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**Wishing Everyone a Happy, Healthy and Prosperous New Year!**

## Food banks are an important place for many Manitoba seniors, especially in December

By Roger Currie



“Volunteers are up [at Winnipeg Harvest], but so is the client base among seniors.” ~ David Northcott (right) Harvest Volunteers (above)

Many of us who are front end *Baby Boomers* and even older were somewhat surprised when Lee Newton and David Northcott and others started Winnipeg Harvest, Manitoba's first and largest food bank back in 1986. Our parents and grandparents who lived through the hard times of the 1930's were generally a proud lot who mostly did without luxuries to ensure that there was always enough food on the table. Relatives and neighbours who had trouble doing that were often helped, but it was done quietly. There were a few soup kitchens in poor inner-city neighbourhoods, but the notion that communities would provide an accessible public place where surplus food would be collected and distributed to those who needed it was simply not contemplated.

What a difference we have today. Some years ago it was said that Canada

had more food banks than McDonalds restaurants, and it seems doubtful that David Northcott will see his ultimate dream anytime soon that *Harvest* will be able to close its doors because it's no longer needed.

In addition to serving the needs of thousands of Winnipeggers every month, Harvest acts as the main distribution centre for more than 380 smaller food banks and agencies across Manitoba. Whatever the state of the local economy, the numbers don't change much, and they seldom go down. More than 63,000 Manitobans visit food banks every month, and roughly 40% of clients are children.

About 12 to 14% of the people who visit Harvest at least once a month are seniors, and David Northcott says it's a good news, bad news story. "The good news are the growing number of folks

who hit retirement and want to contribute to make their community a better place. When they're not travelling to visit children and grandchildren, many seniors are eagerly donating several hours a week to Harvest. Their mature presence and life experience has a great stabilizing effect on other volunteers, many of whom are younger and in need of guidance. The sad part of the story are the number of people who have retired or moved off income support programs and simply don't have the means to feed themselves as well as they should. Volunteers are up, but so is the client base among seniors" Northcott says.

He worries that the number of older clients will continue to rise, perhaps to as high as 20%. Beyond the basic needs of food and health care, the

*Continued on page 2*

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## MINISTER OF HEALTH, SENIORS and ACTIVE LIVING



Kelvin Goertzen

The start of a new year is a great time to take stock of ourselves and decide what we can do to improve our lives. Health-related goals, especially getting more physically active and eating right, are the most common resolutions, and for good reason.

It's essential to stay active at any age. An active lifestyle not only keeps our bodies and minds in shape, it can prevent us from developing or help manage chronic illnesses, such as high blood pressure or diabetes.

It's important to be active every day. Although it can be challenging during our cold winter months, there are lots of indoor opportunities to stay active. Many community centers and seniors centres offer indoor programs, including exercise and dance classes, walking clubs and other activities. Taking advantage of these programs is also a great way to stay connected to others in your community.

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Good nutrition is also essential. When we eat right we feel good. Healthy eating becomes increasingly important as we age. Our daily food choices play an important role in our overall well-being. Eating a healthy, balanced diet, with a variety of fruits and vegetables, provides nutrients that keep our bones, muscles and organs healthy. It can also reduce the risk of heart disease, stroke, bone loss and many other illnesses.

Sometimes it can be difficult to come up with new and interesting meal ideas. Many seniors centres offer programs about planning and cooking nutritious meals for one or two. Dial-a-Dietitian is also a great resource available if you're finding eating well to be a challenge. Call **Dial-a-Dietitian** at 204-788-8248 in Winnipeg or toll free at 1-877-830-2892 for free nutrition information. A registered dietitian in Manitoba will take your call and offer

advice and answers to your food and nutrition questions.

Another community resource is the **Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)**, a provincial organization that works to promote healthy, active aging for older Manitobans. ALCOA-MB offers a number of resources to help you get started on a healthier lifestyle, including **Explore the Possibilities: Your Guide to Active Aging in Manitoba**. For more information, contact ALCOA-MB at 204-632-3947 or toll free, 1-866-202-6663; or visit their website at [www.alcoamb.org](http://www.alcoamb.org).

I also encourage you to access our **Manitoba Seniors Guide** to learn about a wide range of supports and programs available to you. The guide is available online at [www.gov.mb.ca/shas/publications/docs/seniors\\_guide.pdf](http://www.gov.mb.ca/shas/publications/docs/seniors_guide.pdf). To request a paper copy, call the **Seniors' Information Line** at 204-945-6565 or 1-800-665-6565.

## Congratulations to Our Award-Winning Seniors and Communities

I would like to acknowledge the recipients of the 2016 Manitoba Council on Aging Awards, which were presented this past October. These awards recognize Manitobans age 65 and over who make extraordinary contributions to their communities. The 2016 recipients include Lois Abraham, Diana Ateah, Denise Balcaen, Florence Bourgouin, Muriel McPhail, Rosemary Shackel, Walter Siemens, and Diane Truderung. The Manitoba Council on Aging's highest award, the Murray and Muriel Smith Award, was presented to Bernice Marmel. Congratulations to these very deserving Manitobans.

I also want to congratulate the communities of Franklin-Emerson, Stuartburn and Winkler, who received Age-Friendly Milestones Recognition Awards during Seniors and Elders Month in 2016. This award recognizes the dedication and determination of these communities to address the needs of older adults.

**As we begin a new year, I look forward to working with you and I wish you all a healthy, active and prosperous 2017.**

*Kelvin Goertzen is the MLA for Steinbach and the Minister of Health, Seniors and Active Living*

## Food banks... cont'd from front page



Winnipeg Christmas Cheer Board

worry is that seniors will also have trouble finding supportive housing that they can afford.

Northcott says "Holes are appearing in Canada's social safety nets, and the fear is that the holes will get larger as

time goes by." As well, December tends to accentuate stresses and strains that families are under. Thankfully, Winnipeg and other communities are seeing more people cutting back on gift giving, and contributing more of their financial resources to efforts such as Harvest or the Christmas Cheer Board. The annual *Harvesting Hope* campaign by CBC Manitoba collected more than \$170,000 in cash and donations of gifts and non-perishable food items. ■

*Roger Currie is a longtime Winnipeg writer and broadcaster. He has served as a director of both Winnipeg Harvest and the Regina Food Bank, and he has also actively supported the annual effort of Winnipeg's Christmas Cheer Board.*

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## CHRISTMAS GREETINGS

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Communauté Francophone News:

LE PAPIER DE NOEL

Texte de Colombe Fafard-Chartier

Noël!... c'est la fête qui commémore la naissance de Jésus et du personnage légendaire à la longue barbe blanche, vêtu de rouge, qui se charge de distribuer les cadeaux de Noël aux enfants.

