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Nov 9 - Dec 8/16

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Ace Burpee helps launch 8th annual gift drive for local seniors

- Home Instead Senior Care®

The 8th Annual **Be a Santa to a Senior** launch was hosted by Victoria General Hospital Foundation on November 8, 2016 in the Breezeway. The popular program that has delivered over 10,000 gifts to low income local seniors in the last seven years is being planned again this holiday season for older adults who face poverty and loneliness.

Home Instead Senior Care network joined Victoria Lifeline, the Victoria General Hospital Guild, the Victoria General Hospital Foundation, A&O Support Services for Older Adults, Meals on Wheels, Virgin Radio Winnipeg, and many other partners to provide gifts and companionship to seniors who otherwise might not receive either this holiday season. Local elementary schools are also pitching in by making handmade cards that will accompany each gift with a special message to show they care.

"Seniors are often the most isolated population at Christmas," said Julie Donaldson, owner of the Home Instead Senior Care office serving Winnipeg. "Many times they do not have visitors during the holidays, compound that with decreased socialization this can be a very lonely time for them."

According to the Social Planning Council of Winnipeg, 12.3 percent of Manitoba seniors 65 and older are living in poverty.*

"It's super cool to have the opportunity to brighten someone's holidays. **Be A Santa To A Senior** is easily one of my favourite Christmas programs," said Ace Burpee, Virgin Radio's 103.1 morning radio host.

Here's how you can help: Check the website for tree locations nearest you at www.beasantawinnipeg.com. Pick up the ornament with the gift request and return it to the location wrapped with the tag securely attached to the gift by December 2nd. Additional cards are always welcome and appreciated.

For more information about the program please contact Jeannette Brigit at **204-953-3720** or visit www.beasanta.winnipeg.com ■



Ace Burpee of Virgin Radio 103.1 FM with Julie Donaldson, owner of Home Instead Senior Care in Winnipeg, launching the Be A Santa To A Senior program.

*Social Planning Council of Winnipeg;
http://www.spcw.mb.ca/files/7613/5067/7612/Pover ty_Profile_-_IncomePoverty.pdf

ABOUT HOME INSTEAD SENIOR CARE
Founded in 1994 in Omaha by Lori and Paul Hogan, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 950 independently owned

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Who is responsible for getting this done, and can we make them more 'accountable' please

By Roger Currie

Local government is the most direct form of democracy, and here at *Senior Scope* we are determined to help taxpayers get more 'value for money', whether you live on the fanciest street in Winnipeg, on an acreage in rural Manitoba with a gravel road leading to your door.

In my 69 years, I have known both experiences. I was born and raised in Winnipeg, and I covered city hall as a reporter for CJOB in the 1970's. Many years later, I lived on a rural road outside Kenora, and I got to know what it was like to pay a lot in taxes for very little in return in the way of service.

In recent issues of this publication we have been pleased to facilitate a fairly lively interactive discussion about the shortcomings of public trans-

sit in Winnipeg. The city is still working to eliminate problems with the new PEGGO card system, and your feedback is playing a role in that process.

So far in 2016, local politicians both in Winnipeg and smaller municipalities have not had to deal with snow removal, the issue that always seems to generate more complaints and feedback than any other service they are responsible for. They no doubt feel blessed that it's not 1986 when this very week saw one of the worst snowstorms in Manitoba's history. But even before the snow and ice appear, life can be a never-ending challenge for people with disabilities.

Ed Madence who lives in East Kildonan was one of several readers who wrote or e-mailed to tell us about

shoddy infrastructure like broken sidewalks that make life difficult for folks on walkers and in wheelchairs. Going out of the home becomes much more of an 'adventure' than it needs to be, and the response by the municipality seems painfully slow.

By comparison, Mayor Brian Bowman seemed to have amazingly quick success getting a majority of city councillors to support his cherished growth fees which will add thousands of dollars to the cost of many new homes in Winnipeg. Two councillors who did not support Bowman, Jeff Browaty and Janice Lukes, immediately paid a price as they were dropped from Executive Policy Committee. This means a loss of several thousand dollars a year in income.

Time will tell if the newfound millions that will be generated by these fees will support needed infrastructure in new subdivisions as the mayor has promised, or will it simply go into the 'black hole' of general revenue. Whether you live in Winnipeg, or in the Rural Municipality of St. Andrews, we urge you to get to know your local government representative, and ask them questions – lots of questions.

We hope you'll share the experience, either with myself (rogerc@mymts.net) or with publisher Kelly Goodman (kelly_goodman@shaw.ca)

Roger Currie is a veteran Winnipeg broadcaster. These days, he serves as news director of CJNU, 93.7 FM.

LETTERS . . . to the editor

Nov. 2, '16

Yesterday I had occasion to read the article (including the letter from a 71 year old senior) in the October 19 - November 8 edition of *Senior Scope* regarding the PEGGO card. I am a 72 year old senior. I have used monthly transit passes for over 20 years,

When I turned 65, in order to be able to begin using the senior's monthly pass (which was 1/2 the cost of an "adult" monthly pass) I was required to present either a Winnipeg Transit Senior picture ID card which was available at the Transit head office on Osborne Street in Winnipeg, or a Government of Canada blue card which is issued to all Canadian seniors after their 65th birthday. The is not something new due to the PEGGO card.

My birthday is on June 2nd, and as with most government agencies, they do not do things in a timely manner. When they say your blue senior's card will be issued after your 65th birthday, they do not mean the day or even the month after. I received mine at the end of August - 3 months less 2 days after I turned 65. In order to take advantage of the much lower cost of my monthly senior's bus pass immediately, I obtained the Transit Senior

picture ID card a couple of days after I turned 65.

While many seniors may not have a personal computer, there are computers available for use at public libraries. Or they may have children or grandchildren with a computer who would be able to assist them in registering their PEGGO card. I was also advised that I could register the card at the Transit office on Osborne. You must keep a record of your email address, your password, your "security Question", the 10 digit PEGGO card number, the 3 digit CVV number, and the "name" you assign to your card. This should be a written record, kept in a secure place. Should your PEGGO card be lost or stolen, provided the card has been registered, phone Transit (311) to report the card lost or stolen. I was advised that provided the card has been registered, it will be replaced.

I meet and talk to other seniors - at bus stops, at bingo, and other seniors' activities - many are not aware that they can claim their monthly bus passes or PEGGO cards on their income tax returns. You apparently cannot claim bus tickets or weekly bus passes.

Thank you,
Elaine P. - Wpg

November 4, 2016

Manitoba Government launches public consultations on Canada Pension Plan

As part of the national conversation on enhancements to the Canada Pension Plan (CPP), Manitoba's new government is launching public consultations to hear ideas and suggestions from Manitobans, Finance Minister Cameron Friesen announced today.

"We believe Canadians will receive the most benefit from the Canada Pension Plan if the provinces and the federal government work to make it better, not just bigger," said Friesen. "Our government wants to ensure the suggestions we are putting forward to strengthen the CPP reflect the priorities of the Manitobans who contribute to this as employers and employees."

In June 2016, federal and provincial finance ministers signed an agreement in principle to enhance the CPP with modest, phased-in and fully funded increases in contributions. The minister noted Manitoba did not initially sign the agreement and consented only when acknowledgment was given that Manitoba's proposals to strengthen the changes be given consideration at the upcoming finance ministers meeting in Ottawa next month. Provinces and territories must also agree to any further changes to the CPP.

Manitoba's proposals include:

- indexing the CPP death benefit,
- undertaking a comprehensive review of CPP survivor and disability benefits, and
- eliminating the claw back of guaranteed income supplements for widowed seniors' CPP survivor benefits.

"The Canada Pension Plan is a key pillar of Canada's retirement income system, but more research and analysis is needed to modernize it and ensure that it addresses the realities facing Canadians," said Friesen. "These public consultations will ensure all Manitobans - employees, business owners, retirees and young people - have the opportunity to share their ideas for how the plan can best benefit everyone who contributes."

Written submissions can be made until Nov. 27 online at www.gov.mb.ca/cpp/index.html or mailed to:

Office of the Minister of Finance
450 Broadway
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For more information on the June 2016 agreement, visit Finance Canada at: www.fin.gc.ca/n16/16-113-eng.asp.

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Page 4

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Money Money Money - Part II

(Cont'd from the Sept. 28 issue of Senior Scope)

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

I would like to start by thanking those who have been attending our Tax and Estate Planning seminars. The sessions have been well attended and those who have been in attendance have added a lively discussion to the information presented. The discussions highlight how complex financial planning is, even to those who are very knowledgeable. Many times during our last presentation, I referred to the very real family that I wrote about in the September Senior Scope article. We will continue to reference this family in this month's article.

To recap the situation discussed in September: mom is 84 years of age, in failing health and is currently in need of long term care. As a requirement for care, the nursing home asked for her last two income tax returns to determine what her share of the costs for care would be. To fulfil this responsibility, the son now became actively involved in her affairs. He came to me with the following breakdown of her information.

| | |
|---------------------|----------|
| Old Age Security | \$ 6,676 |
| Canada Pension Plan | \$11,000 |
| Pension | \$33,000 |
| Interest | \$ 3,000 |
| Dividends | \$26,000 |

Total Income \$79,676

Her investments are as follows:

| | |
|-----------------------|-----------|
| Non-registered assets | \$490,000 |
| RRSP/RRIF assets | \$170,000 |
| Cash | \$ 36,000 |

Total \$696,000

Over the years the family did not worry about their mom, as between her stockbroker and accountant they felt that she was well looked after. The son did not want to interfere in his mom's business and he did not want to cause trouble in the family.

This lady did have people looking after her affairs. But were they the right people at the right time? Was there a coordinated approach? Did the stock broker and accountant talk to each other? Would the stock broker have the knowledge to be tax wise and engage the accountant in tax wise strategies? Were the right questions being asked? It often takes a life event to create awareness and a motivation to take action.

