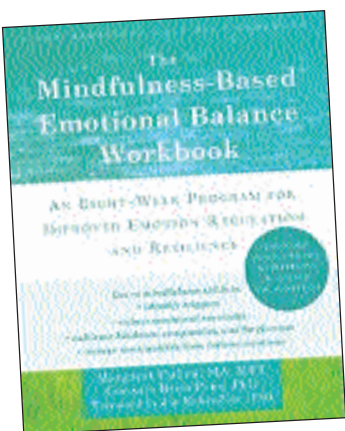
@ J.W. Crane Memorial Library, Deer Lodge Centre

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

Winter in Winnipeg is often gloomy with the absence of the sun; because of this, it is relatively easy to become agitated and down in the dumps until the beginning of spring. Two new workbooks in our Consumer Health Collection use Mindful Therapy to help you work through depression, negative emotion and anxiety:



The Mindful Way Workbook is an 8-week program to help overcome depression, anxiety and stress. What is Mindfulness? As this book explains, it is paying attention with purpose, to be in the present moment and accept things as they are in a non-judgmental way. Part 1: Foundations, focuses on the reasons why so many of us get caught up in “the unhappiness loop” and how, using mindfulness, we can begin to actively work our way through this loop. Part 2 teaches you one week at a time skills that will allow you to walk a brighter, more positive path. This is a fantastic workbook and includes a CD-ROM guided meditation to help you enhance your wellbeing. ■



The Mindfulness-Based Emotional Balance Workbook also offers an 8-week program designed to improve your emotions using mindfulness skills. Every one of us has emotional responses to life that can do us harm, whether we are holding emotions in or whether these emotions cause us to lash out. In either case, learning to regulate harmful emotions will allow you to avoid concerning health problems that can form as a result, such as a weakened immune system, heart disease, or even a simple cold. This is an easy to follow workbook with plenty of room for personal written reflection, and includes downloadable meditations and guided visualizations to help you on your path to emotional wellness. ■

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

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EVENTS

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

Red River Coin & Stamp Shows - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

Long Term & Continuing Care - 13th Annual Provincial Conference & Exhibition "LET'S TALK", May 10, Victoria Inn, Wellington Ave. (by airport). **Info: www.ltcam.mb.ca**

The Morse Place Flashback Senior Baseball Club - is looking for new slo-pitch baseball players - men 55 and up, women 40 and up, May-Oct at the Morse Place C.C., 700 Munroe Ave. Call Paul: **204-668-8574** for info.

Charleswood Senior Slow Pitch softball league - looking for players for 2016 season. 55 plus men & women. Games Tuesday Aft. At Marj Edey Park. Meet new friends, exercise, - low cost! Call Garry: **204-774-3190** or email: **gaelic1@live.com**

Gardenton Park/Ukrainian Museum & Village Society - Bud-Spud-Steak/Chicken/Vegan dinner fundraiser, Sat. Apr. 16, 5-8 pm, at Canad Inn, 826 Regent Ave. Prizes, auction, 50/50. Tickets \$20. All welcome. Call Helen, **204-453-4041**, or from Kelvin, **204-425-8197**

Downtown Tai Chi - New lunch time classes (noon-1 pm), Tuesdays & Thursdays starting Apr. 5, at Prairie Theatre Exchange, 3rd Floor, Portage Place mall. Visit **downtowntaichiwpg.blogspot.ca** for info.

Manitoba Opera - Music Excerpts, Readings & Lecture, Sun. Apr. 10, 2 pm, Canadian Mennonite University Auditorium, 500 Shaftsbury Blvd. Cost: Free, please register online at **https://tickets.manitobaopera.mb.ca/TheatreManager/1/tmEvent/tmEvent191.html**

Free Three Week Retreat for Christian women of any denomination - Jul. 15 - Aug. 7, at the Sisterhood of St. John the Divine, Convent 233 Cummer Ave., Toronto, ON. Call Kelly Clark: **416-226-2201** ext 301 Email: **convent@ssjd.ca** website: **www.ssjd.ca**.

Lace up for Diabetes - Walk or Run to support 121,000 Manitobans living with diabetes, May 15, 8:30 am at Assiniboine Park, Conservatory Tent. 5 and 10 k walk/run. Free kids fun run at 9:30. **gwen.smith@diabetes.ca** or **204-925-3800** ext. 227 for info

St. James Legion Ladies Auxiliary - Spring Luncheon, Sun. April 17, 12:30-2:30, 1755 Portage Ave. Home baking, handicrafts, grocery hampers, draws, money tree, door prize. Tickets \$7, 10 & under Free: Call **204-888-7874**. Or call **204-416-5163** for info.

