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Vol. 14 No. 14
Jul 7 - Aug 3/16

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

Brandon, MB played host to nearly 1000 athletes and participants at the Manitoba 55 Plus Games.

The results are in!

See Pages 6-7-8 & 16

Photos by Karyn Heidrick



Bocce Ball made a comeback at the 55 Plus Games in Brandon, MB this year.

As the theme - 'Young at Heart' - of this year's Liquor and Lotteries 55 Plus Games held in Brandon, Manitoba implies, the athletes and participants proved they were not only young at heart, but also at sport and competition.

There were indoor and outdoor events - some fast-paced racing and some slower and more strategic competitions. The idea of the Games was to encourage everyone to keep

active and move regardless of age or ability.

Those who were able ran track, swam, played pickleball matches and slo-pitch tournaments. Then there was a 3 km Predicted Walk/Run and a 1 km Nordic Pole Walk. Others golfed, lawn bowled, floor curled, floor shuffled, and played bocce ball and horseshoes. Snooker, 5 pin bowling, bridge, cribbage and scrabble were among other

indoor competitions. There was even an Arts & Crafts event. There was literally something for everyone - 'Promoting Healthy, Active Aging.'

This was the 34th annual Games lead by the Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) since 2011.

The 2017 Games will be held in Killarney, Manitoba.

See the results of this years' 55 Plus Games inside this issue. ■

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Communauté Francophone News:

Programme Nouveaux Horizons pour les aînés - Appel de propositions 2016

Comme vous le savez, le **programme Nouveaux Horizons pour les aînés** appui les projets inspirés ou dirigés par les aînés dans leur collectivité et dans la vie des autres.

Le programme Nouveaux Horizons pour les aînés a été lancé en octobre 2004. Les projets financés aident les aînés à devenir des membres actifs de leur collectivité en les encourageant à se servir de leurs compétences, de leur expérience et de leur sagesse au profit de leur collectivité.

Le programme Nouveaux Horizons pour les aînés accepte maintenant les demandes de financement pour les projets communautaires jusqu'au 29 juillet 2016. Les organismes admissibles comprennent les organismes sans but lucratif, les gouvernements municipaux, les conseils de bande ou conseils tribaux, et autres organisations autochtones, les organismes et les instituts de recherche, les établissements d'enseignement, les conseils scolaires et les arrondissements scolaires, les coalitions, les réseaux et les comités spéciaux communautaires. Consultez notre site Web pour obtenir d'autre information importante sur l'admissibilité d'organismes: **www.edsc.gc.ca/aînés**.

Les demandeurs admissibles peuvent recevoir jusqu'à 25 000 \$ par année sous forme de subvention et doivent viser un ou plusieurs des

cinq objectifs du programme :

- promouvoir le bénévolat auprès des aînés et les autres générations;
- inciter les aînés à participer à la vie de leur collectivité en encadrant d'autres personnes;
- accroître la sensibilisation aux mauvais traitements envers les aînés, y compris l'exploitation financière;
- appuyer la participation sociale et l'inclusion des aînés;
- fournir une aide à l'immobilisation pour les projets et/ou les programmes communautaires nouveaux ou existants destinés aux aînés.

On peut consulter les renseignements détaillés du programme Nouveaux Horizons pour les aînés, y compris les demandes et les guides de financement à cet égard au **www.edsc.gc.ca/aînés**. On peut également composer le **1 800 277-9915** en appuyant sur le « 0 » pour parler avec un agent (ATS : 1 800 255-4786) pour de plus amples informations.

Veuillez envoyer les applications complètes au Centre de Spécialisation en Traitement situé à Calgary en Alberta :

Nouveaux Horizons pour les aînés Service Canada
100-6712 rue Fisher Sud-Est
Calgary, AB T2H 2A7

New Horizons for Seniors Program - Call for Proposal 2016

As you may know, the **New Horizons for Seniors Program** supports projects led or inspired by seniors who make a difference in their communities and in the lives of others.

The New Horizons for Seniors Program was launched in October 2004. Projects funded are helping seniors become active members of their communities by encouraging them to use their skills, wisdom and experience to benefit other people in their communities.

The New Horizons for Seniors Program is now accepting applications for community-based projects funding until July 29th, 2016. Eligible applicants include not-for-profit organizations, municipal governments, band/tribal councils and other Aboriginal organizations, research organizations and institutes, educational institutions, school boards/school districts, community-based coalitions and networks. See our website for other eligibility information: **www.esdc.gc.ca/seniors**.

Eligible applicants can receive up to

\$25,000 per year in grant funding and must address one or more of the program's five objectives:

- promoting volunteerism among seniors and other generations;
- engaging seniors in the community through the mentoring of others;
- expanding awareness of elder abuse, including financial abuse;
- supporting the social participation and inclusion of seniors; and
- providing capital assistance for new and existing community projects and/or programs for seniors.

Details about the Program, including application forms and funding guides are available on the Web site: **www.esdc.gc.ca/seniors**. You can also call for more information: **1-800-277-9914** and select "0" to speak with an agent (TTY: 1-800- 255-4786).

Please send all completed applications to the Specialized Processing Centre located in Calgary, AB:

New Horizons for Seniors Program Service Canada
100-6712 Fisher Street South-East
Calgary, AB T2H 2A7

Vital Seniors - Little Sprouts 'Grow A Salad' in St. Vital

Article submitted by lesleykrsmith@gmail.com

Photo by lfeTayo Aremu



A third intergenerational project 'Container Gardening - Grow A Salad' attracted eight families to St. Mary Magdalene Anglican Church, May 28, to try their hand at container gardening. With supervision from their parents, the little sprouts, aged 1 - 9 yrs. of age, planted easy to grow donated tomatoes, cabbages, herbs, grapes, lettuce, onions, and strawberries, to name but a few. The seniors got down and dirty too. Instructor, Jerry, nicknamed 'Ish', a retired teacher from Dakota Collegiate and avid gardener with ties to the farming community, led the group, sharing his secrets of success, and answering questions about common tomato ailments like bottom rot.

All faces were smiles afterwards, as seniors and families shared pizza and snacks made possible by community supporters. ■



Submit your 'local' stories to kelly_goodman@shaw.ca.
We'll do our best to include it in the 'next' issue of Senior Scope.

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WHEEL OF FORTUNE Tarot

Are you your estate's worst enemy?

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

In some of my previous articles I have written about the work that we do in preparing heirs for an inheritance. I am now starting to notice that there is another equally important part of the equation that is not drawing much attention: preparing the decision maker to seek sound advice and knowing when to let go. I am starting to see a trend as I chat with more and more retirees, executors and family members. I will refer to this decision maker as the "Lone Ranger."

So what does this personality type look like?

- In most cases I have seen the gender of the lone ranger is male
- They are usually very well educated
- They usually hold or held a prominent position in an organization or were self-employed
- They are the decision maker in the family when it comes to finances
- They will often have brokerage accounts at several firms for what they refer to as "asset allocation" or "diversification"
- They have built up a substantial portfolio of mostly random holdings
- They are very proud of their accomplishments
- They will never spend this money and the management of the portfolio is now a hobby
- They tend to be price-sensitive

By many definitions this person is very successful and should be congratulated. However, success is measured in various ways. If the intention was to accumulate wealth, then they have been very successful. If the intention was to have an integrated financial plan that someone other than the Lone Ranger (a family member, spouse or executor) could manage, then this method for the accumulation of wealth would not be considered a success story. This client could be very difficult to deal with from a planning perspective as you would have no clue as to the direction this account may go.

The desired end result is usually well thought out by the Lone Ranger but rarely executed properly. This person usually has expectations that either a spouse, family member or an accountant will have the ability and knowledge to look after their account after their passing. They have very unrealistic expectations that these identified people will either have the skill, time or inclination to devote as much time to the portfolio as the Lone Ranger did.

Let me tell you a few stories and then we can discuss which estate, executor, and family will have an easier time in the end. Which estate do you think will take more time to settle? Which estate do you think will cost more to settle? Which estate is most likely to have mistakes occur? Which estate will be

easiest to manage for the family members and executors? Which estate will have the right decisions made in terms of tax efficiency and changes of ownership with the holdings? Managing all of the moving parts can be daunting.

Example 1: Let's consider a successful entrepreneur who was the CEO of a family business that employed over 200 people. He had money with me, a major brokerage firm, two insurance companies, multiple insurance policies and various pension plans. His wife was never involved in his planning. His documents were kept in a safe place but no one ever saw them other than himself. He had a long standing accountant and tax lawyer. His wife was the Power of Attorney and Executor of his will but was not prepared. Of the people who dealt with his finances, I was the person who knew the most about where his investments were held but by no means did I know about all of his holdings. He died prematurely and now over 2 years later the estate is still not settled. The decision making of how to settle this will is by no means unanimous between the advisors, accountants and lawyers who are tasked with settling his estate. His wife handed the decision making over to two of her sons, who are inexperienced and do not know the advisors or their dad's intentions. They were not versed in the concepts of money and now they must try to make wise decisions on a complex ten million dollar estate.