Ma mère savait comment faire de cette fête en fin d'année, un temps remplie de nostalgie. C'était les semaines avant Noël qui demandait beaucoup de préparations. Vers l'âge de neuf ans je suis devenue son assistante dans le département des décors et de l'emballage des cadeaux.

Le grand défi pour moi, c'était de recycler le papier des années précédentes pour emballer les cadeaux qu'elle avait commandé dans le catalogue de T. Eaton Co. sans compter ceux qu'elle avait fabriqué d'objets recyclés. Je crois que c'est ma mère qui a inventé le recyclage!!

Une année mémorable pour moi, c'est quand elle avait mit la main sur deux nouvelles feuilles de papier, une rouge et une verte. C'était du papier semblable à du papier aluminium assez flexible. Je devais commencer par faire des lettres sur les boîtes de céréales vides et enfin les couvrir sans gaspiller un seul pouce de ce papier brillant, si précieux. Il y avait deux phrases à confectionner; une en rouge pour la crèche à l'Eglise et une en vert pour le mur de notre cuisine au dessus de l'armoire où Maman installait une crèche, dans un semblant rocher qui prenait une différente forme à chaque année. Maman garnissait ce paysage rocheux avec de la neige à base de savon qu'elle confectionnait elle-même.

Une fois les lettres couvertes du précieux papier, je devais les décorer d'une petite guirlande dorée que ma mère avait réservée pour qu'ils soient étincelants sous la lumières de la

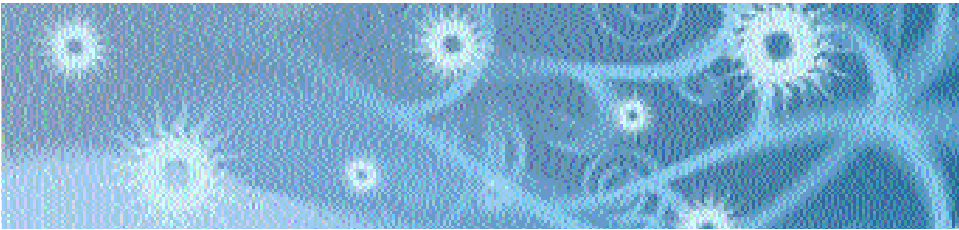
lampe à gaz.

Une fois complet, je devais les faufiler sur un fil pour les suspendre en place. GLORIA IN EXCELSIS DEO flottait dans les airs au dessus de la crèche à l'Eglise. Ils seraient conservés pour des années à venir. C'EST NOËL brillaient les lettres sur le mur de la cuisine.

Le plus grand défi comme assistante aux préparations était l'emballage des cadeaux de Noël. Le papier était recyclé d'une année à l'autre et c'était la tentative de trouver un morceau pas trop fripé ou endommagé pour la taille de l'objet. Imaginez le sourire et la joie que je ressentais quand mes deux grandes sœurs arrivaient des villages où elles travaillaient, avec des cadeaux enveloppés avec du nouveau papier! Je pensais au prochain Noël et comment j'aurais de l'emballage frais pour les paquets! Une chance que les cadeaux les plus précieux étaient réservés pour la fête du Jour de l'An quand on accrochait nos bas ici et là aux murs de la cuisine ou du salon pour attendre nos surprises... on se levait vers quatre heure du matin, toutes émerveillées, pour aller trouver ces cadeaux.

Le papier de Noël a longtemps fait parti du recyclage en grandissant et cela reste toujours ancré dans mes précieux souvenirs de la fête du 25 décembre.

Gloria in excelsis Deo. C'est Noël! ■



THE CHRISTMAS PAPER

Text submitted by Colombe Fafard-Chartier

Christmas commemorates the birth of Jesus and also the legendary white bearded character, dressed in red, who is in charge of delivering gifts to the children on December twenty fifth.

My dear Mother knew just how to fill this celebration with nostalgia. The weeks before Christmas involved an enormous amount of work and planning. I was around nine years old when I became my mother's assistant at decorating and wrapping the presents.

My biggest challenge was to recycle the Christmas paper, from years gone by, to wrap the presents she had ordered from the T.Eaton Co. catalog as well as the ones she had fabricated with recycled objects. I believe my Mother invented the process of recycling!!

A memorable Christmas for me is the year she brought home two sheets of new paper: a red one and a green one. These sheets were similar to foil, but more flexible. I started by using empty cereal boxes to make the letters and then I had to cover these very carefully with the precious shiny paper... without wasting a single inch of it! I had to place the cardboard letters very carefully on the paper to make two sentences. One sentence in red to hang over the nativity scene at the church and the other for our kitchen wall where my green letters would hang above the cupboard where my Mother always placed the crèche

that took on a different look from year to year. She would decorate the 'rocky' fabric with snow from a soapy mixture that she had made.

Once the letters were covered in the precious paper, I had to decorate them with a delicate gold garland that my dear Mother had saved to make the words sparkle under the light of the gas lamp.

Once completed, I had to thread the words together so we could hang them in their respective destinations. GLORIA IN EXCELSIS DEO floated in mid air above the crèche at the Church, while C'EST NOËL sparkled on our kitchen wall. These would be carefully preserved for years to come.

The major challenge of being the assistant to the preparations, was wrapping the Christmas presents. The paper was recycled from year to year, so I had to find a piece that was not too wrinkled and not too torn to fit the size of the object. Imagine the smile and the joy on my face when my two older sisters would show up from the towns where they worked with presents wrapped in brand new Christmas paper! I would dream about next Christmas and how I would have this fresh paper to use on the packages!! It was a blessing that the most important gifts were saved for New Year's Day when we would hang up our stockings someplace on the kitchen or living room wall to await our surprise. We would get up, all excited, at four o'clock in the morning to go take a peek... we were always completely amazed!

Christmas paper was always a part of the recycling process when I was growing up and it is forever engraved in my memories surrounding the celebrations of December 25th.

