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IT'S HALL OF FAME TIME!

More Than Just an Induction Ceremony

By Scott Taylor with notes from Adam Wedlake. Photo courtesy Basketball Manitoba.



The 2017 Manitoba Basketball Hall of Fame inductees proudly displaying the basketball license plates now available. Left-Right: Pictured left to right is Betty Butler (representing builder Dennis Alvestad), Doug McGregor (19U Provincial Team coach), builder Wayne Ruff, Dave McNabb (Vincent Massey coach), Marg Cox (Kirstein) (Vincent Massey coach), Larisa Ens (Waschuk) (19U Provincial Team), Arlyn Adam (Filewich) (Vincent Massey) and builder Larry Marquardson.

It's Hall of Fame time and both the province's Basketball and Softball Halls announced and inducted their 2017 Class.

When the newest members of the Manitoba Basketball Hall of Fame are inducted on the evening of Sept. 30, there will be more to the party than just a few acceptance speeches.

Meanwhile, eight individuals and two teams made up Manitoba Softball's Class of 2017, a group that was inducted into the Hall on May 6th.

The basketball event will be quite special. It will also feature the official

opening of the new Posters and Programs display showcasing more than 30 such items reprinted and enlarged from the museum's extensive collection along with the addition of plate BK0001 added to the Hall of Fame collection as part of the new basketball license plates that are now available to the public in Manitoba.

Of course, there will also be some emotional acceptance speeches as two players, four builders and two teams are inducted into the Hall. The induction ceremony will take place at Winnipeg's Victoria Inn.

Here is the Class of 2017:

PLAYERS

John Cook - a native of British Columbia who played at UBC before coming to Winnipeg and playing for St. Andrews Dunlops Sr. Men's team 1964-67; two-time league scoring champion and three-time all-star; scored 49 points in one game; member of the Canadian National team for the Pan American Games held in Winnipeg in 1967.

Deb Steele-Kretschmer - University of Winnipeg Wesmen 1977-80;

Continued on page 3

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Hall of Fame, cont'd from front page

CIAU/CIS All-Canadian in 1980; two-time GPAC All-Star; set Wesmen records for scoring and rebounding; member of the Canadian National team, 1976-80; won a bronze medal in the World Championships in South Korea in 1979

BUILDERS

Dennis Alvestad – head coach Dakota Lancers Varsity Girls 1975-1986; coached 4 ‘AAAA’ MHSAA Provincial Championship teams; officiated basketball; regular clinician providing leadership for younger coaches; coach/supervisor for elementary school Bee Ball program; died in 2013 and will be inducted posthumously.

Michael Hill – co-coach for 23 years at Vincent Massey (Brandon) where they won three ‘AAAA’ provincial championships; 12 years at Neelin High School and 6 provincial championships; assistant coach Brandon University Bobcats. Manitoba Bisons women’s teams; five-time provincial coach-of-the-year; Mike Spack award winner.

Larry Marquardson – coached for over 35 years at Sargent Park Jr. High School, Sisler and Earl Grey; initiated a developmental league for those unable to make school teams; founding member of the Winnipeg Invitational Tournament (WIT); 2012 recipient of the Mike Spack Award; won over 20 Winnipeg junior and senior girls’ championships; two-time provincial coach-of-the-year.

Wayne Ruff – coached at Elmwood, Glenlawn, John Taylor, Varennes, Minnetonka, George McDowell, University of Manitoba and University of Winnipeg; coached two MHSAA ‘AAAA’ provincial championship teams at Glenlawn; founding member of the John Taylor Piper Classic and the Golden Boy/Wesmen Classic; as an administrator led in the development of strong school programs with qualified teacher-coaches.

TEAMS

Team Manitoba 19U Women's Provincial Team – 1991 National Champions.

Vincent Massey (Winnipeg) Trojans Varsity Girls – MHSAA Provincial ‘AAAA’ Champions 1982-83, 1986-87 and 1987-88.

The Softball induction ceremony was definitely hailed by those who were present on May 6, at the Canad Inns Destination Centre in Portage La Prairie.

The group that included Mikki Cochrane, Randy Dutiaume, Rick Elias, Dave LaFrance, Ferdi Nelissen, Les Newman, the late Wayne Richardson and Terry Wallin, along with three teams – Portage 1986 Diamonds Senior A and Smitty’s A-2 2008/2009 Senior Women.

“It was a great event with the stories flowing until the wee hours of the morning,” said Nelissen. “And it was a great group to go in with – three former teammates were inducted – myself, Randy Dutiaume, Terry Wallin and Rick Elias all played together. Plus the ‘86 Portage Diamonds team went into the Hall, a team that included our current Premier. It was a great crowd and Softball Manitoba made it a special evening.” ■

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Do Men and Women Look At Retirement Differently?

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

As our baby boomers age, many publications are now noting that retirement is a far different experience for men than it is for women. If you have been following my articles, you will know that our practice has acknowledged this for some time, yet we are finding that most of the advice and planning has not accounted for this difference.

If I had a nickel for every time I've heard (and usually from men) "but I won't live long, so why worry". Little do these folks know, statistics are showing that the life expectancy is growing and growing. So why is there a disconnect between what we believe and what is really happening?

I feel that the conversation around retirement needs to change. The language, the expectations, the planning and the conversations with our children and grandchildren needs to be different. When life expectancy wasn't what it is today, the way we planned may have been appropriate. What I find as a planner is that most people are so busy running away from something (work) that they don't plan for "what comes next". We focus on money, which is important, but less attention is paid to the psycho/social element of what life will look like after work.

Most definitely, women's voices are seldom taken into consideration when looking at what retirement will be like. What I find when I ask women what they want in retirement is that they often defer to their husband, yet we know that men and women see the world very differently. This journey needs to be documented and explored further.

The Surprising Gender Gap in Retirement Happiness

Research is starting to be conducted in a more balanced way. Information is being gathered by both men and women and the findings are shattering many beliefs of what retirement really is like for men and women.

Stephen Golding, who wrote "The Surprising Gender Gap in Retirement

Happiness" in *Retirement Lifestyle Mastery*, writes that the stereotypical portrait of a retiree struggling with depression often focuses on a man who realizes that no matter how much golf he plays, he still is not completely happy with his life—having all the time in the world to play golf is not scratching his itch.

Golding also reveals that a recent survey of nearly 700 retirees showed that women struggle much more with finding purpose in retirement than men do. A whopping 80% of the women who were polled felt as if they had no purpose in life after quitting work, whereas only 54% of the men responded in this way.

Women also showed much more worry about a lack of income during retirement years, which greatly reduces their happiness. They have also seen a more drastic reduction in their social lives after retiring, which they treasure more than men. One of the major findings was that women are more severely affected by loneliness, one of the primary dangers to mental health of retirement years.

Another factor in general unhappiness during retirement for women is the realization that their children need them less and less. This creates unease as their strong maternal instinct is not fed, which arose later in the survey when women said much more often than men that they wished they lived closer to their families.

Another interesting conclusion of the survey was that 50% of the men fully enjoyed their retirement, as opposed to only 38% of the women. Almost two-thirds of the women mentioned that losing their network of coworkers was a major loss in their lives. More than half of the women polled said that they still try to get together with workmates, while a far smaller percentage of the men said they do. Men were more content to simply continue to see close family and friends and relax at home during their retirement years.

The surveys revealed that men

were more likely to book vacations and pursue other hobbies than women. Men reported that they enjoyed walking, hiking, traveling and home renovations to fill their time, while women preferred gardening, cooking, reading and joining a club or class.

This survey has many implications for retirees. Men in married couples need to plan in a way that will reduce their wives' worries about money during retirement. They also need to make sure that their wives will remain in some sort of social network during retirement. Women who are single should have a clear plan for easing their loneliness during their retirement.

In addition, Stephen Golding reveals that recent studies have shown very clearly that finding a purpose in retirement can help with many of the problem areas mentioned above.

Ann Brenoff, who published the following information in the *Huffington Post* on February 14th, 2015, states that retirement is much different for women than it is for men and summed it up with the following two points: Tips and Options of Securing Best Places to Visit after your Retirement 5 Part-Time Jobs For Retirees

• It's no secret that women live longer.

What this really means is that women need to have more money to pay the bills for a few years longer than men do. A woman turning 65 today can expect to live until 86.6; whereas a man can expect to live to age 84.3.

What this also means is that women need to be street smart. They need to become more involved in planning their lives and not allowing their partners to do this work. There need to be different discussions around home maintenance, financial literacy, where to live, how to live by yourself, how to travel, how to join clubs, etc. What are the community resources? Where do I take

Continued on next page

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Sri Lankan New Year Ceremony - April, 22nd

By Senaka Samarasinghe



Senaka Samarasinghe, President of SLAM, with Hon. Rochelle Squires (right) - Minister of Sport, Culture, and Heritage



L-R: Senaka Samarasinghe, Mr. Prashant Tipnis - President, India Association of Manitoba



Councillor Janice Lukes

The Sri Lankan Association of Manitoba (SLAM) held Sri Lankan New Year celebrations on April 22nd at the Celebrations Dinner Theatre at

Canad Inn Fort Garry at 5.30 pm with a participation of 400 guests. The theme of the Ceremonial opening was to respect elders. Invited

were senior citizens of more than 90 years of age to light the traditional oil lamp. Among this category of age two of them participated. Peter Bastian the President of SLAM 55+ Group was another invitee to light the lamp. Others than seniors there were invitees such as Mr. Terry Duguid Chief Guest MP in the Canadian House of Commons and Secretary, Canada - Sri Lanka Parliamentary Association, Guest of Honour, Hon. Rochelle Squires, Minister of Sports, Culture and Heritage, Guest of Honour Mr. Jon Reyes MLA, Mr. Prashant Tipnis President, India Association of Manitoba and Councilor Ms. Janice Lukes.

Just after the ceremonial session at 7.30 pm, the Cultural Show commenced with Sri Lankan up and low country traditional dance and drums, kid's dance and light out was a modern dance. Out of eleven events of the show, Sri Lanka Dance School presented a few events and Indian dance school offered a dance event and the community also presented a few events. All of them were practiced for more than 5-8 months to come up to this excellent quality and very high standard. More than 100 performers in different age groups demonstrated their artistic and cultural talents. SLAM appreciates volunteers who helped in different skill areas, financial support offered by sponsors and the Ethnocultural Community Support Program.