If the primary intention for mom and dad was to save enough money to create a safe economic environment for themselves and their two sons, then they were very successful, as the stock broker did very well for them in creating wealth. If their secondary intention was

to be as tax efficient as possible, then they were partially successful. They had tax effective growth stocks which were creating capital gains. Many of the individual stock holdings paid dividends which were tax preferred as they would receive the dividend tax credit. So what was the problem? She has money and most of the holdings are tax preferred. However, there is a significant difference between good and great. Why do people choose between a Lexus and a Chevy? Why do people choose a luxury hotel over a family hotel or motel? Why do people choose an upscale restaurant instead of a family restaurant? Because they can, but also because they find value in the choices they make and how they spend their dollars.

As a Certified Financial Planner, our licensing demands that we provide guidance under six disciplines. These six disciplines are: investment planning, retirement planning, tax planning, estate planning, insurance planning and cash flow/income planning. There are many dimensions to each category, but I will focus on the most relevant ones related to the problem presented in the last article. For this particular family, I would concentrate on the following items for discovery:

- **Investment management**
- Is the client's current asset allocation appropriate?
- Is the client properly diversified?
- Is the client's investment plan in line with their risk tolerance and goals?
- **Tax planning**
- Assess the client's assets to determine current tax liabilities
- Assess the client's assets to determine potential tax liabilities on disposition
- Review prior years' tax returns. Identify potential tax strategies and structures. Identify situations where engaging a tax expert would be appropriate.
- Consider the taxable events that can result from the death of the client
- Explore tax savings strategies - quantifying the taxes and other liabilities that will be borne by the estate
- Consider each of the tax returns that can be filed as a result of the death of the taxpayer. Up to three can be filed.
- Consider the capital gains exemption
- Consider the number of strategies available to defer or minimize capital gains tax
- Assess the advantages/disadvantages of any tax deferrals or rollover provisions provided under the *Income Tax Act* to minimize taxes payable on death.

• Risk Management

- Identify situations where the use of insurance would be a solution for tax problems
- **Estate Planning**
- Review beneficiary designations, wills, trusts, enduring powers of attorney and personal directives or documents related to personal care
- Review estate planning objectives
- Project net worth at death
- Identify potential estate planning vehicles
- Consider what steps should be taken to protect the executor from liability
- Determine if estate division is equitable or equal (ensure that one beneficiary will not be paying the tax for their siblings because tax was not taken into consideration when assigning assets for inheritance)
- If charitable giving is part of the will, assess whether it will be money or shares that are gifted. Which will be more tax efficient?
- Consider the estate planning tools that can complement the need for a will
- Consider the tax effective role that trusts can play in a will
- Will there be enough liquidity to pay off estate liabilities or will the executor need to find some other method of paying the bill until the estate is settled
- Make sure all the documents are found which can identify where money is being held - investment companies, life insurance, past work group benefits, credit cards etc.
- Work with the executor and beneficiaries so they know what accurate information is needed by the lawyer. This includes legal documents and tax information.
- Work with executors and beneficiaries so that they are well versed in the options of how they can receive the proceeds from an estate

The discovery process would use the above principles, many of which would be intermingled. My questions would have started in exploring how dad's estate was handled - this would help me to understand the circumstances that mom is currently in. I would also ask about what discussions were had when their will was being constructed. It's that basic.

In going through a thorough discovery process with this particular family, there are a number of planning strategies that may be (or may have been) appropriate. I will share a few with you.

Continued on next page

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Page 5

TWO TAX CREDITS OVERLOOKED



By **Peter J. Manastyrsky**

Moving into the last two months of this year becomes strenuous for us all. With the weather changing, people are starting to think about tax credits that could be applied to assist in many ways such as to reduce annual income and to recognize caregivers in our society.

There are two common tax credits that people can address, one is the federal **Disability Tax Credit** and the other is a provincial **Manitoba's Primary Caregiver Tax Credit**.

The **Manitoba's Primary Caregiver Tax Credit** is a refundable tax credit (it can be claimed even if you do not have taxable income) available to a caregiver who provides regular, long-term volunteer care to a spouse, relative, neighbour or friend but the care must be Level 2 or higher. The person being cared for must live in a private home within a regional health authority (RHA) catchment area and be assessed by RHA or a health care professional like a nurse, social worker, occupational therapist, physiotherapist or a physician. As a primary caregiver the tax credit covers expenses endured and may defray caregiver expenses

such as shopping, transport, outings and respite. For more information about the Manitoba's Primary Caregiver Tax Credit call Manitoba Health at 204-788-6646. Do it now, time is running out!

The federal **Disability Tax Credit - DTC** program is a non-refundable income tax credit that reduces annual income for those who qualify. The DTC is separate from any of the other disability benefit. Once approved, Canada Revenue Agency may adjust your income tax returns for all applicable years to include the disability amount. It is available to Manitobans who are

Continued on page 6

Money Money Money - Part II, cont'd from page 4

Strategy 1: Tax Efficient Investing

This particular client had not been fully utilizing her TFSA contribution room and as a result was claiming a significant amount of investment income each year (\$29,000 total). Not only does this increase her annual tax bill, but it also results in her OAS being clawed back. By repositioning some of the non-registered assets with smaller unrealized gains (or even losses), or some of her fixed income investments into her TFSA, we would be able to reduce her taxable income and reduce or prevent her OAS claw back. While not applicable in this particular case study, portfolio funds within a corporate class structure are another powerful tax-efficient investment tool that may help retirees limit the amount of interest, dividends and capital gains that they have to claim on their income tax while still providing an investment option that can meet their investor profile.

Strategy 2: Deregistration to Purify the Estate

In any situation, it is very important to anticipate what the future tax situation could be. Registered assets hold the largest tax position.

With the family that we are dealing with, at age 84 there is still \$170,000 in RRSP holdings (and we have seen significantly more at this age). That represents a potential future tax bill of \$85,000. In my opinion, these assets were not strategically managed for tax. Many people look at RRSP and RRIF accounts in a negative way. In my opinion, next to the Tax Free Savings Account, RRSPs are the most tax efficient planning vehicles we have. It's not the investment or the vehicle that is the problem; it's how they are treated that is. Most people, including those who manage money, do not deal with these assets strategically and manage the liquidation of them in a tax effective way. That is the problem.

With more time, we could have been far more proactive in strategically repositioning her registered assets into TFSA and non-registered accounts.

Strategy 3: Transferring Assets at Fair Market Value vs. Adjusted Cost Base

Upon her husband's death, if the non-registered investments were held jointly, were the assets rolled over to the surviving spouse at the Adjusted Cost Base or at Fair Market Value? Is there a large capital gain in her non-registered account? In many cases, the tax bill just gets moved down the line and creates larger implications for the surviving spouse or the eventual heirs to the money.

In the year of death, there will be the following sources of taxable income: pensions, government benefits, salaries, investment income, registered accounts, and capital gains on non-registered assets or secondary properties. If someone passes early in the year, it may make sense to move some or all of the non-registered investments at the fair market value and trigger the capital gains. If someone were to pass on December 31st, the conversation would be much different, as we already have pension income, salaries, government benefits, investment income and registered accounts to consider on their final return.

Strategy 4: Claiming the Disability Credit and/or Medical Expenses

In this particular case, the client was eligible to claim the disability tax credit as well as their qualifying medical expenses. This should be reviewed closely with whoever is preparing your income tax.

These strategies should be looked at and reviewed on a case by case basis, but it is planning that needs to occur prior to when the executor visits the lawyers and accountants. We see many

cases like the one that we have analyzed in our last two articles - should you have concerns for yourself personally or a family member and wish to contact us, we will give you an honest opinion. We can be contacted at **204-257-9100** or **hill.associates@igprivatewealth.com**.

We will be hosting another **Tax and Estate Planning Seminar** on **Tues., Nov. 15th** and will be discussing more situations and strategies like the one in this article. Seating is limited, so please contact our office to reserve a spot. ■

SHIRLEY HILL

Executive Financial Consultant

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to the editor or story submissions

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Box 1806, Stonewall, MB R0C 2Z0

Seize the Opportunity to participate in "Sport for Life" as a volunteer at the 2017 Canada Summer Games coming to Winnipeg.

- Canada Summer Games



Carol Eliasson, a volunteer for the Canada Summer Games with a mascot that's helping to recruit volunteers.

Winnipeg, Manitoba will host the Canada Summer Games July 28 - August 13, 2017. Featuring 16 sports, over 250 events and a major cultural festival, the 2017 Canada Games will welcome over 4,000 athletes and coaches and more than 20,000 visitors.

The Canada Games are this country's largest multi-sport event for young athletes and in 2017 will celebrate their 50th anniversary and Canada's 150th birthday. The 2017 Canada Summer Games will leave a lasting legacy of new and enhanced sport facilities, volunteer and leadership development that will benefit athletes and the broader community for years to come.

Organizers have started recruiting a team of 6,000 amazing volunteers! Will you be one of them? They are looking for enthusiastic individuals like you to assist in various roles such as spectator services, volunteer services, ticketing, transportation, ceremonies, athlete's village, and a number of other areas. Behind every exciting moment at the 2017 Canada Summer Games you'll find volunteers making the Hottest Summer in Half a Century happen.

Melissa Larter, Volunteer Coordinator is reaching out to older Manitobans to help make the 2017 Canada Summer Games the best yet and to support the dreams and development of young athletes from across Canada. Larter indicated, "We are actively seeking people who would like to be part of a diverse team, who are friendly, outgoing and willing to start conversations with the public and people who are excited to

celebrate youth, sport and community".

Be a part of the **Sport for Life** movement in Canada by participating in a national sport event taking place here in Manitoba. Join the team as a volunteer for the 2017 Canada Summer Games.

Along with experiencing the Games, meeting new people, and bringing the Games to life, volunteers will receive: a volunteer training program which will support you in your role; an official 2017 Canada Summer Games uniform; and the opportunity to be a part of the Hottest Games in Half a Century!