Under the direction of the tax lawyer and accountant, many of the external assets have had their tax liabilities deferred, which has only escalated the complexity of this estate and created a burden for the surviving spouse. This estate started as a nightmare and has the potential to be a larger nightmare down the road as there are multiple beneficiaries. The chances of someone in the family not being happy with how this will and how mom's future estate will be valued and executed is high. The executor of the mom's future estate will have a very difficult job and the tax burden will be immense. I can see this putting stress on the both the family and the business down the road.

Example 2: In the next example, let's look at a successful seventy year old professional who started a medical practice in the city. Even though the owner of the practice tells me that his systems are easy, his holding and systems are far from simple. He tells me that he never wants one person to have all of his information. To complicate the story, his accountant and tax lawyer are

the same age as him and have now retired.

He has three adult children that live across Canada and his wife is not involved in the decision making when it comes to investment planning and estate planning. He too has various accounts with discount brokers and banks. To add another dimension to the story, he also has an off shore account. Most of this money is held in his name only. His solution for how the three and a half million dollar estate will be handled and managed is that his son in law from Vancouver and new accountant will manage the investments should he become incapacitated or pass away. None of his children want to deal with his accounts.

It is anyone's guess what income his wife will have access to after his death. It is also anybody's guess how long it will take and at what cost it will take to settle this estate. This is a result of the complexity of his estate, the individual ownership, and the fact that none of his advisors have full disclosure when it comes to his financial affairs.

Example 3: Contrast the above examples to the following family. There are three siblings who each had significant investment accounts. All three of these ladies became clients and through them I was introduced to their family, their heirs and their executors. The value of the future estate is two and a half million dollars.

We had permission to work with the heirs in how to manage money and plan for their future. We ensured that their wills were set up to carry out their estates as planned. We worked to set up their assets so that they would transfer to the next generation as efficiently, both in terms of tax and time, as possible. We worked directly with their tax lawyer to conduct a plan of action.

Over a few years, the three elderly sisters passed away and so the tax lawyer and I start executing the direction of the will. Because the tax lawyer had a collaborative attitude, between the two of us we were able to strategize how to execute the rollover provisions. This occurred around the time that the tax laws regarding trusts came into effect but as a result of open communication and clear disclosure, the tax lawyer and I had a chance to plan proactively. Because of the nature of this family, their trust in the financial planning process and their understanding of the value of the advice, we have had the ability to start working with their three children on intergenerational wealth transfer strategies. Her three children who range in age from 25 to 35 are now starting to learn about higher-end

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Are you your state's worst enemy? *cont'd from page 4*

money management concepts and strategies. As you can imagine, this estate moved efficiently, cost less and caused way less headaches than the two that I previously outlined. I encourage you to consider these examples when looking at your own estate plans and ask yourself a few key questions. Are your heirs, executors and powers of attorney prepared? What is the end goal of your estate and will it be set up in such a way to achieve it? Has your family's "lone ranger" let go, consulted an advisor or involved their family members in the planning process? Should you wish to review your plans, please contact us at **(204) 257-9100**.

Visit us on Facebook at www.facebook.com/ShirleyHillAssociates for further information, updates, concepts and financial planning ideas. ■

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Executive Financial Consultant

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Thorvaldson Care Center The 'Silver Tsunami'

By Jocelyn Thorvaldson

It has been dubbed the "Silver Tsunami" – the large wave of baby boomers that will start hitting age 75 in 2021, just five years from now. This is when the demand for housing and care options for the elderly will start to rise dramatically. By 2036 our province is expected to need between 5,100 to 6,300 more personal care home (PCH) beds according to a recent study by the Manitoba Centre for Health Policy.

The situation is already disturbing. Emergency rooms are crowded, with long wait times the norm. Hospital beds are filled with elderly, who are employing these acute care facilities for non-acute care at extreme cost to the taxpayer. Why? Because the overwhelming need for care/housing options is not being met.

Places for the elderly to go are few and far between. According to a recent Winnipeg Regional Health Authority (WRHA) memo – March '2016 – there were 75 people in hospitals and 315 people in the community waiting for placement in personal care homes. Many of these homes have a one- to two-year waiting list for admission.

This non-acute use of hospital beds is a concern for two main reasons. For patients it means that they are not in the most appropriate place for the type of care they need. For hospitals, it means that beds are not available, causing back-ups in the system, such as longer wait times for elective surgeries or admissions from emergency departments. The latter backup, of course, reduces space in the emergency rooms for others to access in cases of trauma or extreme illness. Something needs to change... and soon.

There are those who think the obvious answer is to build more personal care homes. However this is a costly venture. PCHs accept residents who need the greatest care, but they're also the most expensive to build and maintain. The WRHA estimates the cost of building a PCH these days at approx \$275,000 per bed.

Since 2006, the WRHA has instituted an "aging in place" policy that emphasizes keeping seniors who have less serious cognitive or physical issues in their homes, or the

community, as long as possible. It has encouraged the construction of assisted living facilities (seniors residences), and created supportive housing (SH) units. There are over 50 of these two types of facilities in Winnipeg, built to provide alternatives to PCH placement.

Currently the WRHA subsidizes three housing 'models' for long term care – supportive housing (WRHA spends about \$42 per client per day), personal care homes and chronic care facilities (each of these costs well over \$100 per client per day). The new continuum of long-term care for seniors is seen as beginning with homecare (workers providing assistance in one's home), then on to a supportive housing facility, then to a personal care home. The government generally sees supportive housing as a substitute for PCH care, for those residents with relatively lower care requirements.

Primarily designed for the elderly with dementia, supportive housing facilities provide 24-hour supervision/support in a secured environment to those who need some assistance managing with physical limitations, or have ongoing health conditions. SH guidelines have distinct entrance/exit criteria for their residents, and depend greatly on family members, or advocates to address health concerns.

However, what happens to those who require more care than that offered in a supportive housing facility, or who don't meet the eligibility requirements for one in the first place – but are not yet eligible for PCH placement?

Often these seniors must remain in their homes with hours and hours of homecare services to assist them. And because homecare was never meant to be a guaranteed service, involvement is expected of family members, to pull up the slack at a moment's notice when workers are unavailable through illness, holidays or short-staffing.

But what happens to those who have little or no family support? Or those who already have the maximum hours homecare is able to provide – and are still not coping? Or

Continued on page 11

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Nearly 1000 athletes and participants compete for fun and friendship at Manitoba 55 Plus Games

Congratulations to all the participants, organizers, volunteers, host community of Brandon, sponsors for yet another very successful Manitoba Liquor and Lotteries 55 Plus Games June 14-16, 2016! And congratulations especially to the medal winners who may now qualify to represent Manitoba at the Canada 55 Plus Games in Brampton, Ontario, August 16-19th.

Summary of Results: Manitoba 55 Plus Games – Brandon MB – June 14-16, 2016		
Event	Name or Team	Region
1 km Predicted Nordic Walk	Gold	Jack Dubnicoff Lord Selkirk/ W Kildonan
	Silver	Donna Sainsbury St.Bon./St.Vital
	Bronze	Raymond Steen Interlake
3 km Predicted Walk/Run	Gold	Susanne Sigurdson Pembina Valley
	Silver	Lilli Kemmesies Norman West
	Bronze	Britta Spiring Assiniboine Park/Fort Garry
5 Pin Bowling Singles		
Women 55+		
Gold	Myrna Van Damme	Westman
Silver	Shirley Chubey	Eastman
Bronze	Glenys Stanley	Westman
Women 65+		
Gold	Lena Hiebert	Eastman
Silver	Elsie Schmidt	Eastman
Bronze	Mary Anne Plett	Pembina Valley
Women 75+		
Gold	Vicky Beyko	Parkland
Silver	Phyllis Calvert	Westman
Bronze	Margaret Swidnicki	Westman
Men 55+		
Gold	Taras Chubey	Eastman
Silver	Doug Graham	Eastman
Bronze	Landis Dirks	Eastman
Men 65+		
Gold	Richard Cochrane	Parkland
Silver	Wayne Brown	Westman
Bronze	Donald Gemmell	Westman
Men 75+		
Gold	Melvin Oswald	Westman
Silver	Mike Baziuk	Eastman
Bronze	George Wiebe	City Centre/ Fort Rouge
5 Pin Bowling Team		
55+ Mixed		
Gold	Team Baziuk	Eastman
Silver	Team Thompson	Kildonan/ Transcona
Bronze	Team Beegees	Westman
65+ Mixed		
Gold	Team Lemieux	Parkland
Silver	Team Winstars	Eastman
Bronze	Team Taylor	Parkland
75+ Mixed		
Gold	Team Viking	Interlake
Silver	Team Lansard	Eastman
Bronze	Team Strike Force	Parkland
Arts and Crafts		
#1 - Knitting		
Gold	Anne Shifflett	Eastman
Silver	Anne Shifflett	Eastman
Bronze	Olive Norberg	Westman
#2 - Crochet		
Gold	Olive Norberg	Westman
Silver	Gail Gering	Eastman
Bronze	Betty Patterson	Westman
#3 - Needlework		
Gold	Rose Marie Steinke	Norman West
Silver	Olive Norberg	Westman
#5 - Photography		
Gold	Britta Spiring	Assiniboine Park/Fort Garry
Silver	Britta Spiring	Assiniboine Park/Fort Garry
#6 - Wall hangings		
Gold	Britta Spiring	Assiniboine Park/Fort Garry
#7 - Fine Arts		
Gold	Britta Spiring	Assiniboine Park/Fort Garry
Silver	Britta Spiring	Assiniboine Park/Fort Garry
Bronze	Britta Spiring	Assiniboine Park/Fort Garry
#8 - Dolls & Toys		
Gold	Olive Norberg	Westman
Silver	Olive Norberg	Westman
Bronze	Betty Patterson	Westman
#9 - Woodworking		
Gold	Gary Stevenson	Westman
Silver	Gary Stevenson	Westman