Continued on page 6

Do Men and Women... cont'd from page 4

the car to get fixed? What skills do I need to develop? Who are my go to people for information? Whom do I trust? What will my life be like on my own?

• Women are more likely to be single in their later years.

Because of the difference in life expectancy and the fact that many women marry men older than themselves, most men will die married while the majority of women will die as widows. More than half of the women over 65 are widows, and they outnumber widowers by three to one.

The solution: Look for companions to travel with, hang out with, and maybe even cohabitate with. **And learn to do more things by yourself.**

What's the lesson in this if you are retired already? It's never too late to join clubs or social groups, take courses, improve your financial literacy and connect with former coworkers or friends. There are plenty of great resources in Winnipeg and the surrounding communities. This is also a very important discussion to be had with your daughters and granddaughters - let's pay it forward.

As always, we encourage you to reach out to us if you have any questions or comments. We can be reached at 204-257-9100 or www.hill.associates@igprivatewealth.com.

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<<REWIND<< Set to Launch New CD and boldly go where streaming is the new frontier

<<REWIND<< – Winnipeg’s 50’s, 60’s, 70’s Rock, Pop and Doo Wop band (made up mostly of 60-something retirees) is set to launch its long-awaited second CD Let’s Go To The Hop! and braces for impact into warp-drive as they venture where no Boomer in the band has gone before: digital streaming.

Every band experiences growing pains and <<REWIND<<, going on six years, is no exception. If rumors are to be believed, the CD format may well be headed towards obsolescence just like the audio cassette and video tape, which then begs the question, “why release a cd?” However, now in a classic case of parent and child role reversal, the band’s Millennial member, drummer and recording engineer Chris Wheeler (35) is teaching his Baby Boomer, retro-loving band-mates to consider a new way – the new digital way of distributing, selling and listening to music.

“Spotify, Apple Music, Google Play, Pandora Media, Tidal... the list goes on,” says Larry Ruppel, one of <<REWIND<<’s founding members.

The new album will be available on one or more of the streaming

services. “Which ones still remain to be decided,” explains Larry.

<<REWIND<< will be releasing a brand new CD with 23 great tunes! Who knew back in the 90’s that the pendulum would swing back and vinyl records would be enjoying such a resurgence in popularity in 2017?”

Although Larry curates over a significant personal collection of vinyl albums and 45 rpm records, when asked why the band doesn’t make a vinyl recording, Larry’s reply is straight forward. “Frankly, it’s too expensive in our local market.”

<<REWIND<< is an 8-member band of 5 lead singers with full instrumental accompaniment that is bringing back to life the rock, pop, and doo wop golden oldies of the 50’s, 60’s, & 70’s. They will launch their second CD *Let’s Go To The Hop!* on June 10th, 2017, 7 pm at the Travelodge Winnipeg East; 20 Alpine Avenue.

Tickets are available at: Blaine’s Records (McIvor Mall); Into the Music, 245 McDermot; McNally Robinson, Grant Park mall; Travelodge Winnipeg East, 20 Alpine Ave.

For info, call: 204-299-8507, or visit www.rewindharmonies.com ■

Sri Lankan New Years, cont'd from page 5



L-R: Senaka Samarasinghe, members of Sri Lankan Assoc., Mr. Jon Reyes - MLA

Just after the cultural show buffet dinner was severed on the same venue for all participants with non-veg, veg adult meal and a kids' meal served for children less than five years. The fellowship gathering commenced just after dinner and continued till 12.00 midnight. This was the time all participants managed to share their common interests, feelings, and activities. Further, the floor opened those who want to dance. ■

Advertising Feature

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(see advertisement on page 5)

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'A Place for Mom' and other more reliable housing options

By Roger Currie

Do you remember Joan Lunden? She had a very successful 17 year run on ABC's *Good Morning America*, and these days the 66 year old mother and grandmother soldiers on as an advocate for cancer survivors, of which she is one, and as the public face of a much-advertised, seniors housing venture called 'A Place For Mom'.

Based in Seattle Washington, they claim to be a one stop shop aimed at helping members of the *Boomer* generation who need to find housing options for aging relatives. You only have to read about the latest Canadian census, released last month, to know that anything related to the needs of seniors, particularly housing, is very much a growth industry, and likely will be for the next decade or so.

The 2016 census revealed that for the first time in Canada's history, there are more of us over the age of 65, than under the age of 15 in this country. There are also a growing number of Canadians living to be 100 or more. More than ever, it behooves us to take great care and exercise due diligence when finding a suitable home for an older person, including ourselves.

There are a wide range of options, and a quick glance leads one to be thankful that we live in Canada, rather than the land of *Trump*. The financial collapse that began in the U.S. in 2008 was driven in large measure by a complex web of what became known as 'toxic assets'. They included a variety of housing schemes that were just too good to be true, and it all caved in like the proverbial house of cards.



Joan Lunden

America has made a strong recovery, but the housing business still includes many players who are driven more by the profit motive than a genuine desire to help people. Scanning through social media, you definitely get that feeling about *A Place For Mom*.

Meanwhile, large American and multi-national corporations seem to be taking over more of the seniors housing business in Canada as well. One of the biggest players is *Revera*. Facilities they manage in the Winnipeg area include *The Portsmouth*, *The Waverley* and *The Wellington* which were all started years ago by local developers. The units are well maintained and there is some effort to deal with mobility issues, Alzheimers and other forms of dementia that make life difficult as we age.

People who work in the seniors housing sector tell me that Manitoba is a relatively good place to grow old in, despite the winter weather which can be brutal at times. The province's tremendous success in attracting immigrants has ensured that we have a large number of people who are willing to work in nursing homes, and other facilities for seniors.

It seems that home care will always fail to live up to the ever growing need, but Manitoba was a pioneer in the field in Canada, and we still do it better than most.

Outside of Winnipeg, the options for seniors vary a great deal. A place to start if you're looking for options for yourself or an aging relative can be found online here ..

www.gov.mb.ca/seniors/resourcesforseniors/housing/rural_housing.html

Exploring possibilities in rural Manitoba may yield surprising results. Recently many of us were somewhat startled to find that some of the refugee claimants crossing farmers' fields in the darkness at Emerson were being housed in Gretna, at a perfectly fine former seniors facility that had been empty for several years.

Who knows? As the poet once said, "The Best may indeed be yet to be".

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, 93.7 FM.

Advertising Feature

A Tax Credit often overlooked- Money \$\$\$ in your pocket



By Peter J. Manastyrsky

Now that you have completed a major task by submitting your Income Tax return to Canada Revenue Agency for 2016, there is one other undertaking that can be addressed as a benefit for many, a tax credit that is often missed by many people in our society.

If you have a debilitating illness for a number of years, being unable to work or your life style has changed because of serious injury or persistent severe physical or mental condition, you should look into the **DISABILITY TAX CREDIT**. As a further note, if you were eligible to claim this tax credit for 2016, a further deduction of \$8001.00 would be applied off your taxes.

DISABILITY TAX CREDIT is a non-refundable tax credit that can be used to reduce your yearly taxable income and one of the best credits in terms of tax savings. In order to use this credit or be eligible, a qualified practitioner must certify that you have a prolonged impairment based on a medical condition that meets CRA's specific criteria.

A Step Beyond & Associates specialize in helping people of all

ages to get the benefit of the tax break. We advocate on your behalf and ensure that your application is reviewed and completed properly eliminating potential uncertainties and we streamline the information so that it is accurate before submission to Canada Revenue Agency. **A Step Beyond & Associates** guides you through the entire process.

If you feel that you or someone you know has a physical or mental health condition that may qualify for a Disability Tax Credit program, please email or call Peter for a confidential consultation. To prepare the Disability Tax Credit a flat fee is administered as a fair market value not a percentage for the service. We are an accredited member of the Better Business Bureau of Manitoba, our service is to look after you. ■

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(see advertisement on page 4)

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5 Signs You Need New Brakes

Courtesy Canadian Super Shop – www.canadiansupershop.ca

Your brakes are one of the most vital safety features on your vehicle. They help you avoid accidents, and defective brakes can cause accidents. Therefore, it is essential to know when they are damaged or need replacing.

Your brakes have distinct ways of alerting you when it's time for repair.

Sometimes it is obvious, but other times it may be hard to tell when something is wrong.

How to tell when you require new brakes?

The following are five warning signs. If you notice any of these, you should take your vehicle to reputable an auto repair shop and have your brakes checked.

1. Low Responsiveness or Fading

If your brakes' level of responsiveness has significantly reduced or the pedal "sinks" or feels spongy, this could be a fluid leakage or air in your vehicle's brake system.

One clear sign of a leak is the existence of a tiny puddle when the vehicle is parked. Brake fluid looks very similar to the fresh motor oil but has a less "slimy" texture.

2. Vibration

A pulsating or vibrating pedal is usually a sign of warped rotors. The vibration or pulsation feels similar to anti-lock brakes working. Extreme braking for longer periods of time, such as towing a trailer or driving down steep mountains can cause this.

3. Pulling

If your car "pulls" to one side of the road when braking, it may be an indication that there's foreign matter in your brake fluid or that

the brake linings are wearing out unevenly. Your car may require a brake adjustment or to have the entire fluid drained and replaced.

4. Grinding or Growling

This loud metallic sound indicates that your brake pads are worn. The two pieces of metal – caliper and the disc – rubbing each other cause this.

Therefore, this can "score," or even scratch your rotors, developing an uneven surface. If this occurs, don't be surprised if your technician or mechanic informs you that the rotors of your car need to be "turned" (a process which evens out the surface of the rotor), or even replaced altogether.

5. Appearance

It is quite easy to check the brakes in several cars through the spokes of its wheels. Look carefully, and you will notice a circular brake rotor with an external pad.

Take a careful look at your brake pads on a regular basis. If their thickness is less than 0.25 inches, it's time to replace them.