Sign up to be a 2017 Canada Summer Games volunteer today!

Apply at www.canadagames.ca/2017.

If you have any questions, please email: volunteer@2017canadagames.ca, visit us at the volunteer recruitment centre at **296-240 Graham Ave**, Winnipeg, MB - open Monday - Friday 9 a.m. - 3 p.m., or call **204-228-1085**.

Other "Sport for Life" Opportunities:

About a month prior to the Canada Games in Winnipeg, the annual **Manitoba 55 Plus Games** will be hosted in **Killarney, MB June 13-15, 2017**. The Manitoba 55 Plus Games, a program of the **Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)** is an opportunity to participate in a variety of age-friendly sporting events and an opportunity to volunteer as well.

For more information contact Karyn Heidrick, MB Games 55 Plus Games Coordinator at manitoba55plusgames@gmail.com or phone **204-261-9257** or toll-free at **1-855-261-9257**. ■

Disability & Tax Credit,

cont'd from page 5

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(see advertisement on page 5)

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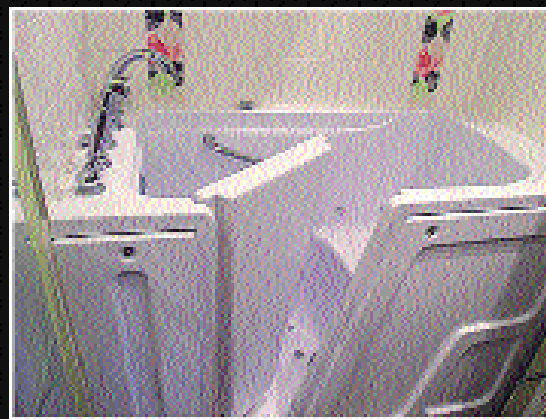
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The Magic of Geritheatrics

By Jason Cheung

Geritheatrics: A hidden gem within our city awaiting to be discovered.

What is theatre magic?

Is it the lighting, the dialogue, the set, or the interactions between characters - the unforgettable soliloquy in Romeo & Juliet, or Hamlet?

Or, is it because it's transformational?

Does age matter when it comes to dramatic performance? It absolutely does - it gets hotter as you age, just like ginger gets tastier and more potent with years.

Such is the case for Winnipeg theatre group - **Geritheatrics Theatre Productions & Repertory Company**.

Welcome to Geritheatrics - a local theatre company comprised of 55 plus seniors. The material is written and performed by seniors, and is appropriate for all adult aged audiences.

Rick Caslake - Artistic Director, first introduced an important theatrical concept to me: "How does an actor become their character on stage, then take that character offstage, as part of an equation of self-care and emotional well-being?"

First, Caslake explained that before he came to found Geritheatrics in 2013, he noticed that while there were roles available for senior actors, there wasn't a company where seniors could perform together, on seniors' topics.

Second, listening is an invaluable asset in creating and refining the craft of acting. There is the "Shut-up, just listen to what I have to say." in some every-



Cheryl Soluk as Florence and Andres Collantes as Ulysses in Geritheatrics' world premiere of Pam Calabrese MacLean's "Janitor".

day conversations, or the preferred "Listen/Pause-Process/Respond" method, employed by Geritheatrics.

Third, being mindful of physical limitations often imposed on us as we age, Caslake reinforced that: "extra care and diligence must be practiced by each member of our acting family."

I was lucky enough to interview a few members from the company, I'll share some of their wisdom.

Let me take you backstage as I was privileged enough to sit in on one of their rehearsals.

Cheryl Soluk (an accomplished actor from Beausejour's Haystack Productions) describes theatre with Geritheatrics, this way: "It's welcoming, valued theatre, and great people."

She explained to me that script analysis, which often occurs in the form of discovery around a table, is invaluable to learning, and brings the character from page to stage.



Table work on "The Dance" by Tyler White. Maureen Taggart - Director (far end of table - centre). Beverley Grace - as May (far end of table - left). Dawn Hillstrom - as Jane (far end of table - right).

Photo credit courtesy Rick Caslake, Geritheatrics.



Margaret Gwiazda as Sophie (left) and Melanie Shumilak as Nora (right) in Sophie and the Weiner Man.

Photo credit courtesy Rick Caslake, Geritheatrics.

tened by the dedication to their craft, they share the loving, beating hearts of all actors in the world.

The company's November playbill features: "Sophie & The Weiner Man" by Winnipeg playwright Carolyn Gray; "The Dance" by Winnipeg playwright Tyler Joy White; and, the world premiere of "Janitor" by Nova Scotia playwright and poet, Pam Calabrese MacLean.

There will be three matinee performances at Lions Place Theatre, 2nd Floor, 610 Portage Avenue, Winnipeg: Friday November 25, Saturday November 26, and Sunday, November 27, 2016 - each at 2:00pm daily.

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For reservations or more information: email: geritheatrics@gmail.com or call Rick Caslake at **204-781-5254**. ■

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THE BUZZ



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

Charlie Argue helped create the Border Baseball League. Lane Curry was a dangerous hitter who later became an outstanding coach. The Ebb and Flow Lakers were stars on their First Nation and tremendous players on the ball fields of Manitoba, Saskatchewan and Minnesota.

Argue, Curry and the Lakers are among nine players, five teams and an umpire that will be inducted into the Manitoba Baseball Hall of Fame and Museum in June of 2017.

"I remember pitching five nine inning games in one tournament," recalled Ebb & Flow's Dan Roulette on Monday. "I thought my arm was going to fall off but that's the way we had to do it. I remember one game, at one event, I'd pitched a couple on the weekend already and we had a five inning game coming up so I started. And I also finished, but it went 17 innings.

"That's what happens when you're a tournament team. Some days you just have to be prepared to pitch all day. Nobody was counting my pitches."

Argue, Curry, Vince Eastman, Orville Renwick, Shaun Cory, David Nychuk, Don Schmall, Gord Paddock, and Peter Thomson will all be honoured as individual inductees. The Neepawa Farmers (1993-97) and the Ebb and Flow Lakers (1990-96) will be inducted in the "Major Team" and "Small Community Team" categories respectively. Additionally, Bob Boyce (umpire), the Eastern Manitoba All-Stars (1978), and the Gilbert Plains Legion Bantams (1965-68) join the Hall of Fame under the "Special" category.

The Manitoba Baseball Hall of Fame and Museum will hold its 21st annual induction banquet on Saturday, June 3, 2017. The event begins at 5:00 p.m. and takes place at the Morden Event Access Centre where the Hall of Fame is located. Tickets are \$70 for adults and \$20 for children. For more information, contact the Manitoba Baseball Hall of Fame and Museum at (204) 822-4636 or at mbbbhof@mts.net

Thanks to Baseball Manitoba for the Inductees' Biographies:

Charlie Argue (1904-1991) Mather MB
Charlie Argue was the early driving force for several decades behind the still operating Border

Argue, Curry, Ebb & Flow Lakers Lead Inductees into Manitoba Baseball Hall of Fame Inductions

Photos courtesy Baseball Manitoba



MC Scott Taylor with some of the inductees at the Manitoba Sports Hall of Fame from left Peter Thompson, David Nychuk, Dan Roulette and Charles Cochrane, both from Ebb & Flow, John Melnyk and John Hindle

Baseball League. He served as president from 1930-60. Before, during, and after his long-time service as president, he was also involved as a coach, manager, team organizer, and even groundskeeper when necessary. For example, he coached and managed his hometown Mather Mudhens team for 20 years. Charlie also worked tirelessly for the young people and for the game of baseball in the communities of the RM of Roblin where he served as Reeve for 25 years. Although such long-term dedication doesn't show up in any traditional baseball statistics Charlie deserves to be remembered and celebrated as a worthy Manitoba Baseball Hall of Fame member.

Shaun Cory (1967---) Wawanesa MB

For Shaun Cory 24 years of Senior baseball and always performing at an all-star level leaves a Hall of Fame legacy. His resume includes pitching on four Santa Clara League champions; winning two MSBL championships and two playoff MVP's in 11 years with the Riverside Canucks and Baldur Regals; later capturing Manitoba Senior AA championships with the Wawanesa Brewers and the South West All-stars; and being named to numerous all-star teams. His final game pitched at the age of 42 in 2010 was a complete game win over Boissevain in the South West League finals. In U.S. College ball at Mayville State Shaun earned Academic All American honours. Shaun represented Manitoba nine times at Nationals or Westerns often pitching and winning in "must-win" situations to allow Manitoba to advance. He also provided Manitoba's only wins in the 1991 Westerns and the 2006 Nationals. Shaun has also spent many years coaching minor ball in Wawanesa while also instructing at baseball pitching clinics and the Eclipse baseball school.

Lane Curry (1967---) Manitou MB

Lane Curry has been an outstanding performer on the field and valuable contributor off the field to baseball in Manitoba. Always a dangerous hitter Lane was an all-star in the Border League,

Manitoba Junior League, the Manitoba Senior League and was often picked up by other teams for Westerns and National play. He was a member of the Manitoba champion St. Boniface team in 1988 and MSBL champions Hamiota Red Sox in 1990 and Riverside Canucks in 1992. Lane acted as playing manager/coach for Senior AA teams from 1997-2004 in Manitou, Lorne, Altona, and Morden winning three League championships. Lane is even more recognized for his tremendous effort in coaching and promoting baseball as a Baseball MB clinician, high school and minor baseball coach, and as a team Manitoba coach at the 1997 Summer Games. At Mayville State University Lane won the 1989 Conference Batting title and was inducted into their Sports Hall of Fame both as a baseball and football player on 1990 teams.