Gloria in excelsis Deo! C'est Noël! ■



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# Keeping Families Together through Charitable Giving

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

As our baby boomers move through retirement, more and more are displaying a great care for their communities and a great interest in philanthropy. In this month's article I'd like to discuss some of the strategies that we can employ from a financial planning perspective to help our retirees leave a legacy. Philanthropy comes in many forms. It can include volunteering your time or expertise to an organization or helping causes that you care about by supporting them with charitable gifts. Whatever personal reasons motivate you to make a gift to a charity or cause dear to you, your gift will make a positive difference in the lives of Canadians.

As a Certified Financial Planner professional I have financial reviews with clients quite often. From a strategic point of view, we will review and update the following:

- Do you have enough money to live on? Will you be okay financially?
- What is your tax position right now? If we are dealing with a family, is there something we can do differently?
- Are we achieving the best tax relief possible?
- Is there a danger of having your OAS clawed back?
- What would pension income look like if one partner died?
- What would the income tax as a whole look like if one partner died? Would you move up or down a tax level? What are the implications?
- If a large expense came up, how would it affect your plan from a longevity, investment and tax perspective?
- What would the financial implications be if someone in the family became disabled due to age, illness or accident?

Jennifer is an incredible 87 year old client I work with. She and her husband came to me more than 15 years ago. They had heard from friends that I had a unique way of dealing with families that went way beyond whether they had investment A, B or C. They heard that I have very personal and deep relationships with clients and do strategic planning based around their hopes and dreams. They knew that I have the strength, stability and resources of one of Canada's largest financial planning firms behind me.

As our practice worked with this family, we could see that there were surplus funds that would never be

spent. Mom and dad's portfolio was greater than \$1.5 million. Over time, our planning discussions expanded to the rest of the family, their children and grandchildren. Mom and dad were concerned for their children, but were even more concerned for their grandchildren. When I asked them about their greatest wishes, they indicated that they wanted to ensure that their kids and grandkids would be okay. They made it clear that any money that they did not require would be for their family. Jennifer has four middle aged children who live in two provinces and eight grandchildren who live around the world. Some of the grandchildren are working and some are still pursuing their education.

In several of my articles I have referenced that our practice runs a program geared towards preparing heirs. We run family conferences with clients and their children, executors and power of attorneys. Jennifer decided we should have a family conference. The two children who lived in British Columbia would fly in and meet with the two who lived in Winnipeg. At these meetings we review the roles and responsibilities of POAs and executors, we talk about tax and estate planning strategies, we talk about what happens if one or both of the parents die and we talk about the estate process and how to protect executors. The goal is to prepare the children and grandchildren for what is to come and to provide a forum for the family to have a meaningful conversation about their plans.

We were half way into the family conference when we halted for a bathroom break. One of the adult children came up to me as I was reviewing my notes and said "this is great information but I'm not sure how relevant all of this will be to us as a family". He went on to say that his siblings, nieces and nephews are spread all over the world. His greatest concern was that after his mom passes that his family would never meet and the grandchildren would not know each other. He stressed that all of the money in the world and all of the tax and estate planning in the world would not fix his family falling apart. He said his mom, who is 87, is the glue that keeps the family together.

I hadn't intended to speak about charitable giving but his concern presented the opportunity. Charitable giving would not only help give back to

the community where the family wealth was created, but it would also help to create and articulate family values and deepen bonds between siblings, nieces, nephews and grandchildren. If the intention is for long term viability and to keep the family together, we could use the Investors Group Charitable Giving Program to establish an account with the Strategic Charitable Giving Foundation (the "Foundation"), with the intention that all family members have hands on involvement. If the family's concern is that they will never see each other after mom dies, then a one-time gift, although satisfying, will not solve their concern. The Foundation would allow us to make annual charitable donations on behalf of the family for many years to come (both during and after mom's lifetime).

The family loved this particular concept – we would reposition a small percentage of Jennifer's investments and create an account with the Foundation that would last for many many years to come. Each year there would be a charitable gift made to the organization of their choosing on behalf of the family from their Foundation account.

## What is the end result?

- The family has agreed to meet twice per year. These meetings involve some business and planning, but it is more so an opportunity for the family to visit and spend some meaningful time together.
- Every year they must decide as a family who their charitable gifts will go to – this causes them to communicate their values and beliefs with each other. This knowledge forms stronger family bonds, commitments and support starts to develop.
- Younger generations become engaged and get to know their cousins, uncles and aunts.
- Jennifer's values are being upheld and a legacy has been created.

Since meeting with this family we have presented this concept many times. This idea has captured the imagination of families - the concern that families will fall apart or grow distant is very common.

From a financial planning perspective, there are also many benefits to using the Strategic Charitable Giving

Continued on next page

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## Stonewall's Santa Claus Parade - December 2nd



L-R: Stony Mountain Institute (Minion prisoner), Greenhaven Pet Grooming, Town of Stonewall float - Santa Claus!

## Keeping Families Together..., cont'd from page 4

Foundation. The benefits of the program include, but are not limited to:

- The donor will receive a tax receipt for each donation to their Foundation account (pre-authorized contributions generate one annual receipt);
- There are a variety of investment options to suit your (or your family's) personality and the goals of the foundation;
- Donations and gifts can be made in the donor's lifetime **and beyond**;
- You may be able to increase the amount you can grant over time through the tax-free growth of the investments in the account;
- You can simplify charitable giving activities by consolidating giving activities into one account;
- In-kind donations of publicly traded securities (including units or shares of a mutual fund) to the Foundation will be exempt from capital gains tax; and
- You can avoid the costs and responsibilities associated with setting up a private foundation.

### This begs the following questions:

- Do you have a large non-registered portfolio with unrealized capital gains?
- Do you have money earmarked for charity?
- Do you have money that you'll never spend?
- Do you have investments that are creating tax issues for you?

If so, the Strategic Charitable Giving Foundation may be a great fit.

The donor will receive the immediate tax receipt for all contributions made to the Foundation and they will also retain the right to advise the Foundation on how the available grant percentage is to be allocated between the chosen charitable organizations each year. You can name the fund at the time it is established (for example, "The Shirley Hill Fund") as well as the charitable organizations or causes the fund supports. Grants can be directed to an unlimited number of charities in one of the eligible granting periods

within the year, subject to a minimum of \$500 per grant.