In Conclusion

Ensuring that your brakes are in good working condition and calibrated properly can prevent expensive repairs down the line, and, most importantly, assist you in preventing accidents. ■

For any of your auto concerns, call **Marve at Canadian Super Shop: 204-885-5901** or stop by **1775 Portage Ave., www.canadiansupershop.ca**



ALERT - Farm Traffic Increasing

ALERT ISSUED TO MOTORISTS TO SHARE ROADWAYS AS FARM TRAFFIC INCREASES

Farmers are preparing for another growing season and that means agricultural equipment will be moving along roadways to fields and sharing the roads and highways in rural areas, Agriculture Minister Ralph Eichler said.

"Farm traffic will be greatly increased at this time of year and motorists are encouraged to be aware and slow down when meeting agricultural equipment on our roadways."

Eichler further noted that farmers also need to be considerate of other drivers and allow vehicles to safely pass when possible to maintain traffic flow.

Agricultural equipment operators need to:

- ensure all machinery is equipped with proper lighting, signage and reflectors when travelling on roadways, as required by The Highway Traffic Act;
- ensure lights, signage and reflectors are visible and clean;
- use a pilot vehicle when transporting oversized agricultural equipment;
- move equipment, whenever possible, during the day on secondary roads;
- ensure equipment will fit under power lines and on bridge structures (check width and height); and
- map out routes before transporting equipment and get appropriate permits from Manitoba Hydro and Manitoba Infrastructure when applicable.

Motorists need to:

- slow down when approaching farm equipment as it is often travelling at reduced speeds and taking up considerable amount of room on roadway;
- pay attention to turn signals and possible lane changes;
- only pass when the operator of the equipment knows the intentions or it is clearly safe to do so; and
- be patient.

• • • • •

Pet owners are reminded not to leave kids or pets locked in hot vehicles

The metal of a vehicle works as a big conductor of heat, absorbing it and keeping the vehicle hot.

It only takes an outside temperature of around 21 degrees Celsius for the temperature inside of a vehicle sitting in sunlight to reach 50°C or higher.

With an outside temperature of 32°C, the temperature inside a car can rise to 43°C in 10 minutes and nearly 50°C in 20 minutes.

Studies showed that cracking the window had little effect on the heat rise in cars.

This is dangerous especially for children and the elderly who's ability to regulate temperature may not be as effective as an adult.

If the body temperature hits 40°C, heat stroke, with often fatal results.

It is much worse for pets. A dog's fur serves as an insulator keeping the cold out in winter and heat out in summer. However, with a continuously hot environment, once there is a temperature build up in the body, the fur then serves as an impediment to cooling.

And their ability to sweat, which they do through the pads of their paws, is reduced. Panting may not be sufficient enough when they are breathing heated air. Temperatures can become dangerous in minutes!

It's also very risky to leave the air conditioning on in your vehicle as the air conditioner can kick off and blow hot air if the engine gets too hot in many models.

Here are 5 signs of distress to watch out for:

1. Excessive panting or drooling
2. The dog's tongue has turned dark purple, a sign that the dog's internal body temperature has risen to a dangerous level.
3. The animal is behaving frantically - pawing at the window, or trying to stick its nose out.
4. Loss of bowels.
5. Lethargic, and unresponsive behaviour with glaze over eyes.

If you see a pet in a locked, hot vehicle, take the plate number inside a place of business that dog's owner may likely be in. Have them paged to their vehicle immediately.

Note that you could be charged if you attempt to release the animal, and you risk being attacked by it as well.

If you feel it's an emergency, call the police.

If you have a pet, it's best to just leave it at home when you are shopping. ■

AUTO SERVICES

CONSUMER INFORMATION SERVICE Courtesy of Seven Oaks Transmissions

Straight Talk from Seven Oaks Transmissions

"When your vehicle needs transmission work, price should not be your only consideration," says **Bob DeGrave** of Seven Oaks Transmissions.

He suggests you check the reputation of the company you are dealing with, and ask what kind of warranty they offer?

"Of course, price is a concern," he adds, "but you need to look at what kind of value you are getting for your money."

DeGrave should know. Bob has over 45 years experience in the field. He and his brother Marcel started Seven Oaks Transmissions in 1980. Now, with Bob's sons, Kyle and Garrett, they have built the family business on honesty, great customer service and quality workmanship.

Vehicles and, consequently, their transmissions, have gotten more complex over the years. To keep up with all the changes, Seven Oaks had made an ongoing invest in time, equipment and staff training, putting thousands of dollars into computer hardware, software and special testing equipment.

Seven Oaks also subscribes to a special technical hotline that provides them with regular updates so they can keep abreast of the latest information and innovations.

"Our staff has many years experience and ongoing training is a priority," he says. Technicians are tested and certified through ATRA, and the shop if CAA approved.

Some of the other services Seven Oaks offers its customers include a

shuttle service and courtesy care where necessary. But their commitment to custom service also includes making sure people are able to make informed decisions.

"We make a point of explaining the problem and the process to our customers," he says. "We are careful not to talk down to them, or to talk over their heads."

A multi-check approach is used that can include a thorough road test, computer scanning and a lift check that would assess your transmission's condition and give you an honest estimate for repairs.

For an appointment, call **Seven Oaks Transmissions** at **204-338-7067**, or drop in at **2377 McPhillips Street**. *The coffee is always on.*

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FGWRC 8th Annual Fundraiser – A Magnificent Evening of Local Entertainment

By Colleen King

Fort Garry Women's Resource Centre (FGWRC) held their 8th Annual Fundraiser on the evening of April 20th, 2017 at the Park Theatre, celebrating the wonderful artistic contributions in our community. Everyone was welcome!

The evening was an outstanding success, and FGWRC was thrilled to have an almost sold out audience of over 200 guests!

The night opened with Sydney Kurbis – a talented 18 - year old musician and a member of Osborne Station. As well as featuring three-time Canadian Comedy Award Nominees Hot Thespian Action who continue to entertain audiences with their unique brand of often physical, sometimes musical, always stripped down sketch comedy. Followed by our headliner – Road warrior festival

veterans Red Moon Road. Impeccable Songwriting. Masterful Storytelling. Three part Harmonies. Modern Canadian Roots Music. Mandy Shew: announcer from 103.1 FM Virgin Radio was also in attendance emceeing the event!

The evening also included a generous silent auction, cash bar, good food and great company.

FGWRC would like to thank their sponsors, donors, volunteers, guests, funders, staff & board for making their 8th Annual Fundraiser a huge success! FGWRC raised their highest amount to date, just under \$10,000 which will continue to support the important work FGWRC does for women and children in the community.

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



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Army, Navy & Air Force Veterans in Canada (ANAVETS) NEW EXECUTIVE - 2017/18

The 14th Biennial ANAVETS MNWO Command Convention saw around 40 delegates and guests meet at the Canalta Hotel in Selkirk, MB on April 22nd and 23rd to elect new leadership and to approve resolutions for advocacy on behalf of veterans in Ottawa.

On April 23rd, the following executive were elected and installed for 2017/18.

Past President Lorne Aube
Brandon unit 10

President Gord Kent
Assiniboia unit 283

1st V P Al Dunham
Brandon unit 10,

2nd V P Sheldon Clupp
Assiniboia unit 283,

3rd V P Rae Roberts
Assiniboia unit 283

Sports Officer Angie Hourie
Portage La Prairie unit 13,

Services Officer Andre Sheppard
Rockwood unit 303

Public Relations
Duncan M Anderson
Rockwood unit 303

ANAVETS is the oldest Veterans Association (177 yrs old) in Canada. Although the precise start-date is obscured by time, it is known that a charter was given in 1840 by Queen Victoria to create a unit in Montreal. It is felt that units existed well before that time, perhaps as early as the Conquest of New France in the seventeen hundreds.

The Association derives its name from those remnants of British and French colonial regiments which were left in Canada when their regiments returned to Britain or France following their tours of duty protecting the colonies. These men banded together to exchange information on service benefits available to them and to fraternize. They called themselves "The Army Veterans in Canada"

Submitted by Duncan M. Anderson, MNWO PR



Selkirk Mayor
Larry Johansson



L-R: Ron Smith, 1st VP Dominion Command representing Tom McKnight President ANAVETS Canada; Honorable James Bezan PC, MP Selkirk-Interlake-Eastman (Manitoba); Dr. Alan Lagimodiere MLA Selkirk; Jon Reyes MLA St. Norbert Special Envoy for Military Affairs Province of Manitoba; Lorne Aube, 2015/16 President MNWO Command ANAVETS; Guest Speaker Dan Merlin who gave a presentation on the Veterans Transition Network and the services they provide to the military and their families.

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NOTE: If you'd like to participate in the **Dragon Boat Festival** but don't have a team, submit your name, email and phone number to **Senior Scope** by email to **kelly_goodman@shaw.ca** and we will try to match you up with a team that may need members. If you have a team that needs more members, check with us by email. We may be able to help you out.

MANITOBA DRAGON BOAT FESTIVAL

Event sponsored by FMG

55 Plus Category Added!

SEPT 8-10, 2017 AT THE FORKS

The perfect 55 Plus adventure has arrived in Winnipeg. Have a blast, challenge yourself, make new friends and compete with people your own age and ability in a brand new 55 Plus category being introduced at the annual **FMG Manitoba Dragon Boat Festival**. No experience – no problem; it's easy, safe and loads of fun! Participate in this age friendly competition and help raise much needed funds for cancer research in Manitoba.

Senior Scope and **FMG Manitoba Dragon Boat Festival** are introducing a 55 Plus category for Manitobans who are 55 years of age or older. **FMG Manitoba Dragon Boat Festival** has been operating for over 25 years, generating over 5.5 million to local charities specifically CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba.

What is dragon boating? It's the world's fastest growing water sport for all ages, a team of 20 paddlers, a steersperson and drummer move a 44' Chinese dragon boat down a 500m Red River course at The Forks.

How do we register a team? – FMG makes it easy to get your dragon boat team underway. Select a competent, well organized, communicative Team Manager and sign up to join the team. FMG will guide your Team Manager all the way, including your three one-hour practices before the event and on Festival Weekend.

Check out the FMG Dragon Boat website at www.facilitymarketing.com or email us fmg@fmgdragonboat.com and be part of the 'first wave' of 55 Plus participants in the FMG Manitoba Dragon Boat Festival.

