Hip or Knee Replacement?

The Disability Tax Credit allows for a \$2,500 Yearly Tax Credit

\$20,000 Lump Sum Refund (on avg)

conditions that cause Restrictions in Walking or Dressing may qualify.





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

# 'What will the new PC government do for Seniors Mr. Pallister?'.. By Roger Currie

few weeks after his swearing in as Manitoba's 22nd Premier, Brian Pallister will celebrate his 62nd birthday. He is in fact the first person to begin his time as Premier at an age that many regard as a 'senior'. The man who has led the Progressive Conservatives since 2012 has talked a good game about the needs of seniors, and how a PC government will address them, and there's a newly-organized coalition of older Manitobans who will be closely watching every step that will be taken by the new regime.

It's called **Seniors Vote 2016** (http://seniorsvote2016.ca) and it came together several weeks before the Manitoba campaign got underway. Among the seven organizations who are involved is the Retired Teachers Association of Manitoba (RTAM), headed by Marvin Krawec of Portage La Prairie. Krawec says demographics alone should dictate that the interests of seniors deserve high priority, including a specific ministry in cabinet.



Seven organizations representing more than 30,000 older adults have banded together in a coalition called Seniors Vote 2016 at a rally on April 14 in Winnipeg to raise issues facing seniors in Manitoba including income security, affordable housing, transportation, health care and more.

The census which is just underway will undoubtedly confirm that for the first time there are now more Canadians over 65 than there are

under 18, and that will likely be the case for roughly the next 20 years. Krawec says while it's true that

Continued on page 2



A Trade Fair to introduce and market products and services.

### Sri Lankan community in Winnipeg showcases culture and trade

"Senaka Samarasinghe, settled in Winnipeg with his wife, Chandani, about 4 years ago. Ever since moving to Canada, he has been instrumental in promoting Sri Lanka as a tourist destination and is working hard at promoting trade between the two countries.

### **Businessman Meeting**

Several local businessmen expressed an interest in the opportunity and

Continued on page 3



**Call Now for Seniors Discount** 



### **SPRING COLLECTION ONLY \$89 PER OUTFIT**

**Call the Store for Details** 

### **SHOP NOW**

- ◆ Adaptive Pants, Capris, Shorts
- ♦ Open-back Dresses & Wraparound Skirts ♦ Undershirts & Front-closing Brassieres
- Wheelchair Capes and Shawls
- ♦ Slippers, Diabetic and Compression Socks ♦ MORE

www.AdaptiveClothingStore.ca





### www.seniorscope.com

### Publisher/Editor:

Kelly Goodman 204-467-9000 kelly\_goodman@shaw.ca

Circulation: 25,000 print Printed at: Derksen Printers, Steinbach, MB

> Advertising: 204-467-9000

### Contributing Writers / Submissions:

Scott Taylor - The BUZZ Roger Currie - Currie's Corner Shirley Hill - Financial News Bill Ward - DRIVEN! Auto Adrian Powell - Crosswords J.W. Crane Memorial Library - Book Reviews

Rick Goodman - Travel Diary Colombe Fafard Chartier - La Fédération des aînés franco-manitobains - FAFM Colleen King

Senior Scope is FREE at over 700 locations and by email subscription. Mail-out Subscriptions: 29.00 + 1.45 gst (30.45 total) for 14 issues/yr.
Mail cheque or money order payable to:
Senior Scope, Box 1806

Stonewall, MB R0C 2Z0

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

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 650 locations in all. Available online at **www.seniorscope.com** or by mail (\$29.40/yr) or email subscription (FREE) - email request to kelly\_goodman@shaw.ca.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2016 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITH-OUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact Senior Scope by email at kelly\_goodman@shaw.ca.

Send your

### LETTERS...

to the editor or story submissions to kelly\_goodman@shaw.ca or mail to: Senior Scope Box 1806, Stonewall, MB ROC 2Z0

# Seniors Vote 2016... cont'd from front page

many seniors are financially secure if they have adequate retirement savings and a good pension from longterm employment, many others are struggling in their senior years. "I call it incremental poverty. The cost of just about everything is rising, and they are on a fixed income consisting mostly of *Old Age Security* and the Canada Pension Plan. Seniors are not looking for a 'handout', but they could use a hand up in many cases", he says.

Pallister has said that his cabinet will likely be limited to 12 members, compared to the 19 ministers in Greg Selinger's NDP government, so it's unlikely that one minister will have only the needs of seniors to worry about. Another member of the Seniors Vote coalition is the Manitoba Association of Senior Centres. Their executive director is Connie Newman. She says the early years after the NDP were elected in 1999 were very positive with Jim Rondeau as the minister responsible for seniors, but that commitment diminished as the years went by and the Seniors portfolio became part of Health and/or Healthy Living.

Both Newman and Krawec point out that provincial funding for senior centres was frozen for almost 15 years. Finally in March, as the Selinger government made a flood of spending announcements before the campaign officially started, funding for senior centres was boosted by just under five per cent.

The leaders of the coalition argue that dollars spent on older Canadians are well spent and they pay back substantial 'dividends'. In addition to voting in larger numbers than the rest of the population, a lot of seniors spend many hours volunteering to support a wide range of things. Marvin Krawec points to a recent study done by the TD Bank which estimated that volunteering is worth more than \$50 billion a year to the Canadian economy, and well over half of that activity is done by seniors.

Connie Newman echoes the thoughts of many in the not-forprofit sector that perhaps more could be done in the way of tax credits to reward people who are generous with their volunteer time. She says "Senior Centres, whether they be part of a larger community centre or a stand alone facility, need to be



Farthest to nearest: Pam McConnell - Transportation Options Network for Seniors, Connie Newman - Ex. Director MASC, Guy Hansen - Retired Teachers' Association of Manitoba.

strongly supported because they keep people active and healthy both physically and socially".

Rather than focusing on activities that seniors do mostly by themselves, the leaders of the coalition would like to see the new provincial government look at other jurisdictions where greater efforts are made

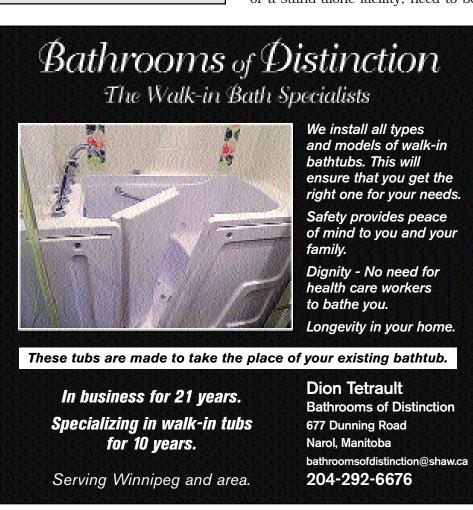
The leaders of the coalition argue that dollars spent on older Canadians are well spent and they pay back substantial 'dividends'. In addition to voting in larger numbers than the rest of the population, a lot of seniors spend many hours volunteering...

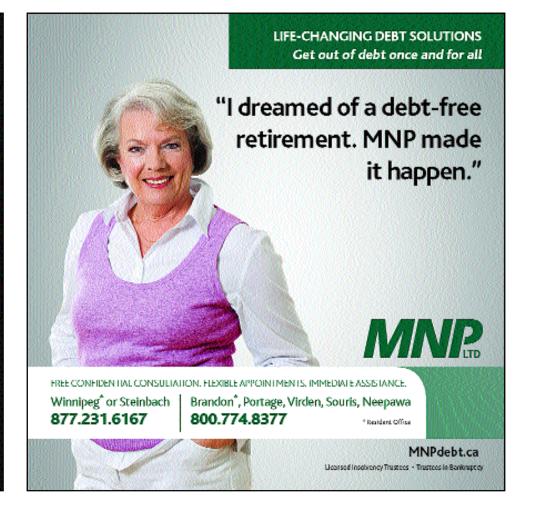
to blend several generations, not only in recreational activities but in more basic needs such as housing. Connie Newman says there are a few almost 'hidden' examples locally such as Lions Housing in Winnipeg. For more than a decade, both Lions Manor and Lions Place have made affordable housing available to postsecondary students, with the obligation that they will engage with the older residents and help with their daily needs. Brian Pallister has yet to meet with Seniors Vote 2016, but as far back as February he signed off on the following commitment: ..

"Seniors built this province. Seniors made this province what it is today. Seniors need a government that understands and respects this. Manitobans need a new government they can trust, with fresh energy and news ideas - a government that demonstrates Manitoba values each and every day in every decision it makes.."

Specific details of Pallister's approach to all issues are expected after the new government completes an audit of all frontline services. ■

Roger Currie is a writer and broadcaster. In addition to writing for Senior Scope and other publications, Roger is heard regularly on CJNU, 93.7 FM in Winnipeg.





## Sri Lanka... cont'd from front page

Senaka, with Peter Bastian, Felix Mandis and Dharshana Muthumuni, coordinated a meeting with those businessmen on Friday, April 22nd. Sri Lanka High Commissioner His Excellency Mr. Ahmed A. Jaward chaired this meeting.

Rick Goodman, as you may know, has travelled around several parts of the world with his partner Bea and has written about their experiences. Rick and Bea attended the meeting, exploring the idea of visiting Sri Lanka and doing a series of articles on the tourism there.

### Sri Lankan New Year Celebration

A Sri Lankan New Year's Celebration was held at the Canad Inn on Pembina Highway, Saturday, April 23rd. The Sri Lankan community in Winnipeg consists of approximately 500 members. Senaka is the current President in Sri Lanka Association of Manitoba (SLAM). For the cultural show there were 14 items performed with more than 100 performers.

### **Trade Fair**

Simultaneously, with this Celebration SLAM organized a Trade Fair to introduce goods and services to market their products. There were 12 Trade Stalls and CIBC Bank sponsored this event.

### Sri Lankan Association of Manitoba Trade Fair Participants

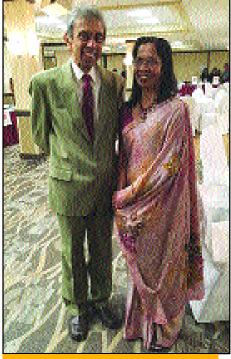
Products and services promoted at the Fair included Traditional Rice. Roasted bread, Pure Ceylon Tea, Legal Service, Spices, Dressmaking, Virgin Coconut Oil, Diamond jewellery, Math and Photoshop training and more.

Senaka is grateful for all the support of volunteers and sponsors to make these events successful.