We see many cases where a lump sum charitable donation will be made to an organization and will be spent in short order. While this is great, it may or may not have a lasting impact.

### Consider the following example:

We can make a one-time gift of \$50,000 to a charity of our choice, or we can use the Strategic Charitable Giving Foundation to make annual gifts of \$2,500 for the next 50 years or more. (note: this assumes the donor selecting a 5% of account value granting percentage and annual rate of return of 5%).

What's more meaningful to the charity or organization - a windfall of \$50,000 or an annual gift of \$2,500? The long term impact of creating a family legacy can be instrumental in upholding family values and keeping families in touch.

These plans can have a massive impact on the charities, the donor, the donor's community and on the donor's family.

### Other options include but are not limited to: Donating a life insurance policy

By donating a life insurance policy to your favourite charity, you ensure it will receive the total death benefit under the policy and you will enjoy the tax credits. A charitable receipt will be issued based on the net cash value of the policy, unless separately valued by an actuary. You will also receive a charitable receipt for premium payments after the transfer of ownership to the registered charity.

### Donate publicly traded stocks or securities

If you donate publicly traded securities to a registered charity, you will not incur any capital gains tax on the donation and will also receive a tax receipt for its full value. It may be worth looking into if you have large capital gains in your portfolio.

There are pros and cons to each of these strategies and we encourage you to reach out to us to discuss what fits your unique situation the best.

We always welcome your feedback. If you have topics that you would like to see addressed in future articles, please reach out to us.

We will be hosting another **Tax and Estate Planning seminar** at 7:00 pm on **Thursday, January 19th, 2017** at 10 Island Shore Blvd. Seating is limited, so please call (204) 257-9100 or email us at [hill.associates@igprivatewealth.com](mailto:hill.associates@igprivatewealth.com) to reserve your spot. ■

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## Advertising Feature

## Approaching the end of 2016 Tax Year



By Peter J. Manastyrsky

The weather has changed, the year is coming to an end, but there is one thing that hasn't changed and still available to us all – **DISABILITY TAX CREDIT (DTC).**

This federal Disability Tax Credit program allows you to take a portion of your income off your taxes. **Now is an ideal time to look into this DTC before you start filing your income tax return for 2016.** If you are eligible you will be able to deduct \$8,001 off your taxes for the 2016 tax year. You can use the refund money to your advantage after filing your income tax. This non-refundable Disability Tax Credit is available to all eligible individuals no matter what age level-young or old.

If you are eligible for the Disability Tax Credit and you did not apply for it in the past, it is not too late to use the tax credit and apply it to your tax return. This DTC is separate from any of the other disability benefit. If you have paid taxes in previous years, you can claim the Disability Tax Credit by adjusting your taxes for up to the past 10 years. The eligibility is based on the effects of the impairment. A person may be eligible to apply for the DTC if he or she has a **physical or mental impairment that is severe and prolonged** and lasted at least 12 months.

This tax credit is possibly one of the most frequently missed provisions on the tax return and under-claimed. People are not aware of the large amount of tax refunds available to them. Once you have become familiar with the Disability Tax Credit, you can benefit from it in two ways-by adjusting your previous returns, and continuing to deduct the

DTC savings on returns you file in the future. All of this is worth your while to have A Step Beyond & Associates assist you through the procedure.

A Step Beyond & Associates specializes in helping people of **ALL AGES** to get the benefit you deserve. We advocate on your behalf and ensure that your application is interpreted and completed properly eliminating potential uncertainties and streamline the information so that it is accurate before submission. We guide you through the entire process. Please call or email for a confidential consultation, no obligation, and confidential dialogue.

To prepare the Disability Tax Credit a flat fee is rendered as a fair market value **not a percentage** for the service. We also provide a **free power point presentation on Disability Tax Credit** to group members, apartment complexes, condo residences or community centres, please give us a call to schedule an appointment.

As a final note, in a couple of months all of us will be thinking of preparing and even selecting someone who is reputable to do our **income tax return for 2016.** Here's what you need to know. As a taxpayer search a competent preparer who has been doing taxes for years and someone easy to get in touch with, look for stability, if in doubt, please check it out! ■

**A Step Beyond & Associates wishes you all the warmth, joy and happiness this Holiday Season.**

(see advertisement on page 5)

For further information contact:  
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## CURRIE'S CORNER

By Roger Currie



## Here's to the Whiskey Jack!

Bravo and hats off to the Royal Canadian Geographical Society. They have spent the past two years finding out which feathered creature is favoured by Canadians to be our national bird.

Despite the fact that we are thought of as a nation of beer drinkers, the winner is – wait for it – the *Whiskey Jack*! It's also known as the *grey jay*, and it won out over the loon, the snowy owl, the Canada Goose, and the black-capped chickadee.

The society missed me with their survey, but I heartily concur that the Whiskey Jack should be one of the symbols that define us to the world, along with the beaver, the Maple Leaf, and the 'selfie' with prime minister.

Some years ago, when I was living out in God's country on Lake of the Woods, I had a memorable encounter with these incredibly cheeky birds. Three of us were enjoying a snack out on the deck. A pair of grey jays landed right beside us, and before you could

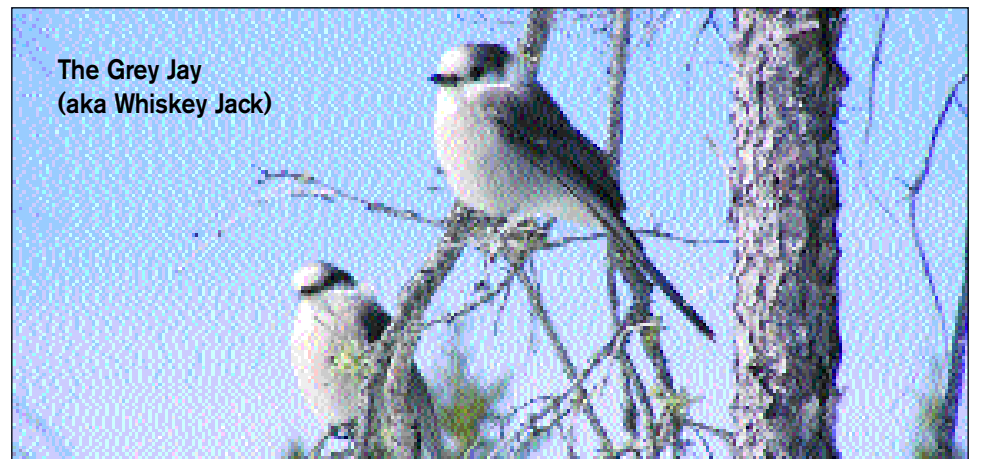
Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

say true north strong and free, they were literally eating out of our hands. I had never seen anything like it. No wonder that another of their nicknames is *camp robber*.