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Explore Fort Myers From the Comfort of Pioneer Village

Close to the Most Beautiful Beaches

The west coast of Florida, with its white sand beaches lapped by the warm waters of the Gulf of Mexico, has been attracting a growing number of Canadian tourists in the past few years. The Fort Myers area, located in the southern part of the state and blessed with a lush subtropical vegetation, is no exception to this trend.

Just across the Caloosahatchee River from Fort Myers, you will find one of the places where visitors from up north are best represented in the vicinity: Pioneer Village RV Resort. This popularity should come as no surprise, since at only 25 minutes from the renowned beaches of Sanibel and Captiva, guests of this vast resort can unwind in a relaxed and friendly venue – which comprises over 500 RV sites and is home to more than 200 permanent residents. Any time of the year, fun is always there!

Two Islands Where Nature Prevails

Hands down the real stars of the area, the islands of Sanibel and Captiva are famous not only for their stunning beaches, wild and pristine, but also for the amazing variety of seashells covering their shores. This abundance is particularly striking along the 15 miles of beaches of Sanibel, a barrier island that runs east-west, unlike most coastal islands of its kind, which run north-south. As a result, currents from both the north and south drop shells by the millions, and seekers come from around the world to find the rarest specimens!

Seashells are not your cup of tea? It won't be an issue, because Sanibel offers much more than this. While strolling around this narrow stretch of land, which only has 7,000 residents and is separated from the mainland by a 3-mile bridge, you will be able to contemplate its unique wildlife. The J. N. "Ding" Darling Wildlife National Refuge covers a quarter of the surface area of Sanibel, making it a true paradise for nature lovers and bird watchers. Over 220 species of birds nest in this large mangrove ecosystem, which you can explore on foot, by bike or even by kayak.

Plenty of Action in Town

If the islands are well worth a visit, there is no shortage of highlights on the mainland too. Known as the "City of Palms" due to the thousands of trees that line its streets, Fort Myers has a wide range of great restaurants, along with numerous art galleries, antiques shops, and a variety of entertainment on its banks.

It's also worth noting that the shopping options, in the heart of the city as in the suburbs, cater to all tastes – from the small stores along the beach to the giant malls near Highway 75. Here are three places that are especially popular and interesting: the huge Fleamasters Flea Market, with its 900 stores; the Ortiz Avenue Flea Market, an outdoor market with an emphasis on locally grown produce and Mexican food; and Miromar Outlets, the largest outlet mall in the area, located a few miles south of the city.

Finally, a holiday in Fort Myers would not be complete without a visit to the winter homes of two famous American inventors, Thomas Edison and Henry Ford, who both played a crucial role in the city's history. The Edison and Ford Winter Estates contain a historical museum and a 21-acre botanical garden featuring more than a thousand varieties of plants. A number of tours and activities are offered to explore this magnificent tropical site.



A Day Trip to Sarasota

For those who wish to venture a little further and discover a neighboring region, the city of Sarasota, approximately one hour from Pioneer Village RV Resort, is the perfect choice. Regarded as Florida's cultural hub, Sarasota was greatly influenced by its most prominent citizen, circus magnate John Ringling, who built his residence there in the early 1920s. He willed to the city what has become its chief attraction: the John & Mable

Ringling Museum of Art, which includes 21 galleries of European paintings and contemporary art, as well as a circus museum and one of the largest historical mansions in North America.

An RV Resort with a Wide Array of Activities

With so many things going on at Pioneer Village, chances are you will wish to spend quite a lot of time on site, even if it means putting off a few

outings! The resort has its own Social Committee, formed to manage various activities and to make sure that guests will always find something interesting to do. Without having to worry about the planning, visitors can simply focus on their next activity!

Furthermore, the RV park features spacious campgrounds, hiking trails, and unparalleled sports and recreational facilities, such as a pool, a spa, a fitness center, two tennis courts, and multiple shuffleboard courts. Not to mention the dog park and pet stations – so no need to board anyone before visiting!

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CURRIE'S CORNER



By Roger Currie

What a Prince!

The longest conversation I ever had with a member of our Royal Family was with the man they call *Prince Philip*. It was in Regina in November of 1978, when he was a young pup of 57.

For much of his life, the Queen's husband loved to describe himself as a farmer, and as ceremonial leader of the Royal Agricultural Society, he had come to visit Canadian Western Agribition. There was a reception shortly after his arrival, and I was introduced to him as the news director of CKCK. He shook my hand firmly and said "You're the people with the lousy picture on Channel 2!", referring to CKCK television which by then was totally disconnected from the radio station.

I thought to myself "Wow, just like me when I first check into a hotel .. look to see what's available locally on the box!".

Canada, especially the prairies, have been very friendly and familiar turf for the Royals, and the experience

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

for Philip has been quite different when he's made the journey by himself. Manitoba's most enduring and endearing memory of him will always be that rainy Sunday in July of 1967. He presided over the opening of the 5th Pan American Games, the event that put Winnipeg on the map, decades before the arrival of either Teemu Selanne or Patrik Laine. The rain never stopped that day, and the Prince never stopped smiling as it dripped off the end of his royal nose.

Winnipeg hosted those same games a second time in 1999, and the royal duties fell to Princess Anne, Philip's only daughter.

As he nears birthday #96, and moves into what is best described as genteel 'semi-retirement', the Duke of Edinburgh can look back on a fascinating life. His has been the oddest job that any of us can possibly imagine, and he has definitely done it his way.

Did I tell you that I have a brother who looks like him?

I'll save that for another time. ■

Call this a 'defense of the Minister of Defence

Harjit Sajjan was one of Justin Trudeau's more interesting choices when he put together his first cabinet 18 months ago. He had been a decorated Lieutenant Colonel in the Canadian Forces with lively tours of duty in Bosnia and Afghanistan, as well as service as a police detective in Vancouver.

After Donald Trump moved into the White House earlier this year, Defence Minister Sajjan was greeted as a battlefield comrade-in-arms by his American counterpart, Secretary of Defense, General James Mattis. He went out of his way to praise the war record of the Canadian minister, but the past couple of weeks have not been easy for Harjit Sajjan.

He may indeed have stretched the truth more than a little about his role in a battle in Afghanistan called *Operation Medusa* in 2006. His problem was the use of the word 'Architect' which the dictionary defines as "someone who plans, designs and reviews the construction of buildings". Somehow it doesn't seem appropriate when describing a firefight between the 'good

guys' and the Taliban, but the minister put that description out there more than once.

He spent three days apologizing in the Commons where the Conservatives and the NDP are only too eager to keep chewing on a bone that has precious little meat on it. Justin Trudeau had stood by his minister, and the Chief of Defence Staff, General Jonathan Vance, could have jumped in to help, but chose not to, for reasons we may never know.

Canada has long punched way above our weight when it comes to the military, and that's something of a miracle, given how the bean counters have usually had more sway in determining our defence policy than the Generals and Admirals.

Minister Sajjan has hopefully learned a hard lesson, and will be allowed to do better. If he doesn't, Trudeau has a ready-made replacement standing by, retired General Andrew Leslie.

Why don't we just dismiss the regiment and move on, shall we? ■

“Never look down on anybody unless you're helping him up.”

~ Jesse Jackson - Politician, Civil Rights Activist (values.com)

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Power struggles

Energy ministers from the three prairie provinces held their annual conflagration a few days ago, and as usual, nothing much happened. It's an unfortunate part of the way this country is structured, and the result are huge missed opportunities, especially for Manitoba and Saskatchewan.

For decades, there have been 'daydreams' about developing an east-west power grid, but we're not much closer to it now than we were twenty years ago.

It's your basic 'no brainer', a phrase that all too often describes the people who are involved. Manitoba has tons of surplus electricity, all of which is clean renewable hydro power, and there's a whole bunch more that could be developed in the north. Right now, Manitoba Hydro is virtually giving that surplus away to the Americans at a loss, because the economics of energy in North America are all screwed up, and that's not likely to change. Saskatchewan is still burning tons of dirty coal, and they're spending hundreds of millions of dollars on dumb science called *carbon capture*, in an effort to somehow magically become green.

The sensible solution would be to build transmission capacity from east to west. That would allow Alberta, as well as Saskatchewan, to stop burning coal, etc. As sensible as it sounds, don't wait for it happen. One of the people to blame is Viscount Richard Bedford Bennett. Who? He was the Canadian Conservative leader who had the misfortune to become Prime Minister as the world sank into the Great Depression.

Lord Bennett's government, for reasons that barely made sense in 1931, decided to change the constitution, transferring control over natural resources to the provinces. Back then, oil was worth less than a dollar a barrel, and it seemed unlikely that it would ever amount to much more than that.

History has shown that once the provinces get control of anything from Ottawa, they're not about to give it up. I'm entirely confident that the Leafs will win the Stanley Cup, and the Blue Bombers will finally bring home that other battered trophy, before we ever see an east-west power grid. ■

PRAIRIE TALK - Now & Again



By Angela Temple

Tuesday, April 4th was another fun day of bowling for the Go Getters and Beausejour Gang. In spite of a small group their laughter filled the room and scores consisted of six Double-Doubles, plus one Turkey, which changed into a Hambone. What more can you ask for on a lovely, sunny Spring day? They were all blessed with headpins, gutter balls... old and new balls alike, and bedposts. The phrase, "so close, but no cigar" floated across the room.

Alfred scored the High Single with 207 with Conrad at his heels with 206. Double-Doubles were scored by Ted in the first string, Conrad also in the first string, followed by another Double-Double in the second string which quickly turned into a Turkey, then, as his bowling ball rolled one more time, leaving us with a loud "splat" noise, he obtained a coveted Hambone. Wow!

Yvonne, Alfred, and Harry all scored their Double-Doubles in the second string. Needless to say, Conrad the Rocket walked away with the high triple with 565.

As of April 18th, 2017, the bowlers from Go Getters and the Beausejour Gang have combined forces to be known as the Beausejour Gang. On Tuesday, April 18th, in spite of the chill in the air and small group able to bowl, the Beausejour Gang gathered with balls in hand

ready to rock and bowl and fill the air with friendly laughter. Bedposts seemingly hit them all along with unwelcome gutter balls which were blamed on cold balls.

Ted kept the Gang on their toes as he blasted those balls one after the other giving him the High Single with 211 as well as the High Triple (of course) with his 571 with no one else even near his heels! 'Twas just one of those days! Ted had a Double Double in the second string along with a Double Double in the third string which quickly turned into a Turkey.