If you are interested in learning more about the History, Culture, Emerging Sectors, Human Capital Development, Agriculture of Sri Lanka and the Srilankan Community in Winnipeg, call Senaka Samarasinghe about attending a free multi-media presentation: **204-888-8253** or email: senaka24@yahoo.com



Thilanka Jayasekara (left) discusses his traditional rice business with High Commissioner Mr. Ahmed A. Jaward.



Senaka Samarasinghe and his wife Chandani.



Ralston de Zilva, co-owner of **Amaral Trading Company in City** Place Shopping Centre shows his pure Ceylon tea to Beatrice.

# Manitoba MLAs need to fix pension plan

- Pension payouts for MLAs are not connected to contributions
- Ashton to collect \$86k annually, Briese \$15k, Chomiak \$64K and Dewar \$54K
- MLAs qualify for severance payments of up to one year's salary

REGINA, SK: The Canadian Taxpayers Federation (CTF) is calling on newly elected Manitoba MLAs to reform their own pension plan. Currently, MLAs have a defined benefit pension plan that pays out specific amounts regardless of the amount they actually contribute.

"Manitobans who diligently contribute to their own RRSPs deserve to have MLAs that do the same," said Todd MacKay, Prairie Director for the CTF. "MLAs should receive what they put in, rather than leaving taxpayers on the hook if their pension fund comes up short."

MLAs contribute just 7 per cent of their salary and are then eligible to receive set payments depending on their income and years of service. For example:

- NDP MLA Steve Ashton was elected in 1981, served in cabinet, and lost his seat. The CTF estimates he's eligible for \$86,000 in pension per year for a total of \$2.5 million to age 90.
- Progressive Conservative MLA Stuart Briese was elected in 2007 and did not run in the recent election. The CTF estimates he's eligible for \$15,000 in pension per year for a total of \$299,000 to age 90.
- NDP MLA Dave Chomiak was elected in 1990, served in cabi-

net, and lost his seat. The CTF estimates he's eligible for \$64,000 in pension per year for a total of \$1.7 million to age 90.

 NDP MLA Greg Dewar was elected in 1990, served as whip and in cabinet, and lost his seat. The CTF estimates he's eligible for \$54,000 in pension per year for a total of \$1.6 million to age 90.

"MLAs' pensions should be like the plans the overwhelming majority of the rest of us have and depend on the amount they actually contribute," said MacKay. "Defined contribution RRSP-style plans are a much more reasonable system."

MLAs also qualify for generous severance payouts whether they retire or fail to get re-elected with departing MLAs getting a minimum of \$23,256 and a maximum of \$93,025 depending on the number of years served.

The CTF is hopeful the next Speaker of the Manitoba Legislative Assembly will release the MLA pension plan financial reports to the public so that taxpayers will know if they are on the hook for unfunded pension liabilities.

The CTF is Canada's leading nonpartisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has more than 84,000 supporters and seven offices across Canada. The CTF is funded by free-will, non tax-receiptable contributions.



Rick and Bea having a cooking lesson in Vietnam.

### LOOKING FOR A GREAT DENTURIST? We can help!

10 Main Street South (at River) / renamed 10 Queen Elizabeth Way

- We are the only trained and certified Geneva 2000 Clinic in Manitoba
- Denture Repairs (while you wait)
- Complete and Partial Dentures
- Metal Free Partials (totally natural)
- Cutter Bars (will offer you a better chewing experience) Soft Cushion Denture Base (for more comfort)

• Ultra-Suction Valves (reduce coverage of palate for better suction)

- Implant Supported Dentures Dental Implants are giving pleasure to thousands of denture wearers worldwide. Ask us for more information.
- Tooth Extractions and Dental Implants performed in office Home and Institutional Visits Available

Call us today for your free consultation or second opinion

• Denture Relines (same day)

• Partial Upper and Lower Dentures

www.minuksmile.com | Ph; (204) 589-6329







### SHIRLEY HILL & ASSOCIATES



Will be hosting an exclusive seminar about tax implications that arise during your retirement years:

Tax Efficient Strategies for You and Your Estate June 15, 2016 • 7:00 pm 10 Island Shore Blvd • Winnipeg

To confirm your spot call 204-257-9100 or email shannon.surgeoner@igprivatewealth.com

No cost and no obligation. Seating is limited.



Shirley Hill Investors Group Financial Services Inc.



200-1630 Ness Avenue, Wpg **Madison Square** direct line: 204-944-7967

email: cjf@mlo-llp.com

Wills - for a couple \$295.00 - individual \$200.00 **Estates** - for deceased persons

- fees as set by the Court, please inquire

Page 4

Senior Scope • 204-467-9000 • kelly\_goodman@shaw.ca

April 27 - May 22, 2016

### OCP CLEAN **SATISFACTION GUARANTEED** DISCOUNTS \$\$ AFFORDABLE CHEMICAL FREE AVAILABLE (NORWEX) BASIC/DEEP/CLEANING

Call or Text 204-651-1182

& ORGANIZING

Private Appointments: 1 Person Reading \$40 2 for \$75, 3 for \$100 Call or Text:

204-206-0081 to book an appointment



DISCOUNT



BLOCK 2 BLOCK 3 For more information:

SOLD

SOLD

St.

AVAILABLE

AVAILABLE

204-886-7632 jpgoodman415@gmail.com

ĸ.

AVAILABLE

SOLD

Are your Heirs Prepared?

Shirley Hill, CFP - Executive Financial Consultant, Investors Group One of my favourite sayings is "Only those who dare will change the world" - this is my version of the Cadillac commercial that states "Only those who dare drive the world forward." What a profound statement. What does this mean? What effect can this statement have on you and me, our families, our staff, co-work-

ers and those whom we really love? So what if that person was you? What if you started thinking and acting differently? How would that impact your life? How would it impact your family? It takes only one thought followed by an action. Thoughts alone are not worth much as we have millions/billions which pass through our brain on a daily basis. But what if it was just one powerful thought followed by an action?

As those who follow these articles will know, one of my greatest passions is not only creating wealth but keeping wealth. Why? After 28 years, I am now finding that my direction is changing. If your basic financial questions can be answered with certainty, then what is the next

But first, what are the basic questions?

### A) Do I have enough money for me and my family?

How do you know? Has someone stress tested your financial plan? It is so easy to stress this with reasonable certainty. But you must be willing to be part of the stress testing. We can answer the question of what effect taxes will play on your financial health. Will you be taxed to death? Are you in jeopardy of having your Old Age Security clawed back? Our stress test will give you all of this information and more. Our planning programs will also show us what the effect would be on your financial health if we made small amendments to your holdings. **The thought** – "Do we have enough money to live the life we want to live?" **The action** – I need to have someone take our numbers and stress test our plan for these very basic and common life scenarios.

### B) Will I physically survive an illness? If I do, will I survive financially?

Has your plan been stress tested for this as well? Do you know for sure, or is this only a hope and a prayer? We do this work. If your plan needs to be amended, it can be done so in a controlled non stress environment. We would rather you know now and not in a family emergency these events will not only have a profound effect on you but also the lives of your children and grandchildren. Our goal is to help clients achieve their financial goals - a big part of

this is protecting families against unplanned life events.

### C) What happens if I get sick

If I have a spouse or someone who cares about me, will they be okay? I don't mean only with money, but also with knowledge. I would like to share a story with you about Jennifer, my massage therapist. One day I came to see her and she was really upset. Her friend, whom she had not seen in a number of years called her with the information that he was in hospital and really ill with no family living in the city. She did not know what to do. She did not know what arrangements he had made. Jennifer did not know if the medical people would talk to her given the world we live in now regarding privacy. She did not know what his financial situation was. Could he afford groceries? Could he afford to hire help? Who were his contact people? Who were his advocates? The only thing she knew for sure was that he could not go home alone.

So what did this mean? What would happen to him now? In a time of medical crisis, because forethought was not exercised, the family now not only had to deal with the stress associated with this illness, but also the financial stress and burden of the situation. What if this was your spouse or child/grandchild? Could all of this have been avoided? What are your arrangements? Who knows? Where is this information kept? Did you have a family conference? Thought - I need to make plans in case of an unplanned life event. I need to tell those whom I care about what needs to happen. Action - Ensuring that all my paperwork is done properly with my thoughts in mind.

associate Colin and I just spent a week in Toronto taking courses. One of our favourite courses was from the Institute for Preparing Heirs. Their information was relevant for all of us - the baby boomers. Yes, I know we think we will live forever and that we can still change the world, and we probably can. But we need to think and plan differently. We may have estate plans in place but is the family prepared? All the research is showing that they are not prepared. The research is showing that not only are many of the family assets lost, but family harmony is disrupted, sometimes permanently. So maybe the old ways of doing things is no longer good enough. There is an old saying - the definition of insanity is doing the same things over and over again but expecting different results. So what is required to meet our new paradigm? A different thought with

a different Action Plan. Maybe, with different companies and advisors. This may mean different accountants, lawyers and planners. The research is showing that the old ways are not working and ruining families. Do you want your family to be one of the statistics that myself and my team will be learning and hearing about?

To reinforce this, we heard from one speaker who was the youngest daughter of the family. In her example, mom was sick and dad looked after mom. There were four adult children who had children of their own. She and her siblings were the typical sandwich generation. Three lived in one city and one lived several provinces away. Dad, who was already the caregiver of mom, got sick. Now the family was in crisis. Who has the information? Who has the authority? Is it the right person? The three families in the same city took turns looking after mom and dad. The other sister, for six years took her holidays flying home to take her turn giving her brother and sisters a break. For six years that was her holiday. Her children did not get a chance to do the things and go to the places their friends did. Her family vacation was picking up and going home to look after grandma and grandpa. Had someone stress tested their situation; other decisions could have been made.

This younger daughter spoke about how different life could have

**66** With great sensitivity, we started talking through all of the "what ifs". What would happen to their disabled son if mom got sick? What would happen if dad became ill? Both parents did different jobs advocating for their adult son. What if the stress of the entire decision making became too much for the two of them? What then? Who would take over? Were they prepared? ""

looked for her and her three siblings if long term care insurance had been in place. The entire family would have different memories of their mom and dad's last six years. The grandchildren would also have different memories. The children could have hired someone to do the everyday caregiving which then could









April 27 - May 22, 2016

Senior Scope • 204-467-9000 • kelly\_goodman@shaw.ca

Page 5

### Are your Heirs Prepared? cont'd from page 4

have freed them to spend their time more at leisure with mom and dad instead of doing the laundry, the grocery shopping, taking them to doctor's appointments, etc. What a different outcome. The youngest daughter could still have come with her family but now all three generations could have been together in a different way. The question is - is your plan the right plan? I have seen this in my practice. Often there are family issues and the parents are trying to keep peace in the family. They pick the person/ family whom they think would be the most politi-

**66** At the "Engaging **Multigenerational** Families" course provided by the Institute for Preparing Heirs, we were given information about how many families never talk again after a family crisis - the numbers were staggering. What a tragedy. Again, no one stress tests family situations. ""

cally correct person/family to be in control of their affairs. Sometimes this is not the correct pick.