Appropriately for a Canadian creature, the grey jay is a tough bird, not unlike its human cousin, the *lounge lizard*. They don't fly south in the winter, and the females have been known to nurture their eggs in January snowstorms in temperatures of minus 30, or lower.

But the politicians had better hurry and make this designation official. American bird researchers say the Grey Jay population has dropped 50% over the past 25 years. They put the blame on – you guessed it – global warming.

Like squirrels, they gather a winter food supply in the fall, but in a mild November like we had this year, that stored food might rot. Good heavens. Raise your tumbler please to the *Whiskey Jack*, and urge your member of parliament to make it official. ■



The Grey Jay  
(aka Whiskey Jack)

## The Vote

Barring something totally unexpected, we will be blissfully election free in this part of Canada and the world for at least two years. While Americans scratch their heads wondering how *The Donald* got elected when Hillary Clinton received at least two million votes more than him, it now seems very doubtful that anything will change when it comes to elections in the great white north.

18 months ago, Justin Trudeau promised that the election that gave his Liberals a majority in parliament, would be the last under the much-maligned *First Past the Post* system. An all party committee of MP's was appointed to find out what Canadians wanted. They worked hard, and this past week they handed in their 'book report'.

It concluded that a national referendum should be held with a clear choice. Do we want to maintain the status quo, or go to some form of proportional representation. Justin's minister responsible for this issue is Maryam Monsef, who was once a refugee from either Iran or

Afghanistan, depending on which day she's telling the story.

In the Commons, she held up the committee's report on electoral reform, a hefty document she had not actually had time to read, and gave it a big fat 'F' for failure. The sniping that followed between Liberal and opposition benches marked a bit of a new low in the history of our democracy.

What it all appears to boil down to is that the committee did not come up with the answer that the Prime Minister and the Liberals wanted.

They want to have Canadians mark a 'ranked ballot' in the voting booth. If the Conservative candidate is your first choice, who is your next favourite and so on.

It's a system that's used in many parts of Europe. The more cynical among us say it would give the Liberals their best chance of running this country virtually .. forever.

With that in mind, what do you say we close the file on electoral reform? ■

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# Make Waves at the 2017 FMG Dragon Boat Festival

Growing older just got a lot more fun! The perfect 55+ adventure will be arriving at The Forks in Winnipeg September 8-10, 2017, when the *Senior Scope* and **FMG Dragon Boat Festival** will be introducing a brand new 55+ category for anyone 55 years of age or older.

The new 55+ category means that you can be part of a team of 20 paddlers, a steersperson and a drummer who move a 44' Chinese dragon boat down a 500m Red River course at The Forks. This is your opportunity to have a blast, challenge yourself, make new friends and compete with people your own age and ability.

No experience – no problem: it's easy, safe and loads of fun! Participate in this age-friendly competition and help raise much needed funds for Cancer Research in Manitoba.

Kelly Goodman, Publisher/Editor of the *Senior Scope* newspaper is delighted to sponsor the first ever 55+ Category for the FMG Dragon Boat Festival.

Goodman says, "I've been paddling and steering at the FMG Dragon Boat Festival for 10 years or more. I had the time of my life participating on a team in support of Transplant Manitoba while helping to raise funds for worthy charitable causes searching for a cure for cancer. I look forward to continuing the fun into my senior years and I challenge all 55 plus individuals to give it a try. You won't be disappointed!"

Other Manitoba provincial organizations are joining *Senior Scope* in the promotion of the 55+ Category. Connie Newman, Executive Director of **Manitoba Association of Senior Centres (MASC)** is sending out a friendly challenge to all 55+ centres to, "start the conversation and recruitment now; organize and register a team of 55+ paddlers; and have an experience you will always remember!"

The new 55+ Category for the FMG Dragon Boat Festival is also being applauded by the **Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)**. Jim Evanchuk, Executive Director wishes everyone could share his experience as a participant in the FMG Dragon Boat Festival. He says, "I did not know what to expect at first; however, I soon discovered that our team was in very capable hands. We surprised ourselves and gained confidence and skills as we progressed through the mandatory training. Being part of FMG Dragon Boat Festival was both an exciting and memorable experience." He encourages anyone 55 years of age or older to "Put the 2017 FMG Dragon Boat Festival on your bucket list of experiences and explore the possibilities with other people your own age and ability."

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

Check out the FMG Dragon Boat website at [www.facilitymarketing.com](http://www.facilitymarketing.com) or email us [fmg@fmgdragonboat.com](mailto:fmg@fmgdragonboat.com) and be a part of the "first wave" of 55+ Category participants in the **FMG Manitoba Dragon Boat Festival**, September. 8-10, 2017 at The Forks in Winnipeg.

**FMG Manitoba Dragon Boat Festival** has been operating for over 25 years, generating over \$5.5 million to local charities specifically CancerCare Manitoba Foundation and Children's Hospital Foundation. ■

# Creating a Comfortable, Secure and Familiar Space Makes Life with Dementia a Little Easier

By Mark Stewart - Knowledge Transfer Consultant at Canada Mortgage and Housing Corporation (CMHC)

The physical environment plays an important role in the quality of life for people living with dementia. An environment that is familiar, easy to understand and home-like results in less agitation, aggression, depression and social withdrawal than a more institutional setting. Understanding how to create this environment for a loved one enables us to help them be as independent and comfortable as possible.

Unfortunately, it's likely this disease will touch all of our lives at some point. Did you know that 1 in 13 people over the age of 65 will experience dementia? For people over the age of 85 that incidence increases to 1 in 3. These numbers should not be ignored.

We know that 92% of all Canadians over 65 years old live in private homes. Most people who begin to experience dementia will be living in their own home. How long they can continue to live in their own home will depend in part on modifications that allow them to live safely with a high degree of independence despite the disease.