Vince Eastman (1967---) Virden MB

Vince Eastman was one of the very elite Senior AAA pitchers in Manitoba during the 1990's. A real workhorse with a rubber arm and great control Vince had a lengthy career that also included success pitching for US College, professional Prairie League, and Senior AA teams. Vince was a regular all-star in the MSBL with five second team and three first all star selections. He led the Neepawa Farmers to their only provincial title in 1997 by posting a league best 8-1 regular season record and a 5-0 playoff MVP performance. That year Vince was also named the Senior AAA Player of the Year by Baseball Manitoba. He was named the top pitcher at the Western Canadians with the title winning MSBL all-stars in 2000. Vince was always heavily recruited throughout his career by Manitoba teams at all levels of competition from Bison to Senior AAA to pitch at Provincial, Western, and Canadian championships. This was not only because of his obvious talent but also his durability, competitiveness, and sportsmanship.

David Nychuk (1968---) Winnipeg MB

David Nychuk has over 35 years of being involved with baseball in Manitoba as a player and a coach. He has played on six provincial champion teams from Midget to Senior AAA and is a two time Western Canadian Senior champion with the 1990 Teulon Cardinals and 2002 Elmwood Giants. Dave was also an all-star wherever he played highlighted by being named tournament MVP at both the 1985 Midget Provincial championships and the Senior AAA 1990 Westerns. From 1989-95 David had an outstanding career playing for and

coaching US college teams. He was a member of the 1995 Manitoba all-star team that defeated the Canadian National Team. In 1992 Dave founded the Legion 141 Senior Baseball Club and served as vice president of the North Winnipeg Baseball Association for eight years. David was the recipient of the annual Manitoba Junior Baseball League's Brain Domes Award in 1995 for dedication to baseball in Manitoba. In 2013 he was named Baseball Manitoba's High Performance Coach of the Year. He now coaches the Winnipeg Junior Goldeyes Baseball Academy, supported by Home Run Sports.

Gord Paddock (1964---) Oak River MB

Gord Paddock has worked very hard for many years to promote baseball in the Oak River area as a player, coach, team manager, tournament organizer, and facility manager. Like most great players he started as a teenager in Senior AAA ball performing for the Hamiota Red Sox in 1982. He then spent over 30 years playing or coaching competitively with his hometown Dodgers and other local Senior teams. In 1992 Gord was named the Senior AA Player of the Year in leading the Dodgers to the Manitoba Senior AA championship. He has coached minor and high school ball in the Oak River area for many years. Gord was the coach of the Senior AAA Oak River Dodgers in the MSBL from 2011-2015. In the MSBL's last year of operation, the Dodgers captured the 2015 League title which allowed them to represent Manitoba at the 2016 Nationals held in New Brunswick.

Orville Renwick (1945---) Melita MB

Orville Renwick has been an outstanding baseball promoter in South West Manitoba for many years. Orville started out as a player with the Coulter Red Sox, an intermediate team that lost the provincial finals in 1968 to the Thompson Reds. Orville then coached the Red Sox for a few years before putting his talents to work for the betterment of all the South West baseball region. He started umpiring for minor and intermediate ball in 1978 and didn't retire until 2010. Not content to merely contribute on the field Orville also served as the South West League President from 1980-97. He also served as an area director for the Manitoba Baseball Association for six years and was made a member of the Manitoba Baseball Honour Society.

Don Schmall (1959---) Neepawa MB

Don Schmall pitched 18 years in the MSBL for the Neepawa Cubs (1977-81) and Neepawa Farmers (1982-94) when most teams relied on import pitchers. He is the Farmers all time leader in innings pitched (609), wins (39), and strikeouts (274). Don pitched a no-hitter against Dauphin Redbirds, June 28, 1991, and was named the MSBL playoff MVP that season. Don was also named the Farmers regular season MVP in both 1984 and 1992. Don pitched with the Team Manitoba All-stars at several Western Canadian and National championships. He helped Manitoba collect two gold, two silver, and one bronze medal during the 1980's. Off the field Don served as Secretary-treasurer of Baseball Manitoba for five years and has been active in coaching minor fast-ball and serving on the Neepawa Minor Baseball Association Executive.

Peter Thomson (1930---) Winnipeg MB

Peter Thomson had a relatively short but outstanding baseball playing career in Manitoba. He started out with his hometown Miami senior team in 1945 as a 15 year old shortstop with good range in the field and speed on the bases while

Continued on next page

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The BUZZ, cont'd

pitching occasionally. He became an outstanding pitcher after moving to Winnipeg and joining the CUAC Blues of the Winnipeg Senior League in 1953 while also playing several other positions. In the 1954 league semi-finals against Transcona Peter was the winning pitcher in all four CUAC victories. In 1955 he was the winning pitcher in the League all-star game but arm problems limited him to being primarily a position player in 1956-57. During this era he also played tournament ball for Miami and was a member of the Miami 1956-61 team inducted in 2013 to the Hall of Fame. After the Winnipeg Senior League folded in 1958 Peter went on to a successful fastball career and later a slow pitch career while also helping to coach Little League and Senior teams to championships.

Major Team: Neepawa Farmers (1993-1997)

The Neepawa Farmers achieved their greatest success as a member of the Manitoba Senior Baseball League during the five years from 1993-1997. They went to the MSBL finals all five years. In 1993 and 1997 they won league titles, and in the latter year they capped off the five year run by winning provincial AAA championship. Their '93-97 regular season MSBL stood at 59 wins and 43 losses but they were particularly good in playoff action with 31 wins against only 16 losses. Four members of their roster have already been inducted as individuals into the MB BB HOF with two more entering in 2017.

Small Community Team: Ebb & Flow Lakers (1990-1996)

The Ebb and Flow Lakers representing the Ebb and Flow First Nation in central Manitoba were a very successful tournament team during the early 90's not only in the province but also in Saskatchewan, Alberta, and Minnesota. Although no statistical records were kept, the team had an estimated .900 winning percentage against several levels of competition including such top teams as the Elmwood Giants, Teulon Cardinals, Reston Rockets. Competing one year in the provincial intermediate playoffs they were runners-up to the Waskada Orioles. Their successes culminated in 1995 at Blaine, Minnesota, when they won the North American Indigenous Games final by a score of 4-1. Archie McIvor pitched a three hitter to beat the state-selected team representing Minnesota.

Special Category: Bob Boyce-Umpire

Bob Boyce (1950-2013) umpired Junior and Senior baseball for over 30 years in the Winnipeg area. He travelled to and from most of his games by city transit which was viewed as a tremendous

sign of dedication. He also mentored and evaluated many young umpires who developed into top level umpires. For many years Bob assigned the umpires to Junior and Senior games, often on short notice, making sure the games had competent ump's. He refused however to provide replacement umpires when Northern League ump's went on strike in 1995. Bob was highly respected among other prominent Manitoba umpires and the Winnipeg baseball community in general for his competency and long-time dedication and service to the game.

Special Category: Eastern Manitoba All Stars 1978

This team was formed from members of the Eastern Manitoba intermediate Baseball League to compete in a provincial playoff to determine the Manitoba representative at the Western Canadians to be held in Nanaimo. Two separate simultaneous provincial tournaments were held with the two winners, Carman and Eastern All-stars, meeting in a best of three game final series. In their tournament held at Carberry the All-stars lost the first game and were required to win five straight 9-inning games to earn the victory. They also lost the first game against Carman in the finals but Don Maskiv pitched and won two 9-inning games on the same day to secure the trip west. That trip was almost cancelled when Air Canada went on strike but a chartered DC3 and a bus ride got them to Nanaimo just four hours before their first game. However, the All-stars were determined and talented as they went undefeated, climaxed by a 10-3 win over B.C. for the title. Carl Watson earned the top pitcher award in the tournament and John Hindle earned the top hitter award.

Special Category: Gilbert Plains Legion Bantams 1965-68

Made up almost entirely of local players this small country town youth team dominated the Bantam age baseball classification in Manitoba and Western Canada for an amazing four year period from 1965-68. Organized, managed, and coached by MB Baseball Hall of Fame inductee Mel Stoughton (2016) the team won five Manitoba titles in the four years and captured three Western Canadian championships. Originally a Bantam B classified team from 1965-66 they won the Manitoba and Western Canadian titles both years. After winning the Bantam B provincials again in 1967 they moved up to the Bantam A class for playoffs that season. They then won the provincial Bantam A title while finishing as Western Canada finalists and in 1968 they captured both Manitoba and Western Bantam A championships. ■

Province, Manitoba Council on Aging present Recognition Awards to deserving Manitobans

On October 28, 2016, Health, Seniors and Active Living Minister Kelvin Goertzen expressed pride for, and gratitude of, all the MCA Award recipients and nominees for their leadership, contributions and commitment to their communities.

The Recognition Awards ceremony has been held during Seniors' and Elders' Month since 1997.

Starting this year, the 'Murray Smith Award,' the MCA highest award will now be the 'Murray and Muriel Smith Award' after the great Manitoba couple of which the award was named.

"These Recognition Awards shine a light on often unseen acts of service and the MCA is appreciative not only to the volunteers but also to the many Manitobans who have put the recipients names forward," said Dave Schellenberg, chair, Manitoba Council on Aging.

The 2016 MCA award recipients are:

- Bernice Marmel (Murray and Muriel Smith Award);
- Lois Abraham;
- Diana Ateah;
- Denise Balcaen;
- Florence Bourgouin;
- Muriel McPhail;
- Rosemary Shackel;
- Walter Siemens; and
- Diane Truderung.

Honourable mention certificates to:

- Cécile Bérard;
- Blanketing Manitoba;
- Louise Chernetz;
- Country Four (Luella Noble, Harvey Jellis, Perry Hallet, Elmer Hunter);
- Phillippe Désautels;
- Juliette Rowan;
- Cory Juan;
- Danny Rintoul;
- Harold Simpson;
- Felicity Trott;
- Iva Wilson;
- Darlene Mitton for the Expect Respect program; and

- the Wellness Institute Communication Team.

The Manitoba Council on Aging was created in 1980 as an advisory body for government programs and policies.