May 2 was a lovely sunny day for bowling! They were few in numbers but players still filled the air with their laughter and the sound of those rocking bowling balls. Don was the only one to score a Double Double. Sandra was the big winner scoring a High Single with 200 and also the High Triple with 517.

According to a promotion for 5-pin bowling for students, bowling meets the prescribed curriculum expectations common in most provinces, teaching and reinforcing the fundamental movement skills such as balance, motor skills, stability, locomotion, etc. referred to as Physical Literacy. They are so right, bowling does all of that for seniors and more....it keeps you active, on your toes, moving and you have a lot of enjoyment too.

Cheers,
Angela

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The Power of Faith... and Age!

By Jade Lebrun



Jade Lebrun

I currently work at a Christian camp in Manitoba as an outdoor educator. This summer I will be the waterfront instructor. The reason I am doing this job is because I wanted to learn how to better relate the gospel with children. I am not pursuing a career with the church right now but I am still young and sooner or later doors might open for me to be involved. I came out here because I wanted to experience God through his creation. People recommended I come here and I'm glad I did. It has grown me personally in many different ways. My goals are to become a swim instructor/life guard instructor/distiction life guard and to help out the homeless.

Jade's quote...
**"If you keep going you'll get there.
If you stop you'll never get anywhere."**

The best years of Moses were those of his later years. A lot of people don't realize that Moses was 80 years old when God used him to be a part in delivering the Israelites out of Egypt. At 80, Moses didn't slow down; he continued to lead the people of Israel. God performed many miracles through Moses such as turning a staff into a serpent, parting the Red Sea, and making water come in abundance out of a rock.

Another older biblical figure in the New Testament was Anna who did not leave the temple but fasted continually and prayed night and day. She accomplished this in her eighties just like Moses did.

There are a lot of things that could be passed down by your generation. Grandmothers can teach younger women what it means to be a mother. (add Family Values? Good organization skills? Things that were equally important as men's roles in society?) Older gentlemen can be ushers or deacons. There are many different ways you could contribute

to your local church and you need only to ask your pastor what some needs are that you could fill. The church always needs more prayer warriors to pray for every aspect of

the church. In the New Testament, Anna was a good model for this. There are also many opportunities to help those who are distant. It never hurts to send a hand written letter to let someone know they are missed and appreciated. It's not only about what we do, but about being who God wants you to be no matter where you are in life.



God can use anyone who makes themselves available to be used. Just like Isaiah said, "Here I am, send me I'll go!" Many times I hear people call the later years in life the golden years. We must not forget that gold shines. We can let our

golden years shine for the Lord. God uses both the young and the elderly for the furthering of his kingdom. He uses them in different ways but they both have something unique to contribute to the Kingdom of God.

The next time someone crosses your path, remember the hope that you have and the life that lies ahead. The wisdom you have that can only be achieved after a long life of experiences, lessons, and memories, rests on your shoulders. The power to speak life rests on the tip of your tongue. There is an entire world out there that needs uplifting. ■

TESTYOURWITS

Tom and his Mom hid their names in the grid below. How many of each name appears.

T	O	M	O	M	O	T
O			T	M	M	O
M			O	T	O	M
M	O	T	O	T	O	M
O	O	M	M			O
M	O	O	O			M
M	O	T	O	M	O	M

Answer on page 19

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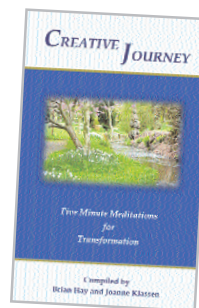


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

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Excerpts from CREATIVE JOURNEY:

DARE

By Denise Ede (DE)

*Dare to be a Daniel;
Dare to stand alone
Dare to have a purpose firm;
Dare to make it known.*

(Philip P. Bliss)

Standing up for what you believe in. Fighting the good fight. All truths from the past. Indoctrination. To the good or to the bad? Who knows. Maybe it did some good. At least I can say I tried. Joining the World Wildlife Fund and doing nature conservation work. Being in the Red Cross. Caring about things and being prepared to spend time doing something.

Has the world changed so much now that making that effort no longer seems worthwhile? Have I changed so much that I no longer care? Or do I just see that it seems pointless to try? To expend energy on something that may or may not be really important. What is important?

"Truth, dare, kiss, command or promise?" A game we played as chil-

dren. Nobody usually dared choose "kiss"—that meant kissing a boy! I almost always chose "dare." I liked a dare. I liked danger and a challenge, though I can't remember what the dares usually were. If it involved climbing a tree, or climbing anything, I'd be right there and ready. Some dares wouldn't be done and a forfeit would be made. Can't remember what we forfeited. Was it sweets? Probably.

What do I forfeit now if I don't "dare"? I suspect it is something far more important and that it diminishes who I am. A denial of my true being. (DE)

I dare to be true to myself.

BIO: Denise Ede (DE)

Denise Ede hails from a former mill town in the north-west of England. She was fortunate enough to attend the local grammar school where she gained an enthusiasm for many subjects, including literature and writing. At Sunday School she was introduced to the song "Dare to be a Daniel." Denise is currently enjoying retirement in the beautiful Vale of Clwyd in the Welsh border country. Her favourite author, at present, is Fernando Pessoa. ■

REMEMBER

By Cynthia Booden Firth (CBF)

Living itself is a task of such immediacy, variety, beauty, and excitement that one is powerless to resist its wild embrace. (E.B. White)

My biggest stumbling block is fear. If I could take a picture of fear, trusting my inner self to recognize it, maybe I would finally be able to frame it and hang it in its place—a dark corner in the basement of my soul.

When I get out of my own way, obstacles melt away. As mists of uncertainty part, before me lies my authentic self. I celebrate her as I re-discover words I wrote, for times like this, when I turn from fear and remember the truth.

You are, just you, you are enough
Hands empty, heart full
You are, just you, you are enough
Angels call, voices sing
You are, just you, you are enough
Laughter echoes, smiles shine
You are, just you, you are enough

Soul mate, truth of soul
You are, just you, you are enough
One to one, one to all
You are, just you, you are enough
Life leads, you dance
You are, just you, you are enough
(CBF)

I remember to get out of my own way and celebrate my life—it is enough to be the unique person I am.

BIO: Cynthia Booden Firth (CBF)

Cynthia Booden Firth's dynamic and creative approach to life is reflected in her passion for the visual arts and written word. Well-travelled, well-read and well-versed in matters of the mind, heart, and spirit, she embraces life with both reverence and gusto. As a Public Affairs professional and an avid photographer, she endeavours to practice in her passions daily. Her motto is: Live, Love, Laugh.

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EVENTS

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

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

63rd Annual Coin, Stamp & Collectibles Show - Sat/Sun, Sept. 30-Oct. 1 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold.

Slo-Pitch players invited - It's that time of year when great change happens to older men and ladies. SPINGTIME: Men and women become the boys and girls of summer and take up baseball for by fall they will be back to being men and women again. Call Bob: **204-261-3033** or Betty: **204-997-8043** for your yearly renewal.

St. James Legion Ladies Auxiliary - 90th Anniversary Luncheon, May 28, 12:30-2:30 at St. James Legion, 1755 Portage Ave. Tickets \$8, 10 & under \$3, avail. at door. Many prizes. Call Marjorie for more info: **204-888-7874**

WinRose Warriors - Annual Fundraiser, Bingo Bowling , Jun. 10, 7-9 pm at Academy Lanes, 394 Academy Rd. Tickets \$20 avail. at WinRose Animal Hospital (534 St. Anne's Rd), includes 2 hrs bowling, shoe rental, unlimited popcorn and pop). Bake Sale and Silent Auction. Proceeds to CancerCare Manitoba.

Kildonan Communtiy Church - Strawberry Social, May 27, 2-4 pm, 2373 Main St. Strawberry shortcake will be served and there will be a bake table and silent auction.

Seniors' Choral Society - Spring Concert, Sun. June 4, at 2:30 pm at the St. John's Anglican Cathedral, 135 Anderson Ave. Tickets \$15, available from members or at the door.

Urban Retreats Garden Tour – Sat. June 17, 10 am-4 pm, rain or shine. Self-guided tour of beautiful Woodhaven gardens in support of St Matthews Maryland Community Ministry, sponsored by Ron Paul Garden Centre. New this year, guided tours of Sturgeon Creek at 11 am and 1 pm with an entomologist. Tickets \$15, available at Ron Paul Garden Centre, McNally Robinson Booksellers, Jensen's Nursery & Garden Centre, Lacoste Garden Centre or by calling the community ministry at **204-774-3957**.

A Manitoba Tea and Craft Sale - June 17, 11:30-2:00 pm at St. Andrew's Woodhaven Anglican Church, 2700 Portage Ave. Ask a Master Gardener and Master Composter, plant sale, crafters, door prizes, gift bag to first 150, tea, bannock and jam. Tickets for the tea and craft sale are an additional \$5, available at the door. Garden tour tickets also available on June 17 at St. Andrew's Woodhaven Anglican Church. More info at www.stmatthewsmaryland.ca.

St. James Lawn Bowling Club - Free Open House on Sat., June 10, 1-5 pm, 90 Ferry Rd. Instruction and equipment supplied. Great exercise for all fitness and age levels. Info at **204-888-4440**

The "KP Ladies Who Golf" club - is now accepting new members. Mondays starting May 8, 8-9 am at Kildonan Park Golf Course. 18 holes, prizes, banquet. \$40 plus green fees. For info: Anita - **204-654-0209**, cinita@shaw.ca; Lynne - **204-231-0279**, lducharm@live.ca

Old Grace Housing Co-operative - Huge Book Sale, Sat. June 3, 10 am-5 pm, 207 Harvard Ave. Also audiobooks, CDs, DVDs and board games for sale. (btw. Guelph & Wilton).

Community Health & Wellbeing Program - presents "All About Bees" presented by Paul Faursschou, Wed. June 7, 1:30 pm, at Temple Shalom, Corner of Wilton & Grant. All welcome. Parking avai. up the ramp of the Temple. Refreshments and Entrance are free.