Stonewall - Rockwood Festival of the Arts, April 11-24. For info, or to volunteer, visit **www.rfota.ca**.

Komarno Community Hall - Spring Dance, Sat. Apr. 23, 7:30 pm. Music by "Canadian Rhythm Masters." Tickets \$15: **204-886-2994**. Proceeds go to the Komarno Hall renovations.

Springfield - Music in Motion, (Sing & Move), Apr. 14 - 2-3 pm; Apr. 18 - 9:30-10:30 am; Apr. 28 - 2-3 pm; May 3 & 5 - 9:30-10:30 am. At Springfield Place, 628 Main St. Oakbank. Free admission. Call **204-444-3132** or **204-444-3567**.

Robbie McDougall of Adoramus Ministries - Mother's Day theme concert, May 1, 2 pm, at Sacred Heart RC Church, 18 Pine Ave., Garson. Tickets \$10/youth, \$15/adult. call Jane: **204-268-3563** or Eleanor: **204-482-4325**. Refreshments to follow. Sponsered by Sacred Heart Cemetery Committee

Things to do in Winnipeg

Forum Art Centre - Small Paper Arts and Creations, Apr. 28 & 30th – Artists Drop, May 7 & 8 – Small Papers Show, 120 Eugenie st. Call **204-235-1069** or visit **http://www.forumartcentre.com/small-papers-show**

Fort Garry Women’s Resource Centre - presents Sibyl, Hot Thespian Action & Syd Kurbis with Emcee Mandy Shew from 103.1 Virgin Radio! Thursday, Apr. 14, at the Park Theatre, 7:30 pm. Tickets \$20 advance/\$25 at door. Call at **204-477-1123** or visit **www.fgwrc.ca**

Westview Dance Club - presents Play Ball Dance, Sat. Apr. 9, 8 pm-12 am, at Oak Bluff Rec. Centre, 101 McDonald Rd. Tickets \$35/couple. Email: **westview-dancewpg@gmail.com**

The Post-Polio Network MB - April General Meeting, Apr. 26, 1-2:30 pm at Katherine Friesen Centre, 940 _Notre Dame Ave. Email: **postpolionetwork@gmail.com** or call **204-975-3037**

Sri Lankan Association of Manitoba - Trade Fair, Sat. Apr. 23, Canad Inn, 1824 Pembina Hwy. Call: **204-888-8253** for info.

VOLUNTEERING

Rupert’s Land Caregiver Services - 'Time-out for Caregivers' program needs volunteers to visit local seniors. Call **204-452-9491** or **rlcs_vol@mymts.net**

Middlechuch Personal Care Home - Volunteers needed for special events, evening bingos, meal assisting and to assist in the rehab dept.Call: **204-336-4138** or **matt@middlechurchhome.mb.ca**

Southeast Personal Care Home - volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

Meals on Wheels Inc. - Now recruiting for rewarding volunteer opportunities for 2 or more hrs/wk in Downtown, E.K., Seven Oaks & St. Vital. Training and honorarium provided. Call **204-956-7711** or visit **www.mealswinnipeg.com**.

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

Victoria Lifeline Home Service Representative - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Sam: **204-956-6773** or email **skidd2@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**

The Big Brothers Mentoring program - We need male volunteer mentors to serve as role models and friends. Support provided by experienced case-workers. Call **204-988-8663** or **kayla.chafe@bigbrothersbigsisters.ca**

South Winnipeg Seniors Resource Council - Volunteers needed for Meal Program in Osborne Village 2-6 hrs/wk. Call **204-478-6169** or email **swsrc@mymts.net**

Parkview Place, Long Term Care by 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

Brooklands Active Living Centre - Zumba Gold, Aqua-fit, Line Dancing, Circuit Strength. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games and Shuffleboard. **204-632-8367**

Pembina Active Living (PAL) 55+ - 10-week spring classes: yoga, fitness, resistance training, line dance, Zumba Gold, arthritis PACE program, painting, writing. Also: computer - Ipad (Apr. 11 & 18); Still Bloomin' gardening club (presentation - Apr. 28); Info: **www.pal55plus.ca**, email **office@pal55plus.com** , **204-946-0839**

Seine River Seniors - Southdale Community Centre - PACE, Walk n Weights & Tai Chi, Tue. Mixed Yoga & Lite N Lively, Wed. Mixed Yoga, Thursday-PACE, Yoga 55+, Friday - Continuing Yoga & Line Dancing. Gerry **204-257-6171** ext. 200.