Continued on page 7

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55 Plus Games RESULTS ... cont'd

#10 – Miscellaneous		
Gold	Wendy Heidrick	Assiniboine Park/Fort Garry
Silver	Victor Savage	Interlake
Bronze	Britta Spiring	Assiniboine Park/Fort Garry
18 Hole Golf Gross		
<u>Women 55+</u>		
Gold	Linda Laminman	Westman
Silver	Norma Whittmeier	Eastman
Bronze	Roberta Chartrand	Interlake
<u>Women 65+</u>		
Gold	Carol Dubnicoff	Lord Selkirk/ West Kildonan
Silver	Joy Carriere	Interlake
Bronze	Carol Gabrielle	Eastman
<u>Women 75+</u>		
Gold	Margaret Erlendson	Eastman
<u>Men 55+</u>		
Gold	Mike Zolinski	Norman West
Silver	Barry Mymko	Westman
Bronze	Roger Chartrand	Interlake
<u>Men 65+</u>		
Gold	John Erickson	Norman West
Silver	Dan Deonarine	Parkland
Bronze	Bob Zarn	Eastman
<u>Men 75+</u>		
Gold	Charlie McCullough	Pembina Valley
Silver	Roy Laycock	Parkland
Bronze	Ken Strand	St. James/ Assiniboia
<u>Men 80+</u>		
Gold	Frank Porada	Central Plains
Silver	Jack Widdicombe	Parkland
Bronze	Ron Lowry	Pembina Valley
9 Hole Golf		
<u>Women 55+</u>		
Gold	Lois Dudgeon	Pembina Valley
Silver	Norma Whittmeier	Eastman
<u>Women 65+</u>		
Gold	Tammy Dyck	Pembina Valley
Silver	Carol Gabrielle	Eastman
Bronze	Linda Buchanan	Norman West
<u>Women 75+</u>		
Gold	Margaret Erlendson	Eastman
<u>Women 80+</u>		
Gold	Evelyn Ferens	Kildonan/ Transcona
<u>Men 55+</u>		
Gold	Barry Mymko	Westman
Silver	Mike Zolinski	Norman West
Bronze	Landis Dirks	Eastman
<u>Men 65+</u>		
Gold	Grant Buchanan	Norman West
Silver	Lynn Wright	Eastman
Bronze	John Erickson	Norman West
<u>Men 75+</u>		
Gold	Ken Strand	St. James/Assin.
Silver	Frank Gudz	Westman
Bronze	Roy Laycock	Parkland
<u>Men 80+</u>		
Gold	Frank Porada	Central Plains
Silver	Ron Lowry	Pembina Valley
Bronze	Wilf Hudson	Parkland
18 Hole Golf Net		
<u>Women 55+</u>		
Gold	Norma Whittmeier	Eastman
Silver	Anne Shifflett	Eastman
<u>Women 65+</u>		
Gold	Donna Parkhurst	City Centre/ Fort Rouge
Silver	Tammy Dyck	Pembina Valley
<u>Men 55+</u>		
Gold	Barry Mymko	Westman
Silver	Doug Graham	Eastman
Bronze	Wayne Whittmeier	Eastman

<u>Men 65+</u>		
Gold	Lynn Wright	Eastman
Silver	John Erickson	Norman West
Bronze	Rene Foubert	Eastman
<u>Men 75+</u>		
Gold	Bryan Dixon	Norman West
Silver	Dennis Cain	Norman West
Bronze	Vincent Boileau	Westman
<u>Men 80+</u>		
Gold	Frank Porada	Central Plains
Silver	Bill Denbow	Westman
Bronze	Wilf Hudson	Parkland
Cribbage		
<u>Cribbage Singles</u>		
Gold	Gail Gering	Eastman
Silver	Audrey Hooley	Central Plains
Bronze	Helen Sweetman	Parkland
<u>Cribbage Pairs</u>		
Gold (tie)	Carol Ans/Rose Amerongen	Eastman
	Doreen Madden/Eva Carpick	Norman West
Silver	Ed Sanderson/Gail Sanderson	Pembina Valley
Bronze	Robert Law/Jean Davis	Parkland
Contract Bridge		
<u>Gold</u>		
	Leon Clegg/Gerry Dawson	Eastman
Silver	Greg Schmidt/Julie Schmidt	St. James/Assin.
Bronze	Dennis Wilton/Gustine Wilton	Pembina Valley
Duplicate Bridge		
<u>Gold</u>		
	Ian Hamberg/Dahl Cannons	Westman
Silver	Basil Agnew/Hellar Nakonechny	Pembina Valley
Bronze	Myles Kawchuk/Heather Martin	Westman
Floor Curling - Cue		
<u>Gold</u>		
	Team Driedger	Eastman
	Anne Penner	
	Mary Driedger	
	Jean Bateman	
	Walter Driedger	
Silver	Team St. James 55+ Centre	St. James/Assin.
	Dorothy Cadigan	
	Gerry Otto	
	Ella Otto	
	Lila Hornby	
<u>Bronze</u>	Team Klassen	Eastman
	Henry Klassen	
	Nettie Klassen	
	Peter Klassen	
	Dorothy Klassen	
Floor Curling - Non-Cue		
<u>Gold</u>		
	Team Harms	Pembina Valley
	Susan Harms	
	Elizabeth Giesbrecht	
	Margaret Suderman	
	Mary Groening	
Silver	Team Savage	Kildonan/Trans.
	Moe Lazaruk	
	Dot Lazaruk	
	Irene Ell	
	Victor Savage	
<u>Bronze</u>	Team Herkert	St. Bon./St.Vital
	Gary Herkert	
	Val Post	
	Millie Kosowan	
	Rae Hamel	

Floor Shuffleboard		
<u>55+</u>		
Gold	Agnes Messner/Donalda Payette	Westman
Silver	Norma Bradley/Lorraine Swain	Westman
Bronze	Pete Neustaeter/Julie Neustaeter	Eastman
<u>70+</u>		
Gold	Bill Pieltt/Carol Klem	Westman
Silver	Pieter Bassa/Ina Bassa	Eastman
Bronze	June Pedlow/Enid Lawrence	Westman
Horseshoes		
<u>Women</u>		
Gold	Mary Anne Plett	Pembina Valley
Silver	Betty Patterson	Westman
Bronze	Agnes Thiessen	Eastman
<u>Men</u>		
Gold	Levis Malo	St.Bon./St.Vital
Silver	Jack Heidrick	Assiniboine Park/ Fort Garry
Bronze	Morley Johansen	Pembina Valley
Lawn Bowling triples		
<u>Gold</u>		
	Team Van Welleghem	St. Bon./St.Vital
	Bob Van Welleghem	
	Betty Van Welleghem	
	Glen Monk	
Silver	Team Easy Rollers	Assiniboine Park/ Fort Garry
	John Bjornson	
	Brian Kullman	
	Joanne Kullman	
<u>Bronze</u>	Team Horton	St. Bon./St.Vital
	Gord Horton	
	Lorraine Horton	
	Mardal Flynn	
Pickleball		
<u>Women's Doubles 3.0 (55+)</u>		
Gold	May Duff/Jo-Ann Whalen	Assiniboine Park/ Fort Garry
Silver	Linda Brazil/Gail Barnes	St. Bon/St.Vital
Bronze	Janet Nein/Kathy Lotz-Dorsch	St. James/Assin.
<u>Women's Doubles 3.0 (75+)</u>		
Gold	Claire Green/Joan Sirett	St. James/Assin.
<u>Women's Doubles 3.5 (55+ & 65+)</u>		
Gold	Linda Roberts/Mary Beth Shields	St. James/Assin.

Silver	Maria Hawrylak/Pat Bothe	Eastman
Bronze	Nina Constable/Dianne Dunsford	St. James/Assin.
<u>Men's Doubles 3.0 (55+)</u>		
Gold	Kevin Harrison/Fred Barnes	Assiniboine Park/Fort Garry
Silver	Denny Quigley/Alex Parobec	Westman
Bronze	Gary Keeble/Jim Ross	Westman
<u>Men's Doubles 3.5 (55+)</u>		
Gold	Lionel Piche/Barry McKeown	St.Bon./St.Vital
Silver	Miles Kereliuk/Paul Aquin	St. James/Assin.
Bronze	John Hiebert/Ed Giesbrecht	St. Bon./St.Vital
<u>Men's Doubles 3.5 (65+)</u>		
Gold	Brian Shippam/Jim Nein	Assiniboine Park/Fort Garry
Silver	Jim Evanchuk/Terry Gabrielle	Eastman
Bronze	Craig Vickery/Terry Ladyman	St. James/Assin.