For more information on the awards: www.gov.mb.ca/shas/manitoba_council/awards.html.

CONGRATULATIONS TO ALL OF THOSE WHO WERE RECOGNIZED AT THE AWARDS CEREMONY

Time Machine



Travel back through time to recall the music, lifestyles and programs of yesteryear with CJNU Nostalgia Radio. We play easy listening music from the 1940s through the '70s plus feature programs such as Radio Classics, Boomertown, and The Original Big Band Showcase. Join us for the memories at 93.7 FM, on the web at cjun.ca, or on MTS TV Channel 725.

Nostalgia Broadcasting Cooperative

Choose from one of two exclusive tours to the east coast, only with CAA Travel.



I ♥ New York

May 6-11, 2017

Hosted by Connie Newman, Executive Director of the Manitoba Association of Senior Centres, this tour travels to one of the most exciting cities in the world. Join us at our upcoming presentation to learn about all the many reasons to love New York - the concert halls, the theaters, the restaurants, the energy.

Free info session: Wednesday, November 30, 2016
CAA service centre, 501 St. Anne's Road, Winnipeg
7:00 p.m. (Doors open at 6:30 p.m.)

RSVP today! Contact CAA Travel consultant Novella Lander.
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Online: caamanitoba.com/presentations



Wonders of the Maritimes and Scenic Cape Breton

Sept. 21-29, 2017

The fresh salt air beckons travellers to the Maritimes and Cape Breton's coastal lines, which are punctuated by picturesque bays, towering cliffs and thundering waves. This tour takes travellers into the heart of the four eastern provinces all rich in historic sites, colourful culture and scrumptious seafood.

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TRAVEL

CURRIE'S CORNER

By Roger Currie



In Canadian football, the Winnipeg Blue Bombers are still in the hunt for the 2016 Grey Cup, but based on their uneven performance this season, we sort of have the feeling that at least one more year will pass by before they sip the bubbly. That's more than a quarter of a century since the Manitoba capital had a football champion to cheer for, and most of the names on their *Ring of Honour* go back a lot further than that.

Hey, in Toronto it will soon be 50 years since the Leafs won it all in hockey, and it won't happen this season either.

I don't know about *Mudville*, but there surely is joy in the *Windy City* of Chicago. For the first time since 1908, the Cubs of the National League have won a World Series. The sad part is they had to disappoint the folks in Cleveland who have waited 68 years already.

It's hard to get your mind around a championship drought that lasts more than a century. In 1908, most Americans did not drive cars or enjoy electricity.

100+ Year Championship Drought

Most did not have telephones, and wondrous toys like radio and television and smart phones, were barely in the minds of fantasy writers like Jules Verne.

But if you lived in Chicago back then, you had a choice of two great ball clubs to cheer for. They faced each other in a World Series for the only time in 1906.

In a five year span, the Cubs won 4 National League pennants and two World Series. Wrigley Field was not there until 1914. The Cubs played at West Side Park, and the announcer used a megaphone to announce the batters.

It was almost 30 years before major league baseball was played at night, and the Cubs didn't play home games under the lights until 1988.

The team has many loyal fans, although strangely Barack Obama says he's a WhiteSox guy. Better make it a good meal for the boys at the White House Mr. President.

Somehow, I still don't think we should be watching baseball in November, but it all worked out did it not? ■

Penny for your thoughts

A penny for your thoughts. Does anyone out there miss the dear old one cent coin? It's been almost three years since we stopped using them in Canada. Is it time to think about scrapping the 5 cent piece, the nickel? The folks at the mint have done some studies on the subject, but they're not prepared to say much about them.

Back in the 1950's, a nickel would buy a few cavities at the candy counter, and if you got in trouble somewhere it paid for a phone call home.

The coin I would really love to see disappear is the ten cent piece, the dime. Dear old Dad, the boy from Balgonie, loved to jingle loose change in his pants pocket. No doubt it came from living through the dirty 30's when any cash was hard to come by. I carry my coins the same way, but those dimes are a real nuisance. They're so thin and light that they get lost in the pile, or in the laundry where many of them seem to end up.

In the U.S, the dime has had a bit of a nasty history. Republicans didn't want to carry them at all because Franklin Roosevelt was featured on the coin.

In paperback fiction "dropping a dime" on someone referred to ratting them out to the cops. The expression is still used today, even though payphones have almost all but disappeared.

In Canada, former NDP member of parliament Pat Martin was the guy who pushed for the penny to be retired. He also had designs on getting rid of nickels and dimes, but the voters in Winnipeg Centre got rid of him instead in 2015.

When you think about it, there are not a lot of reasons to keep using anything smaller than a quarter, but here's an interim step that might be helpful.

Keep the nickel, but change its value from five cents to ten cents, and deep six those dimes. ■

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

Rainbow Stage – More Than Meets Your Eye on Stage

Every year since 1954 thousands of Winnipegers, Manitobans and visitors from across Canada, the US and beyond visit and experience live musical theatre in beautiful Kildonan Park. We like to say we are in the business of making memories for generations.

However, many do not know that Rainbow Stage is a non profit governed by a volunteer board of directors or that we do more than produce productions. Education is a big part of our mandate and in 2015-2016 we have had new programs join our list.

Rainbow Stage has always been dedicated to the development of Manitoban

talent on stage, in the pit and behind the scenes, but we have stepped it up a notch.

In 2016 Rainbow Stage introduced the Musical Theatre Conference for Students. With contributions from patrons, Great-West Life and MTS Futures First we invited students and school administrators from across Manitoba to participate in workshops delving into wardrobe, sets, lighting, choreography, song and script-writing as well as performance skills and arts administration. The response was hundreds of wide-eyed, excited and engaged young people instilled with the

knowledge that they have the genuine potential to pursue careers in musical theatre. The 2017 workshop already has registrants!

Summer 2016 marked the exciting debut of Camp Rainbow with the generous support of the Winnipeg Foundation. In the spirit of 'learning through doing' kids ages 9-13 participated in a series of weeklong day camps giving youngsters an unforgettable summer experience. Campers enjoyed first-class instruction by Rainbow Stage teaching artists focusing on singing, dancing and acting to develop their artistic skills. While

enjoying their time in Kildonan Park, kids had the opportunity to learn about teamwork in an environment that enhanced their enthusiasm for musical theatre.

The Rainbow Stage education committee is invited to attend dozens of school musical performances in Winnipeg and Manitoba. The School Awards and Scholarships program students and music teachers for their creativity and hard work.

Through our Community Support Program, in 2016 alone, 1,025 tickets were donated to countless not-for-profit community groups. Thanks to Federated Co-operatives Limited and patron support this outreach program provides tickets to an audience that has the desire, but not the means to attend one of our performances. Together we provided a musical theatre experience for groups who share our values of inclusivity and accessibility.

So as you see Rainbow Stage is more than meets the eye on stage. Working with a team of seven full time staff and hundreds of seasonal artists, musicians and seasonal staff we continue to bring a Uniquely Winnipeg – Definitely Broadway experience to summer. ■

AUTO SERVICES

CONSUMER INFORMATION SERVICE

Courtesy of Seven Oaks Transmissions

Diagnosing today's transmission

Though they may be trying their best to do consumers a good service, transmission professionals who do quote prices for major repair over the telephone are doing just the opposite.

First, even qualified automotive technicians who specialize in other areas of the car seldom have the ability to observe and then relate all the information necessary to come to an accurate conclusion related to transmissions. Then, there is the ever constant problem of conveying their observations in a manner that is meaningful to the transmission specialists. For example, will one's definition of the terms slip, squeak, grind, squeal and bump be the same as the transmission professional who is trying to interpret those terms. Categorically – no!

Next, have all the complicated diagnostic procedures been performed which are necessary to provide a correct and cost efficient repair recommen-

dation? The odds are poor at very best. With today's sophisticated, electronically controlled transmissions, in many cases accurate diagnosis requires "high tech", expensive diagnostic test equipment before even the professionals can render a qualified opinion.

Further, when it has been determined which system(s) in the transmission have failed, then the extent of the internal damage must be determined before a meaningful price can be discussed. Short of performing these essential diagnostic procedures, persons who quote prices are either guessing, with virtually thousands of variables or stating a meaningless price which will have to be adjusted when all the diagnostic data is obtained.

We would compare this situation to a patient who calls his dentist describing oral pain under a given set of circumstances. Is the pain caused by a gum infection, a cavity or is the only

remedy complete tooth removal? The average consumer would be less than confident if the dentist were to recommend root canal or extraction with such incomplete information.

The same is true in transmission diagnosis. Any meaningful diagnosis can only be rendered after a complete inspection is performed. Our service professionals are pleased to perform any necessary diagnostic procedures and then fully discuss all your available options. Should you have questions of any nature, please feel free to ask our experienced service manager. He will be pleased to assist. ■

For an expert opinion call Bob DeGrave

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Things To Do

IN WINNIPEG

EVENTS

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

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

Mood Disorders Assoc. of MB - Mahjongg Tournament in support of Mood Disorders MB, Sun. Nov. 20, 1 pm, Shaarey Zedek Synagogue, 561 Wellington Cres. \$25/person. Tax rcpt issued. Registration: **204-942-8715** or **Charlottes@mooddisordersmanitoba.ca**. Proceeds to "The Family Navigation Program."

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage ev. Tues., 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm. Mini loonie prize over \$15,000; Sun. Bingo, doors open 5:30, games 6:30 pm. Bonanza for Wed. & Sun. currently over \$17,000. **204-269-4332** after 4:30 Mon-Fri.

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**.

Norman Art Group - Art Show and Sale, Nov. 26, 10 am-3 pm, at St. Stephens & St Bede's Church, 99 Turner Ave. (Mount Royal & Ness) Free adm., refreshments served.