Ukrainian Cdn Vets Br # 141 - 618 Selkirk Ave. – Starting Mar. 13,1-5 pm, Jam Sessions. All welcome to come sing or play an instrument. Call Val at **204-770-5349**

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Meeting Tue. Mar. 15, 10 am, at the Masonic Memorial Temple, 420 Corydon Ave. Speaker Dr. Annette Trimbee. Guests welcome. Ed Bethune: **204-489-2882**, or **winnipegprobush85@gmail.com** for info

Dakota 55+ Lazars Senior Centre - various programs: Cribbage, whist, floor curling, floor shuffle, quilting, fitness programs, etc. Jonathan Toews Sportplex, 1188 Dakota St. **204-254-1010** ext. **206**

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**

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

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**

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

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Tues S.T.A.R.S. 9:30-11:30 am, FREE Tea/Coffee, Snacks, Fun & Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. Sheila: **204-990-2339**

Vital Seniors - Book Club, Last Fri/mo: **204-257-4014**, Bridge, Thur: **204-256-3832**, Carpet Bowling, Tues: **204-452-2230**, Line Dancing, Mon & Fri: **204-334-3559**,

Free Exercise Class, Tue: **204-253-0555**, Monthly Luncheon, Last Tue/mo: **204-255-7508**, Scrabble, Mon: **204-257-4014**, Free Apple Classes, Tue: **204-452-2230**. St. Mary Magdalene Church, 3 St. Vital Rd.

55+ Exercise Group - 400 Stradbrook (former A&O location) near active bus route. Low rates. Pilates Mon. 2:15; Yoga Tues. 10:15 & Thurs. 10:45; Tai Chi Tue. 1:30; Chi Gong Thurs. 1:30; Zumba Fri 1:30. Contact Jayne: **exercise.class400@yahoo.ca**

Elmwood-East Kildonan Active Living Centre - 180 Poplar @ Brazier in Elmwood. Membership \$15 for year. See Facebook page for more info or call **204-669-0750**

Senior Centre Without Walls through A & O Support Services for Older Adults - offers free educational and recreational programs over the phone reaching out to socially isolated older adults 55+ living in MB. No cost to register. Participants call into a toll-free number. We can also call participants into the line that are unable to do so themselves. As our Program Guide has grown in size and may be too big to open, please view it at **http://www.ageopportunity.mb.ca**

Eastern Star Chalet (ESC) - 525 Carthcart St., Congregate Meal Program to area, 55 plus. Must register. Volunteers needed for 1 hour per week cleanup. **204-889-3687**. Leave msg for Lesley.

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**

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**.

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.

Lion's Place Adult Day Program - Social day program for seniors. 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.

Archwood 55Plus - Archwood Community Centre, 565 Guilbault Street - exercise classes, pickle ball, pool, line dancing, arts, social activities (monthly luncheons, games, legal clinics), bus trips & more. **204-416-1067**, **www.archwood55plusinc.weebly.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**

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Montcalm - **Montcalm Service to Seniors (S.A.A.M)** - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays and other services provided. Call Joanne at **204-304-0551** or email: **jbarnabe@hotmail.ca**

Ile des Chenes Seniors/Grande Pointe - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. Seniors Lunch, Mar. 17, 11:30, \$7 ea, tickets: **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

La Broquerie - **Seine River Services for Seniors:** Victoria Lifeline, E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Call Juliette: **204-424-5285**

Komarno - Malanka Social, Sun. Jan. 24, 1-5 pm, Komarno Community Hall. Music by the “Female Beat.” Advance tickets \$17.50. Call Mona: **204-886-2994**. Proceeds go to hall renovations.

Selkirk - **Tudor House Personal Care Home** needs volunteers for various positions. Call **204-482-6601** Ext:21.

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

South Interlake 55 Plus - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plus on Keith Cousins Drive, Stonewall. Call Verna: **204-467-5090** or email: **verrod1@mymts.net**

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info:

Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa 753-2962 or **Whitemouth/Reynolds 348-4610** or **Winnipeg River** Resource Council **367-9128**

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. No faxes please.

Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.



Victoria Lifeline... Empowering Independence

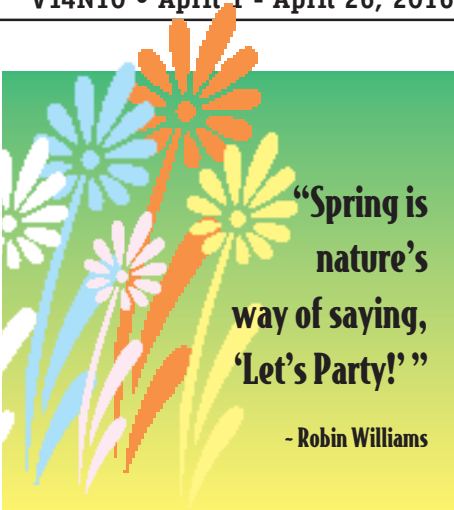
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(204) 956-6777

www.victorialifeline.ca

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Recipe OF THE DAY



Carrot Cheesecake

Metric	Ingredient	Imperial
250 ml	graham cracker crumbs	1 cup
40 ml	sugar	3 tbsp
2 ml	ground cinnamon	1/2 tsp
40 ml	butter, melted	3 tbsp
680 g	cream cheese, softened	24 oz
125 ml	sugar	1/2 cup
125 ml	flour	1/2 cup
4	large eggs	4
50 ml	unsweetened orange juice	1/4 cup
250 ml	carrot, finely shredded	1 cup
50 ml	raisins	1/4 cup
2 ml	ground nutmeg	1/2 tsp
1 ml	ground ginger	1/4 tsp
15 ml	unsweetened orange juice	1 tbsp
250 ml	powdered sugar	1 cup

Mix crumbs, sugar, cinnamon and butter; press onto bottom of 9 inch (2.5 cm) springform pan. Bake in preheated 325 F (175 C) oven for 10 minutes.

Increase oven temperature to 450 F (220 C). Beat 2 1/2 packages of cream cheese, sugar and 1/4 cup flour at medium speed until well blended. Add eggs, one at a time, mixing well after each addition. Blend in juice.

Add combined remaining flour, carrots, raisins and spices; mix well. Pour over crust.

Bake for 10 minutes and reduce oven temperature to 250 F (120 C) and continue baking for 55 minutes. Turn off oven and let cheesecake cool for one hour inside cooling oven. Loosen cake from rim of pan. Let cool completely and then refrigerate.

Beat remaining cream cheese and juice until well blended. Gradually add powdered sugar, mixing until well blended. Spread over top of cheesecake.

Serves 8 www.PeakMarket.com

WORDSEARCH - This and That

By Senior Scope

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

CROSSWORD A Timely Tune by Boone

By Adrian Powell

ACROSS

1 Glowing barbecue bit

5 Common web address ending

8 Big bug spray brand

11 Mock

13 "Limp watch" artist Salvador

14 Maybe the stars told you to buy this years ago in April?

16 Cherry leftovers

17 "To A Skylark," for one

18 "Rocks," to a barkeeper

20 Punjab's capital

22 Big April time for practical jokes

24 Roe, scientifically

25 Spanish uncle

27 Newfoundland's Belle

28 Vaifs locale

31 Ginormous

33 Appropriate gift for an April baby?

38 Your of yore

39 Wishful thinker, perhaps

40 Work horse need

43 Lawrence of Arabia's attire

44 ___Avir

45 Big April time for an environmental shindig

49 On shaky ground

52 Cows chew it

53 "___ Day Will Come"

54 Gets it, in "Stranger in a Strange Land"

55 Something you can get this April in



exchange for 18A?

Prepares to feather?

60 First to arrive

61 Underhanded

62 "Henry V" rogue

63 Overly pretentious

DOWN

1 ___ Magnon man

2 Combustible rock

3 Supplement

4 The Birdman of Alcatraz, for one

5 Mutts

6 Like King Cole of rhyme

7 Copycat's shout

8 Sampan's mode of propulsion

9 Gin, and tonic

10 Budget related

12 Like Halley's

13 Field of honour event

15 Hugekertuffle

19 Growth on a potato

20 Crackers

21 "Direct sales" cosmetic company

22 Walker's path

23 Rho follower

26 "Sweet as apple cider" song gal

29 Eight-piece ensemble

30 Part of the old college cheer

31 With two ears, fancily

32 Singer Tyson

34 Apply daintily

35 Least alert, in a way

36 ___-do-well

37 Copy editor's take out mark

40 "Hold on a ___!"