Pickleball Mixed		
<u>Mixed Doubles 3.0 (55+)</u>		
Gold	Marilyn Woods/Alex Parobec	Westman
Silver	May Duff/Fred Barnes	St. James/Assin.
Bronze	Jo-Ann Whalen/Kevin Harrison	Assiniboine Park/ Fort Garry
<u>Mixed Doubles 3.5 (55+)</u>		
Gold	Mary Beth Shields/Tom Richmond	Assiniboine Park/Fort Garry
Silver	Gail Barnes/Lionel Piche	St.Bon./St.Vital
Bronze	Ellen Torbiak/Miles Kereliuk	St. James/Assin.
<u>Mixed Doubles 3.5 (65+)</u>		
Gold	Nina Constable/Louis Allec	St. James/Assin.
Silver	Linda Roberts/Terry Ladyman	Assiniboine Park/Fort Garry
Bronze	Dianne Dunsford/Ron Dunsford	Assiniboine Park/Fort Garry
<u>Mixed Doubles 3.5 (75+)</u>		
Gold	Nadine Yacheson/Brian Shippam	Assiniboine Park/Fort Garry
Scrabble		
Gold	Debby Lee	Westman
Silver	David Smith	Interlake
Bronze	Amy Knight	Westman

Continued on page 8



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55 Plus Games RESULTS ... cont'd from page 7

Novice		
Gold	Judy Roberts	Central Plains
Silver	Shirley Derham	Westman
Bronze	Enid Graham	Westman
Slo-Pitch		
Division 1		
Gold	Southwest Maulers	Westman
Silver	Selkirk	Interlake
Division 2		
Gold	Carman Cardinals	Pembina Valley
Silver	Westlake Brewers	Parkland
Bronze	St. James Ichabods	St. James/Assin.
Snooker		
Men 55+		
Gold	Dieter Bonas	Assiniboine Park/Fort Garry
Men 70+		
Silver	Ron Funk	Westman
Bronze	Stuart Ganske	Pembina Valley
Swimming		
50 Free 55+ Women		
Gold	Brenda Kujanpaa	Parkland
Silver	Margaret Dudgeon	Pembina Valley
50 Free 65+ Women		
Gold	Cherlyn Cain	Norman West
Silver	Linda Buchanan	Norman West
Bronze	Carol Dubnicoff	Lord Selkirk/West Kildonan
50 Free 65+ Men		
Gold	Paul Boulding	Eastman
Silver	Raymond Steen	Interlake
Bronze	Grant Buchanan	Norman West
50 Breast 55+ Women		
Gold	Brenda Kujanpaa	Parkland
Silver	Margaret Dudgeon	Pembina Valley
50 Breast 65+ Women		
Gold	Cherlyn Cain	Norman West
Silver	Carol Dubnicoff	Lord Selkirk/West Kildonan
50 Breast 65+ Men		
Gold	Paul Boulding	Eastman
Silver	Achim Kemmesies	Norman West
Bronze	Grant Buchanan	Norman West
50 Breast 75+ Men		
Gold	Jack Dubnicoff	Lord Selkirk/W Kildonan
50 Back 55+ Women		
Gold	Judy Steen	Interlake
Silver	Margaret Dudgeon	Pembina Valley
50 Back 65+ Men		
Gold	Raymond Steen	Interlake
Silver	Grant Buchanan	Norman West
100 Free 55+ Women		
Gold	Margaret Dudgeon	Pembina Valley

100 Free 65+ Women		
Gold	Linda Buchanan	Norman West
Silver	Carole Masson	City Centre/Fort Rouge
100 Free 65+ Men		
Gold	Paul Boulding	Eastman
Silver	Raymond Steen	Interlake
Bronze	Achim Kemmesies	Norman West
100 Breast 55+ Women		
Gold	Judy Steen	Interlake
100 Breast 65+ Women		
Gold	Cherlyn Cain	Norman West
Silver	Carol Dubnicoff	Lord Selkirk/West Kildonan
100 Breast 65+ Men		
Gold	Paul Boulding	Eastman
Silver	Achim Kemmesies	Norman West
100 Breast 75+ Men		
Gold	Jack Dubnicoff	Lord Selkirk/W Kildonan
100 Back 55+ Women		
Gold	Judy Steen	Interlake
100 Back 65+ Women		
Gold	Linda Buchanan	Norman West
100 Back 65+ Men		
Gold	Raymond Steen	Interlake
Predicted Swim 200m		
Gold	Raymond Steen	Interlake
Silver	Linda Buchanan	Norman West
Bronze	Margaret Dudgeon	Pembina Valley
Distance Swim 400m free 55+ Women		
Gold	Sally Boulding	Eastman
Silver	Margaret Dudgeon	Pembina Valley
Track		
100m Women 55+		
Gold	Susanne Sigurdson	Pembina Valley
100m Women 65+		
Gold	Maureen Omicinski	Interlake
100m Women 70+		
Gold	Carole Masson	City Centre/Fort Rouge
100m Women 75+		
Gold	Juliette Jacobson	Assiniboine Park/Fort Garry
100m Women 80+		
Gold	Marie Enns	City Centre/Fort Rouge
100m Women 85+		
Gold	Kenn Forsyth	Westman
100m Women 90+		
Gold	Dharam Deonarine	Lord Selkirk/West Kildonan
100m Women 95+		
Gold	Raymond Steen	Interlake

100m Men 70+		
Gold	Achim Kemmesies	Norman West
Silver	Leon Clegg	Eastman
100m Men 75+		
Gold	Jack Dubnicoff	Lord Selkirk/W Kildonan
100m Men 80+		
Gold	Doug Fraser	Pembina Valley
100m Men 85+		
Gold	Susanne Sigurdson	Pembina Valley
100m Men 90+		
Gold	Maureen Omicinski	Interlake
100m Men 95+		
Gold	Carole Masson	City Centre/Fort Rouge
100m Men 100+		
Gold	Juliette Jacobson	Assiniboine Park/Fort Garry
100m Men 105+		
Gold	Lilli Kemmesies	Norman West
100m Men 110+		
Gold	Marie Enns	City Centre/Fort Rouge
100m Men 115+		
Gold	Kenn Forsyth	Westman
100m Men 120+		
Gold	Dharam Deonarine	Lord Selkirk/W Kildonan
100m Men 125+		
Gold	Robert Dawson	Central Plains
100m Men 130+		
Gold	Raymond Steen	Interlake
100m Men 135+		
Gold	Achim Kemmesies	Norman West
100m Men 140+		
Gold	Jack Dubnicoff	Lord Selkirk/W Kildonan
100m Men 145+		
Gold	Doug Fraser	Pembina Valley
100m Men 150+		
Gold	Maureen Omicinski	Interlake
100m Men 155+		
Gold	Linda Buchanan	Norman West
100m Men 160+		
Gold	Juliette Jacobson	Assiniboine Park/Fort Garry
100m Men 165+		
Gold	Lilli Kemmesies	Norman West
100m Men 170+		
Gold	Gary McNeely	Westman
100m Men 175+		
Gold	Robert Dawson	Central Plains
100m Men 180+		
Gold	Dharam Deonarine	Lord Selkirk/West Kildonan
100m Men 185+		
Gold	Naseer Ahmed	St. Bon./St. Vital
100m Men 190+		
Gold	Raymond Steen	Interlake

400m Men 70+		
Gold	Achim Kemmesies	Norman West
Silver	Albert Beal	Eastman
400m Men 75+		
Gold	Jack Dubnicoff	Lord Selkirk/W Kildonan
400m Men 80+		
Gold	Linda Buchanan	Norman West
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400m Men 110+		
Gold	Naseer Ahmed	St. Bon./St. Vital
400m Men 115+		
Gold	Leon Clegg	Eastman
400m Men 120+		
Gold	Desmond Walton	Assiniboine Park/Fort Garry
400m Men 125+		
Gold	Albert Beal	Eastman
400m Men 130+		
Gold	Gordon Flett	St. Bon./St. Vital
400m Men 135+		
Gold	Robert Dawson	Central Plains
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Gold	Ken Gibb	Westman
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Coin Collecting: Economics Meets Numismatics - PART I

By: Barre w. Hall B.Sc, J.D., LL. M. (Northwestern)



Introduction

Have you ever wondered about coin collecting? Coin collectors come in many shapes and sizes and with a whole range of interests and objectives. There are accumulators, collectors, investors, collector-investors, bullion hedgers, dealers and various categories of specialists to name a few. They may be motivated by artistic, historical, financial, social or other aspects of the activity (or any combination) but they all have an interest in coins, notes and/or tokens, frequently very intense and long term. And there are a lot of them, from basic accumulators to very sophisticated collector- investors, probably 100,000 or so in Canada and many more, about 3,000,000 or so in the U.S.