Thankfully, there are a number of simple modifications that can be made to almost any home to make it safer, more comfortable and more familiar for anyone living with dementia. CMHC's guide to Housing Options for People Living with Dementia offers practical advice on home adaptations, renovations and design suggestions to help

people living with dementia. Caregivers, housing providers and families can create living environments that increase safety, security and a sense of belonging. These spaces should maximize one's abilities, focus on their strengths, and encourage their involvement in life. The advice contained in the Guide provides room-by-room examples and offers advice on lighting, doors, signage, flooring, stairs, and even furniture.

For most Canadians, home is the place where we feel welcome, safe and secure. This is especially important for people living with dementia. Considerate modifications will enable aging in place, which means people will be able to remain in their homes for as long as they can. Check out our Guide, as it goes into great detail on the modifications that are possible and will certainly benefit people living with dementia and those who care for them. ■



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

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

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THE BUZZ



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

Ottawa RedBlacks quarterback Henry Burris won the 104th Grey Cup in what was probably his final game in the Canadian Football League.

In a great year of CFL football stories, the Burris victory might have been the most heartwarming and courageous of them all.

The fact that he not only won, but did it in overtime in one of the most exciting games in the history of the CFL championship, speaks volumes about Burris's dedication to football and to Canada's game.

For those who know and love the CFL, there have been some sensational championship games throughout the league's history, but the 2016 Grey Cup is up there with the best.

On Sunday night, November 27, at Toronto's BMO Field, Burris won the national pro football title by hitting Ernest Jackson on a 19-yard pass in the end zone – a pass that Jackson bobbled, juggled and then grabbed. The touchdown gave the RedBlacks a 39-33 overtime lead and then the Ottawa defense shut down Calgary's Bo Levi Mitchell on three incomplete passes as the RedBlacks won their first Grey Cup and the first Grey Cup for Ottawa in 40 years. Remember Tony Gabriel's catch in the end zone in 1976? That was the last time an Ottawa team had ever won the Cup.

Amazingly, after Burris was named the 104th Game's Most Outstanding Player, he admitted that he almost didn't play.

"My knee locked during warm ups and I almost didn't play," he told TSN. "We went back into the locker room to try and do something to allow me to play and we adjusted the brace that I wear on my left knee and that seemed to do the trick."

At 41, Burris became the oldest quarterback to win a Grey Cup game and the oldest player to be named the game's MVP.

"We peaked at the right time," said Burris, who did not play in either of the Ottawa-Calgary games in the regular season due to injury. "And I'm glad that I was able to be part of it."

The RedBlacks came into the game as prohibitive underdogs. After all, Ottawa had a record of 8-9-1 this sea-

# Ottawa Wins Grey Cup - MVP Burris Leads RedBlacks to First Grey Cup Win

Photos by Jeff Miller



Henry Burris (Photo by Jeff Miller)

son and while they finished first in the East, they would not have made the playoffs in the West. Meanwhile, Calgary was 15-2-1 and clearly the best team in the league all season long. In fact, back on Sept. 17, in Calgary, the Stamps whipped the RedBlacks 48-23. In the end, it was considered the biggest upset in Grey Cup history.

However, this game reminded Ottawa football fans of another time when an Ottawa was a prohibitive underdog in the Grey Cup. Back in 1981, the old Ottawa Roughriders entered the Grey Cup game with a regular season record of 5-11. That day, they faced the 14-1-1 Edmonton Eskimos. However, by half-time, Ottawa had a 22-1 lead, but Edmonton fought back and won 26-23.

On Sunday, it appeared as if the same thing might happen. For the first 33 minutes, this Ottawa's game.

In fact, the RedBlacks built a 20-7 halftime lead and then stretched that lead to 27-7 after their first possession of the second half. In the first 30 minutes, Burris completed 20-of-25 passes for 256 yards and a touchdown while Mitchell went 11-for-15 for 151 yards, one touchdown and two interceptions. Ottawa had 21 first downs while Calgary had only eight in the first half.

But Calgary wouldn't quit. Behind Bo Levi Mitchell, the Stamps outscored the RedBlacks 30-6 over the final 27 minutes and tied the game with 10 seconds remaining on a 12-yard Rene Paredes field goal.

And even with that, the RedBlacks

dodged a bullet. Calgary had second and goal on the Ottawa two-yard line with 30 seconds remaining but instead of running his horse, RB Jerome Messam up the middle, Calgary head coach Dave Dickenson had a brain fart and decided to run third-string quarterback Andrew Buckley, out of the University of Calgary, outside, but Buckley was tripped up on the four-yard line. To be safe, Dickenson had Paredes kick a field goal to send the game to overtime. It was the only time since early in the first quarter that Calgary had tied the game.

In the end, Burris was sensational. The 17-year CFL veteran threw three touchdown passes while running for two more, and finished with 35 completions on 46 attempts for 461 yards, the fourth-highest passing yardage number ever in a Grey Cup game – and the first time anyone had surpassed 400 passing yards since Danny McManus did it in 1996. It was Burris' second championship as a starting CFL quarterback and his first since 2008.

This was only the third Grey Cup game to go to overtime. The first was in 1961 when Ken Ploen led the Winnipeg Blue Bombers to a legendary victory. The next was in 2005 when the Edmonton Eskimos and Montreal Alouettes went to extra time.

Patrick Lavoie and Brad Sinopoli, who was named the game's Most Outstanding Canadian, caught touchdown passes for the RedBlacks while defensive back Forrest Hightower inter-



Henry Burris  
(Photo Courtesy of Ottawa RedBlacks)

cepted two passes in the winning effort. Jackson caught six passes for 96 yards and the game-winning touchdown in overtime while Sinopoli had six catches for 94 yards and a TD. Greg Ellingson caught seven passes for 85 yards.

Winnipeg's Kienan LaFrance, the former Bisons runningback, carried 11 times for 42 yards and caught six passes for 31 yards in what was a tremendous Grey Cup effort for a guy who was always considered a tremendous team player and was actually Anthony Coombs' backup in the final year for both players at the U of M.

The Stampeders were hurt offensively when their top receiver Marquay McDaniel left the game with a shoulder injury in the first quarter and did not return – right after he made a 51-yard catch.