41 Plays poltergeist

42 Frat initiation, say

46 Masons' carriers

47 Burns and Allen, e.g.

48 Shakespeare's forest

50 Mid-eastern water wheel

51 Visitor to Whistler, often

54 Nasty little bug

56 Dryly amusing

57 Not quite straight

58 Little pigs' hangout

SOLUTION ON NEXT PAGE

Ago	Crash	If	Nest	Round	Thank
Ambulances	Cry	Ill	News	Row	The
Any	Days	Instead	Nor	Rub	Tractor
Areas	Deeper	Interesting	Nut	Sailor	Train
Ask	Do	Italy	OK	Saw	TV
Ate	End	Key	Ones	Says	Ugly
Aunts	Even	Lake	Owns	See	Up
Away	Family	Land	Parties	Ship	Us
Be	Fat	List	Pay	Slow	War
Bird	Favourite	Little	Pet	Small	Wheel
Bottle	Five	May	Ponies	So	Win
Branch	Flew	Meats	Put	Steps	Worm
Bullets	Full	Men	Racks	Stole	Yellow
But	Guns	Moves	Rainy	Stuns	Yet
Cars	Gymnastics	My	Rang	Sun	You
Cat	Has	Name	Reds	Sure	
Cot	Hut	Neat	Riding	Sweetest	

SOLUTION ON NEXT PAGE

SUDOKU SUPER EASY By Senior Scope

3	2		8					
	4	9	1		3	7		
1	7	8		2		3		5
4		1	5		2	7	3	
	8			3		5		
2	5	3			6	1		9
7		4		9		5	3	2
		6	4		2	8	9	
					5		4	7

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE

TRAVEL DIARIES
WITH A TWIST OF HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

We arrived in Hue after an overnight train journey from Hanoi. Hue is a small city of around 400,000. It was the capital of Vietnam during the reign of the Nguyen Dynasty from 1802 until 1945. It was also the site of heavy fighting during what us westerners call the Vietnam War. [The Vietnamese know this conflict as the American War of Aggression, and no disrespect to any veteran who served in that conflict, but if you take a little time to study the history of the thing, they do have a point.]

Our hotel organized a one day tour of the three most popular royal tombs for us. I have to say that the tour operators here like to see you get your money's worth. For something like \$20.00 each they picked us up, bused us to the sites, supplied lunch, walked us through the Forbidden City, and put us on a river boat for the trip back to Hue at the end of the tour. If you're feeling rich you can book a private car and guide to take you around as well, but we did just fine as part of a group.