The Children's Hospital Foundation of MB - presents the 31st Teddy Bears' Picnic, Sun. May 28, 9 am-5 pm. Get your bear checked out at the Dr. Goodbear Clinic. Info: visit goodbear.ca

Post Polio Network - May General Meeting, May 30, 1-2:30 pm, Caboto Centre, 1055 Wilkes Ave. Presentation on orthotics.

Women Healing for Change - Women's Retreat, Sat. Jun. 10, 10 am-4:30 pm, at Northern Sun Farm, 15 min. S. of Steinbach on Pansy Road. Cost \$25. Bring food for Potluck, plate/cutlery/cup. Tour organic farm (bldg of recycled materials, solar panels, etc.) Call Doreen **204-837-9613** or dwuckert@shaw.ca

The Winnipeg Jazz Orchestra - St. James Infirmary Blues Fundraiser Concert, Thur. May 25, 7:30 pm, at Neil Bardal Funeral Centre, 3030 Notre Dame. New Orleans inspired jazz. Tickets \$55. Wine/light refreshments served. Box Office **204-632-5299**

VOLUNTEERING

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. Melissa: **204-956-6773** or email msitter@vgh.mb.ca

Crohn's and Colitis Canada - The Gutsy Walk for Crohn's and Colitis is looking for volunteers, Jun. 4, 11 am-2 pm, at the Canadian Mennonite University. Please call Kerri: **204-688-9076**

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

Meals on Wheels - If you got the wheels, we got the meals! We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or www.mealswinnipeg.com

The Bereavement Care Program of Concordia Hospital - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counselling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, bmilks@concordiahospital.mb.ca

Misericordia Health Centre - Volunteers needed to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Parking provided. Call **204-788-8132**, or apply in person or online at www.misericordia.mb.ca/volunteer

Caregiving with Confidence (formerly Rupert's Land Caregiver Services) - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Also volunteers needed for "Time-out for Caregivers Program" 2-3 hours. Call **204-452-9491** (non-profit)

Travel Manitoba Visitor Information Centre at The Forks - Come volunteer this spring and summer in the Visitor Information Centre. Provide helpful advice, recommendations and directions to the province's top tourist attractions/destinations. Email: sbason@travelmanitoba.com

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: meaganvarndell.kmts@gmail.com and **204-668-0967**

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

Gwen Sectar Creative Living Centre - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

Middlechuch Personal Care Home - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138** or matt@middlechurchhome.mb.ca

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

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

HSC Winnipeg - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: volunteer@hsc.mb.ca

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

Parkview Place, Long Term Care by Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

PROGRAMS /SERVICES

Fibromyalgia Support Group of Winnipeg - For info: **204-975-3037**.

Gwen Sectar Creative Living Centre - (1588 Main St.) Shuttle Bus runs every Wed. morning for only \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan & Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

Pembina Active Living 55+ (PAL) - Ongoing clubs/drop-in activities (membership required): men's breakfast, lunch PALS, movie PALS, bridge, PALputters (golf), PALpedallers (cycling). Presentations: Wellness series - Ask your pharmacist: medication safety, interactions, side effects (May 18); Still Bloomin' gardening club --"Garden with Onions, getting rid of garden pests" by Reena Nerbas (May 25); Cooking PALs – Lactose free alternates (June 1); AGM (June 8). Information: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

Archwood 55 - Come and join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our web-site or pick up a 2017 Spring Program Guide from the office for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com

Wpg Polish Legion Br 246 - 1335 Main St. Tues. Senior Luncheon/Dance, noon-3 pm, Karaoke, Fridays, 8-midnite. Call Br **204-589-5493** for more events. Upstairs hall for rent. 204-979-5493.

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

Golden Rule Seniors - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 pm. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 pm. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$8.85/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

Lions Manor Adult Day Program (Pacesetters) - 320 Sherbrook Street. A social program Tues-Fri for isolated seniors in the community living with Alzheimer's/

Dementia. Transportation and hot lunch provided for \$8.85/day. Call **204-784-1378**. Referrals for the program made through the WRHA home care case coordinator.

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

Ukrainian Cdn Veterans Br # 141 - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Call **204-589-6315** ext 103 for future events and information.

Seine River Seniors - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches and Brunch, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, Stonewall Quarry Choristers, A Trolley City Tour, A Walkabout in the Exchange, and visit to PineRidge Hollow. Call **204-253-4599**

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Friends of Library Book Club - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$8.75/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or winnipegprobus85@gmail.com

Dakota 55+ Lazars Senior Centre - Various programs: Cribbage, line dancing, floor curling, quilting, fitness programs, etc. Call: **204-254-1010** ext. **206**. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Manitoba Christian Writer's Assoc. - Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mntg. **204-256-1614** or **1-204-326-7286**

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

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**

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. **204-987-8850**

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

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

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

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

Continued on page 17

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Thursday May 25, 2017

HAPPY HOMESTEADERS CHORUS
- **Marlaine Stevens, Director**

The 1984, the Happy Homesteaders Chorus and Orchestra was started by a group of retirees who like to sing barbershop style, and play old time music. They harmonize in song and music for their own pleasures and for others who enjoy Barbershop vocal harmony and instrumental music – both modern and old time style.

VALERIE PEARSON AND PIANO WITH FAMILY AND FRIENDS

School teacher and business owner Valerie Pearson is an exemplary musician. As a pianist, she is held in the highest regard by all who have heard her play and by those with whom she has played. Her extensive repertoire ranges, from Bach to Grieg to Gershwin to Basie to Ellington.

Valerie will be assisted by her granddaughter Melody Pearson-Munroe on vocal and her grandson James Atkinson on guitar and bass. She will also be sharing the stage with good friends Ken Peters on violin and John Publow on flugelhorn.

Val also plays cornet in the Rupertsland Brass Band, piano and trumpet in the Murray Riddell Big Band, trumpet in the 252 Legion Veterans Band and trombone in the Friday Morning Concert Band.

WESTWOOD COMMUNITY BAND

In 1980, the band director of Sansome School challenged the parents of his band students to form their own group, with the purpose of leading by example. A number

of these parents responded and their on-going dedication, boosted by a steady input of new members, has blossomed into the Westwood Community Band. Some of those original parents are still enthusiastic members! In 2010/2011 the band celebrated its 30th Anniversary.

The Band welcomes adults, beginners through to accomplished musicians, who play woodwind, brass, or percussion instruments. This is a friendly environment, new members are welcome to sit-in for a couple of nights with no commitment necessary. You will soon feel at home.

Monday, May 29, 2017

ASSINIBOIA CONCERT BAND –
Robert Hall, Director

The Assiniboia Concert Band is the oldest community band in Winnipeg. It has been in operation since 1967 and along with the Air Command Band, was responsible with starting the band programs in the St. James School Division. As well as playing concerts in many nursing homes and hospitals throughout the city, it has annually performed at the St. James Legion #4, the past 40 years. In 1998 they were the guest concert band at the International Peace Gardens during the adult band camp. The band rehearses on Monday evenings at Sturgeon Heights Collegiate beginning at 7:30 PM throughout the school year. The band performs a variety of music from popular to the classics, including music from Broadway musicals and many other styles.

WINNIPEG MALE CHORUS -
Helen Bergen, Director

Male choir singing can be traced back to the Men's Music Club which started in 1916. In 1960, a group of men from in and around Winnipeg formed the Metro Male Chorus of Winnipeg. In 1974 the name was changed to the present Winnipeg Male Chorus. In October of 2010, the Winnipeg Male Chorus celebrated their 50th anniversary.

DIXIE BEATS BAND

The 'Dixie Beats' Band first began in early 2013. This group of ten musicians of varied ages and backgrounds enjoys playing the lively and jazzy blues Dixie music mostly from the 20's, 30's, 40's and a few more recent tunes. Sporting traditional striped vests, bow ties and 'cheese cutter' hats, the Band typically performs a couple of times a month, usually in the Winnipeg area. The 'Dixie Beats' entertain at seniors' residences, care centres and occasionally at private and corporate functions. Practices are held weekly on Monday evenings. Simply stated, everyone in the Band loves the challenge of this music and always looks forward to sharing it with others.

Wednesday, May 31, 2017

WINNIPEG GOLDEN CHORDSMEN CHORUS -
Drummond Brown, Director

Winnipeg Golden Chordsmen Chorus is a chapter of the Barbershop Harmony Society (SPEBSQSA), a non-profit organization of approximately 30,000 members in choruses and quartets, worldwide. The head-

quarters is in Nashville, Tennessee. The main purpose of Winnipeg Golden Chordsmen Chorus is to get out and sing for our community. We sing at annual shows, a number of community events, and at annual competitions. In addition to sharing our music with others, another great passion of ours is learning more about the art of a cappella singing. Vocal instruction is a regular part of chorus rehearsals, and a very important component of the chorus experience. A couple of times a year, we will get coaching from a visiting master in the art of barbershop, where we learn many fabulous tricks of the trade. Most choruses have a number of members who form their own vocal quartets in addition to singing with the chorus. The Golden Chordsmen currently has four quartets, and we are very proud of them!

BLASKAPPELLE GERMAN CLUB BAND -
Dan Barr, Conductor

The German Club Band is a 15 to 20 piece band playing traditional German music including polkas, waltzes and some Latin. They have played Folklorama at the German Club for over 30 years. Last year they had 40 performances, both inside and outside the Club. These include active living centres, seniors homes, the Forks and places such as Altona, Gimli, Victoria Beach, Portage la Prairie, Shilo, Kenora and Dryden. They are "The Oktoberfest Band"! And they really like to have fun!

Continued on next page

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- Enjoy the **Joy of Music** on **Tuesday, May 23rd** with
 - the Executive Big Band,
 - the Chamber Orchestra of St. John's College
 - and the Rupertsland Brass Band.
- Enjoy the **Magic of Music** on **Thursday, May 25th** with
 - the Happy Homesteaders,
 - Valerie Pearson with piano, family & friends
 - and the Westwood Community Band.
- Enjoy the **Power of Music** on **Monday, May 29th** with
 - the Assiniboia Concert Band,
 - the Winnipeg Male Chorus
 - and the Dixie Beats Dixieland Band.
- Enjoy the **Love of Music** on **Wednesday, May 31st** with
 - the Winnipeg Golden Chordsmen Chorus,
 - the Blaskappelle German Club Band
 - and the Northwinds Community Band.
- Enjoy the **Celebration of Music** on **Friday, June 2nd** with
 - the Winnipeg Mandolin Orchestra,
 - the Friday Morning Concert Band
 - and the Murray Riddell Big Band.

