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 Dec 10/15 - Jan 12/16

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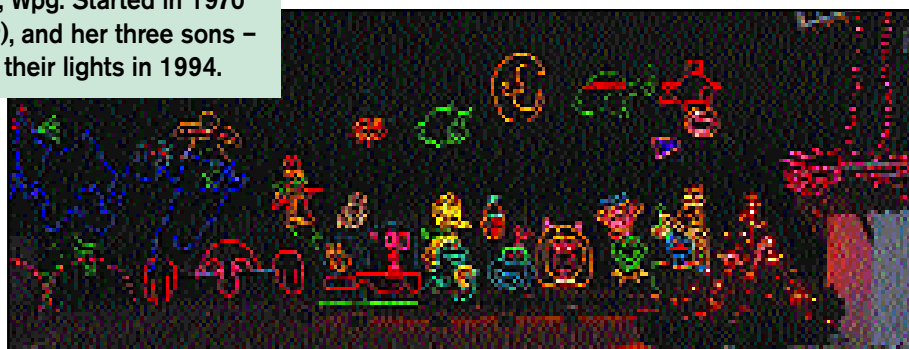
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Send your **LETTERS...** to the editor or story submissions to kelly_goodman@shaw.ca or mail to: Senior Scope Box 1806, Stonewall, MB R0C 2Z0

NEWSBITS

Oct. 30, 2015 NEW TRAINING PROGRAM FOR STAFF AT PERSONAL CARE HOMES

A new training program for personal care home staff on lifting and transferring residents will support even better care for Manitobans living in personal care homes and help to reduce workplace injuries, Health Minister Sharon Blady and Labour and Immigration Minister Erna Braun announced.

"The Safe Resident Handling Program supports the implementation of safe lift and transfer training and policies to help protect residents and workers from injuries that can happen when lifting and transferring residents," said Minister Blady. "This funding will be used to develop provincewide training to prevent injuries, as well as monitoring and reporting processes to better track information from personal care homes across Manitoba."

The province is investing \$300,000 to:

- review safe resident handling practices including a statistical analysis of injuries by region, current practices and challenges;
- develop a provincial safe resident handling manual;
- create a standardized provincial training program for staff and supervisors;
- and create standardized monitoring and injury reporting criteria and processes.

Previous investments to support safe lifting include the purchase and installation of new ceiling lifts and other equipment for personal care homes.

The ministers noted the investments build on work to implement violence

prevention programs in health-care facilities to better protect staff.

The ministers noted implementation of the program is in process in all of the province's regional health authorities.

Dec. 1, 2015 ENHANCED RENT ASSIST SHELTER BENEFIT PROGRAM TO HELP MANITOBANS WITH LOW INCOMES

"Over the next decade Manitoba will need thousands more workers for good careers in skilled and specialized jobs," said Minister Kevin Chief. "Giving people that are training or transitioning to work this stability now, when they need it the most, means they will be there when we need them the most."

The Rent Assist program provides financial benefits for people who pay more than 25 per cent of their income on rent for a modest apartment in the private market. It is available to low-income earners in Manitoba.

Rent Assist is also available to people on Manitoba Employment and Income Assistance (EIA) and promotes choice, opportunity and social inclusion, the minister said, adding it can be a valuable resource when they pursue training, education and job opportunities.

With today's announcement, low-income families have better access to housing regardless of employment status. It also provides legislated security that in the future benefits will not be eroded by inflation.

The benefit is also available to newcomers who are permanent residents of Canada, like refugees, Minister Chief said.

The Rent Assist benefit was part of Budget 2015. In July 2015, there was an increase as part of the plan to raise maximum shelter benefits to 75 per cent of median market rent.

Nov. 27, 2015 MB GOVERNMENT STEPS UP FIGHT AGAINST TOBACCO USE

The Manitoba government is stepping up its fight against tobacco use by offering grants of up to \$100,000 for non-government organizations (NGOs) to work on projects focused on preventing youth from starting to smoke and helping smokers quit, Healthy

Living and Seniors Minister Deanne Crothers announced.

"Tobacco use will eventually kill about 2,000 Manitobans this year," said Minister Crothers. "This new funding will not only prevent young Manitobans from starting to smoke and help smokers quit, it will also reduce health care costs for all Manitobans."

Under this initiative, organizations with proven experience in tobacco reduction activities will be asked to submit proposals to demonstrate how they intend to use the funding to support programming in youth prevention or smoking cessation. Each eligible NGO will receive an extensive list of criteria that must be met to apply, such as ensuring a focus on vulnerable sub-populations that smoke at high rates and require additional, specific supports to increase the chance of successfully quitting. Proposals that involve partnerships to enhance successful outcomes are encouraged, the minister said.

Minister Crothers noted this initiative, which will grant a total of \$500,000 to eligible NGOs, is part of a larger plan to directly support all aspects of the Manitoba Tobacco Control Strategy. The Manitoba government announced that Budget 2015 allocates \$2 million for new tobacco control initiatives including the implementation of a public awareness campaign, support of existing stakeholders programs and the provision of free nicotine replacement therapy.

The new tobacco control initiatives funding adds to the long list of tobacco reduction initiatives that have made Manitoba a recognized leader throughout the country in the fight against tobacco use, Minister Crothers said. Previous provincial tobacco reduction initiatives include:

- being the first province to introduce a provincewide smoking ban in enclosed public places and indoor workplaces, and the first to make playgrounds and beaches in provincial parks smoke-free;
- introducing restrictions on the display, advertising and promotion of tobacco products in stores;
- prohibiting tobacco sales in pharmacies, stores containing a pharmacy, health-care facilities and from vending machines;
- the creation of SWAT teams, a peer-led anti-tobacco program, of which there are currently 45 SWAT teams operating in high schools throughout the province; and

Continued on next page



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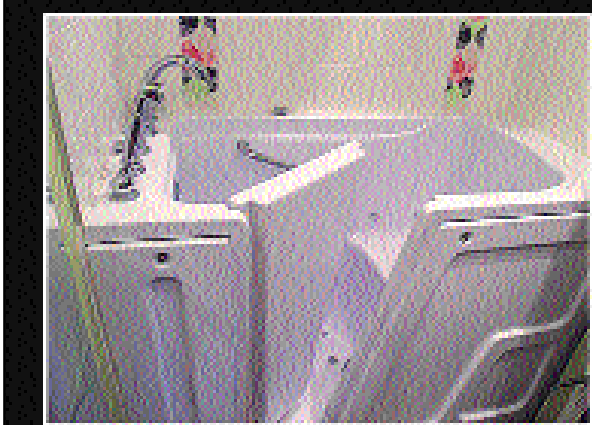
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NEWSBITS

● making it illegal to smoke in a private vehicle when someone under the age of 16 is present.

The minister noted the government is particularly proud that provincial initiatives have been effective at reducing tobacco use among youth. According to the Canadian Tobacco Use Monitoring Survey, smoking rates for Manitobans 15 and over have declined to 17 per cent in 2013 from 23 per cent in 1999. Smoking rates for youth ages 15 to 19 have declined even more to 13 per cent in 2013 from 29 per cent in 1999.

For info on Manitoba's quit smoking initiatives, visit: www.gov.mb.ca/healthyliving/tobacco/index.html.

To find the Tobacco Use Reduction Grant Application Form, visit: <https://wzxhtwhwok.formstack.com/forms/tobacco>.

Nov. 17, 2015

NEW ADDICTIONS HELPLINE WILL PROVIDE INFORMATION ON ADDICTIONS SUPPORTS IN ONE CONVENIENT PLACE

Manitobans needing support for drug, alcohol or gambling addictions will now have easy, seamless access to information about addictions services and resources in one place, Healthy Living and Seniors Minister Deanne Crothers announced at the launch of the Manitoba Addictions Helpline.

"When someone is ready to deal with an addiction, we want it to be as straightforward as possible to find the most appropriate supports and services," said Minister Crothers. "With the new Manitoba Addictions Helpline, there is now an easy and confidential way to find out about the resources available."

"With more than a half century of experience serving Manitobans overcoming problems with drugs, alcohol and gambling, we know how addiction services have grown and evolved in our province over the years," said Ben Fry, CEO, Addictions Foundation of Manitoba (AFM). "Having a choice in services is important because everyone is unique, but we know that as those choices have grown. It's not always easy to find the right kind of services."

Senior representatives from provincially funded addictions agencies, including AFM, Behavioural Health Foundation, Native Addictions Council of Manitoba, Salvation Army and Main Street Project led the development of the Manitoba Addictions Helpline in consultation with other members of the Manitoba Addiction Agencies Network.

The new helpline, which will be managed by AFM, has:

- a toll-free line for information and support;

- a no-appointment-needed, walk-in option located at River Point Centre;
 - a website with up-to-date information on services available and how services can be accessed; and
 - an online self-screening tool to help guide people to the most appropriate service to meet their needs.
- For more information about the new Manitoba Addictions Helpline, visit www.MBAddictionHelp.ca

Nov. 24, 2015

PROPOSED LEGISLATION TO ENHANCE FRANCOPHONE COMMUNITY

The Manitoba government has introduced a proposed new bill, the francophone community enhancement and support act, that would provide a framework to enhance the vitality of Manitoba's francophone community, and to support and assist its development, Premier Greg Selinger announced.

"We are lucky with a dynamic francophone community that is an essential part of the province's history and a critical part of our future," said Premier Selinger.

The proposed bill would:

- establish a Francophone Affairs Advisory Council comprised of senior officials and community members that could advise and make recommendations to the minister responsible for francophone affairs;
- modernize the mandate of the Francophone Affairs Secretariat;
- require departments and certain public bodies to prepare a multi-year strategic plan relating to the provision of French-language services; and
- require the tabling of an annual report on the work of the secretariat, the advisory council and the province's bilingual service centres, as well as the progress made by public bodies to implement French-language services plans.