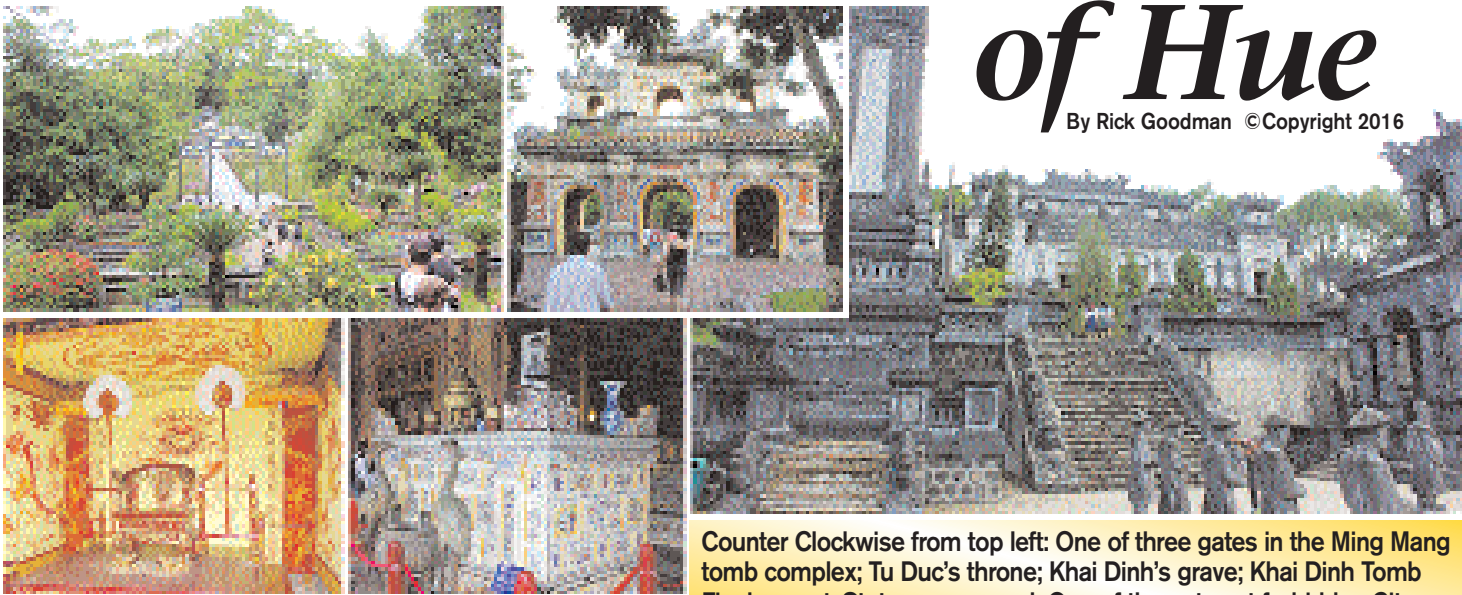
We hadn't done a lot of research before the tour so we weren't sure what to expect. The size of these sites was a surprise. Minh Mang ruled from 1820 to 1840. Construction was started on his tomb when he took the throne and they were still working on it when he died. His son, with the help of around 10,000 workers finished it off after he died. Once you lay eyes on it, it's not hard to understand why it took so long to complete. There are something like 40 monuments on a 44 acre lot surrounded by a high stone wall. The whole complex has a 2300 foot path running down the middle of it, with the monuments arranged beside it. The whole setup is surrounded by reflective ponds and hillocks. Beautiful but just a little ostentatious.

To be fair it wasn't due to self aggrandizement or ego that made such an elaborate tomb necessary. An emperor was a living deity and the proper construction and placement of the tomb could affect the future fortunes of the entire kingdom. So they said. I don't know if Minh Mang was a raging egoist or not but apparently there was nothing wrong with his libido. He got him to his rest at the age of 49, probably from overexertion, leaving a small army of children and something like 500 grieving wives and concubines behind. I had to think about that. 500 wives and concubines! Come Valentine's Day if I'd of been in his sandals I think I would of just said the heck with it and gone fishing.

Our next tomb was that of Tu Duc. He ruled from 1848 to 1883. The site covers nearly 30 acres and includes a lake and a small island where he used to hunt small game. The

Vietnam - PART 4 - The Tombs of Hue

By Rick Goodman ©Copyright 2016



Counter Clockwise from top left: One of three gates in the Ming Mang tomb complex; Tu Duc's throne; Khai Dinh's grave; Khai Dinh Tomb Final ascent. Statuary on guard; One of the gates at forbidden City.

majority of the construction was completed between 1864-67 and required so much corvee labour and extra taxation that an abortive coup against him had to be put down in 1866. [Corvee labour is forced unpaid labour in lieu of taxes. In this case, because he was raising taxes as well, it was likely just unpaid labour.]

What was interesting here was that he had palaces constructed on the site and made extensive use of them while alive. Apparently he liked to hang out by the lake and recite poetry to some of his 100 wives and concubines. Both he and his predecessors were hard core isolationists who had resisted trade with foreign powers. They had failed to modernise the country and these factors combined with their repression of the people prevented Tu Duc from rallying the support he needed to resist French encroachment on Vietnamese territory. [Colonialism by European powers was in full swing and Vietnam was perceived to be easy pickings. History would later prove that the French had badly miscalculated that one.] In other words the country was going to hell in a hand basket and he was down at the lake boring the bejesus out of the girls with bad poetry.

In any case he shuffled off this mortal coil in 1883, cursing, it's rumoured, the French with his last breath. Nobody seems to know if he was able to make it rhyme however.

Now we come to the really interesting part. Tu Duc was never buried in the tomb he had built. After his death, 200 labourers buried him and, so it is said, a vast treasure in an unknown location. To keep the location secret all 200 were beheaded after the job was complete. Nobody has ever come forward with any evidence that he and the treasure has ever been found. Just maybe he proved the old saying wrong and got to take it with him after all.