To show you another way, I would like to share a story about a new client to our practice. This family came to us as a result of our articles. They wanted to share their family story with us and find different solutions. They asked if we could do an analysis not only of their wealth but also to stress test their plans and address their family situation. The financial assessment was the easiest part and took the least amount of time. We looked at their finances cleaned things up from a tax and positioning point of view. Then we looked at their will and power of attorney. There we found the problems. Just like my story above – what they had in place would fall apart if one of the parents became sick.

With great sensitivity, we started talking through all of the "what ifs". What would happen to their disabled son if mom got sick? What would happen if dad became ill? Both parents did different jobs advocating for their adult son. What if the stress of the entire decision making became too much for the two of them? What then? Who would take over? Were they prepared? Would their two other children take on the role willingly or with resentment? Should the public trustee become involved? What would that do to their family?

After a few appointments, Mom and Dad agreed to a family conference. Their daughter flew in from another province. Their other son, whom we had not met before, also came to the meeting. In a safe envi-

ronment, we helped the family members talk about their situation and made plans in a constructive way. Colin and I explained what each role as a care giver or legal guardian meant. We talked about what the laws were regarding succession planning in an environment where there was no will or power of attorney and the person was a disabled dependent adult child. We reviewend what the implications were if their brother passed away and how money would flow up to the parents - there could be significant tax consequences. There were many tears, but the family could talk and plan in a non-crisis situation. Without revealing the value of the wealth, we talked about the most important issues of the family. The siblings could say what they were prepared to do individually and where they wanted help and support from each other. Mom and Dad, with the help of Colin and me, were able to navigate through the family dynamics. We helped this family come to some proactive decisions. At the end of the family conference, family members left with further points to discuss. Our next meeting with mom and dad will be regarding the next step in reworking their committeeship and their will.

At the "Engaging Multigenerational Families" course provided by the Institute for Preparing Heirs, we were given information about how many families never talk again after a family crisis - the numbers were staggering. What a tragedy. Again, no one stress tests family situations. It's easy to do but families must be willing. Those clients, who are in my practice and know me well, will have heard me say that gathering wealth is the easy part - what happens next is the difficult part and commonly neglected. My practice is now evolving to meet a greater need. I am now having conversations with all clients about what it truly means to be a Private Wealth Practice. Everyone and their dog is now calling themselves "Private Wealth". So what does this mean? Is sitting on a computer terminal and day trading Private Wealth Management? Is someone who buys and sells stock on your behalf Private Wealth Management? Or is Private Wealth Management what I have described above? You decide. In future articles I will have more discussion on how I view the industry because I believe we are at a pivotal point in our family wealth development. What I do know is that my team is managing money and also creating a safe place for families to have hard discussions. We are also dealing with the children and grandchildren of the parent families to meet a common united goal.

### Two final notes -

1) Each April there is a financial services battle of the bands called Winn\$tock. Money is raised for The Movement Centre of Manitoba, which is a non-profit organization that is committed to improving the physical health of children and adults with physical disabilities. The Movement Centre of Manitoba is one of only two centres in North America which provides Conductive Education for those individuals with cerebral palsy, multiple sclerosis, stroke, acquired brain injury, and Parkinson's disease.

Our region office participated by entering a band whose name was "Shorta Cash". Our team member, Associate Consultant Colin Popham and our Reginal Director, Mark Entwistle were members of the band. This year, they won the "Fan Favourite" award. The fundraiser generated over \$103,000 for the non-profit organization and lots of fun was had by all. Congratulations to all that participated.

2) We would like to thank our readers that came out to our first seminar of 2016 in April. Many good questions were asked and we closed the evening with some really meaningful discussion. The questions supported our writings in how complex family goals and situations can be. Our next Tax & Estate Planning seminar is on June 15th and we already have people who have preregistered. It too will be a small event.

If you have questions or suggestions for future articles I would be happy to hear from you. Please contact our office at **(204) 257-9100.** ■

### SHIRLEY HILL **Executive Financial Consultant**

**Shirley Hill & Associates Private Wealth** Management

Investors Group Financial Services Inc. 10 Island Shore Blvd. Winnipeg, Manitoba R3X 0E7 Phone: (204) 257-9100 Toll Free: (866) 574-7901





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.





A Seniors housing

alternative





Communauté Francophone News: /

# QUI D'AUTRE QUE TOI, CHÈRE MAMAN?

Soumis à la FAFM par Colombe Fafard Chartier

Qui d'autre que toi, chère Maman, aurait pu fabriquer nos manteaux, nos chemises, nos pantalons dans un manteau d'hiver ou dans une jupe de laine que tante Marthe t'avait donné parce qu'elle travaillait dans la grande ville où toi, tu n'avais pas encore mis les pieds?

Qui d'autre que toi, chère Maman, aurait pu nous faire remarquer la douce fragrance de la rose sauvage, la bonne odeur du sapin et des divers parfums de la nature les dimanches d'été quand tu nous préparais un petit panier d'aliments savoureux pour aller marcher dans les prés où tu nous faisais découvrir les petites fraises sauvages que l'on cueillait délicatement pour ne pas endommager les racines?

Qui d'autre que toi, chère Maman,

aurait su fabriquer des armoires avec des boîtes en bois qui servaient à transporter les pommes que l'on aimait tant manger, à grandes croquées, pour en faire le plus de bruit possible en compétition?

Qui d'autre que toi, chère Maman, aurait pu créer les tartes aux pommes si savoureuses, les tartes aux raisins, et les tartes aux œufs que l'on devait partager avec tous les visiteurs au repas du dimanche

Qui d'autre que toi, chère Maman, aurait su fabriquer nos jouets du Jour de l'An en recyclant du papier, du tissus, enfin, tout ce qui ce qui peut être transformé, incluant des jouets des années passées?

Qui d'autre que toi, chère Maman, aurait pu fabriquer tous les animaux de notre ferme en papier mâché, ou en utilisant les pages du catalogue Eaton's, collées l'une sur l'autre, et assez épaisses pour pouvoir, une fois séchées et durcies, en sculpter un cheval?

Qui d'autre que toi, chère Maman, aurait pu nous surprendre avec un nouveau bébé lorsque nous étions chez tante Victoire pour une petite visite? Notre surprise nous attendait dans tes bras, et notre cher Papa partageait notre bonheur à tes côtés.

Qui d'autre que toi, chère Maman, aurait su planter le jardin reflétant un paradis terrestre? Qui d'autre que toi, chère Maman, aurait su quelles graines attendaient dans les vieilles enveloppes ripaillées l'automne précédent et si précieusement conservés tout l'hiver, dans le vieux panier, au fond du garde manger?

Qui d'autre que toi, chère Maman, aurait su quoi faire, et comment changer notre lit, sans qu'on ait à le quitter, pendant qu'on souffrait de la rougeole, de la grippe, des oreillons, et de rhumes? Tu faisais tout ça sans qu'on se doute que ton corps était épuisé!

Qui d'autre que toi, chère Maman, qui faisait toute chose avec un grand amour, aurait pu créer toutes ces bontés avec tant d'amour sans penser à toi-même une seule fois, et par surcroit, nous faire apprécier ces merveilles?

Chère Maman, tu savais nous rejoindre et nous diriger doucement et patiemment dans la joie de se savoir aimé, et, de se sentir capable d'aimer! Merci... mille fois, merci! ■

### WHO, OTHER THAN YOU, DEAR MOTHER?

Submitted to FAFM / translated to English by Colombe Fafard Chartier

Who, other than you, dear Mother, could have known how to fabricate our coats, our shirts and our pants from a used winter coat, or a woolen skirt, that Aunt Martha had given you because she worked in the big city where you had never yet set foot?

Who, other than you, dear Mother, would have known how to point out to us the sweet fragrance of the wild roses, the aroma of the fir tree and all the perfumes of nature on those warm summer Sundays when you would prepare a basket of tasty food to take along on our walk in the meadow where we would also discover the small patches of wild strawberries that we would very carefully pick in order to avoid damaging the roots?

Who, other than you, dear Mother, would have known how to make cabinets from the empty wooden crates the apples came in?... apples we loved to take big, crunchy bites out of in order to make the most noise in competition!

Who, other than you, dear Mother, could have created such delicious apple, raisin, or egg pies that we had to share with visitors at our Sunday meals?

Who, other than you, dear Mother, would have known how to make the toys that we would so delightfully find in our stockings on New Year's morning by recycling paper, fabric, in fact, all that can possibly be transformed, including toys from previous years?

Who, other than you, dear Mother, would have known how to make all the animals who lived on our farm from paper-maché, or even from the pages of the Eaton's catalogue that you had glued, one upon the other until quite thick, then let it to dry and harden, so that you could sculpt a horse or a cow?

Who, other than you, dear Mother, could have surprised us with a new baby when we came back from a short visit to Aunt Victoire's house? Our surprise was waiting in your arms where our dear Papa, with his wonderful smile, stood by your side... sharing our great joy!

Who, other than you, dear Mother, would have known how to plant a garden to reflect an earthly paradise?

Who, other than you, dear Mother, would have remembered which seeds, gathered the previous fall from the dried plants, were in those old recycled envelopes, preserved in that old basket in the far corner of the pantry all winter long?

Who, other than you, dear Mother, would have known how to comfort us and at the same time change our bed, while we were still in it, so we wouldn't have to get up while we suffered with the measles, the flu, the mumps, or a bad cold? You did all that, yet, we never once suspected that your body was exhausted.

Who, other than you, dear Mother, could have done all these things... could have created all these wonders with such an abundance of love, without ever once thinking of yourself, yet, at the same time, helped us to appreciate these wonders?