This legislation will allow francophones and francophiles alike not only to use these services, but also to offer them, thanks to their education in French schools and immersion programs."

The French presence in Manitoba goes back to the founding of the province. Louis Riel ensured the Manitoba Act 1870 guaranteed French to be an official language of the courts and the legislature. For more than 25 years, the Manitoba government has provided services in French to Manitobans.

According to the 2011 census, 103,145 Manitobans had knowledge of French and English, and 41,370 Manitobans declared French as their first language. In 2014-15, 5,240 stu-

dents were registered in French schools and 22,725 were registered in French-immersion programs.

This proposed legislation would contribute to improving outcomes for francophones and ensure that Manitoba continues to benefit from a strong and diverse francophone community, Premier Selinger said.

Dec. 4, 2015

NEW RADIATION EQUIPMENT WILL ALLOW MORE TARGETED TREATMENT

New equipment that allows for more targeted treatment and better outcomes after radiation for patients with ovarian, cervical, uterine and other cancers will soon be offered at CancerCare Manitoba, Health Minister Sharon Blady said.

"This equipment allows radiation to be more focused, protecting healthy tissue around the tumor from damage that can be caused by radiation treatment," said Minister Blady. "This makes a real difference for patients by allowing treatment to be customized for each person, leading to better outcomes and faster recovery times."

Known as high-dose rate (HDR) brachytherapy, the new equipment allows the placement of catheters close to or inside a tumour to deliver radiation from radioactive pellets directly to where it is most needed. Computers are used to control how far a pellet goes into a catheter and how long it is used to release radiation. By using the CT simulator, the treatment can be tailored

to the exact shape, size and location of the tumor.

"CancerCare Manitoba appreciates the government's commitment to provide Manitobans with leading-edge equipment to treat cancer," said Dr. Sri Navaratnam, president and chief executive officer of CancerCare Manitoba. "The CT simulator, when used with high-dose radiation therapy, will provide individualized treatment to women with gynecological cancers in Manitoba. The next step will be to use the same equipment to treat prostate cancer."

Every year, the Manitoba government invests approximately \$30 million in new and replacement equipment across the province.

Dec. 3, 2015



DOMINION CITY - HOME TO MANITOBA'S FIRST 'ABBEYFIELD HOUSE'

Dominion City, MB - After two years of planning, construction has begun on Abbeyfield House in Dominion City. This seniors housing facility will be the first Abbeyfield home in Manitoba, joining over 1,100 Abbeyfield Homes around the world.


The 10-suite home is located in a peaceful residential area of Dominion City, surrounded by green space.

"The compassion, commitment and creativity exhibited by both local residents and the municipal council of Emerson Franklin in their efforts to support their seniors through this project is a shining examples for other communities to follow," says project consultant Gordon Daman. ■

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V14N6 • Dec. 10, 2015 - Jan. 12, 2016

Do Designations Matter and what exactly is Wealth Management? *Part 1*

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

November is designated as Financial Literacy Month. There is much confusion regarding designation and Wealth Management. This confusion transcends economic status, educational backgrounds and professional categories. This article is as a result of a conversation I was involved with Mid October. I was the bystander in the conversation, but anecdotally I have heard the end result many times in my 28 years in the Financial Planning Community.

The conversation was between father and son, both are pharmacists and both owned pharmaceutical practices. Both have above average knowledge, education, leadership ability and wealth. The conversation went as follows: Son told dad that he and his wife were not happy with the service of their present day accountant and firm whom they had for many years. The son had sought an appointment with another accounting firm and was quite surprised with the information he was receiving regarding different choices in Tax Strategies. He wondered why his long time accountant had not provided him with this information and options. The off shoot of this conversation is that the accountant and firm which has provided reliable service for many years is about to lose their business without ever knowing why.

As the conversation progressed, I quickly realized that these pharmacists with above average knowledge and skill were no different than the average person on the street as far as literacy regarding the job descriptions of those in the financial industry i.e. money management, accounting and law.

The medical profession has done a much better job in not only describing different levels of expertise but also in socializing us regarding what we can expect of the designations.

As an example – nursing – we know what level of education and practice we can expect from someone who is an LPN (licensed practical nurse). We know that an RN (Registered Nurse) has a different level of education. The graduate has a two year diploma and has a different practice path. A RN has a four year degree with a wider range of educational knowledge resulting in many more options for employment. The nursing path is layered where anyone can either opt in or out of the different entry points which enables one to progress through the designations by going back to school and obtaining greater levels of education and training.

The same applies in Medicine. We all know that to become a doctor, the person needs a medical degree followed by one year of internship. Although greatly valued, we know this is an entry level of practice. We know that this level will deliver primary care and if anything further is required – this primary physician will triage the requirements and refer up the ladder for any special requirements. If you require someone to follow you for diabetics – you would be referred to an internist.

Yes, this specialist is a doctor first, but then has a minimum of four additional years of educational training, diagnosing and treating conditions related to internal medicine. We understand this. So, even though this person is a doctor we would never ask this internal medicine physician to fix or operate on our broken foot. We know what their expertise is and the level of treatment within that specialty.

Although the medical community is not perfect, we all have had the experience of not only being referred to other doctors who are specialized, but we have also been referred to complementary practitioners. I.e. dieticians, physiotherapists, occupational therapists, speech pathologists etc. The primary physician understands their limitations and recognizes, understands and appreciates what the other specialties can do in creating a synergy in enhancing someone's recovery and wellbeing.

This cannot be said in the financial services industry. As an example the profession of accounting – There previously were three types of Accountants, CGA, CMA, and CA. However, I'm not sure that a good job was communicated to the general public what their level of expertise was or what each sub group within the profession could do. The amalgamation of all levels under the title of CPA may have complicated matters for the general public even more.

The field of law may be somewhat better. Yes, we know that everyone needs to start out with a law degree and that time is needed in a practicum where the graduated person obtains practical experience (like an internship) before they get called to the bar and obtain their designation which will give them the right to practice. So we start with this premise of a law degree. There are some break outs in that the public knows and can identify the difference in real estate lawyers, criminal lawyers, crown attorneys, constitutional lawyers to name a few. Then the lines start to become blurred. So what is the difference between a tax lawyer and a lawyer with a TEP (Tax, Estate Practitioner)? So where does the person who has the entry level law degree stand? Is this person just like the physician? Skilled to be sure – but what are the levels of practice and what expertise can we as a general public expect? Is this roll defined? Are there boundaries?

So what about financial planners? Now things really become messy. What is the minimum level of education? What is their level of practice as defined not only by the institution they may be sponsored by, but also by the licensing boards?

Is there an entry level? Yes, there is. According to the IFSE institute Website, The entry level for licensing is the Canadian Investment Funds Course or the Canadian Securities Course.

The Investment Funds Institute of Canada (IFIC) is an industry organization which provides the definition of a Financial Planner and Financial Advisor is as follows:

Financial planner: A person who helps clients meet their long-term financial objectives by analyzing the client's status and setting a program to achieve that client's goals

Financial advisor: A person who provides financial advice or guidance to clients to help them reach their financial goals. Also known as an investment advisor.

The entry level course they must take and pass is the Canadian Securities Course which is provided by the Canadian Securities Institute. The CSC® is a baseline regulatory requirement to perform securities and mutual fund transactions in many financial services positions. IIROC (Investment Industry Regulatory Organization of Canada is a self-regulatory organization for the investment industry).

So to get back to my story, there are two successful pharmacists who are disappointed in their accountant. Should they be? Their accountant is not even aware that they are not satisfied and will have probably made the decision to take their business elsewhere.

So who is at fault? I would say many are. The long serving accountant for not asking if all is well. The new accountant who had an exploratory interview – for not saying – “your present account is doing a good job within the description of what an accountant's role and function should be as per education and licensing. However, my firm has additional credentials. We as a firm have taken higher level courses and we provide some level of planning. We don't just do historical data work, but are somewhat more forward leaning. For the extra service and expertise we charge more”. Now my two pharmacists have a fair playing field to do an evaluation of not only the service they have had but also what they may want and need for the future.

This is no different than a lawyer and a tax lawyer. Each are lawyers with entry level knowledge and skill level. But the tax lawyer has advanced learning therefore that advice given will be more technical and of a higher value. The cost will be substantially more as well.

No different than a physician who is a general practitioner and an orthopedic surgeon. All are doctors first but one continued on with school and became specialized with a higher level of expertise.

So if all was equal and as it should be – the general practitioner should act as the quarterback and refer up the ladder to a specialist. The specialist after performing any necessary function should report all findings and procedures to the general practitioner who will follow on an on-going basis.

The same should happen in accounting and law. Unfortunately, this often does not happen. Most other services other than medicine, sees itself in competition instead of complementary. To compound the issue – most of these services do not know what products are out there which could provide

Continued on page 5

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Do Designations Matter..., cont'd from page 4

additional value to advice. The synergy which would enhance the end result is lost and worse still the advice given often undermines good work already in progress.

The financial services sector is even worse. The horror stories are many and the casualties are many. Is the bank advisor equal to or better in skill than the person from the credit union? Is the independent advisor equal to or better than the insurance agent? Is the advisor who is sponsored by a company equal to or better than the bank? Where does the stockbroker come in?

So what is advice? So what is entry level? So what is a designation? So what is a practice? Who owns the clients? As an example – of the big 5 banks – who owns the clients? The bank or the advisor or stockbroker? The Banks and Credit Unions are broken down into branches. So what is the ratio of advisors to clients? As an example – If the branch has 20,000 customers and two advisors – is the ratio of the advice channel 10,000 to 1? Can that be classified as advice? Or is that buying a product? What are the fiduciary responsibilities? Is the educational requirement the same? Is the oversight also the same? Should the cost of investments and advice be the same as someone who has a client base of 500 families and three staff members as that of the Bank or Credit union with an example of a ratio of 10,000 to 1?