How do collectors organize their collections? How much time, effort and money is involved in collecting and what benefits and concerns could a collector expect? Why bother with something that seems so challenging and time consuming? Definitive answers to these questions are impractical to attempt in this limited context but there is one consideration that is “high impact” on this pursuit and that is economic! Coin collecting is one hobby where participants are subject to many strong economic forces which frequently provide benefits or risks, especially financial.

Economics

Economics has to do with the production and distribution of goods and services. A strong and equitable economy is crucial to a politically stable and productive society. Unfortunately, many politicians at the levers of power ignore the economy, cluelessly, and instead focus great effort and resource on obscure and far less important issues such as the recent washroom controversy

or the legalization of marijuana. This misplaced emphasis leads invariably to one thing: a loss of focus on what matters followed by serious and prolonged overspending and mismanagement of the economy.

In Winnipeg all levels of government (Federal, Provincial, City, and School) have been seriously over spending and mismanaging resulting in large accumulating debt and deficits with consequent accelerating debt service (interest) payments. When debt and mismanagement get out of hand things turn ugly-quickly. Venezuela, a good example of overspending and mismanagement has been enduring large scale riots and roaming mobs with almost no food, gasoline or other necessities now available. On top of all this they're out of toilet paper (talk about a big mess)! The state of Illinois, another good example, is in such bad shape that any winner of the Illinois Lottery must wait 2 or more years to be paid the winnings since that state is essentially insolvent if not bankrupt and has no funds available to pay any winner.

Canada's debt at about \$650 billion is moderate but it is being increased annually at about \$40 billion. Manitoba debt is about \$27 billion with the 2016 deficit weighing in at about \$1.1 billion; annual interest payments run about \$850 million--that's a lot of additional nurses or emergency room expansions not realized!. Ontario, by comparison, weighs in with a debt of about \$280 billion--the largest sub-sovereign debt in the world.

So in sum: Debt and mismanagement- bad! No debt and good management -good!

Numismatics

Numismatics has to do with the accumulation of coins, notes or

Continued on page 10

CURRIE'S CORNER



By Roger Currie

Brexiting the E U

In the 46 years that I have been reporting news, I cannot recall a story quite as troubling, and filled with as many unknowns as the Brexit. I know precious little about the workings of the European Union, but the same can be said it seems, about many of the folks in the U K who voted in the referendum.

Google analytics tells us that one of the most frequent questions that went into the search engine after the vote was, “What is the European Union?”

Other questions that follow are many, and the list of future uncertainties is growing by the minute. Did David Cameron, the lame duck who will reside at 10 Downing Street for a few more weeks, really consider all of the possibilities when he decided to put the question to the people in a referendum?

Might he have possibly guessed that a majority in Scotland would favour remaining in the E U, and a result that favoured leaving would have the potential to break up the

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

U K which has been around for hundreds of years?

We take it for granted that the European Union is not at all warm and fuzzy, nor can it really be described as 'democratic'. Decisions are made by bureaucrats in Brussels, rather than by people who are elected in the 28 member countries.

The political career of Margaret Thatcher came to an end 25 years ago because she opposed Britain's entry into the E U . She was dismissed as having 'lost it', but perhaps the shopkeeper's daughter knew something that others did not.

Prior to the referendum, Mr. Cameron said a vote to leave the E U was comparable to jumping out of a plane without a parachute, since there was no way back. It appears that quite a few people who supported leaving, now wish they had a chance to do it again.

Meanwhile, the aftermath has taken some very ugly and disturbing turns. Incidents of racial hatred directed at immigrants have skyrocketed in Britain.

All in all, there are very few 'upsides' that I can find. ■

Sweetening the CPP

In a few days I will be eagerly checking my online bank statement to make sure that I got my monthly 'dividend' from Ottawa. I'm talking about Old Age Security and the Canada Pension Plan. For me, the monthly total is just over \$1400. It's a far cry from what I made twenty years ago when there was still a viable radio business in this country, but it's a lot better than what seniors earn in many other parts of the world.

Luckily I still have some private retirement income, and I make enough as a freelancer to possibly buy a slurpee once a week.

Ottawa and most of the provinces have just agreed to sweeten the CPP a little. Beginning in 2019, working Canadians will pay an extra \$7 a month in premiums. By 2023 that will rise to \$34, and somewhere down the road, if we live long enough, we'll get that money back.

For reasons that have yet to be explained, Manitoba did not sign on to the deal, but it will still go ahead

anyway because it only needs the support of seven provinces. Conservative Premier Brian Pallister made some fairly predictable remarks, suggesting that we should not be sweetening public pensions, because Canadians need to provide for themselves.

If you examine the history, it has generally been the Liberals who have established pensions in this country, often with a not so gentle push from the NDP. Mackenzie King was Prime Minister in 1927 when a pension of \$20 a month was first introduced. You couldn't get it until age 70, and relatively few people lived that long. It wasn't universal. There was a means test, just like there was for welfare during the Great Depression.

We fancy ourselves as a kinder gentler nation, with a social safety net. But in a way, it's not unlike the folks who scurry around tidying their house before the cleaning person arrives.

Good Heavens! We don't want anyone to think we really need them. ■

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THE BUZZ



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

One of the most iconic local television stars of the 1960s, Romper Room's Miss Roma, passed away recently at age 84.

Vivien "Roma" Konyk was a spirited, steadfast woman. She was born on July 29, 1931, the only daughter of Roy and Dorothy Sysak, and grew up in Elmwood and North Kildonan, the latter on the family's small mink farm.

A talented soprano and pianist, Roma studied voice at the Royal Conservatory of Music in Toronto, and was featured on the CBC Radio program, *Singing Stars of Tomorrow*. Her cousin was Juliette Sysak Cavazzi, known to millions of Canadians who watched the CBC in the 1950s through to the 1970s as "Our Pet" Juliette, who had her own national music program right after Hockey Night in Canada on Saturday nights.

After returning to Winnipeg in 1960, Roma was selected to be the host of what was to become the beloved children's show Romper Room. The program debuted on Dec. 5,

Romper Room's Miss Roma passes away at 84



Miss Roma

1960 and after appearing on CBC radio, in opera festivals, and in the TV production of Don Giovanni, she was a natural choice.

Roma was chosen after Dick Cutler, Romper Room's Canadian Representative and Barry Gordon, CJAY TV Executive Producer, interviewed and auditioned more than 150 applicants. After the final choice was made, she flew to Baltimore, the head office of Romper Room International for a week of training with the original Romper Room teacher, Nancy Cluster, the wife of the originator of Romper Room, Bert Cluster.

Well into her later years, people recognized her name, and she was delighted to confirm that yes, she was indeed Miss Roma. She apologized warmly when an adult would



Miss Roma at CJAY - TV

say that they had waited for her to say their name while looking through the Magic Mirror.

Roma later ventured into the business world, as the owner of Somerset Employment Agency in the late 1970s. After her retirement, she enjoyed gardening, and turning her backyard into a carefully tended retreat that reflected her love and careful attention.

Her family was her life. Her husband Ted was her constant "rock." She loved cheering on Ted's horses at Assiniboia Downs, and Roma always had carrots and apples for her backstretch visits. Horses at the family farm were similarly hand fed.

Roma was quick to laugh and had a keen sense of humour that survives her in everyone she loved. She was fiercely independent, elegant, understated and loyal.

She died suddenly on Friday, June 24 and is survived by her husband Theodore M. (Ted) Konyk, daughter Roma Konyk Hanson and husband Bob Hanson, her granddaughters Kyla Roma Taylor and husband Jesse Taylor, Lana Darlene Belton, and their father Roger Belton.

Roma's greatest joy was her family, and she would always tell her daughter and granddaughters, to "Keep my love around you." ■

It's Yesterday Once More on 93.7 NOSTALGIA CJNU RADIO

Before streaming Internet video and the 1000 channel television world, radio was the primary entertainment media. People listened to tunes by artists such as Frank Sinatra, Rosemary Clooney, Perry Como, and Patti Page. And they listened to live play-by-play broadcasts of baseball games. Those traditions live on at 93.7 CJNU Nostalgia Radio. We play all those wonderful tunes from yesteryear, and carry live broadcasts of **Goldeyes** all home and away Winnipeg Goldeyes games.

Nostalgia Broadcasting Cooperative

Coin Collecting, cont'd from page 9

tokens and their organization, preservation and presentation. I.e. coin collecting. Like collectors themselves, collecting takes many forms. Collecting a series is popular, for example Canadian one cent coins of George V 1920 to 1936. Collecting by type is also very popular. However what has really become topical is the collection of bullion coins, both gold and silver. Roll collections of silver are also popular.

Bullion coins, which are coins issued by governments in specific weights and purities of gold or silver, have become enormously popular in Canada and even more so in the U.S.

Canada launched the 1oz 99.99% pure Gold Maple Leaf in 1979 after years of high inflation (in the 8-12% range). For years it was the only game in town and was popular throughout Canada and the U.S.

and producing up to 1,000,000 or more coins per year. One half, one quarter and one tenth oz. Versions were introduced later. Silver Maple Leafs, 1oz 99.99% pure were introduced in 1986 and are extremely popular selling up to 30,000,000 annually. The U.S. introduced the Gold Eagle 1oz gold, 91.67% pure in 1986 together with the Silver Eagle, 99.99% pure, and these coins enjoy enormous popularity as well.