Regardless, Mitchell had a pretty outstanding game himself. In fact, he's have been MVP had he been able to complete the comeback from 20-points down. Mitchell went 28-for-38 (73.7 per cent) for 391 yards, two touchdowns and three interceptions. With McDaniel on the sidelines DaVaris Daniels became the leading receiver for Calgary with seven catches for 89 yards.

The win for Ottawa was almost beyond belief. Reaching the Grey Cup despite a losing record in the regular season, the RedBlacks went from a 2-16 team during their expansion year in 2014 to back-to-back Grey Cups, culminating in Sunday's victory over the best team in the CFL all season long. No team in CFL history, joined a league as an expansion team and three years later claimed a championship.

"Trevor (backup quarterback Harris) and I said at the start of the season that we were going to work together to bring a Grey Cup to Ottawa," said Burris. "We did it. This is unbelievable." ■

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# Holiday Safety Tips

Don't Drink and Drive! Call **OPERATION RED NOSE - 204-947-6673**. Visit [www.rednosewpg.ca](http://www.rednosewpg.ca) for schedule and volunteer opportunities.

## CONSUMER PROTECTION OFFICE REMINDS CONSUMERS OF GIFT CARD RULES, EXPIRY DATE LAWS

Many holiday shoppers pick up gift cards as convenient gifts for friends and loved ones. Whether giving or receiving a gift card, the Consumer Protection Office is reminding Manitobans of their rights as consumers.

Under the Consumer Protection Act, no fee can be charged when purchasing a gift card unless it is to personalize it or to replace a lost card. Consumers should keep a copy of their receipt in case there are any problems with the card, such as failure to activate. Businesses are responsible for ensuring the cardholder knows how to check the balance on the card. They must also outline all conditions, limitations and restrictions related to the gift card.

Most gift cards issued in Manitoba can never expire, but there are a few exceptions. Gift cards may have an expiry date if they are issued for a specific good or service, such as a manicure or a massage, or if given to a consumer for free, such as for a promotion or in a raffle prize.

Different rules may apply to prepaid cards from banks and credit card networks, such as Visa and MasterCard, as they are regulated by the federal government. Consumers should read all terms and conditions before choosing to purchase those types of prepaid cards.

The Consumer Protection Office investigates complaints about gift cards. For more information about gift cards, prepaid cards and other payment options, visit [www.gov.mb.ca/cc/cpo/cards.html](http://www.gov.mb.ca/cc/cpo/cards.html).

Manitobans are encouraged to learn more about consumer protection issues and their rights under the law. Download the free Consumer Protection mobile app from Google Play or the Apple App store.

Manitobans can also contact the Consumer Protection Office at **204-945-3800**, (toll-free) **1-800-782-0067**, or by email at [consumers@gov.mb.ca](mailto:consumers@gov.mb.ca). More information is also available at [www.gov.mb.ca/cc/cpo](http://www.gov.mb.ca/cc/cpo).

## HEALTH CANADA SAFETY HOLIDAY TIPS

<http://healthycanadians.gc.ca>

### TREES and DECORATIONS:

- When buying a real tree, make sure it's fresh and water it daily.
- Keep trees away from heating vents, radiators, stoves, fireplaces and burning candles.
- Choose tinsel, ornaments, artificial icicles and other trimmings made of plastic or non-leaded metals.
- Don't let children put decorations in their mouths, as some may be harmful to their health.
- Keep metal, sharp or breakable tree ornaments, and those with small removable parts or button batteries, away from young children.

### TOYS:

- Toys can be recalled for health or safety reasons. Check the Healthy Canadians Recalls and Safety Alerts Database for more information about

the latest recalls at <http://healthy.canadians.gc.ca>.

- Promptly remove and discard all toy packaging like plastic bags, plastic wrap, foam, staples, ties and protective film. A child can suffocate or choke on these items.

Public enquiries  
**(613) 957-2991 / 1-866 225-0709**

## MANITOBA HYDRO SAFETY TIPS

### Flu or CO poisoning?

That bad headache, dizziness, vomiting and nausea may not be the flu. It could be the first stages of carbon monoxide (CO) poisoning.

CO is a colourless, odourless gas that is produced when wood and fossil fuels burn without enough oxygen. CO can build up due to a faulty appliance, clogged chimney, inadequate venting,

or the buildup of engine exhaust in a garage. It can also happen when fireplaces, wood stoves, kitchen and bathroom fans, clothes dryers, central vacuum systems and heating equipment all compete for air in your home.

Know the warning signs: stuffy, stale or smelly air, water condensation on windows, the smell of exhaust fumes, a back draft from the fireplace, or a pilot light that keeps going out. If you suspect CO poisoning, open all doors and windows and evacuate everyone from the house immediately.

Make sure you have carbon monoxide detectors installed near bedrooms and on all levels of your home.

If you are experiencing health problems from suspected CO poisoning, seek medical attention—let the physician know what you suspect. Then call Manitoba Hydro at **1-888-624-9376** for an emergency inspection.

Visit [hydro.mb.cc](http://hydro.mb.cc) for more info.

To report a crime, call **Crime Stoppers** at **204-786-TIPS (8477)**



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# Season's Greetings

 <p><b>Flor Marcelino</b> MLA for Logan 204-788-0800 <a href="http://FlorMarcelino.ca">FlorMarcelino.ca</a></p>	 <p><b>James Allum</b> MLA for Fort Garry-Riverview 204-475-2270 <a href="http://JamesAllum.ca">JamesAllum.ca</a></p>	 <p><b>Rob Altemeyer</b> MLA for Wolseley 204-775-8575 <a href="http://RobAltemeyer.ca">RobAltemeyer.ca</a></p>	 <p><b>Kevin Chief</b> MLA for Point Douglas 204-421-5126 <a href="http://KevinChief.ca">KevinChief.ca</a></p>	 <p><b>Nahanni Fontaine</b> MLA for St. Johns 204-582-1550 <a href="http://NahanniFontaine.ca">NahanniFontaine.ca</a></p>	 <p><b>Wab Kinew</b> MLA for Fort Rouge 204-615-1922 <a href="http://YourFortRouge.ca">YourFortRouge.ca</a></p>	 <p><b>Amanda Lathlin</b> MLA for The Pas 204-623-2034 <a href="http://AmandaLathlin.ca">AmandaLathlin.ca</a></p>
 <p><b>Jim Maloway</b> MLA for Elmwood 204-415-1122 <a href="http://JimMaloway.ca">JimMaloway.ca</a></p>	 <p><b>Ted Marcelino</b> MLA for Tyndall Park 204-421-9493 <a href="http://TedMarcelino.ca">TedMarcelino.ca</a></p>	 <p><b>Mohinder Saran</b> MLA for The Maples 204-632-7933 <a href="http://MohinderSaran.ca">MohinderSaran.ca</a></p>	 <p><b>Greg Selinger</b> MLA for St. Boniface 204-237-9247 <a href="http://GregSelinger.ca">GregSelinger.ca</a></p>	 <p><b>Andrew Swan</b> MLA for Minto 204-783-9860 <a href="http://AndrewSwan.ca">AndrewSwan.ca</a></p>	 <p><b>Matt Wiebe</b> MLA for Concordia 204-654-1857 <a href="http://MattWiebe.ca">MattWiebe.ca</a></p>	