These are the many questions that need to be addressed not only by the licensing boards but also by government bodies and regulators. Is one equal to the other? If we, in the industry are having a hard time with this, then how can the consumer know the difference? How can the consumer who comes into an establishment for a service provided by a few, gets told a story just like the second accountancy firm. How can that unsuspecting person verify the facts? Just like my two pharmacists – two accounting firms, with two different stories and two different services. If my pharmacists can't tell the difference on a narrow service like accounting then how can the rest of the general public understand the nuances of Wealth Management.

In a previous issue, I covered "is the ability to deduct management fees desirable?" In this issue I started to cover the importance of designations and educations. Unless something more pressing comes up like a surprise budget announcement, I will further explore designations and Wealth Management. If you wish to discuss this topic or any other please feel free to call us. I may have some of your answers.

As this will be the last issue for 2015, my staff and I would like to wish you the **Best of the Season, Good Health, Joy, Understanding and Prosperity!** ■

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Thank you.

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LETTER...from Ted Marcelino (MLA for Tyndall Park):

Mr. Speaker, November is Crohn's and Colitis Awareness Month. Crohn's and Colitis Canada is a charity dedicated to finding cures and improving the lives of people affected by these chronic diseases. I'm excited to spread the word about their innovative GoHere Washroom Access Initiative.

Crohn's disease and colitis are life-long diseases that cause inflammation in the gut and have no known cures or causes. More than 9,000 Manitobans

currently suffer from these diseases, including a dear friend of mine.

The GoHere initiative encourages local businesses to open their washrooms to the public without restriction. Tens of thousands of people with inflammatory bowel diseases like Crohn's and colitis must use washrooms from five to 20 times a day.

Easier washroom access improves the quality of life for people living with IBDs, along with anyone who suffers

from incontinence. Knowing they will not have to explain their condition to an employee helps them break free from the fear of leaving their own homes.

I encourage businesses to visit the GoHere website to order free decals which shows the public they're committing to this wonderful project. There's also a mobile app which helps people find the closest GoHere washroom.

Advertising Feature

TWO TAX CREDITS FOR MANITOBANS



By Peter J. Manastyrsky

We are approaching the end of this calendar year, and probably thinking about tax credits that could be applied to assist us in many ways such as to reduce annual income and to recognize caregivers in our society.

There are two common tax credits that people can address, one is the federal (Disability Tax Credit) and the other is a provincial credit (Primary Caregiver Tax Credit). Fortunately both tax credits are applicable to individuals and/or members who live in Manitoba.

The DISABILITY TAX CREDIT is a non-refundable income tax credit that reduces annual income for those who qualify. This Tax Credit is separate from any of the other disability benefits. Once approved, Canada Revenue Agency may amend your last 10 years of your income tax from the current tax year. It is available to Manitobans who are deemed to have "one or more ailments that impact the activities of daily living, where those

ailments are not likely to get better any time soon and the ailment can be expected to last a period of at least 12 months." People who are unable to, or who are having difficulty performing basic activities of daily living, such as walking, bladder and bowel function, speaking, vision, feeding or dressing themselves and performing mental functions necessary of everyday life, you might qualify for the DISABILITY TAX CREDIT.

On the other hand there are citizens in our province who are being cared by spouses, relatives, neighbours or friends, called primary caregivers. They provide regular, long term volunteer care and assist people who live in a private home requiring bathing, dressing, eating meals, mobility and receiving medical care. As a primary caregiver, the tax credit covers expense endured in respite care, help with shopping, transportation to medical appointments or for recreational outings. The PRIMARY CAREGIVER TAX CREDIT program is refundable and a caregiver can claim it even if they do not have taxable income. This Tax Credit may defray the caregiver's expense for a particu-

lar year. Here is another tax credit that can be of great assistance to a family member.

As you see that the federal DISABILITY TAX CREDIT and provincial PRIMARY CAREGIVER TAX CREDIT are a tax advantage to all. It is worth your while to have A STEP BEYOND & ASSOCIATES help you through the procedure. We advocate on your behalf and ensure that your application for DISABILITY TAX CREDIT and/or PRIMARY CAREGIVER TAX CREDIT is interpreted and completed properly eliminating potential uncertainties and streamlining the information so that it is accurate before submission.

Please email or call for confidential dialogue. A flat fee for service rendered will be discussed. Don't be afraid to ask for help.

For further information contact:

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(see advertisement on page 5)

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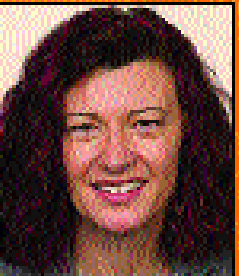
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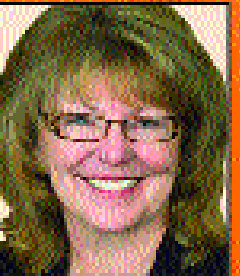
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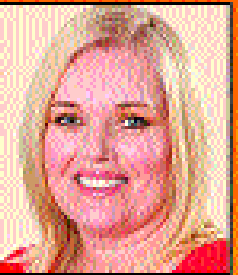
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'Guess Who's Coming to Dinner?' .. a memorable Christmas long ago



By Roger Currie

The year was 1967. I was a student at St. John's College at the University of Manitoba. I lived a very comfortable life with my family in River Heights, driving my mother's car and paying a ridiculously small tuition compared to what today's students are burdened with. Most homes in our neighbourhood could have been right out of *Leave it to Beaver* or *Father Knows Best*. Mom stayed home, and at Christmas-time she organized a festive dinner for what we affectionately called "the geriatric club". In the 1950's, that 'club' included my three surviving grandparents, a step grandmother, a widowed great aunt and a great uncle who was a widower.

While my older brother and I dove into our Christmas treasures, playing with the latest hockey board game in the pre-digital era, while mother spent the entire day in the kitchen it seemed. There were no microwaves or automatic dishwashers. When he wasn't chauffeuring the geriatrics, our dear old Dad was wearing an apron, with a dish towel over his shoulder. But as head of the household, he firmly decreed that absolutely everything stopped in the morning when the Queen's Christmas broadcast came on the radio.

When it was finally served, the Christmas feast was truly grand and very traditional. There was a beautifully stuffed turkey, mashed potatoes with perfect gravy, boiled onions in a cream sauce and tomato aspic with shrimp.

Dessert included endless shortbread, mince tarts and a steaming plum pudding with two different sugary sauces.

No one dreamed of asking for anything *gluten free*. It was long before food banks were even contemplated. No doubt there were many people in Winnipeg who didn't have anything like we had, but they tended to be 'out of sight and out of mind'. We just didn't think about them very much. There was not an abundance of alcohol served at the Currie Christmas, partly out of deference to my grandfather the dentist who was a lifelong teetotaler. But once the older folks were out the door, mother would kick off her ridiculous high heels and knock back a couple of rather stiff gins. Dad was probably still in the kitchen drying and polishing dishes, while nibbling leftovers.

By 1967, the Christmas cast had changed somewhat. Gone to the great seniors home in the sky were two of the grandparents and the great uncle. But feisty Aunt Marie was still with us, along with Grandma Currie with her delightful Glasgow accent that she brought with her to Canada in 1910, a year before she gave birth to our father in Brandon.

Aunt Marie was a Swede from Hallock, Minnesota. Today, she might easily be described as a 'bigot'. Lord knows if she were here now, she might be supporting someone like Donald Trump! 48 years ago, Marie was fairly 'representative' of her generation. Did I mention that she loved to talk, and rather loudly?

The devil seems to have played a role in my entry into the world in 1947. As far back as I can remember, I have always taken something of a 'guilty pleasure' in "stirring the pot" to make day to day life a bit more interesting. In 1967, I conspired to liven up our Yuletide feast by inviting a "person of colour" to share our table.

He was a University colleague whose name was Fitzroy Clarke. He came from the island of St. Vincent in Caribbean, and like many foreign students he was destined to be thousands of miles from home and pretty much alone at Christmas.

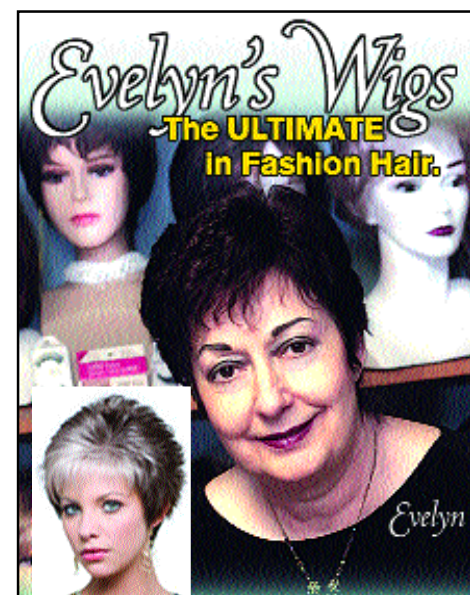
We gave no advance warning that Fitzroy would be joining us. Polite greetings were exchanged, a suitable blessing was shared as we bowed our heads, and dinner was served.

None of us could remember Aunt Marie ever having so little to say at a family gathering, but the expression on her face spoke volumes. Our Caribbean guest held forth on a wide range of topics. He was not the least bit shy. My older brother David who was visiting from Toronto, laughed heartily through all of it, shooting me many a knowing glance and a wink.

The passage of so many years has dimmed the memory of what exactly might have been said that evening. The only people still around in 2015 are my brother and me, and hopefully Fitzroy Clarke. In recent years I've tried Google and other digital means to find him, without success.

My fondest wish is that he returned to St. Vincent or some other tropical paradise and continues to enjoy a truly wonderful life. He certainly helped create some wonderful Christmas memories at our house in Winnipeg in 1967. ■

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.