Music performed by Seniors and Friends
for Seniors and Friends

Things To Do

IN WINNIPEG, cont'd from page 15

Senior Achievers - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

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

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

Elmwood-East Kildonan Active Living Centre - 180 Poplar @ Brazier in Elmwood. Membership \$15/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. Call **204-669-0750** or **204-890-3282**

Le Conseil des francophones 55+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., **conseil55@fafm.mb.ca**

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

Dufferin Senior Citizen Inc. - 377

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

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

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

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

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**

Mensheds Manitoba Inc. - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

Good Neighbours Active Living Centre - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: **204-996-0750**.

Red Hat Society in MB - Red Hat Whooot in Wpg. June 10, 12-5 pm. \$45 - hot meal, entertainment, 50/50, silent auction and vendors. Email Helen: **hrhicks@mts.net** or call **204-355-4791**

Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Komarno Community Hall - Sunday Afternoon Dance, Sun. May 28, 1-5 pm. Music: Female Beat. \$20 person. Hot lunch will be served. A tickets, Mona: **204-886-2994**

VOLUNTEER

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

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

East St. Paul 55+ Activity Centre (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: quilting, shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

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

Interlake 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**

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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services : parking permits, congregate meal programs 5x a week at the manor, internet research, information/health sessions, light house-keeping, Alzheimer's support group, palliative care, transportation services, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Contact coordinator Bev Collet at: **204-248-7291** or **ensemble@mymts.net**. Our goal is to assist seniors and the disable to maintain their independence. We are **always looking for volunteers** in helping us make these programs a reality for our seniors in Notre Dame de Lourdes and Saint-Léon.

Seine River Services for Seniors - The Philips Lifeline Medical Alert Service provides simple, fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Juliette Rowan: **204-424-5285**.

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra

rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

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

Springfield - Support Group for Caregivers. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at **204-268-4752** or email **alzne@alzheimer.mb.ca** to register

Springfield - Service to Seniors - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call **204-853-7582** or email: **springfieldseniors@mymts.net** to arrange to pick up an application package.

Stonewall - South Interlake 55 Plus - Line Dance Classes, Tuesdays 6:45-9 pm, and Thursdays 11 am-12:30 pm at Odd Fellows Hall, 374 - 1st St. W. Stonewall. Fee \$2/class plus yearly SI 55 Plus membership. Call SI 55 Plus office: **204-467-2582**

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B*** - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or **recreation@weststpaul.com**

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PROGRAMS / SERVICES

Beausejour - Beau-Head Senior Center - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, **beauhead@mymts.net**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members welcome. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, Folklorama trip, dinner and a movie night, dances. The congregate meal program at the Centre is Tue, Wed, Fri. We also offer: Lifeline, cancer society Transportation Program, fee for service contact list, Erik Kits, help filling out paperwork. Our facility is also available to rent, so remember us for your next function. **www.dauphinseniors.com**, **204-638-6485**

Email ready-to-print electronic PSAs to: **kelly_goodman@shaw.ca**. **FREE** for non-profits and current advertisers. **Format: Who** (what company or organization is holding the event) - **What event, date, time, place, about the event, contact info.**

MUSIC FESTIVAL LINE-UP, cont'd from page 16

NORTHWINDS COMMUNITY BAND - Jim Warner, Director

Northwinds Community Band is the community band for the North East of Winnipeg, Manitoba. In 2000, Northwinds was formed through the amalgamation of River East Concert Band (1982) and Kildonan East Community Band (1981). The current membership of Northwinds is approximately 45 members, ranging in age from 17 to 83.

Friday, June 2, 2017

WINNIPEG MANDOLIN ORCHESTRA - Annis Kozub, Conductor

Organized in 1920 and comprised of thirteen young women, the Winnipeg Girl's Mandolin Orchestra, as it soon became known, appeared in concert on the stage of the Ukrainian Labour Temple for the first time in 1921. It has never looked back and is now regarded as

being the oldest continuing performing mandolin orchestra in Canada and the second oldest in North America. Although augmented with the addition of violin, accordion, flute, clarinet, and recorder, it continues in the same tradition performing works from its substantial Ukrainian classical and folk repertoire, and the works by composers of other nations.

FRIDAY MORNING CONCERT BAND - Howard Mar, Director and Founder

Flute – Kathy Hornshaw, Helen Larue, Nila MacFarlane, Debbie Spindler, Morgan Willacy, Oboe – Keith MacFarlane
Clarinet – Ozzie Aasland, Johan Allon, Reg Kendrick, Walter Murray, Audrey Mutter, Christina Paul, Alto Clarinet – Doug Jackson, Bass Clarinet – Lawrence Klepachek, Joey Mulgrew, Alto Saxophone – Jean

Britton, Cecile Gousseau, Gail Gowanlock, Anne-Marie Jebamani, Gerda van der Gaag, Mary McGrath-Winks, Harvey Winks, Tenor Saxophone – Roland Fernandes, Mike Forbes, Dave Kennedy, Ian McKay, Baritone Saxophone – Gary Gillet, Trumpet – George Bednarczyk, Keith Davidson, Janet Driver, Gil Forrest, Jack Penner, Tony Purvis, Rick Sellwood, John Struthers, Ray Vance, John Walden, Jim Woolison, French Horn – Dan Cowan, Ray McClelland, Trombone – Don Bradford, Ray Garnett, Bill Ketcheson, Valerie Pearson, Meera Thadani, Euphonium – Andy Maurakis, Ranny Slack, Tuba – Rae Bridgman, Bernard Helfter, Stephen Kiz, Percussion – Len Larue, Dave Patrick

MURRAY RIDDELL BIG BAND - Murray Riddell, Bandleader and Solo Clarinet

The Murray Riddell Big Band performs in Seniors Residences and for Veterans organizations in the city throughout the music season from September to the following June. The band has also played for several conventions and special events over the last 10 years. The band consists of 5 saxophones, 4 trumpets, 4 trombones, piano, bass, drums, 2 vocalists, and Murray as the bandleader and solo clarinet. The band performs Murray's arrangements of music made popular by such varied artists as Benny Goodman, Artie Shaw, Tommy Dorsey, Harry James, Count Basie, Ella Fitzgerald, Frank Sinatra, Billie Holiday, and many more. Most of the members of the band are retired. For all of them, playing in Murray's band is a labour of love, and the swing era music they play is held in a special place in their hearts. ■

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Today's Recipe

Larry McIntosh



Curried Shallot Rice

Metric	Ingredient	Imperial
30 ml	butter	2 tbsp
2	shallots, peeled & sliced	2
2 ml	curry powder	1/2 tsp
-	pinch nutmeg	-
500 ml	cooked brown rice, hot	2 cup
125 ml	half-and-half cream	1/2 cup
-	salt & pepper to taste	-

Melt butter in saucepan and saute shallots until translucent. Add curry and nutmeg. Stir in rice, half-and-half, salt and pepper to taste. Heat through.

Serves 4 **www.PeakMarket.com**

WORDSEARCH - Flowers By Senior Scope

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

- | | | | | |
|---------|-----------------|----------|-----------|-----------|
| Acacia | Canterbury bell | Japanese | Nosegay | Tansy |
| Aloe | Cherry | Magnolia | Nuphar | Twayblade |
| Anchusa | Erica | Kochia | Orchis | Ursinia |
| Arum | Flag | Lily | Orris | Viola |
| Aster | Flora | Linaria | Ox-eye | Weed |
| Balm | Freesia | Linum | Oxlip | Weld |
| Bellis | Geum | Lotus | Petal | Whin |
| Bennet | Gorse | Lupin | Pink | Wold |
| Borage | Henna | May | Rose | Yucca |
| Broom | Iris | Mimulus | Spikenard | Zinnia |
| Canna | Ixia | Musk | Syringa | |

SOLUTION ON NEXT PAGE

CROSSWORD It's That Time of Year! By Adrian Powell

ACROSS

1 One of music's Three Bs

5 Eastern end of a church, often

9 Give some lip to Fitzgerald, Queen of Scat

13 Divvy up

15 "Beg pardon..."

16 "The Haj" author Uris

17 Spring, to a furniture maker

19 Roman goddess of the harvest

20 "Ignore my correction."

21 Buoy one's spirits

22 Spring, to a farmer

26 Songstress Vikki

27 Bunch of cows

28 Windy City airport

30 Got back on the ground

32 Snoop around

35 Spring, to a mountain man

39 Cobbler's punch

40 Emcee's platform

41 From the Orient

42 One who's next in line

44 Rose supporter

45 Spring, to the birds

50 Biological groupings

52 French waters, informally

53 Mai cocktail

54 Spring, to a gymnast

57 Falafel wrapper

58 Writer Stanley Gardner

59 Kosovo natives

60 Finis

61 Defunct

62 MacLaine's "Guarding" of

DOWN

1 Underneath

2 Important Hebrew character

3 Reason to say "Whew!"

4 Harrison's "Star Wars" role

5 Century plants

6 Mickey Mouse's puppy pal

7 Liberal arts class, for short

8 Pre-1300 English letter that sounded like "th"

9 Left the dock

10 Out in front

11 Religious offshoot

12 Bob Hoskins role

14 Scarborough's Mike Myers, e.g.

18 Look very closely

20 Scatter about

23 Ancient fragrance

24 Sounds like a fan

25 Goes hard

28 Root crop of the Andes

29 In what manner?

30 Nintendo forerunner

31 Garland from Maui

32 Quite unsophisticated

33 "His Master's Voice" org.

34 Japanese currency unit

36 Collier's entrance, perhaps

37 Warren of "The

38 Addictions clinic candidate

42 Assisted

43 "I saw _____ sawing wood..."

44 P.E.I. exports

45 Striped, spiral-horned antelope

46 Inches closer

47 Attires

48 Like granola, largely

49 Anne Frank's book

50 Blurted out "Not guilty."

51 "Present!"