Dear Mother... you knew how to reach us and how to guide us into the joy of knowing we were loved! You also taught us how to love! Thank you Mother!... a thousand times over, thank you! ■



### Free Multi Media Presentation



222 ALT &

DILBOT

ка 🍅 таплаға

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



### Content

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

> Contact: Senaka Samarasinghe 204-888-8253 | Email: senaka24@yahoo.com



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

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service removal or storage service

short and easy free in-home estimates Phone - 990-4341 wpg

Email: qualitycare@mts.net

Website: www.qualitycaremoving.net

### Currie's Corner

By Roger Currie



No penalties

It seems like it's not a very good time to be a prosecutor in Canada. The Crown came up empty in their efforts

to convict Jian Ghomeshi of sexual assault, and that result will likely discourage a great many women from ever coming forward to seek justice.

Then Thursday came word that "Mike Duffy had beat the wrap". The former broadcaster turned Senator has been facing a total of 31 criminal charges including bribery. The government of Stephen Harper, which made Duffy a senator back in 2009, watched with apparent helplessness as the Mounties spent thousands of hours investigating in an effort to come up something in the way of evidence that might result in a conviction.

But clearly this was a horse that just wouldn't run on any track. The Ontario judge who heard the case painted a very scary picture of the Prime Minister's Office under Harper, determined to make Duffy the fall

guy, and make the whole thing go away before an election.

Roger Currie is a Winnipeg writer

and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

In his decision that ran to more than 300 pages, the judge properly asked how Duffy could be charged with accepting a \$90,000 bribe from Harper's Chief of Staff Nigel Wright, when Mr. Wright was not charged with anything. I wonder if we will ever get an honest accounting of how many millions were spent prosecuting Duffy, and trying to come up with a similar case against Pamela Wallin and others.

It took more than three years, and the only real casualty was the Red Chamber itself. It has never been held in high regard by many Canadians, but we're stuck with it. You can't just lock the doors, or turn it into a giant birdhouse, although heaven knows that would be a better use of the space.

Mike Duffy will no doubt return to his seat and do his best to stay there until he's 75. After all he's got legal bills to pay, and two homes to maintain. ■

### **Life and Death**

April 14, 2016 - It has been a week of irony and contrast in Canadian politics, especially on issues relating to indigenous people. What has emerged in the past couple of months is the realization that in a number of First Nations communities, especially those that are remote and particularly lacking in amenities that the rest of us take for granted, a leading cause of death is suicide.

It has captured the attention of our members of parliament, at least for now. They held an emergency debate in the Commons, and they said all the right things. A steady stream of social workers and other helping professionals have been traveling back and forth to Attawapiskat in northern Ontario. It's not a new story by any means, and it's not a subject that we dwell on all the time.

The living conditions that produce such despair and prevent young aboriginals in particular from imagining a more positive future for themselves are truly grim, and they seem to be getting worse not better.

Meanwhile, down the hall from the discussions about the suicide crisis,

the Trudeau government has been busy introducing a bill that will finally make it possible for Canadians to end their lives with medical assistance. Ottawa is under the gun to come up with such a law because of a ruling by the Supreme Court, but it's a law that will surely face a very bumpy road.

Life and death issues, like abortion and capital punishment, have never had an easy time because they involve personal beliefs and issues of religious faith. Perhaps the most interesting point this week was made by Robert-Falcon Ouellette, the rookie aboriginal Liberal from Winnipeg Centre. He pointed out the irony of making assisted suicide legal, while telling folks on remote reserves that their lives will improve, and they should stop thinking about killing themselves.

Justin Trudeau has promised a free vote on the suicide bill, and the opposition parties will surely do the same. If it passes before the 6th of June, which is the deadline imposed by the Supreme Court, it will truly be a political miracle. ■

Tabs can get Wheelchairs - It's no myth

Delaney is a grade 10 student at St. Boniface Diocesan High School. She was born with Gorlin syndrome, which is a genetic condition that can affect many areas of the body and is known by many other names, with the next most common being, Basal Cell Carcinoma syndrome (BCCNS).

Gorlin syndrome can increase the risk of developing various cancerous and non-cancerous tumors as well as affecting other areas of the body. Delaney had 17 jaw tumors removed when she was 12 and 120 plus basal cell skin cancer spots removed when she was 13, both related to Gorlin syndrome.

Delaney was also born with scoliosis, which is a spinal curvature. In the summer of 2014, she began to have progressively increasing difficulty in walking because of the scoliosis.

She had surgery on Nov. 10, 2014, that was to help with this situation and was given a 75% success rate, a 20% chance that things would remain the same and a 5% chance of things getting worse. Unfortunately, the worst scenario happened and she became paralyzed from the mid chest down. Delaney remained in Children's Hospital for 9 months.

Throughout all of this, Delaney always remained positive.

Delaney is set to receive a specialized wheelchair in June 2017!

You can help by bringing your tabs to Holy Cross School at 300 Dubuc St., Wpg. by Friday, June 3rd. If you can't bring them during school hours, just drop them off on the wooden steps between the school and the corner house.



Bob Morrow of Steinbach, MB has taken on the project of "Tabs for Wheelchairs" for the South East.

A standard Sports wheelchair costs \$6000.00 (14 million tabs); a specialized chair that allows for elevation, costs \$10,000.00 (24 million tabs). Please drop your tabs off at the Pat Porter Centre on Chrysler Gate in Steinbach.



180,000 tabs collected from the South East in the last 6 months! This amount of tabs represents a total of \$72.

# Census 2016

It Benefits Us All. Complete your census May 10.



For every person ultimately missed in the 2016 Census, Manitoba loses \$46,000 in federal transfer payments over the next five years. This money, as well as information from the Census, is used to make important decisions about your community's roads, hospitals, schools and social services.

So when you receive your census form, take the time to do your part for Manitoba.

manitoba.ca/census





With sadness and respect, we, at *Senior Scope*, say good bye to a friend and associate - William (Bill)

Bill has shared his knowledge and experience in his DRIVEN! column in Senior Scope for over

Bill was 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.

He had significant media experience as a radio host, television personality and Editor of automotive specialty magazines.

The combination of Bill's Skills provided over 45 years of experience in all aspects of driver training, vehicle control skills and automotive testing.

We hope Bill's contributions in writing and training will be his lasting legacy that hopefully improves your lives, if even just a lit-

tle, now and in years to come. You can read all of Bill's DRIVEN! columns online: www. seniorscope.com (Archives page) starting with V13N9 (Mar. 5/15). Also google Senior Scope/Driven to view Bill's Facebook page.

### In Memory Of William. M. E. Ward

William Martin Enoch Ward (Wild Bill) died peacefully in his sleep April 14, 2016 from complications of diabetes.

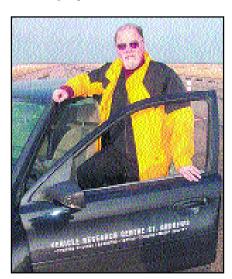
He leaves behind his loving partner in spirit and soul, Gwen Bonneville of 25 years of happiness.

Bill's parents, William Ashdown Ward and Dorothy Clara Martin, passed away many years ago.

Bill was born Feb 11/48 in Kingston Ontario but has lived in Winnipeg for many years. He was an avid Car racer/enthusiast, often winning in his class.

Over the years he has shared his knowledge of driving with many people often in magazine articles. He has worked at many places, Western Messenger, Emterra, Audi and of recent, has been writing for Senior Scope magazine.

Faithful companion was he, supporting Gwen in her passion for running. Bill often called



himself "the oldest kid in Gwen's daycare". The children will miss him dearly.

Cremation will take place at Cropo Funeral home. In lieu of flowers, please donate to one's charity of

We will all miss him dearly and cherish his memories.

# FGWRC Annual Event – A Night to Remember!



Fort Garry Women's Resource Centre (FGWRC) held their 7th Annual Fundraiser on the evening of April 14th 2016 this year at the Park Theatre -- celebrating the wonderful artistic contributions in our community and providing a magnificent evening of entertainment. Everyone was welcome!

The evening was an outstanding success, and FGWRC was thrilled to have over 160 community guests join them in celebrating!

The night opened with Sydney Kurbis: a talented 17 - year old aspiring musician and a member of Osborne Station Band. As well as featuring -- Three time Canadian Comedy Award nominees Hot

Thespian Action: who continue to entertain audiences with their unique brand of often physical, sometimes musical, always stripped down sketch comedy. Followed by our headliner named one of Winnipeg's top 5 bands to watch for in 2014 "The vocal equivalent of the sexy chill of a brush across a cymbal", indie-folk quintet Sibyl: where every member of the band sings and plays multiple instruments providing a wonderful variety of melodic and lyric material in their performances. Mandy Shew: announcer from 103.1 FM Virgin Radio was also in attendance emceeing the event!

The festivities also included a generous silent auction, cash bar,



Continued on next page

### Fred Douglas Heritage House FRED DOUGLAS "One of Winnipeg's **Best Kept Secrets**"

Supportive Housing centrally located in downtown Winnipeg

- Tenant companions onsite 24/7
- Wheelchair accessible suites
- Nutritious meals prepared daily, in-house Individually temperature controlled suites
- Emergency pull cords
- Daily activities & exercise programs
- Weekly housekeeping & laundry service
- Limited number of low income subsidies
- Access downtown destinations through skywalks, & MORE!
- Secured facility





One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg WRHA assessment required to qualify for supportive housing.

100 The Promenade

(behind Portage Place)

Take a virtual tour at

www.freddouglassociety.com

For information contact Shauna at

204-949-9027

E-mail: sgladish@fdl.mb.ca

Free use of **ONSITE OF MOBILE** COMPUTER

Music Lessons for Children, Adults & Seniors Piano • Organ • Keyboard • Guitar • Voice Serving Winnipeg, Stonewall & Selkirk, MB

English and Ukrainian Speaking Instructor | Karaoke & Instrument Rentals We sell... Keyboards, Guitars, Recorders, Music accessories, etc.

Call Terry: **204-955-5428** terry@keyboardventures.com | www.keyboardventures.com

SUPPLIES & SERVICE

- USB flash drives, SD cards, CDR's, DVR's, etc.
- Batteries All types: hearing aids
- fireplaces, remote car starters, etc.
- Printer cartridges
- Computer virus removal

# A Night to Remember,

cont'd from page 8



**FGWRC Board Members** 



Cargill - Gold Sponsor

good food and great company.

FGWRC would like to thank their sponsors, donors, volunteers, guests, funders, staff & board for making their 7th Annual Fundraiser a huge success! FGWRC raised their highest amount to date, close to \$9,000 which will continue to support the important work FGWRC does for women and children in



Mandy Shew - Emcee & Century 21 Bachman & Associates -Gold Sponsor

FGWRC is a not-for-profit, feminist organization committed to creating a community where women and children are safe, healthy, valued and empowered. FGWRC offers free supportive counselling, information and referrals, workshops and outreach programs. For more information please call (204) 477-1123 or visit www.fgwrc.ca or find us on Facebook!