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PROVINCE SEEKS PUBLIC INPUT ON FUTURE OF HOME CARE SERVICES

As part of the work of Manitoba's Home Care Leadership Team launched earlier this year, Manitobans are invited to share their perspectives and recommendations about the future of home care services in Manitoba in an online consultation.

A comprehensive plan for the future of Manitoba's publicly funded home care services will take into consideration short- and long-term human resources,

ensuring consistent provincewide services and developing a reliable system, regardless of one's ability to pay, the minister said.

The minister noted home care is not an insured service under the Canada Health Act and that it is solely funded and managed by the province.

In September 1974, coverage for home care services was established in Manitoba. Home care is provided to Manitobans of

all ages based on assessed need and with consideration for other resources available to the individual including family supports, community resources and other programs.

To share thoughts and perspectives on home care, visit www.gov.mb.ca/health/homecare/consultation.html before Jan. 15, 2016.

Be Fit with Gwen

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



Just Stand Up

Standing and Walking are the natural things we do. Sitting is not healthy and sitting in the work environment no matter how much you exercise is not healthy.

You should spend at least 60% of your work day standing, walking and keeping yourself in a standing active mode.

Dr. Shaelyn Strachen recently addressed the Seven Oaks Wellness Active Aging Day on the health risks of sedentary behaviour and the benefits of standing and walking. Prolonged sitting has been linked to heart disease, diabetes and other illnesses. Research has shown that a stand up desk, walking (tread mill) desk can have significant benefits to people of any age.

I stand and walk about 95% of my working day and have done so for the past 35 years. While this is not abnormal for me, many people are sitting for 8 to 12 hours or longer per day and the effect is debilitating on them. Picture the Secretary, Long Haul Truck Driver and every one in-between having standing, walking breaks and thus prolonging their ability to function. Makes sense does it not?

Start today and make a commitment to standing and walking for health, socialize standing up (work the room) at social functions, or while watching TV or take walk meetings at work and you will quickly feel better and function better.

This is an idea whose time has come.

- Gwen



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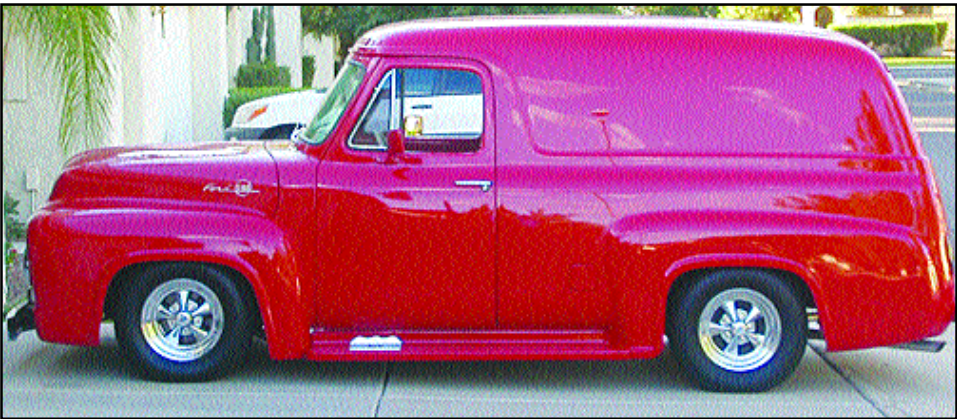
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MERRY CHRISTMAS ALL!

It's that time of year when I get happy and feel like a kid again. Some say I have never passed that stage and I do not want to ever stop the joyous feeling I get.

Many years ago I was a Member of DRAGMASTER's, a car club in Kingston Ont. that made a huge production out of modifying a 56 Ford Panel Van as a Santa Express and we delivered Toys and Joy to a Children's Hospital each year. It was so much fun as these bad boys became child like in their joy as they handed out the toys. Sponsored by Marilyn's Speed Shop this was what Christmas was and is all about for me.

It looked somewhat like this:



Winter Snow has fallen and the roads are slippery all the time.

All vehicles are skidding the moment they are in motion and we must brake, steer, and accelerate more gently, and smoothly in order to prevent loss of control. Below 7 Degrees C the tire is losing traction and we require Snow Tires to prevent loss of traction and the ability to stop and steer.

If you have traction control, stability control and abs make sure they are on at all times. If you have a manual transmission or an automatic that allows manual selection, try using 2nd gear to move at intersections and moving from a stop. This reduces the potential of tire spin and prevents polishing of the ice-snow surface.

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NEWS RELEASE (Dec.1/15):

PROVINCE ADVISES TOUGHER LAWS AIMED AT IMPAIRED, DISTRACTED DRIVERS TAKE EFFECT DECEMBER 1, 2015

New Provincial Road Safety Committee Established: Minister Mackintosh

Manitobans who drive while impaired by drugs or alcohol or who commit other serious driving-related offences now face much harsher penalties, Attorney General Gord Mackintosh announced as the Safer Roads Act took effect.

"Driving is a privilege. We are sending a strong message to high-risk drivers that if they choose to disregard the safety of residents and motorists, they will lose that privilege and pay the price," said Minister Mackintosh. "People who engage in illegal driving behaviours, those who endanger the lives of innocent, law-abiding citizens, will face the consequences of their actions."

The Safer Roads Act makes amendments to the Highway Traffic Act to specifically target drivers who make the choice to drive while impaired by:

- increasing immediate roadside driver's licence suspension for first-time low-blood alcohol concentration (0.05 to 0.08) and drug-impaired drivers to three days from the current 24 hours;
- increasing the three-day suspension to seven days in cases where a person under 16 years of age is in the vehicle at the time of the offence;
- making participation in Manitoba's ignition interlock program mandatory for all convicted impaired drivers; and
- clarifying this change takes effect on driver's licence reinstatement, thereby eliminating the opportunity for impaired drivers to avoid the ignition interlock program by delaying licensing after a mandatory period of suspension has been served.

Amendments to the Drivers and Vehicles Act will also require law enforcement officers to notify the registrar of motor vehicles whenever a driver has been charged with a serious driving-related offence so the registrar can quickly invoke driver improvement actions, such as suspending a driver's licence.

"MADD Canada applauds the government of Manitoba for its continued proactive strategies against impaired drivers," said Andrew Murie, chief executive officer, MADD Canada. "The Safer Roads Act demonstrates Manitoba's ongoing commitment to reducing alcohol and drug-related deaths and injuries on its roadways."

The minister noted a new provincial road safety committee, co-chaired by representatives from the Manitoba government and Manitoba Public Insurance, has been struck to ensure a more strategic and holistic approach to road safety is integrated into all aspects of transportation policy in Manitoba. The committee's first meeting held on Dec. 3 focused on strategies to further strengthen legislation dealing with impaired and distracted driving, which contributed to the deaths of 235 people in the province from 2010 to 2014. ■

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THE BUZZ



By Scott Taylor

Winnipeg Blue Bombers football fans have now had all of Grey Cup week to dissect their team's horrendous 2015 season. When you finish 5-13 with a sophomore coach, just a season after you were 7-11 with a freshman coach, the franchise needs to do some soul searching and fans have been soul searching.

What happened in 2015 wasn't just bad, it was one of the worst seasons in recent memory and when you are a franchise that hasn't won a championship in 25 years in a league with either eight or nine teams (depending on the season), you've obviously had some pretty bad seasons.

Since 1990, when this team last won a Grey Cup, its eight worst seasons were as follows:

1997: 4-14 under Jeff Reinebold

1998: 3-15 under Jeff Reinebold and Gary Hoffman

1999: 6-12 under Dave Ritchie

2005: 5-13 under Jim Daley

2010: 4-14 under Paul LaPolice

2012: 6-12 under Paul LaPolice and Tim Burke

2013: 3-15 under Tim Burke

2015: 5-13 under Mike O'Shea

In the 25 seasons since the Bombers last won the Grey Cup, the team has had 16 seasons of 9-9 (.500) or worse. The Bombers have not made the playoffs since 2011 and are 7-20 while playing at Investors Group Field.

While the team has gone 12-24 in two seasons under O'Shea and his group, their team hasn't fared very well for a decade, even though it got to the Grey Cup under Doug Berry in 2007 and LaPolice in 2011, the team's total record during the 10-year period between 2006 and 2015 is 69-110-1.

Is it finally time to blow it up?

The only coach out of the five different head coaches in the last decade to have a winning record was Berry (27-26-1) and he barely made it. Mike Kelly was 7-11 in one season, LaPolice was 16-28 when he was fired, Burke was 7-21 and O'Shea has gone 12-24.

Meanwhile, the team finished the 2015 season by firing its offensive coordinator. Now, his numbers were horrible and it's certainly easy to blame Marcel Bellefeuille for the club's horrendous 2015 season. By scoring only 353 points in 2015, the Bombers had the lowest offensive output in franchise history, at least since the CFL moved to 18 games a season in 1986. In fact, the last time the Bombers scored fewer than 360 points in a season (or even 20 points per game) was in 1979 when they played only 16 games.

Even when the Bombers were a horrible 4-14 in 2010, they scored 464 points. When they were horrendous (3-15) under Tim Burke in 2013, they scored 361 (the previous low). The Bombers scored more points in 1998 and 1999 under Jeff Reinebold (and for some of the time, Gary Hoffman) with T.J. Rubley at quarterback than they did this season.

Of course, it didn't help Bellefeuille that the Bombers offensive line has been weak for a decade. Because the team's quarterbacks were so prone to getting hit and injured, the Bombers started five different QBs this past season - Drew Willy, Brian Brohm, Robert Marve, Matt Nichols and Dominique Davis. With no continuity at the most important offensive position on the field, there was little chance the Bombers would be an offensive threat.

For that, someone had to take the fall. Midway through the year, O'Shea blamed the special teams' coach, Pat Tracey, for the club's problems and fired him. Now, he's fired Bellefeuille, who was named OC in August of 2013 (after the Bombers blamed Gary Crowton for their offensive woes and fired him). He's really had three bad years, with three bad O-lines, and never participated in a playoff game.