55 Vancouver's hrs at New Year

56 Minuscule, in Moray

57 Where to get peas

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

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HUMOUR



Rick Goodman
rickgoodmansk@hotmail.com

In the last issue, Rick and his travelling companions endured the Hershey Train from Havana. Now they were going to Guanabo.

It was a nice ride but it made me think some pretty somber thoughts. Nothing to do but sit back and watch the people change station to station. Watch the country go by. Farm land. Pasture. Skinny cows. A few towns and occasionally somebody's farm house. The embargo has been bad for these people. These houses were ramshackle run down wrecks and I'm being charitable here. There was no paint, no screens on the windows. If you have a pig and some chickens and a skinny cow or two hanging around you want screens on your windows. People are poor. Not hungry down and out poor but poor nonetheless. It looks like the kind of poor where everything around you just keeps running down and down. There's no new machinery, the infrastructure is run down to a proper ruin. I've seen poor countries and one way to judge how well off a country is, is to look at how they are able to deal with their garbage. The poor countries don't have the means to haul and landfill their garbage. It collects where ever it's easiest to get rid of and that generally seems to be on the low ground and in the waterways. When you see gullies and small creeks plugged with garbage you know there is some pretty hard scrabble living going on. The Cuban countryside looked pretty poor to me. This is not a criticism, it's merely an observation of how things are. Like I said, the embargo.

If you have the time you can ride all the way to Matanzas. It might take four hours or it might take all day. It depends on the track and on whether or not the train breaks down. It frequently does. On this trip we decided not to press our luck and only rode the 30 km to the platform in Guanabo.

Osmani, our waiter and all around go-to guy had told us what to do when we got to the "station."

"Walk to the road," he said, "Guanabo is 2 km to the left. Turn right and wait by the graveyard. Any bus that stops will take you to Guanabo."

Guanabo station is one of the unnamed stops. It sits out in the middle of a field with a dirt track running from it to the road. There's a platform and a couple of walls that look like they were on the receiving end of an artillery barrage at one time.

My brother-in-law, Dave, started hiking to the road as soon as the train left us. My sister, Cheryl, Bea, and myself stayed back taking pic-

The Hershey Train (Part 2)
-Going to Guanabo

Story and photos by Rick Goodman

tures and getting orientated. He was nearly there when we finally mozied across the tracks and started our trek. Some people in a van had dropped someone off for the train and as we wandered down the track they pulled up beside us and stopped.

"Hola," I said.
Leaning forward the driver replied, "Hola."

I was running out of Spanish fast. In a pinch I can make myself understood when I ask for a couple of beers but this didn't seem like it was the time or place for that. No cooler was in evidence.

Digging deep I said hopefully, "Guanabo?"

"Si," he replied, "Guanabo," as his wife nodded reassuringly. "Guanabo."

Such wonderful people I thought to myself as I opened the door and climbed in their van. Truly hospitable. And talk about lucky. Not two minutes off the train and these nice people are going to give us a ride to Guanabo.

Bea was sitting quietly on a bench seat in the back of the van. I was sitting on a box behind her babbling, "Gracias Señor, Gracias, Si, Guanabo."

My sister was hanging half in, calling Dave back.

"Hurry, she hollered," We have a ride!"

"What? " he hollered back.

"Guanabo," she hollered, "Hurry!"

"Si, Guanabo, gracias, gracias," I bumbled happily from my box in the back of the van.

Our two new best friends were having a quiet conversation up front. The wife would glance at us and whisper something to her husband. He'd look back and answer her in a reassuring tone.

Every time they looked I'd smile my most disarming smile and say, "Gracias." In between all the glances and 'gracias' I was working "Guanabo" like it was some kind of mantra.

Cheryl was on her knees in the doorway still yelling at Dave to hurry. We didn't want to inconvenience these nice people any more than absolutely necessary.

Dave was starting to wobble. Too bad, he could rest in the van on the way to Guanabo with our new friends. Cheryl slammed the door closed as he sprawled in the back and we were off. Would it be too forward if I offered to buy these wonderful nice people lunch I wondered as we rolled down the track to the road. Maybe a cold drink?

It sounded like the van had a squeaky wheel bearing or something. You could hear it plain as day once Dave quit hyperventilating. We pulled up to the road and stopped. I looked both right and left and waited for our journey to continue.



The Hershey Train heading to the station in Havana

"Guanabo," he said.
"Si, Guanabo, gracias, gracias," we chorused back at him. Except for Dave. He just wheezed.

Apparently we just weren't getting it. He tried again. "Guanabo," and he pointed to the left. "Dos kilometers."

Then he pointed to his wife and himself and pointed to the right. Finally he pointed to us and gestured "Out." The ride was over.

Standing at the bus stop I had to wonder if we were really supposed to climb in that van or if they were just making sure we knew what we were doing out in the middle of that field.

Later on, standing at the bus stop

Cheryl wondered how long we would have to wait for a bus.

Bea turned around and looking over the acres of crypts and headstones said, "I don't know but it looks like a lot of people didn't make it!"

And then the bus came.
"Guanabo?" I asked hopefully when the doors open.

"Holy crap," Cheryl said behind me, "Don't start that again." ■

WORDSEARCH - Solution

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

Answer to

TEST YOUR WITS

on Pg. 13

BOB wins.
His name appears 13 times. MOM appears only 12 times despite being spelled the same forward and back.

CROSSWORD - Solution

B	A	C	H			A	P	S	E		S	A	S	S	
E	L	L	A			A	L	L	O	T		A	H	E	M
L	E	O	N			C	O	U	C	H		P	I	E	C
O	P	S				S	T	E	T			E	L	A	T
W	H	E	N	T	O	S	O	W	S	E	E	D			
			C	A	R	R			H	E	R	D			
O	H	A	R	E		A	L	I	T			P	R	Y	
C	O	L	D	W	A	T	E	R	S	O	U	R	C	E	
A	W	L				D	A	I	S			A	S	I	A
						H	E	I	R			S	T	E	M
			N	E	S	T	I	N	G	P	E	R	I	O	D
P	H	Y	L	A			E	A	U	S		T	A	I	
L	E	A	P	U	P	W	A	R	D			P	I	T	A
E	R	L	E			S	E	R	B	S		O	V	E	R
D	E	A	D			T	E	S	S			D	E	N	Y

SUDOKU - Solution

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

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Topical Approaches to Pain Management

By Haidita Celestine

Applying pain relief treatment directly where it hurts is not a new practice. Healers throughout human history and in every culture have applied medicines directly to the source of pain. One of the oldest, and the largest, complete medical documents ever discovered, the 3500-year-old Ebers Papyrus, includes poultices, salves, oils and plasters for conditions ranging from Sting of Wasp to Headache.

Found in a tomb at Thebes about 1862 and preserved at the University of Leipzig, it is a miscellaneous collection of extracts and jottings from at least forty sources. There is abundant evidence that these sources come from numerous books many centuries older. Spells and incantations are also freely interspersed, as are domestic tips for such things as keeping mice away from clothes. One remedy found in the text is a poultice composed of pieces-of-excrement, Cat's dung, Dog's dung, and berries of the Xet plant. This apparently would "drive out all the Scurf".

"I can assure you that TPR20 Pain Relief Cream contains no dung of any sort," says Rowan Hamilton, Director of Research at Humn Pharmaceuticals of Winnipeg. "What it does contain though, helps us believe in the strength of modern medical pain relievers without the need for powerful pills."

The most common pharmaceutical approaches to pain today are oral medications (pills). With this approach, come regular side effects including gastrointestinal complications, liver disease, kidney disease and potential dependency. Canadian consumers are increasingly wary of such potential risks and are looking for a less invasive approach that can be provided by topical analgesics. The type used successfully for centuries; provided of course that they don't contain dung.

In our own time and culture a new understanding of pain treatment is emerging from research and patient studies. It is increasingly pointing to topical preparations as a viable delivery mechanism for pain relief medication. The forms they take are creams, gels, liquids and patches. Their object is to apply pain relief where it hurts, when it hurts. This may be one of the most important recent developments in the treatment of pain – even if it is a centuries old practice.

Modern pain medicine as we know it dates from the development of chemistry in the nineteenth century. Salicylic acid from willow bark was refined into acetylsalicylic acid in Germany and marketed in 1899 as acetylsalicylic acid. This was the first of what are now known as Non Steroidal Anti-inflammatory Drugs (NSAIDs) and began a revolution with the

addition of acetaminophen / paracetamol in 1956 and ibuprofen and indomethacin in 1962. The products were all pills and still are. The other major pain medication derives from the Opium poppy. Synthesized from the raw opium, morphine went on sale in 1827. Heroin from the same source became available in 1874.

These two basic medicine groups are still with us. Pharmaceutical chemistry has refined and developed synthetic derivatives in the search for more powerful and patentable compounds. Despite increasing evidence of side effects and adverse reactions, they have become the accepted standard for pain medication. Topical preparations were largely lost to history; today they appear so new to us that the first topical NSAID was only approved by the US FDA in 2007.

Topical therapies act locally rather than through systemic absorption and distribution in the way that injections or pills are intended to act. Topical use of analgesics and anti-inflammatories is an effective and increasingly popular approach that avoids gastrointestinal irritation and the metabolic degradation associated with oral administration. They make possible, in a cream form, the use of local anaesthetic compounds such as Lidocaine, well known to the public as an injected anesthetic in the dentist's chair,

which actually block the transmission of pain in the nerves.

Topical approaches can be effective at far lower doses than oral pain medication. They go where they are needed, when they are needed, and only need to act on the site of pain itself. They bypass the digestive tract and liver minimizing side effects, drug interactions and organ toxicity. There are generally less dose restrictions for topical preparations than oral medications and they typically act much faster than oral medications having their effect before a pill has even reached the stomach.

They are effective for pains that would not normally be treated with regular pain medications. These include sunburn, insect bites, poison ivy and other plant irritants, minor burns, blisters, hemorrhoids, skin conditions, even shingles. The direct action of topical creams makes them ideal for muscle and joint pain, aches and sprains. Both the American Geriatric Society the Canadian Pain Society recommend topical lidocaine for neuropathic pain like shingles.

A study undertaken by the American Osteopathic Association showed that nearly half of the population does not believe that pain is something that can be eased with mainstream medications. Topical pain relief can change that belief.

It's only human to suffer the pains of age.

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