Many collectors focus on bullion coins, especially the silver Maple Leafs and Eagles, which now rank as the most popular coins to collect in the world.

Conclusion: Economics Meets Numismatics

High levels of government debt are very problematic. There appears little political will to control debt growth and so it is likely to continue until the economy stalls and the debt absolutely must be addressed. This will not be done by spending control or tax increases – these are very unpopular with the citizenry. Rather the cure will be debt monetization, in English, simply "money

printing". This will sooner or later lead to 1970's style inflation. (In the 70's inflation reached 15% before it was quelled).

This is where Numismatics comes in. A good coin collection, especially one containing better quality premium collector coins or gold/silver bullion coins will be an outstanding "inflation hedge" and will likely rise in value with inflation, possibly even exceeding the inflation rate. Accordingly, the time for action is right now.

Luckily, those Interested have a great opportunity to get in on the ground floor. The Manitoba Coin Club's 62nd Fall Coin and Stamp Show is set for October 1 & 2 (Saturday/Sunday) at the Sunova Center just North of the Perimeter Route at Main Street. Feel free to come and check out the offerings. There will be lots of collector and bullion coins (as well as notes, tokens and stamps). It's a good idea to take note of economic realities and get started with your bullion and coin hedging program right now! For best selection make sure you arrive early. ■

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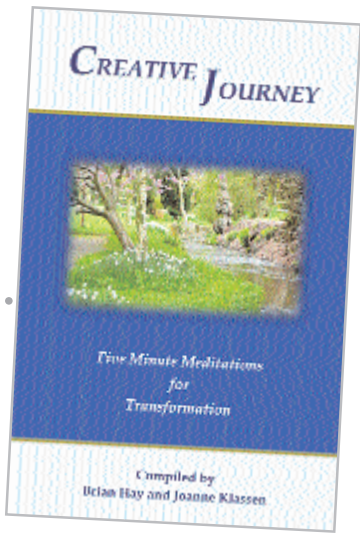
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LISTEN

By Margaret Harms (MH)

There is guidance for each of us, and by lowly listening we shall hear the right word.

(Ralph Waldo Emerson)

When we holiday at my sister's cabin at Red Rock Lake, I walk out onto the deck and listen to the stillness of the forest at night. I listen to the gentle lapping of the waves against the rocky shore. Then I listen till I hear the lonely call of the loon.

As I turn to go back inside, I listen to the laughter and chatter of my family. I listen to the clink of dice on the game table. I listen to the friendly banter of "you're cheating," "that's not fair," or "way to go." I listen to love in action.

In nature or human relationships, I listen with my heart. I listen to what I cannot hear. I listen to what no one says. I listen and then I listen again.

(MH)

I hear unspoken words of love when I truly listen

WRITER'S BIO

Margaret Harms (MH)

Margaret Harms is a retired teacher. After retirement she has travelled to Burkina Faso, Africa, completed a Life Writing course at CMU, and has taken up painting. Margaret writes poetry, memories of her childhood, and stories of her family and her teaching experiences. Her passion is reading. Margaret and her husband live on a small acreage near Lowe Farm, Manitoba, Canada, where they enjoy gardening in summer. She lovingly tends her roses.

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PLAY

By Lori Gagnon (LLG)

You can discover more about a person in an hour of play than in a year of conversation. (Plato)

I am aware that I am a child, ready to play in the sandbox with a new pail, shovel, sifter, and set of sand molds in the shape of a starfish, a seashell, and a fish. The sand is just waiting for me to start a new creation. I am often asked by folks I know who don't write, why I do it, what is in it for me? They watch as I ever jot down everyday details of my life, record my observations of people on the street and the bus, play with a few words randomly selected on a piece of paper, make up silly two-paragraph stories. They know I have spent an hour and a half travelling by bus to meet with a couple of writer friends for two hours and then taken the bus back again, having spent more time on the bus than writing. They do not get it.

I ask myself the same question, what is in it for me? Can I explain the compulsion to get it all down in words

even to myself? I find the answer in another question: Can I imagine my life if I did not write? I cannot.

Paper is my sandbox; pencils, pens, and highlighters are my pails, shovels, sifters, and sand molds. Writing is how I play. I play with words, ideas, thoughts. I let my imagination out for a stroll across a blank page. I create other worlds and realities to adventure in. That is what's in it for me—playtime. Whether I play alone or get together with others for a play date, writing is a perfect form of play for me. (LLG)

I take time to play every day.

WRITER'S BIO

Lori Gagnon (LLG)

Lori Gagnon is a mother, daughter, sister, wife, and grandmother. She has a passion for reading, writing and art. Lori became an avid journal writer and explored writing poetry during the 26 years she lived in Churchill, Manitoba. Lori took a Transformative WritingTM course at CMU and continues to write, journal, make art and explore any creative venture that piques her interest. Her dreams include publishing her own book about growing up in Silver Heights, Manitoba.

Sri Lankan Association of Manitoba: Seniors Group Meeting Held



Organizing a Senior Group for the Sri Lankan community in Winnipeg.

Mr. Senaka Samarasinghe President of Sri Lankan Association of Manitoba (SLAM) called the meeting to welcome the 26 Senior SLAM members present and give a brief introduction. The President informed that an Initial meeting was held At Mr. Daya Perera's house to organize a senior group for SLAM. At this meeting a committee of Mr. Bastians, Mr. Felix Mendi's, Mr. Daya Perera, Mr. Ismath and Mr. Samarasinghe was formed to look into organizing a meeting with all seniors to be held on June 23rd, 2016 at the Pembina Trail Library at 2724 Pembina Hwy., Winnipeg.

Senaka then turned the meeting over to Mr. Peter Bastians who directed the members in electing a committee for the **SLAM Seniors Group**. The following members were elected:

President - Mr. Peter Bastians
Secretary - Mr. Ismath
Treasurer - Mr. Felix Mendis
Members - Keerthi Pathirana, Summana Dissanayake, Daya Perera

Peter requested ideas and inputs from members present on a seniors group, and the following inputs were provided by members.

- Organize trips (ie.: to a beach)
- Organize winter activities
- Find a common meeting place
- Provide Sinhala newspapers to members at a subscription
- Organize hand craft activities
- Organize once a month activity
- Film day
- Provide health service information (flu shot location and dates)
- Provide information on insurance for seniors
- Provide information on fraud/senior abuse
- Creating a newspaper by seniors
- Organize a buddy system for seniors to talk
- Physical recreation and indoor activities (card games)
- Providing transportation
- Create a senior home - Long term

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The ‘Silver Tsunami’, cont’d from page 5

families who have caregiver burn out through trying to supplement home-care services? What happens is that the level of safety, quality of care and quality of life goes down and some seniors, sadly, fall between the cracks. Emergency rooms see an overwhelming number of seniors repeatedly, the victims of anxiety or even just the stress of being alone.

The long personal care housing waiting lists are causing substantial stress; even supportive housing facilities are feeling the strain. At one time the only Homecare staff mandated to assist in these facilities were visiting nurses. Now, it seems that the WRHA has no choice but to call on homecare workers to supplement staff at the SH facility, while the resident waits for a bed to open up at a PCH.

It must be very costly for the WRHA to do this. Essentially, they are subsidizing twice – paying \$42 per day directly to the SH for staffing, and then paying as well for the home-care worker to visit. Part of the problem is that the supportive housing staff, or “tenant companions” are limited as to how much assistance they can, under WRHA guidelines, provide their residents.

In February ‘2011, a University of Manitoba’s Centre for Aging research study concluded that “in making plans for [elderly care], long-term planners will need to either 1) change the current philosophy of supportive housing to accept sicker people and expand the program or 2) build more PCH beds”.

In spring ‘2016, a research report about Supportive Housing (SH) facilities by Manitoba Center for Health Policy – University of MB (Malcolm Doupe) concluded:

~ ‘Increasing number of SH facilities WITHOUT changing processes may have limited merit’

~ ‘Based on data collected – the research evidence suggest a need for additional types of SH staff’

Both research reports clearly indicate that the current mandate/guidelines for SH facilities will have to be altered in order to make a difference in this Long Term Care Continuum.

“This model would help reduce the strain on home care workers in the community and greatly reduce family caregiver stress by offering a homey and non-institutional care/living option for the elderly.”

Ideally, other Canadian provinces have an offering that would help solve the PCH/hospital dilemma: a fourth recognized “model” of care, an alternative type of long-term health care facility that could provide a lighter level of care than a personal care home (somewhere between a PCH and assisted living facility, and pro-

viding a higher level of care than SH). It would be an option for those who either do not meet the eligibility requirements for SH or PCH, yet are no longer able to manage or cope in their current living situation. This model of care would offer 24-hour health care and support to their residents by on-site staff.

This model would help reduce the strain on home care workers in the community and greatly reduce family caregiver stress by offering a homey and non-institutional care/living option for the elderly. Within this safe environment seniors would be provided with nutritious meals, 24-hour attention to health care needs, housekeeping and laundry, and recreational activities to increase social stimulation. Such a setting might even prevent premature placement – or help eliminate placement – into a PCH.