Trouble is, this franchise is broken. And the only constant during this 25-year drought - and four straight seasons without a playoff appearance - is the board of directors.

I will admit, for years I tried hard to support the board. I saw them as well-meaning people who cared deeply about a Manitoba institution. They were hard-working volunteers who wanted nothing more than to see the franchise become successful again.

But lately, I've questioned that sentiment. It appears to me that the board has failed miserably. From Garth Buchko to Joe Mack to this latest group at the helm, the board's hiring abilities have proven to be extremely weak.

The fact is, the board has made numerous and consistent hiring mistakes. In some cases, devastating mistakes. It's their job to find the right people to run the franchise and they have failed to do that job properly on a consistent basis.

Today, the team is a 5-13 product with a dwindling list of ticket buyers. When your final three announced attendances in a relatively new, taxpayer-built stadium (so far, a little more than \$250 million in public funds depending on how you're counting) with a capacity of than 33,500 seats, is 23,113, 24,179 and 23,773, your operation has issues.

Something needs to be done and, in this case, government has to do it. It's great that the board is an arm's length representative of the people of Manitoba, but this is getting a little past embarrassing. Not only has it been 25 years since there was a championship team, but the last four seasons have shown no sign of improvement. In fact, the Bombers were worse in 2015 than they have been in a decade. Not only were the Bombers 5-13, but no team scored fewer points, not even 3-15 Saskatchewan.

Heck, even at 3-15, Saskatchewan put up 30 points and won its final game on the road. Winnipeg whimpered out the back door losing 21-11 in its final game of the season: Yes, that's an entire game with just 11 points and no touchdowns? In the wide open Canadian Football League? That's really hard to do.

It's time for big changes: Big changes at the top. Because the way things are now, there is no reason to believe it's ever going to get better. ■

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Humn Pharmaceuticals makes Lidocaine available as a Topical Pain Relieving Cream

By Haidita Celestine

Many people may be suffering in pain needlessly according to Rowan Hamilton, Research Director of Humn Pharmaceuticals of Winnipeg. “Despite the fact that lidocaine is on the World Health Organization’s list of Essential Medicines [a list of the most important medications needed in a basic healthcare system] most people are unaware of how well it relieves a wide range of pain conditions,” says Hamilton.

For those who know Hamilton, a herbalist, holistic dermatologist, student of Traditional Chinese Medicine and a graduate of the School of Herbal Medicine in England, it may come as a bit of a surprise to hear him speaking of the benefits of a synthetic drug. Hamilton notes, however, that while some people almost always prefer ‘natural’ alternatives, the only naturally occurring Local Anesthetic is cocaine.

In the late 1880s cocaine was in fact the very first local anesthetic used in dentistry and an improvement on the previous approach: copious amounts of alcohol. People liked

it because it acted quickly and didn’t last too long; they also noticed the feeling of euphoria that went with cocaine use and many dentists developed a dependence on the substance. In the early 1900s, Procaine / Novocaine was introduced with all the desired benefits of cocaine but without its addictive and heart racing side effects. Lidocaine, however, became the dentist drug of choice when it was made commercially available in the late 1940s.

Lidocaine was first synthesized under the name xylocaine by Swedish chemist Nils Lofgren in 1943. A major difference between lidocaine and earlier local anesthetics was its stability in water. In practical terms this meant that lidocaine, unlike procaine, did not need to be prepared freshly before each injection. Further, lidocaine was the first amino amide type local anesthetic; until its discovery local anesthetics were all “esters”. Amide type anesthetics have a major patient care advantage Hamilton says. “Ester type anesthetics are much more likely to

cause allergic reaction compared to the amide type local anesthetic.”

In the search for ever-improving pain relievers, though, the benefits of lidocaine seem to have been largely forgotten. The medical marketplace for pain treatment since lidocaine’s creation has been dominated by pills delivering Non-Steroidal Anti-Inflammatories (NSAIDs) and Opiates. Consumers, however, are increasingly concerned and aware of the dangers and limitations of these drugs.

As Hamilton puts it, “All that, is a long way of saying that lidocaine works very well to locally prevent pain signals not only from travelling to the brain, but from being initiated at all. And it does that without addiction, fewer unwanted side effects and much fewer allergic reactions.”

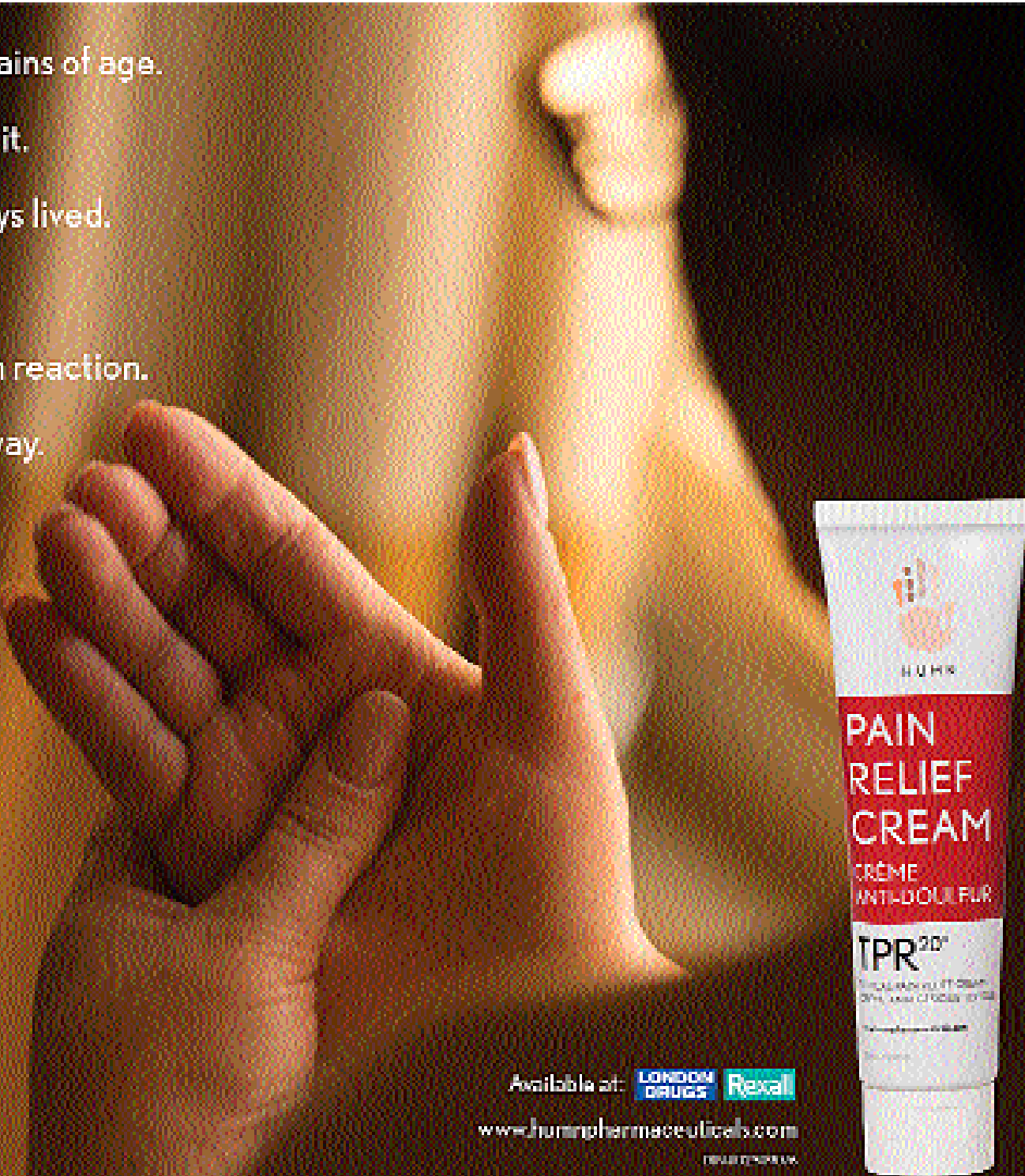
Humn Pharmaceuticals believes that new isn’t always better when it comes to pain medication. They have chosen to re-introduce lidocaine to the consumer in a topical cream formulation along with

other complementary ingredients including menthol. “TPR stands for Topical Pain Relief,” says Hamilton. “As a medicated cream, it goes where it is needed, when it is needed. It is applied on the skin, at the point where pain is felt, that way it doesn’t go through the stomach, or the liver or the kidneys, where many drugs leave a trail of damage.”

The American Geriatrics Society Panel on the Pharmacological Management of Persistent Pain in Older Persons has also recognized the value of Lidocaine. In their 2009 Clinical Practice Guideline, they strongly recommended that “all patients with localized neuropathic pain are candidates for topical lidocaine.”

“I’m very happy to be associated with Humn Pharmaceuticals,” says Hamilton. “Humn created TPR20 topical lidocaine cream to ensure people have access to this proven, safe and effective pain reliever. Go Humn!”

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Advertising Feature

Coin Collecting -

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Collectibles Canada is your local Winnipeg coin shop that is also an Official Royal Canadian Mint Distributor. **Collectibles Canada** offers the coins issued throughout the year from the Royal Canadian Mint along with past coin issues. The most popular set at this time of year for gift giving are the 2015 proof set and the 2015 specimen sets which contain all the coin denominations for the year. The silver coin called "Born in 2015" is a half ounce of pure silver which is a wonderful choice to honour the newborns for the year! The more avid collectors of Royal Canadian Mint Coins appreciate receiving a coin to add to the series they may already be collecting or you may introduce them to a new and unique coin for their collection. The mint has a variety of themes and creative coins which are very impressive to any collector. A most unique coin is the Maple Leaf shaped \$20 silver coin which comes in a red wooden presentation holder for display. All the coins are available and on display at **Collectibles Canada** at this time, however with lower mintage this year they are not expected to last long. **Collectibles Canada** offers a selection of supplies for the novice collector and the seasoned collector alike for both coins and paper money.