The Canadian Celiac Association MB - Annual AGM, Sat. Dec. 3, 11 am-1 pm, at Maranatha Church, 910 Sturgeon Rd. Gluten Free 101 class for the newly diagnosed, 9:15-10:30 am. Potluck Dinner so bring your favourite GF dish. Speaker on "Missed Micronutrients in the Celiac Diet." Silent Auction. Meyers Drugs offering new product samples. Info: **204-832-5590**

Forum Art Centre - Art Fair, Nov. 24-27. Thur. 4-9, Fri. 6-9, Sat. 10-4, Sun. 12-4, 120 Eugenie St. Reception on Fri. Art demos Sat. Caricatures by Wpg. Artist Tom Andrich Sat. 1-3. Free adm, door prizes, free parking, wheelchair access. **204-235-1069** or visit **www.forumartcentre.com**

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.

Westview Dance Club - Sadie Hawkins Day Dance, Sat. Nov. 19, 8 pm-12 am, Oak Bluff Rec. Centre, 101 MacDonald Rd. Tickets \$35/couple. Email: **westviewdancewpg@gmail.com** for info.

The Friendship Force Winnipeg - Monthly Dinner Mtg., Wed. Dec. 14, 6-8:30 pm, Holiday Inn South, 1330 Pembina Hwy. Reservations: Elizabeth **204-452-5299** or **www.friendshipforcewinnipeg.org**. Friendship Force is an international cultural exchange program which promotes world peace through personal friendships."

Kinew Metis Council - Sadie Hawkins Fundraiser Dance, Sat. Nov. 26, 8 pm-1 am, at Brooklands-Weston Legion, 1613 Logan Ave. Tickets \$10. Proceeds to Kinew Cultural and Youth programs.

Center of Light and Learning - Tuesdays, Nov. 25, 7-9 pm, 525 Beresford St. @ Nassau. Learn to realize your healing potential using healing methods including meditation, prayer, sound, and other techniques. **204-333-5364**, email: **sfc@gmail.com**

Wildewood Senior Men's Curling - New curlers and spares wanted. Mondays and Wednesdays, 1- 3 pm at Granite Curling Club. Charlie: **204-269-7998**

MPRA Senior's Air Gun Program - The Senior's Program uses both air rifles and pistols, Wed. & Fri. mornings, Oct.-May. Call Gord: **204-771-1987**

Manitoba Genealogical Society - Discover your past. Tour our Library/Resource Centre. We even have some kids' activities. Check out our newest resource - our 'MANI' online database with 1.5 million records of Manitoba names. We'll have a "problem corner" to help solve roadblocks in your search. **http://mbgenealogy.com/**

Pembina Oldtimers Curling Club - 1341 Pembina Hwy. Two games/wk - Mon., Wed., or Fri. @ 1 pm. Fee \$195 for 40 games. League starts Oct. 5 - 4 rounds of 10 games. Call Bob: **204-261-3033** or visit **pembinaoldtimerscurling.com**

Deer Lodge Wednesday Ladies Curling - Wednesdays, 1 pm, at Deer Lodge. New curlers, intermediate curlers and Skips needed for our League. Full- or part-time or 1/2 year spots avail. and a Spare List too. **204-837-6679** or **pthgehb@yahoo.ca**

Bible Land Israel Tour 2017 - Feb. 14-23/17. Experience the Holy Land with likeminded believers. Round trip approx. \$3356 including airport taxes. For info and registration, contact Ken McGhie at **204-942-5433**, **k4mcghie@gmail.com**, **www.TolIsraelWithLove.com**

TEAS / LUNCHEONS / CRAFT & BAKE SALES

Delmar Seniors - Craft & Bake Sale, Nov. 19, 9 am-3 pm, 2nd floor Recreation Room, 100 Adamar Road. Lunch \$5 (soup, bun, cookies, and beverage), served 11 am - while quantities last.

St. Michael's Parish - Christmas Bake Sale & Luncheon, Sat. Nov. 26, 11 am-2 pm, 400 Day Street, Transcona. Perogies, Cabbage Rolls, Perishke & Bakings. Silent Auction Draw 1 pm. Free Admission.

Harrow United Church - Christmas Bake, Sale & Luncheon, Dec. 3, 11 am-1 pm, 955 Mulvey Ave. Unique gift ideas, tasty lunch, bake items. Lunch \$4.

St. James Anglican - celebrating it's 165th year as a parish! Join us for our Annual Christmas Bazaar, Sat. Nov. 26, 11 am-2 pm in the parish hall at 195 Collegiate St., featuring a hot lunch (\$10), entertainment by an alumni choir, choice draws, used books, crafts and bake table.

The United Church Women of McClure - hosting Christmas Craft & Bake Sale, Sat. Nov. 26, 9 am-noon, at McClure United Church, 533 Greenwood Place. Free adm.

Women's Canadian Club of Wpg - Luncheon, Wed. Nov. 16. RBC Convention Centre. 11 am: Command Brass from the Royal Canadian Air Force featuring Remembrance Day selections. 12 noon: Luncheon. 1 pm: Well known veteran Len van Roon will present "Personal Tales from a WW2 Veteran". Cost \$25. Reservations and info: **204-663-5657**

Scandinavian Centre - Christmas Market and Café, Sun. Nov. 20, 11 am-2:30 pm, Scandinavian Cultural Centre, 764 Erin St. Vendors, crafts, imported foods, home baking and a café featuring Nordic foods. Free adm. Wheelchair accessible.

Royal Canadian Legion Ladies Auxiliary #4 - Pre-Christmas Luncheon, Sun. Nov. 20, noon-2:30 pm at the St. James Legion, 1755 Portage Ave., upstairs. Elevator available. Bake table,

book table, money tree, auction & more. Tickets \$8 - Camalia: **204-772-5266**

St George's Anglican - Christmas Bazaar, Craft & Bake Sale (with lunch bar), Sat. Nov. 26, 10 am-2 pm, at the Transcona Retired Citizens Organization, 328 Whittier Ave W.

VOLUNTEERING

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. Call **204-452-9491** (non-profit)

Caregiving with Confidence (formerly Rupert's Land Caregiver Services) - Male Respite Volunteer needed Tue. afternoons for Caregivers Program in W. Kildonan. Call **204-452-9491** (non-profit)

Manitoba Institute for Patient Safety - Volunteer opportunities. If you are concerned about patient safety related to medications, patient rights and advocacy, we'd love to hear from you! Visit **mips.ca** 'About Us' to learn about our Volunteer Program. **admin@mips.ca** or **204-927-6477**.

Deer Lodge Centre, 2109 Portage Ave - Daytime volunteers needed to assist in the Physiotherapy department, cafeteria, coffee program, PRIME and Get-a-way community programs. Call Joy: **204-831-2912** or email: **jtanchuk@deerlodge.mb.ca**

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

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

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

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

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

HSC Winnipeg - Seasonal volunteers welcome in patient and support areas. Free parking or bus tickets. Call **204-787-3533** or email: **volunteer@hsc.mb.ca**

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

Gwen Sector Creative Living Centre at Syd Glow Place - Daily fitness for older adults, kosher take-out food,

computers, bridge, tai chi, and more. Wed. Simcha Program, Nov. 30. "Music with Nation of Two". Lunch \$10, Lunch with Transportation \$15. Everyone is welcome. Bring a friend. **204-339-1701**

Pembina Active Living (PAL) 55+ - Pembina Active Living (PAL) 55+. Special events: Presentation "Legacy gift options, wills, estates" (Nov. 17); Still Bloomin' gardening club: (Nov. 24); Holiday party and registration for winter activities (Dec. 8, 1-3 pm, Grace Christian Church). PAL (55+) is a charitable organization whose mandate is to enhance the quality of life of older adults living in south Winnipeg by delivering programs and services. **204-946-0839**, **www.pal55plus.ca**, **office@pal55plus.com**

Seine River Seniors Inc. - out of Southdale CC, Monday Bridge and Outdoor Walks in Royalwood; Tuesday Indoor Walks at Winakwa; Thursday Creative Writing and Board games; Friday Canasta; Brunch the 3rd Tues of mo.; Bingo at the Downs Nov. 30; South Beach Casino Nov. 17. Guest Speakers: Shahina Saddiqui, "An Introduction to Islam" Nov.23; Ed Constant," Emergency Measures" at Southdale, Nov. 29. Register: **204-253-4599**

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 and Shuffleboard. **204-632-8367**

Gwen Sector Creative Living Centre - (1588 Main) offers weekly Wed. lunch & entertainment with shuttle bus service. Daily fitness for older adults, kosher take-out food, computers, bridge, tai chi, and more. **204-339-1701**

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 **winnipegprobuss85@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.

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**

Downtown/Point Douglas Healthy Aging Resource Team (WRHA) - Free information and fitness sessions: Cindy Klassen Recreation Complex, 999 Sargent Ave. Oct 18, 19, 20, 10 am & 11 am. Edmonton Court, Portage Place Shopping Centre. Oct 25, 26, 27, 11 am & 12 pm. Call **204-940-8140** for info.

Fibromyalgia Support Group of Winnipeg - For info: **204-256-1191**.

Manitoba Christian Writer's Assoc. - Meets Sat. Nov. 5, 1:30-4 pm, at Bleak House Centre, 1637 Main St. Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mtg. **204-256-1614** or **1-204-326-7286**


Westminster Concert Organ Series - Westminster United Church, 745 Westminster Ave. Isabelle Demers, Feb. 19/17, 2:30 pm; Simon Johnson, May 7/17, 2:30 pm. Tickets at door or McNally Robinson.

Continued on page 13

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.

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

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The Society needs YOU to knock on doors and request donations this January.
Volunteer Canvassers are needed. Register online today.



Visit **alzheimer.mb.ca**
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for more information.

HEARTSPACE WRITING SCHOOL



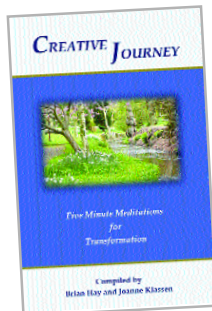
Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe.