This type of facility already exists in Winnipeg. The Thorvaldson Care Center, located in Osborne Village, is Manitoba’s only “Intermediate” care facility for seniors. Established in 1959, my family has owned and run this operation hands-on for the past 56 years. Originally located at 5 & 7 Mayfair Place in Fort Rouge, we operated as a “nursing home” (as it was called back then) with 38 residents; in the late seventies we transferred to a lighter level of care in a new location. My father, Herman , purchased four older homes on Stradbrook Ave., one of them being the childhood home of Premier Duff Roblin).

At that time, our homes (with 44 residents) were licensed by the provincial government (Manitoba Health) as a Residential care facility for the “Aged and Infirm”. During the 1980s there were about 10 to 12 other smaller Residential care homes around Winnipeg also catering to the elderly, all of which have since closed due to lack of government funding.

In 1992, my family decided to start the process of tearing down the old homes in favour of constructing a newer, more modern facility, still government licensed (Department of Family Services). This new building,

partly designed by my father, allowed us to become bigger (now licensed for 70 residents) and provide better, more comprehensive services to our residents.

What sets us apart from other Winnipeg facilities (particularly SH) is the level of **health care** we are able to offer.

With an **on-site** registered nurse and health care aides, we provide prompt, consistent attention to our residents 24 hours a day. Medications, eye drops, inhalers, dermal patches are administered and charted. Assistance with personal hygiene, dressing and grooming is attended to by on-site staff, along with overnight monitoring and checking. The RN monitors the health of each resident and is in frequent communication with their medical practitioners and family members.

Blood pressure/blood sugar levels can be monitored; prescription refills and changes are attended to; medical appointments transportation can be arranged. In-house blood work labs visit weekly and portable x-ray services can be ordered.

Each resident has a private, comfortable bed-sitting room. Cozy dining rooms are located on both floors, and intimate sitting areas to visit with family and friends are throughout the building.

With the exceptional, comprehensive level of care provided our residents, we strongly believe that our type of (Intermediate) care centre is that missing **fourth model of care** that the elderly in our province so desperately needs.

We have offered our many years of knowledge and expertise to the WRHA to consider using our facility as a pilot project in Manitoba – a moderately sized Intermediate care facility that is cost effective, and will offset and fill the void for the hundreds of elderly who are in that grey area of inadequately met care needs. Regrettably however, the WRHA has told us that they are uninterested in pursuing it at this time.

This ‘Intermediate’ model of care is invaluable to our health care delivery system. ■

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Please make cheque or money order payable to 'Vital Seniors'.

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EVENTS

62nd Annual Coin, Stamp and Collectibles Show - Sat/Sun, Oct. 1- 2, at the Sunova Centre, West St Paul. 1st left, just north of the north perimeter on Main St. - Kapelus Drive.

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**

Music in the Cemetery Concert series - Summer concerts in the St. James Anglican Heritage Church, in the cemetery at 525 Tylehurst (south of Portage, across from Polo Park). Thursdays starting July 14 with Don Amero, Metis Roots; July 21 D.B.& the Deadbeats, blues; July 28, Monika Wall, jazz; Aug. 4, Charmaine & friends, flautist; Aug. 11, Little Opera Company Concerts starts 7:30 pm. General Adm. \$10. http://stjames.anglicanchurch.ca/Concerts_in_the_Cemetery.html

The Icelandice Open - in support of Lögberg-Heimskringla, July 29 at Links at the Lake Golf Course, Gimli, MB. Register online at www.lh-inc.ca or call **204-284-5686**, **1-866-564-2374** or email lh@lh-inc.ca

First Prairie Comics Festival, July 30, 10:30 am-5 pm, Millennium Library. Sponsored by the City of Winnipeg and Winnipeg Public Library. www.prairiecomics.com.

Winnipeg's Historic Seven Oaks House Museum - opens for 2016 season. Experience one of the Red River Settlement's most prominent families of 1851. McGowan Park near Main & Rupertsland. www.facebook.com/SevenOaksHouseMuseum for info.

Royal Winnipeg Ballet - presents "Ballet in the Park" Jul. 27, 28, 29, 7:30 pm, outdoor at the Lyric Theatre, Assiniboine Park. Free admission.

VOLUNTEERING

Deer Lodge Centre, 2109 Portage Ave - Medical Escorts (day time) - volunteers needed to provide companionship, support and supervision to residents and patients on medical appointments. No driving is required. Call Joy: **204-831-2912** or email jtanchuk@deerlodge.mb.ca

Misericordia Health Centre - Gift Shop volunteers needed for summer and regular shifts in fall. Free parking provided. Call **204-788-8134**. Apply in person or online at www.misericordia.mb.ca/volunteer

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

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

Ile des Chenes Seniors/Grande Pointe - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

Interlake Barn Quilt Trail - Open all the time. Travel through the Interlake and spot the barn quilts in various locations. Visit www.interlakebarnquilts.com or call **204-376-2649** or **204-389-3976**

Lakeside Quilt Show and Sale (4 locations) - Aug. 13 & 14. 1) Gimli Curling Rink, 45 Centennial Rd. Sat. 10-6, Sun. 10-4; 2) Heidi Hunter – Runs with Scissors Studio, 3044 Prout Road (17E) off 229 btw Hwy 7 and 8, Sat. & Sun. 11-

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. Contact: Caitlin Liewicki: cliewicki@extendicare.com

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

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

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program specifically for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. \$8.65/day includes lunch. Email: keziatoews@hotmail.com for info.

Gwen Secter Creative Living Centre (1588 Main) - Join us for our Wed. Simcha Program on July 20. We will have "Re-emerging The Jews of Nigeria". Lunch is \$10 and Lunch with Transportation is \$15. Everyone welcome. Bring a friend. Call: **204-339-1701** ext. 205

Wpg Polish Legion Br #246 - 1335 Main St., Tuesdays Senior Lunch/Dance 12-3 pm, \$10, and Blues & Jazz Band/Jam Sessions evgs. 8-11 pm, Fridays Karaoke 8 pm-midnight, Sats. Band 8 pm- midnight. Zabawa last Thurs. ea month, \$10 supper 5:30-7:30 pm, Dance 7-11 pm. Info: **204-582-9263**.

Seine River Seniors - Southdale C.C., 254 Lakewood Blvd - Mon. Bridge: **204-452-5439**; Mon. Outdoor walking: **204-253-4599**; Cheapy Movies 1st. Tue.: **204-452-5439**; Brunch 3rd. Tue.: **204-231-1529**; Celebrations Theatre matinees: **204-452-5439**. Friday Canasta, drop-in 9:30-11:30 til end of June, silver collection. **July 23**, Hidden Gems of Transcona Horticultural Society Tour, \$15. **July 27**,

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

5; 3) Thera-Piecers Quilt Show, Ponemah Beach Central, 27 Central Ave at Railway St., Sat. & Sun. 10-5; 4) Matlock "Sew'n'Sews", 77 Matlock Road off Hwy 9, Matlock, Sat. 11-5, Sun. 11-4,

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. Joanne: **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, house-keepers etc. Call Janice: **204-883-2880** or email: Ritchotseniors@mymts.net

Selkirk - Tudor House Personal Care Home needs volunteers for various

Living Prairie Museum on Ness Ave, \$2.50. Transportation to be arranged.

Pembina Active Living (PAL) 55+ - Drop-in activities continue all summer (membership required): men's breakfast, PAL putters (golf), PAL pedallers (cycling), lunch PALS, movie afternoon, bridge/cribbage. Info: www.pal55plus.ca or **204-946-0839**.

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

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

The St. James-Assiniboia 55+ Centre - 3-203 Dufferin 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**

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.

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**.

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, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

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.

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**

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.

Ukrainian Cdn Vets Br # 141 - Old Time Dance, Saturdays, 1-5 pm, R.C.L. Br. #141, 618 Selkirk Ave. Live Band. All Welcome.

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

The Friendly Settlers Senior Citizens Club - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events/group trips offered. **204-222-7504** or ganyadel4@mymts.net

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$8.06/day.

positions. Call **204-482-6601** Ext: 21.

Springfield Seniors - July 16: Springfield Country Fair, 8 am-7:30 pm in Dugald, MB. **July 30**: Cooks Creek CC Pancake Breakfast.

Stonewall - Strawberry Social, Wed. July 20, 1:30-3 pm, Odd Fellows Hall, 374 1st St. W. Entertainment: Ernie Benedictson and Keith Lindstrom. Adm. \$5. 50/50 Draw.

Stonewall - South Interlake 55 Plus - Line Dance Classes, Wednesdays 6:45 - to learn steps; Line Dance Class 7 pm and Fridays 11:30 am at Odd Fellows Hall, 374 - 1st St. W. Stonewall. Fee \$1/class plus yearly SI 55 Plus membership. Call SI 55 Plus office: **204-467-2582**.

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,

Call **784-1229**. Referrals made through WRHA at **940-2655**, or call Case Coord.

Senior Achievers - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Rose: **204-338-3833** for more info.