It is always wonderful to introduce a young person to the hobby of coin collecting. **Collectibles Canada** also offers gold and silver bullion for those who are more interested in the investment option of precious metals. **Collectibles Canada** staff are always happy to service the customer and provide information on all the Royal Canadian Mint coins and bullion products. For information please call **Collectibles Canada 204-586-6263** or come in to see the selection of coins and paper money at 2211 McPhillips (Kingsbury and McPhillips), Winnipeg.

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See article in this issue - above.

The Reading Room

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

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

With the hustle and bustle of the Holiday Season upon us, remember to take some time for yourself: sit back, relax, and recharge. You can enjoy time with family and friends when you are in the moment and not dwell on stresses this Season can sometimes bring.

Two excellent resources that allow you to slow down, contemplate, and take a breather are in the J.W. Crane Memorial Library Consumer Health Collection:

"A Sense of Calm: Sensory Relaxation Therapy" directed by Peter Higgins, is a DVD that combines sounds and images to scientifically provide for Sensory Stimulation with the goal to decrease worry, anxiety, and stress. There are 6 videos all at 10 minutes long: perfect if you require a quick 10 minute recharge, a full 60 minutes of quiet and relaxation or something in between. Pop in this DVD let your mind rest. ■

"5 Steps to Caregiver Relaxation" is the title of this CD; however, anyone seeking relief from being overstressed will find comfort using this resource. Each track is 15 to 17 minutes long and uses guided imagery and music to assist the listener in meditation, stress reduction and relaxation. With enchanting track titles such as "English Garden", "Watercourse" and "Summer Morning at the Beach", this CD will encourage you to close your eyes, take a deep breath and feel your worries melt away. ■

IN THE LAST ISSUE (NOV5-DEC12/15) the photos did not match the description. Here are the correct images.

Bert Stevens was born and raised on a farm in Southern Manitoba. This remarkable man took over running the family farm at the age of seventeen. At nineteen, he joined the Royal Canadian Air Force, was discharged, and subsequently joined the Army. In **No Feather Beds: A New Twist on an Old Tale**, Mr. Stevens recalls his early days on the farm and his time fighting overseas matter of factly, with wit and humour. He recounts his experiences as a soldier in the army and the many battles he fought in so valiantly. One only has to read this book to answer the question: what was WWII really like from a soldier's point of view? Mr. Stevens concludes the book with this sobering thought: the hope that history does not repeat itself. ■

The Boys of Kelvin High is a documentary presented by the War Amps of Canada, and consists of two 57 minute DVD's. It is dedicated to the 10,000 Canadians who volunteered for the Bomber Command, one of the most dangerous occupations of the war. Producer **Cliff Chatterton**, an army commander in WWII, discovered that more than 50 of his classmates from Kelvin High were killed serving in the Bomber Command. This video highlights how these brave men each put themselves at great risk for one common goal: the defeat of Hitler's Nazi Regime. ■

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.

dclibrary@umanitoba.ca / <http://libguides.lib.umanitoba.ca/deerlodge>

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Things to do in Winnipeg

EVENTS

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

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

The Manitoba Moose Hockey Club - Manitoba Association of Senior Centres Game Nights. Save \$10.50 off ticket prices. To book your group, call **204-926-5678** or **tkrulicki@moosehockey.com**

The Manitoba Moose Hockey Club - Senior Discount Night, Jan. 3, 2 pm. Save \$10.50 off ticket prices. Call **204-926-5678** or **tkrulicki@moosehockey.com**

Whirlaway Westerners Square Dance Club - Open House, Fri. Jan. 15, 7 pm, Kirkfield-Westwood C.C., 165 Sansome Ave. Enjoy Modern Square Dancing! New dancers, singles and couples are welcome. First three dances are free! Call Carole: **204-831-8954** or Pam: **204-414-7637**

Ukrainian Cdn Veterans Branch # 141 - Ukrainian Xmas Dinner and Dance, Dec. 20. Xmas draw and the Band: By Request. Ukrainian Xmas Dinner and Dance, Jan. 10. Tickets \$15 (limited number). Call **204-589-6315** ex 103.

Anthology of Christmas Stories - Local writer seeking story contributions for an anthology of Christmas memories in Manitoba. For more information, visit: **www.manitobachristmas.wordpress.com**

Bridges for Peace Study Tour - Jan. 19-28/16. \$3745. Call Ken at **204-942-5433**, **www.toisraelwithlove.com** or **k4mcghie@gmail.com**

VOLUNTEERING

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**.

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**

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

The Alzheimer Society - door-to-door canvassers needed 1-2 hrs in January during Alzheimer Awareness Month. Donations support the Society's programs and services

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for people affected by Alzheimer's disease or another dementia, and in the search for a cure. Register online at **alzheimer.mb.ca** or call **204-943-6622** (Winnipeg) or **1-800-378-6699** (Manitoba).

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

Rupert's Land Caregiver Services - transportation program needs volunteer drivers to take clients in S.W. Winnipeg to appointments, shopping and social outings. Compensation for gas/parking provided. **204-452-9491** or **rlcs_vol@mymts.net**

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**

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**

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**

A & O: Support Services for Older Adults - Volunteer Visitors are needed in all areas of Wpg. 1 hour every 1-2 weeks. Please call **204-956-6440** or email **proth@ageopportunity.mb.ca**

PROGRAMS / SERVICES

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthcart St., offers a Congregate meal program to area residents 55 plus. Registration required. Volunteers needed for 1 hour per week cleanup. Call **204-889-3687** for info or to register. Leave msg for Lesley.

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.

Vital Seniors - Book Club, Last Fri/mo: 204-257-4014, Bridge, Thur: **204-256-3832**, Carpet Bowling, Tues: **204-452-2230**, Line Dancing, Mon & Fri: **204-334-3559**, Free Exercise Class, Tue: **204-253-0555**, Monthly Luncheon, Last Tue/mo: **204-255-7508**, Scrabble, Mon: **204-257-4014**, Free Apple Classes, Tue: **204-452-2230**. St. Mary Magdalene Church, 3 St. Vital Rd.

Springs Senior Drop in Center - Join us Tue. Jan.12 & 26, 1-4 pm, 725 Lagimodiere blvd. Free coffee & treats, pool tables, shuffle board, games and cards in a newly renovated 2000+ sq. ft. facility.

Good Neighbours Active Living Centre - offers a wide variety of fitness, art and music classes, drop-in programs, social activities, outings and more! Call **204-669-1710** or visit **www.gnalc.ca**

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Pembina Active Living 55+ (PAL) - Winter classes begin Jan. 11 at Grace Christian Church (50 Barnes St.) and St. Norbert/ Ft. Garry C.C's. Must register for yoga, fitness, line dance, Zumba Gold, arthritis PACE program, painting, writing, cooking, and computer. Deadline Jan. 8. Drop-in activities for members: gardening club, men's breakfast, bowling, lunches, movies, bridge/cribbage, etc. **204-946-0839**, **office@pal55plus.com**, **info@pal55plus.com** or **www.pal55plus.ca**.

Elmwood-East Kildonan Active Living Centre - 180 Poplar Ave. & Brazier. Various scheduled and drop in activities. Call **204-669-0750** to confirm if activity still on.

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

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

Seine River Seniors Inc. - **204-253-4599** at Southdale CC. Activities: Bridge, Mon., 9:45-11:30 am; Walking, Mon., 9-11 am; Movies, 1st Tue. of mo; Brunch, 3rd Tue. of mo.; Senior Lunch, 2nd Wed. of mo.; Art Workshops, Creative writing, Canasta, Flower Arranging, Day trips, etc.

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

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

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**

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**

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

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

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**

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

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

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**

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

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**.

Lion's Place Adult Day Program - Social day program for seniors - physical, mental, and recreational programs. Transportation & hot lunch provided. Membership \$8.06/day. Call **784-1229**. Referrals to the program are made through WRHA at **940-2655**, or call your Home Care Case Coordinator.

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

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

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

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.

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Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

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

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

Stonewall - Steppin' Out, new outdoor walking program, Tuesdays, 10 am, at 55 Plus Centre. Call **204-467-2582**, **www.si55plus.org**

Selkirk - Tudor House Personal Care Home needs volunteers for Recreation Programs, Rose Bistro Tuck Shop, Friendly visiting, Nursing Volunteers/companions, Palliative Care, Office, and groundkeeping. 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. Wear comfortable clothing and shoes. Bring water to drink. Admission \$1/class with 55 Plus 1-yr membership (\$20) - can arrange to pay membership after hours (4 pm) at a Wednesday class. Call Verna, Member of the Quarry Strutters Line Dancers: **204-467-5090** or email: **verrod1@mymts.net**

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**

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern Living Independence for Elders 768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches Resource Center (Victoria Beach) 756-6471**; **Eriksdale Community Resource Council 739-2697**; **Fisher Branch Seniors Resource Council 372-8703**; **Gimli Seniors Resource Council 642-7297**; **Lundar Community Resource Council 762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior

Resource Council **646-2504**; **Selkirk** - Selkirk & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet 345-1227**, Pinawa 753-2962 or **Whitemouth/Reynolds 348-4610** or **Winnipeg River** Resource Council **367-9128**

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** (msg).

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.

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- Albert Camus (1913-1960)
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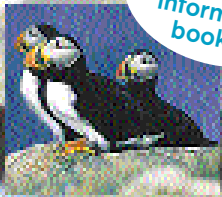

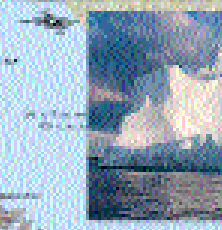
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HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

Another Christmas has come and gone. The grandkids have gone home and the house is quiet. There's time to reflect on the season and remember past Christmases.