**RBC Volunteers** 

### The latest edition of the Manitoba Seniors' Guide is now available

The Seniors' Guide is filled with current and relevant information for seniors and their families. The Guide offers quick access to listings of programs and services available to older adults in Manitoba that can enhance their health, independence and well-being.

To order a copy / copies of the current Seniors' Guide: Call the Seniors' Information Line:

Phone: **204-945-6565** (Winnipeg) Toll Free: **1-800-665-6565** Or Email: **seniors@gov.mb.ca** 



OR Visit www.gov.mb.ca/shas/ publications/order\_form and place order online

OR To access the document online, please visit <a href="http://www.gov.mb.ca/shas/">http://www.gov.mb.ca/shas/</a>
<a href="publications/docs/seniors\_guide">publications/docs/seniors\_guide</a>
<a href="publications/">publications/</a> docs/seniors\_guide</a>
<a href="mailto:publications/">publications/</a> docs/seniors\_guide</a>
<a href="mailto:publications/">publications/</a> docs/seniors\_guide</a>

**Advertising Feature** 

# ENGAGING MINDS IN WINNIPEG AND SCOTLAND TAX DEDUCTIBLE DEMENTIA COGNITIVE CARE

Alison Kennedy B.A., Cert. Ed., M.Sc.

President, Kennedy Cognitive Services, Inc.

Do you have a loved one living in a personal care home, assisted living facility or supportive housing unit or receiving support at home? Are they depressed, withdrawing from the world, and lacking stimulating conversation and engagement? Do they need help remembering or expressing themselves so they can be understood? Have they been diagnosed with dementia? Do you feel stressed seeing them decline but not having the personal time to be with them as often as you would like?

My heart goes out to you and your loved one. My passion is to help. I founded Kennedy Cognitive Services, Inc. to serve fundamental needs of those living with dementia for cognitive and emotional support. I hire and train healthcare staff as Cognitive Support Specialists. We can work individually with your loved one in stimulating and fun hourly sessions at their place of residence to help them reconnect, smile, laugh, and think.

How do we do this? We start by gathering information from you. We want to know some details on your

loved one's life story ...where they grew up, what they did for a living, what hobbies and activities they once enjoyed, etc. We also want to understand their current disabilities, eg., sight, hearing, speech, cognitive problems, etc. We describe four goals for our program and ask you to prioritize them. (Our goals include build self-esteem, build sense of connection, strengthen/ stimulate cognitive function, and provide fun.) We develop activities that are personally meaningful, enjoyable and at the right level of challenge for each unique client. We participate with the client and celebrate what they can do. Some enjoy logic, memory, math, card and word games, some like sessions focused on Canadian history or sports, some enjoy music and art, some like doing puzzles or playing Bingo, some like writing poetry and letters to their grandchildren, etc. We work with your loved one continually adapting our approach to their needs in the moment and to their changing abilities over time. We let you determine how often we visit on a regular basis;

once or twice a week is recommended.

A great feature of our professional program is that the cost can be claimed as a tax deduction for persons with disabilities. We help you obtain the physician support required. We charge \$65/hour plus GST. At present we serve the greater

At present we serve the greater Winnipeg area. Many clients have been in our program over three years; some for over five years. Our concept has excited dementia care experts in Scotland. If you are interested in this type of service for your loved one or would like to learn more, please see our website at **www.kennedycognitive.com** or call us at **204-930-7275**. We are passionate about improving the quality of life of those living with dementia. We also want to relieve the stress of caregivers.

NOTE: If you sign a contract for ongoing regular service for your mom in May we will provide her with one free session in honour of Mother's Day. It would make a beautiful gift! ■



# THE BUZZ



By Scott Taylor

Editor, Game On, Manitoba's Hockey Magazine gameonmag.ca

Sometimes you have to wonder how good things can just fall into your lap. Here in Manitoba, a good thing showed up five

years ago, but only now, the public is starting to understand exactly who Dr. Chuck Williams is and what his presence here means to our province.

These days, Williams is the owner and operator of Achieve Sports Performance Academy, an exclusive Performance Academy located on Ellice Avenue in the Canlan Ice Sports complex.

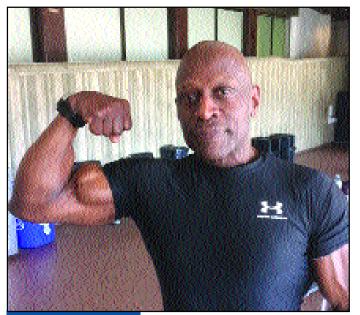
However, if you're in Winkler, Man., where Williams also works as a Clinical Psychologist contracted by CFS and Victims Services, as well as Active Rehab Specialist (injuries/concussions/etc.) for MPI, or in the North or West End of Winnipeg, where Williams works his magic on a number of MS patients and other Manitobans at the Cindy Klassen SportsPlex on Sargent Ave., people are beginning to benefit from a remarkable life in sports, education, training, coaching and teaching.

Just to be clear, Dr. Chuck Williams IS the following:

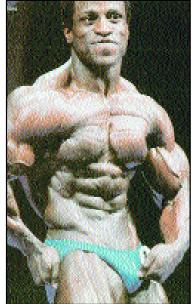
- A Certified Sports and Neuropsychologist with a Masters Degree in Marriage, Family, and Adolescent Therapy
- Human Movement Expert Analyst for 3D Sport Tech (Moti Sports)
- He is the Director of Athlete Development with MMA Manitoba
- He is a Full Contact Kung Fu Champion/Sifu-Williams
- Former Nutritional Expert Advisor-Metagenics/Unipro Sports Nutrition
- He is a former Mr. America and Mr. Universe Bodybuilding Champion/IFBB Professional
- He is a USA Track and Field Level
   [IAAF highest level International]
   Sprints and Hurdles Coach
- He is a USA Track and Field Level 3 Endurance Coach

# Dr. Chuck Williams: It's a Crazy Life

**Photos by Scott Taylor and Archives** 







Chuck Williams - Mr. Universe 1983



Chuck's wife, Dr. Denise Vicari

- Former Professor of Research and Statistics
- He is a USA Weightlifting Master Coach
- He is also the author of two books, Taming the Ogre-Domestic Violence and Multiple Intelligences-Elite Athletes, being published by Friesen Publishing this coming November.

But there is so much more. The 60-year-old Williams, a grandfather of six, who still trains in all of his athletic disciplines every week and looks like he's only about a year away from winning the next Mr. Universe title, has an undergraduate degree from National University in Irvine, Cal., a Masters from Pepperdine University in Malibu and a Doctorate in Clinical Psychology from California Coast University in Santa Ana, Cal. During it all, he was a martial arts black belt (Master/Sifu) and an internationally renowned bodybuilder.

"I was born in Harlem and grew up in Teaneck, N.J.," he said. "I was always a skilled street fighter. Trained by my father, a Golden Gloves champion, in boxing and judo, Kung Fu, JuJitsui and Derobio-Escrima.

"But in the mid-80s, I started to get involved with bodybuilding. I had no idea what these professional bodybuilders were doing with their bodies until I reached my first Mr. America in 1982 in New York. I was 187 pounds at the bottom end of the class, a muscular yet slight lightheavyweight and I was on-stage with guys who were massive at the top end of the weight class at 198, and still I finished second. I told Joe Weider (yep, the legendary Joe Weider) that I wasn't going to mess with the drugs and that I'd come back in a year with 10 more pounds of muscle and win everything.

"That was 1982 and I won my first Mr. America (light-heavyweight class) in San Jose, Cal., and subsequently the Mr. Universe in Singapore in 1983 at 198 pounds. I was called The Prophet of Muscle Mass by Muscle and Fitness Magazine for predicting my results a year in advance."

And that's when his story gets interesting.

"How did I get to Winkler?" he laughed. "Well, outside the norm, I guess. It either involved money or a woman. Right?

"About 30 years ago I met a lady, Denise, who was a student at Life University in Marietta, Ga., the chiropractic college. We became very close and I was training in both Kung Fu and bodybuilding, and I'd started my undergrad program at the time. After winning the Mr. America in San Jose, I was invited to go to Singapore for the Mr. Universe competition and then go to Guam for the World Kung Fu Championships. I told her I'd be right back after the competitions. And as it turned out, I never came back to Georgia, instead I moved to Laguna Beach, Cal., for

"During the NPC Mr. America, I met IFBB pro bodybuilder Jesse Lujan, soon to be a three-term United States senator, from Guam and one thing led to another, we became close friends, and my career path changed."

It took awhile to come back to the U.S. but when he did, his career path had changed, he went back to his roots – speed, power and tenacity. As a former New Jersey 100-metre sprint champion, he decided to work with professional athletes improving their speed, power, and mental approach to sport.

He became one of the finest speed coaches in America, a sprints and hurdles coach with the U.S. track team, an accomplished endurance track coach and eventually one of

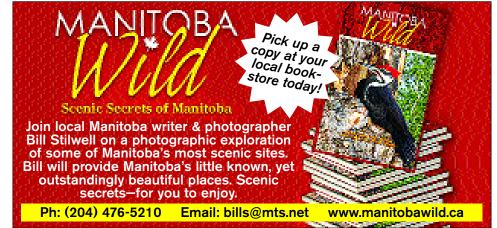
II I'd spent a couple of years on the professional tennis tour training two women, Sloane **Stephens and Coco** Vandeweghe. I returned from Wimbledon and went back to California before we were scheduled to go to Japan for the Asian WTA tour when I saw this email. It said, 'Do you remember me from Atlanta? Can you come to Winkler?' Where is Winkler? I asked! Needless to say, I didn't go to Japan. ""

the most sought after private coaches and trainers in the U.S.