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

St. Vital Streamliners - meet Tuesdays, 6:45 at General Vanier School, 18 Lomond Blvd. Fun group with focus on weight loss and healthy living. Suitable for all fitness and mobility levels. Modest membership fee. Call Carol: **204-269-4097**.

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.

Beak 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/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. See Facebook page : Elmwood_Active,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 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**

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, Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. **204-990-2339**

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**

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

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CROSSWORD

Flying Anywhere This Summer?

By Adrian Powell

ACROSS

1 Lesson from an Aesop fable

6 Silk stocking part, sometimes

10 "I Got You Babe" singer

14 Sekirk Recreation Centre feature

15 Where Harald V lives

16 Overdue

17 Theatre reservations

18 Gobi rarity

19 Airline with kosher food

20 Summer-loving hedonist?

23 Cornerstone abbr., often

24 "Golly."

25 Moistureless

26 Tiny melodious summer crooner?

31 Crusoe's creator

34 "Graphical" or "logical" lead-in

35 Toronto Zoo has one

36 "You ____ Live Twice"

37 US pharmaceuticals agcy.

38 Deceased

39 Ottoman harem chamber

40 Fishtail

42 Not cloudy

43 Tiny summer annoyance that's a huge irritation, for some

47 Fling forcefully

48 Had a meal

49 The whole thing

52 Motto of a summer flyer with a hive mentality?

57 Month before Yom Kippur

58 Bieber's nick (with "The")

DOWN

1 Curved billiards shot

2 Christie's best-selling cookies

3 Winice, maybe

4 Completely con

5 Baked trattoria entree

6 Ice-cream alternative

7 Seesaw sitter of rhyme

8 Dismounted

9 Native to high altitudes

10 White-collar worker?

11 Six

12 And others, in a list

13 Bank (on)

21 Perrins Worcester-shire sauce partner

22 Consequently

26 Air Farce comedienne Luba ____

27 Little buddy's nickname

28 "High Sierra" star Lupino

29 Almost fat-free

30 Swirl in the stream

31 Fate

32 Inner(pref.)

33 Outmoded camera accessory

37 Tailor's concern

38 Expected

40 Positive

41 Small PC storage unit

42 Calgary Stampede sight

44 Squelches

45 Tree in the Serengeti

46 Uncle Fester's cuz

49 Ebb

50 Not tilted

51 Grins evilly

52 Della Reese's angel role

53 Potpourri

54 Completely change again

55 Indian lilac tree

56 Sgt. Snorkel's pet

WORDSEARCH - Photography

By Senior Scope

R	E	F	L	E	C	T	F	I	X	E	R	E	S	P	I	O	C	T
A	D	V	A	N	C	E	D	P	H	O	T	O	S	Y	S	T	E	M
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By Senior Scope

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Welcome visitors to MORRIS, MB: **HUGE YARD SALE** across from Morris Stampede grounds **July 21-22-23-24** Huge selection of items!

TRAVEL DIARIES
WITH A TWIST OF HUMOUR

By Rick Goodman

rickgoodmansk@hotmail.com



down the street you're constantly bombarded with pitches to just step inside and buy. "Very, very cheap. Very good!" On a couple of occasions I even had shop girls run onto the sidewalk and rub my belly.



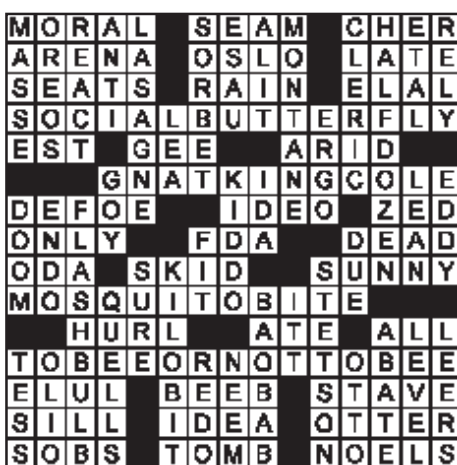
narrow channel cut through the water coconut palms to the village proper. These boats are round, with a bench seat running across the center. They're made of woven bamboo waterproofed with tar. I somehow ended up sitting in the middle with our guide on one side and Bea on the other. Like the cowboy who sits in the center of the pickup so he won't have to get out and open the gate I sat back and enjoyed the scenery while Bea paddled us to shore.

cakes or banh xeo under the instruction of a classically trained chef.

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WAYS OF SUMMER INDOOR CRAFT & VENDOR SHOW: Sat. Aug. 13/16, 10 am-3 pm at Garden City Community Center. 24 different tables with a variety of crafters, bakers, home based business and direct sellers. Something for everyone. Come check it out and beat the summer heat indoors! **FREE ADMISSION!**

MEDICAL EQUIP/SUPPLIES

FOR SALE: 2 single Adjustable Lift Beds. Newer mattresses, remote control for head or foot lift & hi-low massage settings. Very good condition. \$300 ea. or \$500 for both. Can deliver. Call Dave 1-204-746-4318 (Morris, MB)

MAIL LISTINGS with payment payable to: **Senior Scope, Box 1806 Stonewall MB R0C 2Z0.**
NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.

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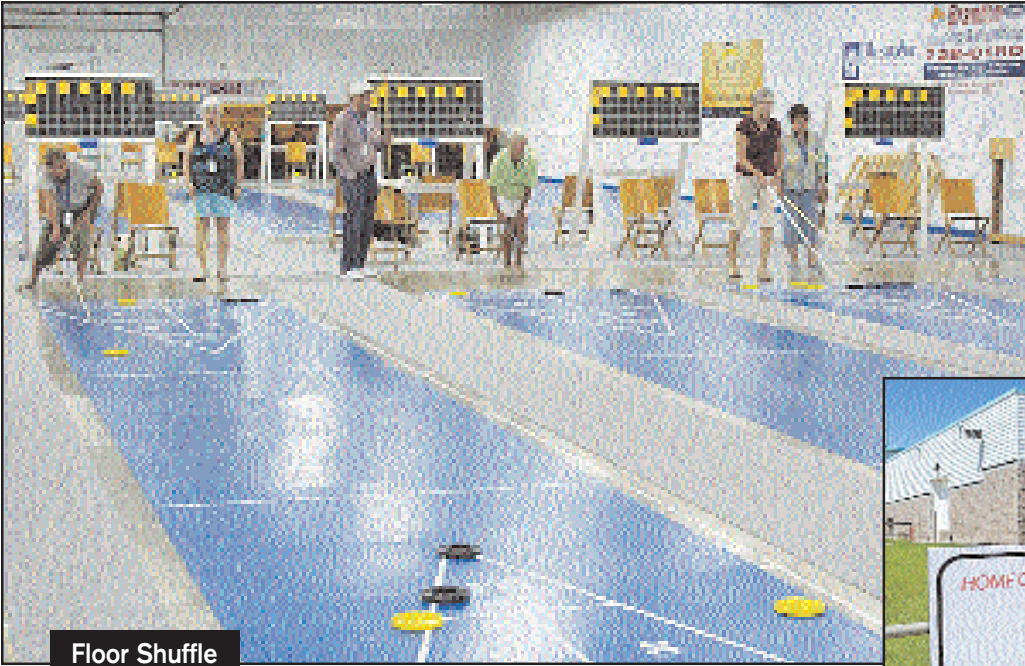
Bookings and info, call

1-204-746-4318

(Morris, MB)

Memories from the Manitoba Liquor and Lotteries 55 Plus Games in Brandon, MB June 14-16, 2016

Photos by Karyn Heidrick (ALCOA-MB)



Floor Shuffle



Cribbage



Whist



Headquarters

Slo-Pitch Plaque Winners

The ALCOA games were held in Brandon, June 14 - 16. The Slo Pitch competition saw 15 teams play a series of Round Robin games at the Simplot Millennium Park Baseball Complex. Congratulations to all participants and to Division I Gold Plaque winners - Southwest Maulers, Division I Silver Plaque winners - Selkirk, Division II Gold Plaque winners - Carman Cardinals, Division II Silver Plaque winners - Westlake Brewers and Division II Bronze Plaque winners - St. James Ichabods.



Snooker



Division I Gold winners - Southwest Maulers



Impact Team



Dancing to the music of the old time country band - The Fugitives



Division II Gold winners - Carman Cardinals

WE HAVE A LUCKY WINNER!

Thank you to everyone who entered Senior Scope's Annual 14th Birthday Contest and helped us with our market research on automobile purchases.

You confirmed our belief that the older population does still purchase new and used vehicles well into their late 70's.

Kathy Jackson
of Winnipeg, MB
IS OUR LUCKY WINNER!

CONGRATULATIONS

Total Approx.
Value in prizes:
\$410.00

Quadcopter Drone
from Eliminator RC
Hobby Supply
Approx value - \$120
120 Higgins Ave. Wpg.
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2 Passes aboard the
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Railway's Vintage
Train
Approx value - \$60
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www.pdcrailway.com



2 Tickets to CASH -
Ring of Fire @
Rainbow Stage
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Kildonan Park - North Main, Wpg.
204-989-0888
1-888-989-0888

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Gift Certificate for
Terrace Dining Room
or Club West @
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Value - \$50
140 VLTs open year round
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