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

CREATIVE JOURNEY *Five Minute Meditations for Transformation*

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

FORGIVE

Moira Fitt (MF)

Who understands much, forgives much.
—Madame de Stael

Forgiveness has been a challenge to me for many years. Recently I have been exploring the practice of Life Writing for Transformation™ at Woodbrooke Quaker Study Centre.

During one such retreat, I wrote about finding a book about day-to-day life during the Second World War, which appealed to me as a “war baby.” The pages held familiar pictures of air-raid shelters, gas masks, and bomb-damaged houses—and a timeline giving specific dates relating to

Britain’s darkest hours—the Blitz and the bombing of London and Coventry. The dates were within days of my birth that summer in 1940, and I was overwhelmed by the dawning realization of just how traumatic this time must have been for my mother.

My perspective on my mother shifted palpably, coming to terms with the significance of those dates when she was expecting her first child. She could probably see the distant glow of fires over London at night where Dad was working. She had told me the babies had been taken down to the air-raid shelter the night after I was born at the local Nursing Home, but the Mums were left on the ward as a bomb fell nearby!

Sharing my writing afterwards with other “war babies,” I came to realize I

Excerpts from CREATIVE JOURNEY:

was not alone in having had a bewilderingly cool relationship with my mother which I never understood. A long-held burden lifted from me as I received the blessing of forgiveness for the person my mother had become as a result of her war-time experiences. (MF)

I am healed by the transformative power of life writing.

BIO: Moira Fitt (MF)

Moira is a Quaker and feels that her Life Writing for Transformation™ skills, poetry and healing are all inspired by the inner creative spirit to help her and others to discover their potential. In 1986, she began designing and facilitating personal development courses for “women returners”, alongside her education guidance role in Cornwall. She retired to enjoy her grandchildren, swimming, and relaxing in the New Zealand sunshine.

GOD IN THE GARDEN

Eleanor Chornoboy (EC)

True happiness comes from the joy of deeds well done, the zest of creating things new.

(Antoine de Saint-Exupery)

Eve was evicted from her utopian environment, the Garden of Eden. Surely, eviction was never considered by Mennonite women as they toiled in their vegetable and flower beds.

Gardens were the domain of the women. My grandmothers, aunts, and my mother tended the gardens. When their daughters were old enough, it was their job to pick beetles from potato plants, hoe rows of vegetables, and pick the beans, peas, cucumbers, and tomatoes as they ripened.

My grandfathers, uncles, and my father had no place in the garden except to plough it at the end of the season. It was their job to prepare the soil so that it would be ready for spring seeding.

My Grandma Hildebrand loved her garden. She spent hours tending to each plant, leaving the cooking and cleaning to her oldest daughters without a hint of guilt. I don’t know if Grandma ever thought of gardening as a form of worship, other than having faith that it was up to God as to how abundantly her garden would produce. Hail, drought, or endless rains were all in the hand of God.

When families visited each other, as was the custom, women invariably invited their guests to stroll through their gardens. Early spring, they paid special attention to young seedlings that peeked up from the soil. As the growing season progressed, the women showed off their arrow-straight rows of vegetables, flowers, and herbs while noting where hail had damaged the plants; frowning at the destruction caused by drought or cut worms; and praising the ripening fruit. They “oohed” and “aahed” over the brilliant flowers alongside the vegetables and often shared seeds with each other.

Sometimes women gossiped about their neighbours whose gardens displayed an abundant crop of weeds and whose carrots were not properly thinned. In fall, they compared how many jars of vegetables and fruit they had preserved

Gardening was, without a doubt, a part of the culture. That is how things were done. No woman on the farm or in town would dream of not having a garden. Women now have a choice. Some women choose not to have a garden and no eyebrows are raised. Women who choose gardens, garden as an act of love — love of seeing a garden grow, being in nature and reveling in the satisfaction of putting food up for winter — food they’ve produced from seed.

Another change is in men’s interest in gardening. In his last years, Dad was always experimenting with unusual varieties of vegetables and fruit and planting them in new environments — potatoes planted only in leaves; tomatoes under a plastic cover; a new kind of melon planted among other melons just to see how they might all cross-pollinate. Mom and a cousin living outside of town never knew where Dad might have planted a new tree or a recently developed strain of pumpkin in their respective gardens. Of course, Dad would never mention anything about his plant capers, but when someone inquired about a mysterious new plant growing in their gardens, Dad just smirked and they knew — oh, it’s another one of Henry’s new plant experiments!

BIO: Eleanor Chornoboy (EC)

Eleanor Chornoboy is the author of *Faspa*, *Faspa with Jast*, *Snow Angels* and *Pajama Tears*. She is a Heartspace writer and as a Co-Facilitator of Life Writing for Transformation™ classes she has had the joy of joining writers on their journey as they put their stories on the page.

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Things To Do

IN WINNIPEG

CONT'D FROM PAGE 11

Deer Lodge Community Centre - Yoga with Doreen Wuckert, 12 sessions, Mondays, Sep. 12-Dec. 5, 7-8 pm, \$8 for registered, \$10 drop-in. To register or for info: **204-837-9613** or email: **dwuckert@shaw.ca**

Fraternal Order of Eagles # 3870 - 3459 Pembina Hwy in St. Norbert. Wed. Bingo, 12:55 pm, doors open 11:30 am. Sun. Bingo 6:30 pm, doors open 5:30. Cribbage Tuesdays resume in Fall. Call **204-269-4332** after 4:30 pm Mon-Fri.

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

Wpg Polish Legion Br #246 - Tues. Lunch/Dance, noon-3 pm; Sat live Band, 8-midnite; Oct 29-Halloween Party, 8-midnite; Karaoke Fridays, 8-midnite; Zabawa, last Thurs. ea. mo.- \$10 supper, 5:30-7:30 pm, dance 8-10:30 pm. 1335 Main St. Call **204-589-5493** to confirm dates for events.

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.

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

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

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

55+ Men's Club - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **987-8850**.

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

Assiniboia Wood Carvers Association - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

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

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

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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**

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.

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

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. See Facebook page : Elmwood_Active, or call **204-669-0750** or **204-890-3282**

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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**

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Things To Do

IN RURAL MANITOBA

PROGRAMS / SERVICES / VOLUNTEERING

OUTINGS

Île des Chenes - La chorale des Intrépides - Christmas Concert, Sun. Dec. 11, 2 pm, at the Île-des-Chênes church, 453 Main St. Tickets \$10 adults, \$5 (12-17 yrs), free under 12. Reception to follow. Tickets: call **204-256-5879** (Wpg) or **204-878-2177** (rural) or by e-mailing **intrepides.manitoba@gmail.com**. Also avail. at door. In partnership with the Notre Dame de la Miséricorde Parish in Île-des-Chênes.

Komarno - Afternoon Dance, Sun. Dec. 4, 1-5 pm. Music by Dennis Nykoliation. Tickets \$15. Call Mona **204-886-2994**. Proceeds go to the Komarno Hall renovations.

Stonewall - South Interlake 55 Plus - 55+ Christmas Dinner & Entertainment, Wed. Dec. 7, 12 noon. \$20 pp. Advance Tickets only. **204-467-2582**.

PROGRAMS / SERVICES

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

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

Interlake Barn Quilt Trail - Open all the time. Visit **www.interlakebarnquilts.com** or call **204-376-2649** or **204-389-3976**

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

MacDonald-Headingley Recreation District (MHRD) - is offering: Discover Yourself Through Life Writing program Oct/Nov, Mondays 1-3 pm in the Headingley Library. Call **204-885-2444** or visit **www.mhrd.ca**.

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

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

Seine River - Seine River Services for Seniors - Seine River Services for Seniors - Meatpie Sale. Pork and Beef - traditional

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recipe. 9" - \$12; 6" - \$6. Order deadline: Nov. 21. Call Juliette Rowan: **204-424-5285**

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

Springfield - Service to Seniors - Nov. 18 Shopping trip from Oakbank to Selkirk Walmart. Nov. 26: Anola and Dugald Craft Sales. Call **204-853-7582**

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.

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**

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

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\$2/class plus yearly SI 55 Plus membership. Call SI 55 Plus office: **204-467-2582**.

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Selkirk & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, Pinawa 753-2962 or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

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Pecan Stuffed Squash

| Metric | Ingredient | Imperial |
|--------|--|-----------|
| 2 | small acorn squash, trimmed, halved & seeded | 2 |
| 425 ml | vegetable stock | 1 2/3 cup |
| 75 ml | butter | 1/3 cup |
| 500 ml | dry herb stuffing mix | 2 cup |
| 125 ml | pecans, chopped | 1/2 cup |
| 75 ml | seedless raisins | 1/3 cup |
| 50 ml | pimientos, chopped | 1/4 cup |
| - | parmesan cheese, grated | - |

Arrange squash halves, cut side down, in shallow baking dish. Add 1 cup (250 ml) stock. Bake on centre rack in preheated 400 F (200 C) oven for 25 minutes.

Meanwhile, in saucepan, combine remaining stock and butter, heating until butter is melted. Stir in stuffing mix, pecans, raisins and pimientos and heat through.

Turn squash over so it is cut side up. Spoon stuffing mixture into squash. Continue baking, basting with broth from pan, for about 15 to 20 minutes or until squash is fork tender. Remove from oven, top with parmesan cheese and serve.