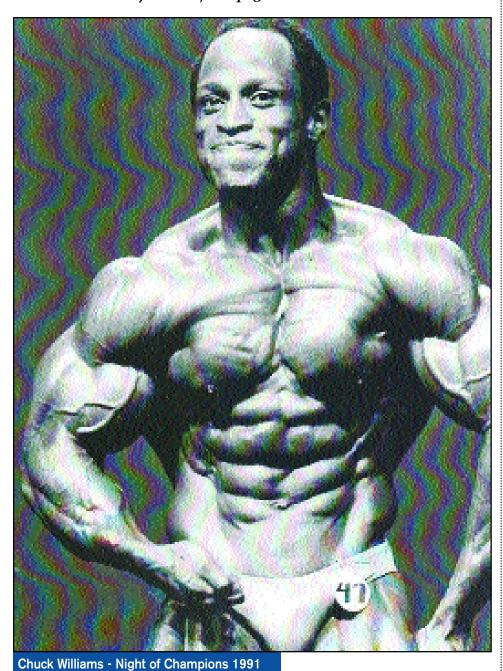
"I'd spent a couple of years on the professional tennis tour training two women, Sloane Stephens and Coco Vandeweghe," he said. "I wasn't their tennis coach, but their speed and conditioning coach. We went to all the tournaments: Indian Wells, Italian Open, French Open, Australian Open, U.S. Open, and a few years ago, I







### The BUZZ, cont'd from page 10



returned from Wimbledon and went back to California before we were scheduled to go to Japan for the Asian WTA tour when I saw this email.

"It said, 'Do you remember me from Atlanta? Can you come to Winkler?' Where is Winkler? I asked' Needless to say, I didn't go to Japan, and now, well, here I am five years later. Last September, we were married and she runs Heartland Chiropractic Clinic in Winkler, and I help out and do my thing."

Seems they both went their separate ways, both had unsuccessful marriages and as they approached their 60s, were both looking for something they had lost years earlier.

Now Dr. Chuck is in Winkler, Man., married to Dr. Denise Vicari and he uses his skills to work with athletes, hockey teams and just plain old folks as he offers a full range of training services from beginners to the pros.

"I utilize a hands-on approach with every athlete to ensure their road to success," he said. "I am not a salesman. I do not try to sell the athlete into a workout. What I really sell is productivity, success, results and achievement."

His growth among the local hockey community is illustrated on the back of his Achieve T-shirts.

"Yeah, on the back of my T-Shirts there is the word 'Predictable," he explained. "It's a joke that started with Tyler Jeanson, one of the Portage Terriers forwards from their RBC Cup championship team. When I was training him he would state that I was predictable, but I thought he meant the individualized program itself. When I asked him what he meant, he said: "The outcome was predictable – more power, more strength, more agility, more balance, and especially more speed."

# THE LEGEND OF ZIPPY CHIPPY

# The True Story of Horse Racing's Most Lovable Loser

By William\_Thomas

At a time when some of our greatest sports heroes are proven to be cheaters and scoundrels, when winning at all costs has become the mantra of coaches, athletes, and teams everywhere, acclaimed humorist William Thomas introduces Zippy Chippy, horse racing's most loveable loser. Tireless in his race for success and consistent in his failing, Zippy Chippy became the best thoroughbred in professional racing at stealing people's hearts.

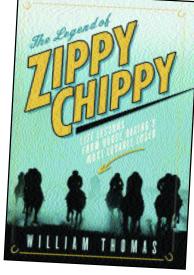
ing people's hearts.

THE LEGEND OF ZIPPY CHIPPY: The True Story of Horse Racing's Most Lovable Loser (McClelland & Stewart, \$30.00) tells the story of Zippy, and imparts the wisdom and lessons learned from trying, failing, and trying again.

The offspring of horseracing royal-ty – Kentucky Derby winner Northern Dancer, Belmont Stakes and Preakness winner Native Dancer, Man o' War, Count Fleet, Bold Ruler, War Admiral, and Buckpasser were among his ancestors – Zippy Chippy's pedigree was horseracing gold. His success and glory seemed inevitable. And yet... from his first moments in the world, Zippy Chippy defied his genetic gifts, and instead of winning at all costs, lost 100 consecutive races over the course of his career.

Zippy Chippy embodied the spirit of persistence, racing and losing again and again and galloping back to his stable, his owner by his side. And along with his positive attitude came legions of fans who travelled from all over North America to watch him lose. THE LEGEND OF ZIPPY CHIPPY is not only a captivating horseracing story, but a collection of life lessons that will resonate with all readers:

- . Do not take failure to heart. Failure is not coming in second. Failure is refusing to show up for the next race to give yourself a chance to come in first.
- . Chase your dreams relentlessly, unflinchingly, the way Zippy chased a thousand horses around and around the track, believing that one day he might win.
- . Play by the rules. Winning by breaking them is a hollow victory. In the end you only have your character to reflect upon. Be sure that reflection in the mirror brings a smile to your face.
- . Be the first to congratulate a rival



for winning. (Zippy would have done that if he wasn't so far back all the time!)

- Horses live in packs and talk to each other constantly. Surround yourself with good people and you can't help but become one.
- Be yourself. Like thumbprints and snowflakes, you are uniquely you. And we are all more like Zippy than we would easily admit.

Like Marley and Me and Seabiscuit, THE LEGEND OF ZIPPY CHIPPY will enthrall readers with its humour and its heart. ■

### ABOUT THE AUTHOR

WILLIAM THOMAS is an author, a scriptwriter and a nationally syndicated humour columnist. He is the author of ten books of humour, including the bestselling

The Dog Rules - Damn Near Everything!

Recently William's work was included in the **Great Canadian Anthology Of Humor** along with 50 of the best humor writers in Canada, from Stephen Leacock to today. www.williamthomas.ca

## THE LEGEND OF ZIPPY CHIPPY: THE TRUE STORY OF HORSE RACING'S MOST LOVABLE LOSER

by William Thomas 304 pages - \$30.00 A McClelland & Stewart Hardcover from Penguin Random House Canada

FOR MORE INFORMATION, PLEASE CONTACT SCOTT SELLERS AT (416) 957-1564

or ssellers@penguinrandomhouse.com





# The Reading Room

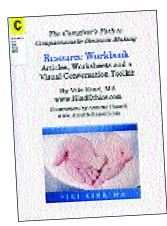
@ J.W. Crane Memorial Library, Deer Lodge Centre

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

April showers bring May flowers! We look forward with positivity to growth and change in nature, as we should in our own lives. The challenges faced during a change of season mimic challenges faced by caregivers. Change is always difficult, and two new books in the J.W. Crane Memorial Library focus on the changing role of the caregiver, the challenges they face, and practical tips for coping and decision making.



**Surviving Family Care Giving** is written from the perspective of personal and professional experience. Included is the author's experience as a carer, as well as interviews with other carers and the daily difficulties faced by both. The emphasis is on family communication to ensure the best care possible for those with a variety of long term illnesses and building a harmonious team for ongoing continuity in care. Chapters deal with themes in common to many carers: challenging behavior, communication, confidentiality and motivating for positive change. This book hopes to foster constructive care and communication for the best family teamwork carers can give to their loved one. ■



This **Resource Workbook** is authored by Vicki Kind and is a designed to be a companion to her previous award winning book "The Caregiver's Path to Compassionate Decision Making: Making Choices for those who Can't."

This workbook includes resources that will guide the reader towards thoughtful compassionate decision making when it comes to supporting a loved one requiring care. It is divided in 4 different sections: Medical Decision Making Tools, Evaluating Danger and Risk Tools, Caregiver Conversations and Support Tools and End of Life Conversation Tools. Within each section are pointed questions designed to get to the heart of what steps a caregiver can follow in order to allow for peace of mind during this

complex and stressful period. ■

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

# Kidney Mortgage: New Partnership Supports Manitobans Affected by Kidney Disease

April 26, 2016, Winnipeg...

Every 2 weeks, 224 Canadians are diagnosed with kidney disease. The fact is, millions of Canadians are at risk but most don't even know it—and there is no cure for kidney disease.

The Kidney Foundation of Canada and Dominion Lending Centres Mortgage Excellence are pleased to announce a new partnership that is working to support people with kidney disease. The goal is to improve these daunting statistics by raising awareness about kidney disease and its risk factors, helping

to facilitate timely interventions and treatments, and striving to improve rates of organ transplants across Canada.

"Working with The Kidney Foundation to launch Kidney Mortgage is something we are really proud of," says Dave Kelly of Dominion's Lethbridge office, who helped facilitate the partnership. "This new partnership is a real win-win. It gives us the chance to support people affected by kidney disease simply by doing what we do best - helping Canadians get the best mortgage arrangement possible.

By donating \$224 on every mortgage completed through the Kidney Mortgage program, Dominion Lending Centres Mortgage Excellence has made a commitment of up to \$1 million over the next 5 years—one of the largest corporate partnerships the Kidney Foundation of Canada has established to date.

The executive director for the Foundation's Southern Alberta Branch, Joyce Van Deurzen, describes the arrangement as something really special, "With the current economic situation, charities are finding it more and more difficult to get the support they so critically need. That makes it even more exciting to partner with a company like Dominion Lending Centres Mortgage Excellence that is able to think outside the box to continue to support the causes most important to them. What's so wonderful is that kidney patients will be the real beneficiaries of this innovative new partnership.'

If you are interested in getting a kidney mortgage, please visit the www.kidneymortgage.ca website or call 1.888.594.9473 for The Kidney Foundation to receive the \$224. ■

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



Tune your dial to CJNU Nostalgia Radio, the Official Radio Voice of the Goldeyes and hear every game from the first pitch in May until the final out in September. Every broadcast will include 30-minute pre-game and postgame shows - plus an "Around the Association" program one hour before Saturday games.

Nostalgia Broadcasting Cooperative 93.7 FM - Channel 7.25 MTS TV - cjnu.ca





\$1 from every card goes to the Jackpot Blackout in 50 Numbers or Less.

### **Kinsmen Jackpot Bingo** 161 Rue Grandin Winnipeg MB R2H 0A8

Ph: 204-233-6365 Fax: 204-233-6415 Email: bingo@kinsmenclub.com Web: www.kinsmenjackpotbingo.com



Red - White & Blue Get-A-Ways

1-866-846-3795

rwbgetaways@hotmail.com

www.rwbgetaways.com

### **EVENTS**

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

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 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

Mary, Mother of the Church -- Spring Garage and Rummage Sale - Sat. May 7, 8 am-1 pm, at 85 Kirkbridge Drive. Items include toys, books, household items, quality used clothing and furniture etc. Sponsored by the Knights of Columbus and Catholic Women's League with all proceeds to charity. Lunch available.

Winnipeg Male Chorus - Spring Sing Concert, Sat. May 7, 7:30 pm, Sturgeon Creek United Church, 207 Thompson Dr., St. James, Wpg. Advance tickets: \$12.50, at door \$15, Students \$5 or through any Chorister at door by contacting Lawrie Kyle: **Ikyle@mts.net**.