Christmas is always good , but, boy, some of them really stand out. This one is going to be remembered as, "The Christmas Callie Went Sliding."

We took the kids sliding on the big hill behind town. The plan was for Bea and I to get a fire going and set up for a wiener roast while the kids played in the snow. We would drive across the lake, park at the foot of the hill and let the kids walk up as high as their courage would allow before sliding down. It's a big hill. They went right to the top.

Nathan was holding his sled and looking down that hill with a dubious look on his face when his younger sister, Alexis, elbowed him out of the way and with fearless exuberance hurled herself down the mountain. Nathan had no choice. He HAD to suck it up. He

Christmas Memoirs

Slippery Slope By Rick Goodman. ©Copyright 2015

HAD to go down that icy pinnacle of death. Pride is an ugly thing.

I was holding Callie on her sled and was starting to have second thoughts about letting her go when Alexis hit the first set of moguls half way down the slope. She did a loop the loop and was half way through a barrel roll when she veered off track and plowed head first into a snowdrift.

Nathan saw the wreck and recognizing that there is a fine line between valor and stupidity, bailed off his sled.

Bea said, "Oh my, Papa, do not let that little girl..."

And that's when Callie slipped out of my hands and set out to make this a Christmas to remember.

"Uh oh," I said to myself and set off after her at a dead run, Bea right behind. "You pushed her," Bea hollered, "I can't believe you pushed her!"

I started to say "She slipped," when Bea walloped me with a frozen wiener stick so I just said, "OOH!" and ran harder.

It was hopeless. Callie looked like she was doing 70 miles an hour when she went past Nathan. She'd started

wailing as soon as the sled took off. There seemed to be some sort of relationship between volume, intensity and velocity. And the louder she wailed the more vigorously Bea applied the wiener stick.

As we thundered past Nathan he made his report to Bea's retreating back.

"Momma," he hollered, "Papa pushed Callie!"

"She slipped," I hollered back. "You little...."

And that's when Callie hit the moguls. The wailing became a terrified shriek as she became airborne for the first time.

The wiener stick was a blur.

Such grace, I marveled, such balance as Callie performed a front loop followed by an inverted spin that segued nicely into a barrel roll, followed by a suicidal looking hammerhead stall sort of thing. Such noise. And then she was through. Alive! Unhurt! And upright!

Alexis had just crawled out of her snowbank when we came stampeding by. Nathan, bringing up the rear, shouted, "Alexis, Papa pushed Callie! And now Momma says she's going to kill him!"

He didn't sound all that broken up about it to me.

Alexis looked down the hill at her little sister doing aerobatics on a red plastic Super Slider sled, and at Papa, who she had never seen run before, and at Momma, who she had never seen beat Papa purple with a frozen wiener stick and thought to herself, "As far as after-sliding activities go, this beats the heck out of a wiener roast. Hot chocolate or no hot chocolate." And then she hollered encouragingly, "Papa! You're the best!" And set out on a dead run after the whole sorry parade.

At the bottom of the hill Bea rushed past me and throwing down what was left of her willow switch gathered Callie in her arms.

"Oh my little girl," she soothed, "You're alright."

Callie looked up at her with sorrowful eyes. Then she pointed at me and said, "Papa pushed me."

"She slipped," I said to no one at all, "She slipped."

Next year I think we'll cut down on the excitement and just go skydiving. ■





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3	7	4	8	9	5	2	6	1
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SUDOKU - Solution

Recipe OF THE DAY

Turkey Toss

Metric	Ingredient	Imperial
50 ml	extra virgin olive oil	1/4 cup
30 ml	balsamic vinegar	2 tbsp
15 ml	fresh parsley, chopped	1 tbsp
5 ml	liquid honey	1 tsp
5 ml	dried basil	1 tsp
-	salt & pepper to taste	-
2 L	romaine lettuce, thinly sliced	8 cup
125 g	smoked or cooked turkey breast, thinly sliced	4 oz
125 g	mozzarella cheese, cut into cubes	4 oz

In a small bowl or measuring cup; mix together oil, vinegar, parsley, honey, basil, salt and pepper. Chill.

In a large bowl; toss remaining ingredients. Cover and chill. Add dressing and toss.

Serves 6

www.PeakMarket.com

CROSSWORD

Yule be Sorry!

By Adrian Powell

- ACROSS
- 1 Pomelo/orange/tangerine hybrid
- 5 Lassie, for one
- 11 "A Christmas Carol" word
- 14 Thin
- 15 Restlessness
- 16 1947 destination for Hope and Crosby
- 17 Something you can hang for Santa's moral reinforcement?
- 20 Violin varnish
- 21 Basic canine command
- 22 Good tellers of war stories
- 23 McCartney, Jagger and John
- 26 Notable part of Rudolph
- 28 Jolly seasonal dinner accompaniment, perhaps?
- 35 Montreals Place ____ Arts.
- 36 Taboo activity
- 37 Security deposit account, perhaps
- 38 Otherwise
- 40 Scram, Dogpatch style
- 42 Contemptible boulder
- 43 Muscularly uncoordinated
- 46 Ink cartridge colour
- 49 Sudden death cause
- 50 December gift to an outgoing White House resident?
- 53 Fly-by-night insect
- 54 Yodeller's response
- 55 Balanced on
- 58 Downfall of many US mobsters
- 60 Sangria wine
- 64 Decides to forgo the perpetual

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64				65			66	67					
68				69					70				
71				72						73			

- DOWN
- 1 KGB's country
- 2 Gorilla product
- 3 Things that are often glossed over
- 4 Mischievous
- 5 Street mongrel
- 6 Kenora's loc.
- 7 To a smaller degree
- 8 Barrio resident
- 9 Carbon-14, e.g.
- 10 Oldworld trade org.
- 11 Baguette accompanier
- 12 "____ She Sweet"
- 13 Swine
- 18 Leek's cousin
- 19 Complain, Yiddish-style
- 24 You have it after pi
- 25 Cohen's "Hallelujah", e.g.
- 27 "Brillo" competitor
- 28 Flawless
- 29 The Mississippi has a huge one
- 30 NE Indian state
- 31 Yank up
- 32 Rocky Alpine ridge
- 33 Wheel alignment adjustment
- 34 Future hooter
- 39 Not included
- 41 Pound an old Underwood
- 44 Altar commitment
- 45 Manicure target
- 47 Bit of a curve
- 48 Noted Indian statesman
- 51 Trim in Oshawa
- 52 After-dinner bash
- 55 Teal, essentially
- 56 Hang a right
- 57 Well lubricated
- 59 Glissaded
- 61 Cajun veggie
- 62 Do a bit of leg-pulling
- 63 Agreeable words from the mate
- 65 Tiny Japanese coin, until 1953
- 66 Shannon of "Runaway"
- 67 Uno, due, ____

SOLUTION TO RIGHT

WORDSEARCH - HOLIDAY TIME

- By Senior Scope

S	R	U	D	O	L	P	H	X	D	Y	D	I	V	I	N	E	S	B	O
J	P	L	M	S	A	U	C	E	V	F	A	M	I	L	Y	Y	W	E	M
D	O	I	F	G	T	F	C	I	L	X	S	E	A	S	O	N	D	E	T
G	C	S	R	N	E	A	A	R	M	V	G	R	O	T	R	S	I	N	G
B	H	U	E	I	U	I	R	B	T	A	E	H	H	P	I	N	E	Y	P
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- Angel
- Baby
- Bells
- Birth
- Brandy
- Bread
- Candy
- Card
- Carol
- Child
- Christ
- Comet
- Crib
- Cupid
- Dasher
- Divine
- Donner
- Eggnog
- Elves
- Fairies
- Family
- Fir
- Frosty
- Gift
- Gloria in
- Excelsis Deo
- Gold
- Gravy
- Green
- Ham
- Happy
- Holiday
- Holly
- Icicle
- Incarnation
- Inn
- Ivy
- Joseph
- Joy
- Lights
- Lord
- Magi
- Manger
- Mary
- Mass
- Merry
- Miracle
- New Year
- Noel
- O Holy Night
- Party
- Pie
- Pine
- Port
- Punch
- Red
- Ribbon
- Roast
- Rudolph
- Sauce
- Sausage
- Scrooge
- Season
- Sherry
- Sing
- Sled
- Sleigh
- Spirit
- Stable
- Star
- Toast
- Toys
- Vixen
- Winter
- Wreath
- Xmas
- Yule

SOLUTION BELOW

SUDOKU MEDIUM

- By Senior Scope

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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 ABOVE

S	R	U	D	O	L	P	H	X	D	Y	D	I	V	I	N	E	S	B	O
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WORDSEARCH - Solution

S	R	U	D	O	L	P	H	X	D	Y	D	I	V	I	N	E	S	B	O
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Y	P	X	Y	V	Y	F	I	R	O	R	I	B	B	O	N	G	B	J	O

CROSSWORD - Solution

HUMOUR



By Rick Goodman
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There was a time many years ago when, for me and my cousin, Santa Claus was real. We also knew, because we'd been told many, many times that if we weren't good Santa would not bring us anything. Bea and I try the same line on the grandkids with about as much success as our parents and grandparents had with us.

It's not that we were intentionally bad or went out of our way to look for trouble. It's just that when you're young it's hard to stay focused on staying out of trouble in the hopes of a big payoff sometime in the distant future. At that time in life I was hoping Santa would bring me a BB gun. Looking back, I had as much chance of getting a bb gun as I had of winning the Nobel Peace Prize. (Although there was that rocketry experiment involving kitchen matches, gasoline and a Heinz tomato juice can that had held a lot of promise until my Uncle Andy aborted the launch with a pail of icy cold well water.) Anyway, define trouble.