Our last tomb was the tomb of Khai Dinh, the 12'th emperor of Vietnam. He sat on the throne from 1916 to 1925 and was an emperor in name only. In actual fact he was a puppet of the French colonial gov-

ernment and advocated close collaboration with the French. Also, he wasn't the slightest bit opposed to raising taxes. When it came right down to it, he needed the money to build his tomb.

The French have never been known for their benevolent colonial policies. They were hard at work exploiting the people and resources in the country. Then to top it all off Khai Dinh went and got the tomb building bug and raised taxes 30 percent to pay for the project. It goes without saying that he was not a popular emperor. Our guide suggested that just maybe Khai Dinh was actually a real forward thinker. Around 500,000 people a year now visit his tomb so entrance fees are generating some hard currency.

Forward thinker or not, this was the end of the line for royal tomb building. It's not as large as the other tombs but it is very elaborate. Western and Eastern architectural styles are blended together and concrete was used in its construction. Building was started in 1920 and was not completed until 1931, 6 years after Khai Dinh's death. Of particular interest, on a hot tropical day, it's a 135 step climb up to the mausoleum proper from ground level. But the building interior and the view of the Perfume River valley are worth every step.

Later that day we were walked through Hue Imperial City and the Purple Forbidden City. Construction was started in 1804. The Imperial City is essentially a large fort. A very large fort. It's surrounded by stone walls 2 metres thick and 2 1/2 km. on a side. There's a moat around the whole thing. I couldn't find any real information on how it was done other than thousands of labourers were involved. Can you imagine showing up for work and being told your going to dig a really big ditch 10 km long. By hand. With a shovel. And bring your own fish heads and rice because lunch is not supplied.

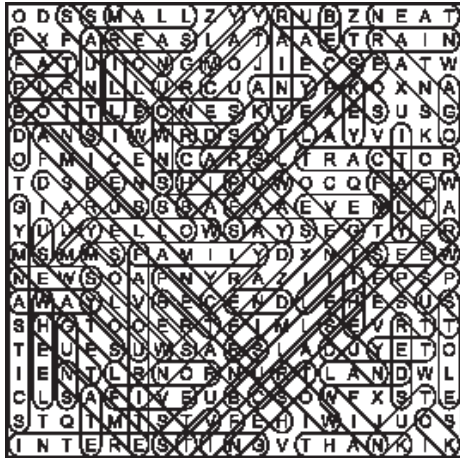
Inside the Imperial City was an enclosure housing the Purple Forbidden

City. This area was reserved for members of the royal Nguyen family. At one time there were 160 structures inside these walls. Unfortunately, during the Tet offensive of 1968 many of these were reduced to rubble during the fighting. Some restoration work is ongoing but in a lot of cases there's nothing left but a hole in the ground so it's fair to assume that the site will never attain its former magnificence.

We'd been toured around and been on our feet for nearly 10 hours by this point so it was a relief to board the boat for the half hour trip up the Perfume River back to Hue. A nice ride, a cool breeze. A herd of water buffalo grazed along the river as we went by. Boat traffic chugged by us and a woman with a couple of kids in a small canoe type thing paddled out into our path and latched on as we went by so she could hitch a free ride.

It was peaceful. The sun setting into the river, just me and around 40 other people squatting on little plastic chairs as the un-muffled engine bellowed away and pushed us toward a cold drink and a hot meal. It was a time for reflection and a time to count one's blessings. I, for one, was glad to not have to dig 10 km of ditch by hand. And was doubly glad I didn't have 500 wives and concubines to contend with when we hit shore. It had been a long day. ■

WORDSEARCH - Solution



SUDOKU - Solution

3	2	5	8	6	7	9	1	4
6	4	9	1	5	3	7	2	8
1	7	8	9	2	4	3	6	5
4	6	1	5	8	9	2	7	3
9	8	7	2	3	1	4	5	6
2	5	3	7	4	6	1	8	9
7	1	4	6	9	8	5	3	2
5	3	6	4	7	2	8	9	1
8	9	2	3	1	5	6	4	7

CROSSWORD - Solution

COAL	COM	OFF
RIDICULE	DALI	
OLDFORD	TAURUS	
STEMS	ODE	ICE
LAHORE	FOOLS	DAY
QVA	TIO	ISLE
COLORADO	BIG	
ONECARAT	DIAMOND	
THEY	WANNABEE	
SHOE	ABA	TEL
EARTH	DAY	UNSURE
CUD	OUR	GROKS
NEWDODGE	GEARIES	
TARS	EARLIEST	
SLY	NYM	ARTY

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