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 slopitch 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

**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

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

### VOLUNTEERING

**Rupert's Land Caregiver Services -**

**Selkirk and District Horticultural Society –** hosting Huge Plant Sale Fri. May 27, 6-8 pm at the Selkirk Memorial Hall, 378 Jemima, Selkirk, MB. Huge variety of plants = perennials, annuals, vegetables, fruits, etc. Sit at our Bistro Café for complimentary homemade cookies and beverages. Rainboe Silent Auction, New & Nearly New table w/garden related items. Special Draw for members. For info call Sylvia: 1-204-482-4932 or sd.granth@qkstream.com

East St. Paul 55+ Activity Centre (262 Hoddinott Ave.) - Area residents are welcome to join and take part in playing cribbage on Tuesdays, whist on Fridays. Other activities include quilting, shuffleboard, book club, yoga, potluck suppers and casino trips. Call 204-654-3082 (msq).

**Ile des Chenes Seniors/Grande Pointe** - Yoga, Mondays, 10 am. Indoor Walking,

# Things to do in Winnipeg

effectiveness

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

**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

St. Vital Streamliners - meet Tuesdays, Livu. Fun group with focus on weight loss and healthy living. Exercise suitable for all fitness and mobility levels. Modest membership fee. Call Carol of Carol.

Vital Seniors - Monthly Book Club: 204-257-4014, Monthly Board Games: 204-261-8236, Bridge: 204-256-3832, Carpet Bowling: 204-452-2230, Line Dancing: 204-**334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: 204-255-7508, Scrabble: 204-257-4014, St. Mary Magdalene Church, 3 St. Vital Rd.

Springs Seniors Drop-in - May 3, 17 & 31, 1-4 pm @ 595 Lagimodiere Blvd. for an afternoon of fun & fellowship. Play board games, cards, pool, shuffle board, or just hang around and talk. Refreshments are

provided so bring a friend – all welcome. Providing healthy environments for all seniors in our community.

**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** 

**Elmwood-East Kildonan Active Living** Centre - 180 Poplar @ Brazier in Elmwood. Membership \$15 for year. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. See Facebook page : Elmwood\_Active, for more info or call **204-669-0750** or **204-890-3282** 

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 Wog. French only: 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

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

**Dufferin Senior Citizen Inc. - 377** Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). 204-986-2608

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

**High Steppers Seniors Social Club -**We meet Wednesdays & Thursdays for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. 204-619-8477

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

St. Chad's Anglican Church - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

Magdala House - Weekly hot meals for St. Vital community to help people deal with a lack of nutritious food daily. Tuesdays: 10 am - coffee/tea and light snack, 12:30 - hot meal. Open til 3 pm at 5 St. Vital Road. Donations, assistance of any kind, and volunteers gratefully accepted. Call: Dayle 204-269-5528 or dayleatmalachi@shaw.ca

**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+ - 10week spring classes: yoga, fitness, resistance training, line dance, Zumba Gold, arthritis PAČE 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.

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 winnipegprobus85@gmail.com for info

Dakota 55+ Lazers 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

ag

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

**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

**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.age opportunity.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.

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** 

### Things to do in Rural Manitoba **RURAL PROGRAMS / SERVICES / VOLUNTEERING**

Se

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

**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

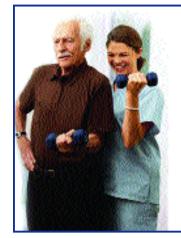
Ritchot - Ritchot Senior Services -(serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: 204-883-2880 or email: Ritchotseniors@mymts.net

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

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;

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

You take care of yourself, exercise & eat well. You're doing everything to maintain your independence. Let Lifeline help you prepare for the unexpected. Call today & ask about our fall detection button, the AutoAlert.

(204) 956-6777

www.victorialifeline.ca

Mention this ad and receive one month free monitoring

Lifeline



The meaning of life is to find your gift. The purpose of life is to give it away."

> - Pablo Picasso (1881-1973) Spanish Artist



# By Adrian Powell

AL.	HUSS	l'	-	ľ	יו		۰	lo l	ľ	l°	ľ		10	l''	14	13
1	Robin Cook's															_
	1977 best seller	14					15						16			
5	Physical therapy,										_					
_	in brief	17	l	ı	l	18			ı	ı	ı	19	ı	l	ı	l
10	Perk up one's											_				
	appetite	20	l	ı	l					21	ı	ı		22	ı	l
14	Really up tight					$\vdash$	_			_		_		_		
	Live in the studio				23			24	25		26	ı	27			
	Bar that's				_	$\vdash$	_	_	_		_	_	_			
	"Irresistabubble"		28	29	l				ı	30	ı	ı	ı	31	32	33
17	A treat for ma	21	_	_	-			-	_	-	_		_	_	_	_
• •	From down at the	34	l	ı	l		35	ı	ı	ı		38	ı	l	ı	
	spa	37				38	_			30	40	_		41		
20	Respect	l	l	ı							l	ı		l	ı	l
21	"Not a peep!"	42		_	43			44	45				46		_	-
22	Divining gizmo	l <sup></sup>	l	ı	~				, · ·	ı	ı			l	ı	l
23	Loon-like bird	47	-		-		48		-	-	-	49		$\overline{}$	-	
26	Author of the	ı	l	ı	l				ı	ı	ı	ı	ı	l	ı	
	"Little Red Book"				5D				51							
28	Something that									ı	ı	ı	ı			
	might	62	53	64		56		58			67	П	г	56	69	60
	Brighten mom's															
	night	61	П	г	62			Г	63	64	г	П	Г		Г	П
	Like Howie Mandel															
35	You, long ago	96					66						87			
36	Pantyhose shade															
37	Grecian um verse	56	Г		Г		69						70			Г

- 66 Beasts that run across the pampas
- maybe 68 Classroom
- 44 Pus or pod prefix 46 Give dinner to 69 Cries of distress 47 An attractive bouquet
- For this Mother's Day 50 Elre's Lingus

38 Big name in cars in the '20s

39 Hear court case

"Well, I'll be!"

42 Where to land in

Chicago

- girlines River of Hades
- 52 Where nickel originates
- 55 Half of Bonn 57 Sang cheerfully 61 Something to
- spray The second
- Sunday in May 65 Director Reitman

- 67 Chopin work,
- challenge
- 70 World conquest board game
- **DOWN**
- Sidewalk eatery Heavy cross to bear
- Purported Sleeping-car
- accommodation Conclude Something in the barn, perhaps Objectives

Rodea bull

- saying..." 10 "As I 11 Get an earful
- 12 As a result ... 13 Pigeon-18 Swiss capital
- 19 Ramshackle abode 49 Sound like a fan 24 Benefit, quaintly
- Mae of "Ghost" (Oscar role for Whoopl) 28 Hindu mystic
- 29 Free from dirt \_fish Scotch ingredient 31 Semiautomatic pistol Pentathletes'
  - weapons 33 A bit of bird feed 34 Simpleton
  - 38 Do a bit of cobbling 40 Like many transients

- 43 NBC's owner, once 45 Grey Cup sports org.
- 46 Empathize with 48 Cantankerous
- 52 A few final words 25 Tokyo's old name 53 Wander around aimlessly
  - 54 Landing lounge postings, for short 56 London's Mayfair neighbour
  - 58 Amazonian language 59 Large birds from the outback
  - 60 Cubicle furnishing 62 Wile E. Coyote's frequent buy 63 Not very many

SOLUTION ON NEXT PAGE

64 Friend

### WORDSEARCH - Boats

By Senior Scope

ERDANDYPF MPHADENNSIFRPCOF RKBELALOKOEEAHGR RAMDGCRIGSKGGMDAAJ WOUAABRNBDRS LTRMDAIYEAEBZ TDVEGSSE PNUBAGOMIYATSSV OBBNGGHDREGKETCH **ORAFTIAEETARTAN** В EMTBRALEOTNBEARK NDUUUHPB TAEORC SYDHOWKERWGFTAWMUU PROAPINKGFCYTRRHOO X D N A R R O W B O A T P R A A M R B ILTANKERYKXEBECMYT

Argosy	Carrier	Fly	Motor	Pram	Trawler
Ark	Cat	Galleas	Torpedo	Prau	Trimaran
Balsa	Champan	Gig	Boat	Proa	Tug
Barge	Clipper	Howker	MTB	Raft	U-Boat
Barque	Cob	Hoy	Narrowboat	Reed	Whaler
Battleship	Coracle	Junk	Oil Tanker	Scow	Wherry
Bireme	Dandy	Ketch	Otaheite	Settee	Xebec
Brig	Dhow	Koff	Outrigger	Skip	Yacht
Bugalet	Dory	Light	Paddle	Sloop	Yawl
Buss	Dow	Liner	Steamer	Smack	
Butty	Dredger	Lorcha	Pink	Snow	
Canoe	E-Boat	Lymphad	Praam	Tartan	

SOLUTION ON NEXT PAGE

### SUDOKU EASY By Senior Scope

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

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

# NITH A TWIST OF HUMOUR



By Rick Goodman rickgoodmansk@hotmail.com

fter looking at the Royal tombs and walking around the Imperial City we thought we should

examine some sites of more recent history. Hue and the surrounding area had seen a lot of fighting during the Vietnam War. The Ben Hai river flows west to east north of Hue and was the dividing line between North and South Vietnam. By accord there was supposed to be no military buildup within a 5 km corridor along the river. This would be known as the Demilitarized Zone or DMZ. Things did not work out the way they were supposed to.

Doing a tour of the DMZ turned out to be a little bit like active warfare itself. There were long periods of sitting and waiting with not much to see and do. It was generally a sobering experience. The whole thing took around 12 hours, most of it spent sitting on a bus. We traveled west from Hue, up into the hills, to the old U.S. Marine firebase at Khe Sanh which is only 10 km from the Laos border and then east to the Vinh Moc tunnels on the coast of the South China Sea. There were stops along the way to view remnants of the Ho Chi Minh Trail and an old Marine observation post know as The Rockpile.

Our guide spoke pretty good English and had a set dialogue he recited on the bus. It turned out he was the same age as I was and had grown up during the war years. So had I. I watched it on television. He risked getting shot at every time he walked to school. I told him that if I'd of been in his shoes that the odds were more than excellent that there would of been one illiterate in our family for sure. He just looked at me funny and said, "Hem," and edged away a little bit. Then we retreated into our own thoughts.