Don't you love Christmas? When you're a kid there just isn't anything better. The anticipation of things to come while you're trying to go to sleep on Christmas Eve. Waking up too early Christmas morning. The old wool work socks we used for stockings stuffed full of goodies. There's nothing like a breakfast of peanuts and lots and lots of hard candy to put a real shine on the day is there?

The tree. The presents under the tree! Us kids used to spread some pretty broad hints around about how great it would be to get dolls and BB guns and jack knives with real blades and maybe even a chemistry set so we could blow stuff up.

The certain knowledge that this was the year that Santa was going to come through with the good stuff. The genuine surprise when you got three pairs of socks and a set of long johns.

"Ah poop, pass the candy."

How about Christmas dinner? The smells coming out of the kitchen? Driving your mother to distraction by asking her if it was ready yet every five minutes?

Mashed potatoes, gravy, stuffing, cranberry sauce, pickles.

Way back, a long time ago, when I was around four or five years old, my parents decided to take a break from farming and give city life a try. We packed up and headed for the bright lights of Winnipeg.

Life was different there. No cows or chickens. Instead of a whole farm to play on there was a back yard with a fence around it. Five days a week you had to get up and go to something grown ups had organized called kindergarden. This is where you went to have - 1) Snacks, which I liked although they were pretty cheap with the Kool-Aid, and - 2) Naps, which I did not like.

Early on I'd suggested to Mom that I could do all that stuff at home but she said to never mind, that kindergarden was a darn good idea and that the only way I wouldn't be going would be over her dead body.

We had television in the city. It wasn't long before I was hooked on "The Rifleman" and "Davy Crockett." Dad even got me a genuine Davy Crockett coon skin cap. I've seen pictures from that era. Apparently I was a short fat kid with big cheeks wearing something that looked like a large hairy rat on my head. Other than being taller now not much has changed. I'm not proud of it but there you are.

That was city life. Get up, go have snacks and naps then come home to Davy Crockett and The Rifleman, then head out to the back yard to see if the neighbor's cat had left anything interesting in my sandbox.

Christmas Memoirs



Twas the Night Before Christmas... By Rick Goodman. ©Copyright 2015

Put it this way. It's a long, hot, lazy August afternoon. We're sitting around in the barn because it's the coolest place on the whole farm. It's too hot to pick berries. It's too hot to go down to the slough and see what the ducks are up to. We're bored. Being bored is bad. You can get into trouble if you're bored. We figured we had better find something to do. So we looked around and found a quart of lime green paint. Just the thing to spruce up our rusty old bicycle. Safe at last. We couldn't get in trouble now. We had something to do.

So armed with Uncle Andy's toothbrush we set to work. Old Bowser, the farm dog and a very good friend of mine, wanted in on the action so we obligingly painted him too. There was enough paint left over to colour a chicken but we couldn't catch one and had to make do with Granny's favourite cat. Waste not want not.

....Later that afternoon we found ourselves out behind the Saskatoon patch, covered in cat scratches, green paint, dirt, chicken feathers, and dog hair, cutting switches and wondering

how it had all gone so terribly, terribly wrong.

But that was back in August. Who could even remember August? That was way back when I was only five years old and not nearly man enough to handle a BB gun. Now it was Christmas Eve and Santa was on his way! We'd managed to "Be Good" for nearly a day and a half now so there could be no doubt that her super doll house girly inconsequential type stuff and my BB gun were in the bag so to speak.

We were experienced Christmas celebrators and knew how it worked. On Christmas Eve you laid out the milk and cookies, then hung your stocking up by the tree. Of course we didn't have stockings. We had woolen work socks. After the socks were hung up you made excuses as to why you couldn't go to bed, and then after you finally got chased to bed you needed a drink of water, then you needed a trip to the bathroom, then you needed to be threatened with a good licking if you didn't settle down and go to sleep. Then you woke up and it was Christmas.

Your sock would be full. There'd be an orange, the easy peel kind, peanuts, maybe some other nuts and some hard Christmas candy. There would be presents under the tree.

That Christmas Eve my cousin waited until I'd hung up my sock then she threw her sock into a corner, shucked out of her leotards and hung them up instead.

"Whoa," I thought, "Talk about going for the big score!"

But it didn't work. In the morning she had an orange, twenty-seven peanuts and a handful of hard candy just like the rest of us.

There were more disappointments to follow. Instead of a super doll house something or other she got a doll that wet itself and another pair of leotards. I got a snakes and ladders board game and a pair of long johns. Later that day the head came off her self wetting doll. I have no idea how it happened. Swear to God. And somehow she managed to swallow one of the dice from that snakes and ladders board game. ■

A blue, blue Christmas... By Rick Goodman. ©Copyright 2015

And the turkey! White meat, dark meat, steaming, tender, and succulent. I don't know how well you remember your avian anatomy, but on one end of a turkey there's a thing called "the Pope's nose," which if I recall correctly is Latin for turkey butt. At the other end is the furcula or wishbone.

We fought like animals for the wishbone. Given the chance your own sister would strangle you with your new long johns for possession of an unbroken furcula.

Our little brother, Mundi, was going through a phase this particular Christmas. If something displeased him he would gulp a lung full of air, throw himself on the floor, turn stiff as a board, and hold his breath until he turned blue. Medically, this is known as a hissy fit. You could see it coming.

"Mom, 'Mundi's' gonna have a hissy fit.

Then he'd hit the floor and it would be show time.

There was never any danger that he could actually hurt himself. The doctor had told my parents to just slap his face to snap him out of it, but they could never bring themselves to do that. They'd throw cold water in his

face instead. For some reason they thought it was important for him to start normal respiration as quickly as possible so there was always a degree of urgency in the entire process. Left to himself of course he'd of started sucking air again in his own good time. But from my point of view where would the fun have been in that?

This Christmas, when the call for dinner came, our sister Cheryl outmaneuvered me in the battle for wishbone ownership. By outmaneuvered I mean she elbowed me in the solar plexus when I came into the kitchen and then sprinted to the table and the seat closest to the turkey platter. By the time I made it off the floor she was already waving it around in triumph.

It was bad. Real bad. She was flaunting the wishbone. She'd wave it under Mundi's nose and then pull it back just out of his reach. This displeased Mundi. Displeased him mightily.

And down he went. Show time!

Dad grabbed the water pitcher and made a wild underhand toss. It went wide and the water missed the kid completely. Both him and Mom were moving fast now.

Lighting the way for Santa... By Rick Goodman. ©Copyright 2015

Sometimes it just got to be too much so I'd wait until Mom had her back turned then I'd break out the back gate and head for Oscars on Ellice Street, which was the local Mom and Pop corner store. These corner stores were the 7-11's of their time. They carried tobacco products, pop, milk, stuff like that. Five years old you could walk in and buy a pack of cigarettes. Really. If they carried lunch meat it came in bulk and was sliced to order for you right on the premises.

I'd visit and talk to Oscar and it wouldn't be long before he'd have me sitting up on his little deli counter eating sliced bologna. I'd talk and eat and he'd slice and laugh and then Mom would rush in all frantic and chase me home.

Oscar knew how to build customer loyalty. One slice at a time. Any time I had money I did my shopping at Oscars.

Fall came and went. Winter set in and I spent my time kindergardening and Riflemaning and Davy Crockettting and slipping down to Oscars for a few quick slices before Mom would show up to chase me home again. But mostly I spent my time waiting for Christmas. It was going to be a big year. This was the year Santa was going to bring me a horse. It could live in the back yard. I'd train it to keep the neighbor's cat out of the sandbox. I'd feed it hay and ride it to kindergarden.

We'd already written and mailed our Santa letters. Not only that but I got taken down to Eatons and had had a

personal interview with Santa himself. Just him and me and around four hundred other kids standing in line waiting to get sat on his knee so you could tell him what you wanted. He smelt like Scotch and said, "Ho Ho Ho," a lot. Really easygoing, so I went for broke and asked him to bring a saddle too.

Later that week I was telling Oscar about the whole deal. He figured that a back yard in Winnipeg in the winter-time might be too cold for a horse.

"Well how about we keep him in the basement?" I asked.

He looked at me sort of sideways and said, "Here kid, half another piece of bologna maybe."

Finally Christmas Eve arrived. Dad had to work and wouldn't be home until after bedtime. It was a mild evening and as the street darkened it began to snow. Pretty heavy too. Santa was flying that night and it wasn't going to be easy, what with the reduced visibility. What we needed to do was turn the porch light on as a sort of landing beacon. I flipped the switch. The light flashed and went out. It was burnt! Tonight of all nights and the porch light bulb had to burn out. It was a disaster. Some other kid was going to get my horse if we didn't get that light changed. Mom said she'd do it. Anything for a little peace and quiet, she said. Whatever that meant.

I don't know if they still sell them but at that time coloured light bulbs were in fashion. We had a brand new package in the cupboard. While Mom was setting up the stepladder I opened

the pack and picked out a nice red one. Mom whipped out the old bulb, whipped in the new one and rushed back to the kitchen to rescue supper before it burnt to a crisp.

I flipped the switch then pulled back the living room window curtain and looked outside. It was beautiful! That bulb had turned the snow a nice rosy colour and best of all it was the only red light on the whole street! Really made the place stand out. Santa wouldn't have any trouble finding us now!

Later on I heard Dad come home. Couldn't help but hear him. He ran through the living room with his boots on yelling something about a red light on over the porch.

Mom said, "A red light?"

She told him that the porch light had burnt out and that while she unscrewed the old one that his son had gotten her a replacement out of the cupboard and that it was dark and that she had no idea what colour light she'd put above the porch.

That's when Dad dropped his voice and told her what a red light above a porch meant. But I heard what he said.

There was no horse in the back yard Christmas morning but I got some pretty good stuff otherwise.

A couple of days later I managed to slip away for a quick slice and told Oscar the whole story. He laughed so hard he had to sit down.

"Here kid," he said, "Have TWO slices of bologna maybe."

"Thanks Mr. Oscar," I said, "What's a who house anyway?" ■



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