Serves 4

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CROSSWORD

Lest We Forget

By Adrian Powell

ACROSS

1 Has no other choice

5 Margarita glasses have salted ones

9 Where Yellowstone is, partly

14 Full of vim and vigour

16 Lombardy's capital

17 WWI engagement of March 1915: Battle _____

19 Sommelier's suggestions

20 Roughed up

21 Have a little bite

23 Habitual tippler

24 Holland's Zuider _____

27 WWI engagement of May 1915: Battle _____

31 "4077th MASH" star

35 Facial twitch

36 Thespian Bernhardt

37 Swiss centre on the Aare

38 Heron's cousin

41 Big name in hi-fi speakers

42 Papa Doc's domain, once

44 "Fever" singer Peggy

45 Addict

46 WWI engagement of April 1917: Battle _____

50 Reuben base

51 Lemon meringue, for one

52 Pivoted

56 Melon-like fruits

59 Below the surface

61 WWI engagement of October and November 1917:

1 _____

14 _____

17 _____

19 _____

21 _____

23 _____

24 _____

27 _____

31 _____

35 _____

36 _____

37 _____

42 _____

45 _____

50 _____

51 _____

52 _____

56 _____

59 _____

61 _____

DOWN

1 Catty remark?

2 Out of condition

3 Cathartic plant

4 You'll see them if you go through the forest

5 Clerical title, for short

6 Bookkeeping entry

7 Furnace window material, once

8 Go downhill in a hurry

9 Momentum

10 Conked out

11 Hook, line, and sinker

12 "Barney Miller" star Linden

13 Really early hour

15 Exuberance

18 You can put a house on it

22 Neonate news

24 O O O

25 Rub out

26 Old time anaesthetic

28 In fine fettle

29 Peritonitis cause, perhaps

30 Hindu gent

31 Hate

32 Like lettuce or spinach

33 Tee off

34 Not in favour of

39 Sekirk's river

40 Small barrels

43 Standoff

47 Puppies' barks

48 Moves when prodded

49 Dodge

53 Render defenceless

54 A diuretic might treat it

55 Stall

56 Stove-top items

57 Jockey's tool

58 18-wheeler

60 Vegas rival

61 World Series mth.

62 Antagonist

63 Tailor's fastener

64 "The Voice" broadcaster

SOLUTION ON NEXT PAGE

Badger dog Cocker Hound Pariah Pup Talbot

Basset Collie Jowler Peke Rach Tike

Bitch Corgi Laika Pi-dog Ranger Toy dog

Borzo Cur Lap-dog Pom Rug Tyke

Boxer Derby dog Limmer Pooch Saluki Whelp

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TRAVEL DIARIES
WITH A TWIST OF HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

It's around a six hour bus ride from Saigon, Vietnam to Phnom Penh, Cambodia. We went with a company called Giant Ibis and for my money they are the best of the tour bus outfits that make this run into Cambodia. Early one morning a lady walked into our hotel and said, "Follow me."

We hoisted our packs and followed her down the street, around a corner, and down an alley to a boulevard alive with rush hour traffic as only a Saigon street can be. She waded right into the torrent of scooters and got us across in one piece. Then she gave us our tickets, put us on the bus and disappeared. We never saw her again. That was her job - get the farangs to the bus on time.

The bus actually did leave on time. Once we were rolling our bus boss explained how things work at the border. Then he collected \$25.00 off of us to cover Cambodia's entrance visa fee and took all our passports. He needed them to clear us out of Vietnam. There's a bit of confusion about this. You get off the bus on the Vietnam side and get cleared through and then you get back on the bus to drive over to the Cambodian side. It's a very good idea to remember which bus you got off of. There can be a lot of busses in the parking lot and your luggage is only on one of them. More importantly, if you lose your bus you are left standing in no-man's land with no passport. Then you get off the bus, go into a building and stand around in the heat until you are processed through. Then you get back on the bus. Then it's time for lunch. Welcome to Cambodia.

The roads were pretty good. The country was flat open farmland. People were out working the fields or watching the cattle graze. It did not look prosperous. There was no agricultural machinery at work. Men and women did the job with scythes, shovels, and hoes. And lots of sweat.

Money was obviously in short supply. There was road construction going on and this is a sign that Cambodia is trying hard to get back on her feet after having survived Pol Pot and his henchmen's maniacal experiment in genocide for the sake of an agricultural utopia. Progress is slow. The country still hasn't managed to get the railroads up and running yet. I hope it happens soon because it will make getting in and out of Cambodia on the Siem Reap to Bangkok run so much easier. Maybe. There is still some tension between the two countries over a small strip of land around the border. Every now and then they take a few pot shots at each other but are careful not to disrupt the tourist trade. Hard currency trumps dirt at the moment. Nobody shot at us when we left the country. They made us stand in long lines in the heat but they didn't shoot at us. In fact we met some friendly Cambodian people who travel back and forth to Thailand to work.

As part of the service Giant Ibis offers, our bus boss asked who would like a tuk tuk when we arrived in Phnom Penh and then he called ahead so there was one reserved for us when we got off the bus. Our tuk tuk driver hauled us to our guesthouse and then offered his services for the next day's touring. For not much money he was willing to take us outside the city to the Choeung Ek Killing Fields and then back to the Tuol Sleng Genocide Museum. There are hundreds of sites where genocide was committed but these two places are the most well known.

It was destined to be a sad and touching day. Cambodia has built monuments and preserved the sites where genocide and torture were carried out. These places bear witness to the cruelty man is capable of inflicting on his fellow man and serve as memorials to the victims as well as places of education so we might be aware of what happened. The hope being that this knowledge

Cambodia

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might keep things like this from happening again. It's a forlorn hope as more genocides are being carried out around the globe today.

Cambodia lost one quarter of her population during the Pol Pot years. All doctors, teachers, lawyers, professional people and their extended families, men, women, and children were targeted for extermination. Prior to this, like Laos, she had suffered years of indiscriminate bombing during the Vietnam conflict. Vietnam invaded the country and Pol Pot and his Khmer Rouge beat feet for the Thai border where they continued to raise hell until he managed to die in bed at a ripe old age.

Cambodians are working hard to rebuild the country. It's a slow process. People have to be educated. Money has to be generated. Social programs have to be implemented. But they are working on it. There was a lot of new construction going on in Phenom Penh. And there is money around. Sitting in tuk tuks, we weaved around a lot of very new and expensive vehicles in the Phenom Penh traffic.

After touring the Killing Fields and then resting for a day we once again packed up and headed for Siem Reap to view Ankor Wat and other temple ruins. I had imagined Siem Reap to be a quiet little town with a few tourists wandering around taking in the sights. Nothing could be further from the truth. The place was jumping. Farangs all over.

Siem Reap is not too far from the Thai border which makes the temple sites relatively accessible to rubbernecks like Bea and myself. The tourist boom has hit and now around 2 million people a year show up to take in the sights. And spectacular they are. Bea and I had traveled half way around the world, and gushy as it sounds, the first glimpse of Ankor Wat made it all worth while. Somehow I had imagined that Bea and I would be able to wander through the temples listening to ancient voices whispering of past glories. It's not like that. Too many tourists. The only voices we heard were at the entrances where begging children asked for money and vendors hawked water, coconuts, and palm wine.

Ankor Wat is the largest religious monument in the world. The grounds cover 500 acres and there is a hand dug moat 190 meters wide surrounding a rectangle 1.3 by 1.5 km. The outer wall alone is 1000 meters by 800 meters. I won't try to describe it other than to say it truly is a spectacular complex.

Ankor Wat was built around 900 years ago by King Suryavarman 11. According to inscriptions he got the job done in around 30 years using something like 300,000 labourers and 6000 elephants. These were the glory days. The city around the temple sites at that time is estimated to have housed a million people, making it the biggest city in the world at that time. As for the construction crews... I expect that in accordance with the labour codes of that time the men worked for free and the elephants probably got paid peanuts. The site is a functioning religious temple and is a source of national pride and has been in continuous use since construction was completed. It's important to remember that you are only a visitor here and to dress appropriately.

We also explored The Bayon which is known for it's many faces on the stone towers jutting out from the upper terraces. There are stairs and climbing involved in viewing this complex but it is worth it. What can be accomplished with manpower and the craftsmanship that went into the stonework is amazing.

Ta Prohm is another notable temple. It's been made famous by the movie 'Tomb Raiders', and is still a popular place for commercial photo shoots. According to Bea there were a few pretty good looking models wearing not too much working in front of the cameras when we went through but I didn't notice. All I saw were the big trees growing up through the ruins. Honest.

Our tuk tuk driver had introduced



Temple made popular by the Tomb Raiders movie.

himself as Mr. Clean when he picked us up at the bus station the day before and hired himself out to us for touring the ruins. He would drop us off at a site and then point to a general area where we could find him when we were done. He'd find a shady spot and sling a hammock up in the tuk tuk and have a snooze while the farangs courted sunstroke out in the ruins. The going rate for this service was \$20.00 US and he supplied drinking water while we moved from site to site.

At lunch time he took us to a restaurant and was preparing to have another snooze while we went in to eat and seemed genuinely surprized when I invited him to join us for a meal. It seems that this is something that doesn't happen too often and for the life of me I don't understand why. Mr. Clean has a family. He's working for 20 bucks unless he doesn't own the tuk tuk in which case he's working for considerably less. The least we could do was buy the man a meal. Besides that he knew his way around a Khmer menu better than we did. I was hungry but didn't want to order a big plate of Grandma's down home comfort food grilled tarantula by mistake. Hungry, but not that hungry.

Bea had ordered a drinking coconut while we were waiting for our food. Apparently she got the last of the old stock. They brought her a beat up old specimen that looked like it had been knocked out of the tree with a shotgun and then opened with a tire iron. What should of been a white husk was brown

and shriveled and wrinkled. We're Canadians, we didn't say a word.

Meanwhile a couple of good looking young ladies had taken a table close to us. It was a very hot day and they were dressed for comfort. Meaning they had some clothes on. Not many, but some. When their coconuts arrived they looked fresh and dewy and cold. The husks were fresh and white where someone in the kitchen had taken the time to open them with a little scalloped design.

"Look Bea," I said, "They have nicer coconuts than you do!"

And that's how the fight started. Mr. Clean loved it. He couldn't wait for the next stop so he could round up some buddies and tell them about the crazy Canadians and their coconuts. ■

WORDSEARCH - Solution

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SUDOKU - Solution

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