I thought back to when I was around 15 and believed that war was exciting, and that our political leaders never lied, and how if communism wasn't stopped in Vietnam then it was just a matter of time before I'd be running around the farm in rubber tire sandals and black pajamas. Without America to hold the line those communists would blow right through Saigon, load up their sampams or whatever the heck they were called, and come pouring out the mouth of the Mekong River just Hell bent on world domination. That was how Eisenhower's domino theory worked, and golly, he should know, because he invented it and every president after him right up to Tricky Dick Nixon parroted him as justification for being over there in the first place. One thing was for sure. If those Communists managed to break out, central Manitoba wouldn't stand a chance. Between the Communists and the Hippies our whole way of life was at risk of being destroyed. My life at that time consisted of going to school, picking field rocks, making hay, and shoveling cow poop. No way did I want to see all that go down the pipe. If it came right down to it I was willing to head over there and help John Wayne lay a whippin' on them little commies. I blush every time I think of it.

Our guide had a little different take on the war. For one thing it wasn't the Vietnam war it was the American War of Aggression. He'd been bombed and shot at enough to have the right to call it any thing he wanted as far as I was concerned.

# Vietnam - PART 5 - Hue Demilitarized Zone Tour By Rick Goodman © Copyright 2016



Khe Sanh during operations



Khe Sanh today

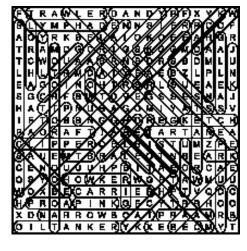
The history of the thing is a little complicated but here goes. In 1954 Vietnamese Nationalist forces under General Vo Nguyen Giap laid a beating on the French at the battle of Dien Bien Phu effectively ending a hundred years of French colonial rule. In 1955 Ngo Dinh Diem ousted Bao Dai, a French supporter, and established the first Republic of Vietnam in Saigon. Diem and the U.S. played nice for a while but he lacked internal support and was assassinated in a U.S. sanctioned coup in 1963. The U.S. continued to support the new government with aid and arms, believing that losing South Vietnam to the North would result in a total Communist takeover of South East Asia. And then things got out of hand.

Between 1965 and 1973 the U.S. was involved in direct intervention. That means U.S. troops were on the ground as active combatants. Over two and a half million Americans would serve in Vietnam during this time. 58,220 would die. It was not a popular war with the men who served. There are no hard numbers but it's estimated that between 70,000 and 300,000 armed forces personnel have committed suicide since coming home from this conflict.

Using 1965 dollars the war cost

**66** My life at that time consisted of going to school, picking field rocks, making hay, and shoveling cow poop. No way did I want to see all that go down the pipe. If it came right down to it I was willing to head over there and help John Wavne lav a whippin' on them little commies. ""

### **WORDSEARCH - Solution**



### **CROSSWORD - Solution**



Khe Sanh Museum

The population of Vietnam in

The population of the U.S. in

1965 was 194.3 million people and

the average household income was

\$6450.00/year while the average

salary in Vietnam in 2015 is

vary between 1.3 to 3.9 million peo-

ple of which somewhere between

195,000 and 430,000 were civilians.

It's estimated that it cost the U.S.

\$140,000.00 to kill a single North

Vietnamese combatant. Over the 8

years these guys were slugging it out

in the paddies, hills, and jungles

this equates to around 90 bucks a

year every American man, woman,

and child had to shell out to keep

this thing funded. Another way of

looking at it is that that 140 billion

dollars worked out to over \$3650.00

for every Vietnamese alive in 1965.

This might sound a little simplistic

but it might have been cheaper to

just buy them off. It seems to me

that if somebody would have been

willing to pour that kind of money

into infrastructure development and

modernization in a country who's

average wage is only a little higher now than what Americans enjoyed

back in 1965 it probably would have

promoted a lot of good will and a cer-

tain willingness on the part of the

Vietnamese people to re-evaluate their political ideology. But that, as

Which brings us back to Khe

Sanh. In 1968 around 20,000 North

Vietnamese soldiers under General

Giap laid siege to the U.S. Marine

base at Khe Sanh. Over the next 11

weeks it's estimated that somewhere

around 10,000 would die in the fight-

ing. The Marines would lose around

500 men. In the end Khe Sanh would

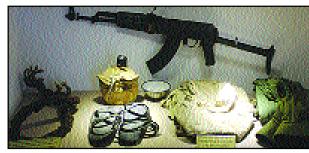
we know, is not what happened.

Vietnamese war dead estimates

1965 was 38.3 million people.

in today's money.

\$6815.00.



Viet Cong infantry equipment issue. The braided water buffalo rope on the left was used to manhandle artillery into fighting positions.

America 140 billion dollars. That's equivalent to around a trillion dollars

ordinance. inflicted more casualties, and the NVA because they had forced the

Exploded and deactivated bombs

at Khe Sanh. The

scrap metal from

ordinance created

a cottage salvage

industry through-

out Vietnam, Laos

Many people were

killed and maimed

while attempting to

and Cambodia.

all the dropped

withdrawal of U.S. forces. Getting off the bus, there really wasn't much to see. A little shop at the gate sold coffee and cold drinks. A few people wandered around. Some old men took turns approaching us trying to sell bits of rusted shrapnel and spent rifle shell casings. Farther in, paths led to some old military hardware set up on concrete pads. There were a couple of helicopters, a couple of tanks, an APC and an old transport plane. A couple of old sandbag bunkers were moldering around. The site was a landscaped field with some military junk scattered around. There was a small museum in the center displaying infantry small arms and gear. Photos lined the walls. Pictures of young men firing weapons. Fire and smoke. Full body bags lined up waiting to be flown out. Men running and shooting and hiding.

A lot of lives were destroyed here. You know this on an intellectual level, but it seems unbelievable somehow. I certainly didn't see anything worth dying for here. It was just a field. But standing there sure made a person think. There's a sadness and a solemnness to standing on a battlefield. I mean really, it was just a damn field. Thousands of men fought and died over a little chunk of ground that in the end didn't mean much of anything to anybody. A person could stand there pondering the why of it until those old tanks rusted back into the ground and still be no closer to any answer that would make sense. So after a while I did what those old surviving warriors had done all those years ago. I got back on the bus and went home.

salvage unexploded be abandoned by the Marines as having no strategic significance and both sides would declare themselves winners- the Marines because they had

### SUDOKU - Solution

9	8	1	7	2	5	4	G	ფ
4	3	7	8	٣	6	5	ø	2
6	5	2	4	9	3	1	7	8
1	2	6	9	8	4	3	5	7
7	4	8	5	3	2	6	1	တ
3	9	5	6	7	1	2	8	4
2	7	4	1	6	9	8	3	5
5	6	9	3	4	8	7	2	1
8	1	3	2	5	7	9	4	6

Sponsored by HUMN Pharmaceuticals

### Menthol: Nature's Pain Reliever

By Haidita Celestine

in Natural History, published in 77-. 79 AD, Pliny the Elder identified. over 60 medicinal applications for mint. Chewed and applied topically, he reported that mint leaves were. useful as a remedy for elephantissis. lumbago, gout, acrofula, head-ache, all eruptions of the head, and maladies. of the rectum. He claims that the very smell alone reanimates the spirits and. ill bound into a crown around the head, it stimulates the mind and soul. As a juice, it will prevent the recurrence of lascivious dreams – although he points out that others believe exactly the opposite on this point.

At Humn Pharmaceuticals, we don't expect that all of these claims would be proven by today's standards of scientific rigor; but clearly opinion. leaders have recognized the medicinal. value of mint for millennia. Menthol is an organic compound. that occurs naturally in the leaves. of the 'genus mentha' plant family, more commonly known as mint and perpermint plants. Whether extracted from the leaves by distillation or made. synthetically, the remarkable health benefits of menthal cannot be denied. TPR20 Pain Relief Creem combines. Menthol with the well-known benefits of the local analgesic Lidocaine to

create a truly remarkable pain relief product. Rowen Hamilton, research director of Humn Pharmaceuticals of Winnipeg states that "the major reason for the success of TPB20 is the combination of these two sclive ingredients working together. However Menthol, although commonly used, is often not fully understood by those who use it. Nor is its role in complementing the pain reducing characteristics of other compounds."

As new research develops, menthol is increasingly recognized as one of nature's most effective pain reflevers. But just how does this compound tackle pain? The actual pain reflet occurs by a remarkable activation of the same analgesic system through which opiates work; but with no hint of the complications that opiates typically cause. When menthol is applied topically, 'ligand' molecules attach to the body's cell receptors. This changes the perception of pain; the intensity of the body's blochemical response is reduced.

Menthol also triggers the process of vascellation or the widening of blood vascels. In addition to increasing blood flow to the affected area, the skins barrier function is reduced. This process enhances the absorption of not only the menthol but also the accompanying Lidocaine in TPR20, bringing an immediate feeling of relief.

Inflammation is also a target of Menthol. Anyone suffering from muscle aches and pains can attest to the discomfort that the accompanying inflammation causes. Menthol brings immediate relief in both large and small inflammatory conditions by delivering a cooling sensation to the affected area. Menthol stimulates thermoreceptors in the skin cells, which help our bodies recognize changes in temperature. A signal is sent when the Menthol is applied which the brain interprets as cold, thus relieving the uncomfortable inflamed sensation.

Menthal is also regarded as a counter imitant. Counter imitants relieve pain by a unique action on the nerves. By creating a small local imitation they counteract the mechanism of the small nerve fibers in the gateway of pain. The gate control theory used to describe the mechanism of pain was first described Bon Metzack in 1968. He proposed that pain is activated by the smaller fibers through the nerves that lead to the Central Nervous System. When these are triggered,

the signal goes to the brain. The brain, in turn, sends back a signal of pain through the outward transmitting nerves. That is when you feel the pain. Counter initants such as Menthol mask the local pain transmission so the Central Nervous System does not get involved.

However the doses required to create this counter irritant effect can push Menthol products towards a dangerous reaction. The FDA has warned of potential chemical burns associated with Menthol at concentrations greater that 3%. It is for this reason that Humn Pharmaceuticals uses 1% of menthol in TPR20: to realize the pain relieving, vasodilation and anti-inflammatory benefits without the counter irritation role.

The combination of Lidocaine and Menthol in TPR20 ensures that the 'whole is greater than the sum of the parts.' Two analgesic compounds, each working on important elements of pain relief to complement each other and create the unique benefit and versatility of TPR20. We won't claim though that TPR20 will help manage your dreams, unless of course you are dreaming of pain relief.