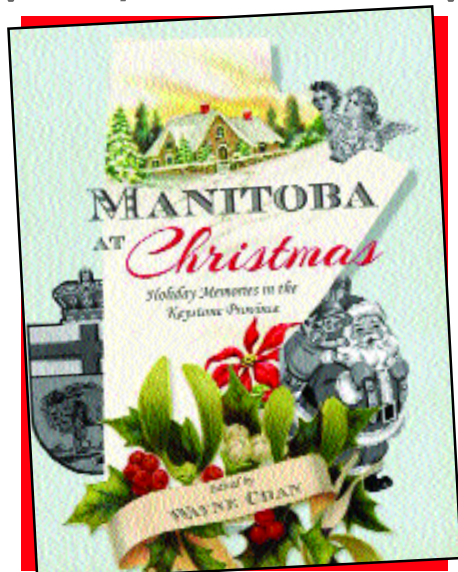
# Manitoba At Christmas - An Anthology of Holiday Stories in Manitoba

*Manitoba at Christmas*, an anthology of Christmas memories in Manitoba, featuring recollections of past Christmases in the province, along with photos and holiday recipes.

It is compiled and edited by Winnipeg writer Wayne Chan. He is an award-winning author who was previously a community correspondent for the Canstar community newspapers in Winnipeg. His most recent publication appeared in the magazine *Manitoba History*. The *Manitoba at Christmas* anthology combines his love of local history and the holiday season.

The first is by **David Didur**, who recorded his mother Alice's recollections of growing up in the Garland, MB area in the 1930s and '40s. The story is in his mother's own words:

"A couple of days before Christmas, children would go into the granary to get a few cups of wheat which would be placed into a strong bag, sprinkled with water, and then beaten with a stick for hours to loosen the husks from the grain. The husks would be rinsed away leaving the kernels of wheat and then boiled until the grains burst open. Wheat, water, honey and poppy seeds are the primary ingredients in making the special Christmas Eve dish—a sweet grain pudding called kutia. In prosperous times, chopped walnuts were added as well. Traditionally kutia is the first dish served at dinner and was rarely made during any other time of the year.



Ukrainian Christmas festivities start on Christmas Eve, which is on January 6th (as per the Gregorian calendar). The holy supper, Sviata Vecherya, is the focus of the day. My mother prepared twelve meatless dishes and father placed some hay on the table and covered it with a tablecloth—a reminder of the manger in Bethlehem. My father would then bring in a sheaf of wheat (called the didukh) and place it in a corner of the room. Part of the sheaf was spread out under the table, and my parents would hide nuts within it. We searched for the nuts after dinner was over. What a treat!

Braided bread, called a kolach, was placed in the centre of the table. When

preparations were complete, my siblings and I eagerly watched for the first star in the eastern sky. When it was observed, dinner could begin!"

The second excerpt is by **Roger Currie**, and was previously published in *Senior Scope* in 2013. It's about his family's Christmas dinner one year in the late '60s:

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

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

morning when the Queen's Christmas broadcast came on the radio..."

The last excerpt is by **Jennifer Collierone**, about crossing a particular bridge in Winnipeg on her way to her great-aunt's home for Christmas in the 1990s-2000s:

"When I was young and the holidays came, time stretched out until I thought it had screeched to a jarring halt. Waiting for Christmas turned into an impatient blur, with periods of rushing about and wondering if Santa would rather have chocolate chip cookies or ginger snaps, how many carrots reindeer ate, and staring at a large glass of eggnog until my mom told me it'd go warm before Santa came. That resulted in a stomach ache, because of course I had to drink the eggnog instead of putting it back in the fridge.

But when darkness finally fell on Christmas Eve, I knew that all my impatient waiting had finally paid off. Santa was coming. Not in a week. Not in a couple days. That. Night. Traditionally my parents, my sister, and I would pack up into the family van and head towards my great-aunt's house in North Kildonan. Which meant going over the Chief Peguis Bridge, the coolest of all Winnipeg bridges, in my younger self's all-knowing opinion...

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## Things To Do

### 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**

**Forum Art Centre Winter Art Classes** - Since 1964 we have inspired thousands of people to create art. For Everything Art this Winter classes start January 9, 2017 at the Forum Art Centre, 120 Eugenie Street, Winnipeg. Register now up until the start of classes at [www.forumartcentre.com/classes](http://www.forumartcentre.com/classes) or call **204-235-1069**

Many artistic classes including: Acrylic, Drawing, Hand Building and Wheel Throwing Ceramics, Manga & Comics, Mixed Media, Pastels, Silk Painting & Dyeing, Water Soluble Oils, and more. Over 30+ options for everyone: Adults, Kid's, Teen's, Babies and the whole family. Fine art classes for beginners, intermediate and advanced students all in a creative and relaxing atmosphere. Free parking, wheelchair access.

**Whirlaway Westerners Square Dance Club** - Open House. Enjoy Modern Square Dancing! New dancers, both singles and couples, are welcome on Friday, January 13 at 7 pm, at Kirkfield- Westwood Community Centre, 165 Sansome Ave. Your first three dances are free! Come for fitness; stay for fun and friendship! For more info call Carole at **204-831-8954** or Jim & Kathy at **204-416-9516**

**Fort Garry Women's Resource Centre** - Annual Fundraiser, Apr. 20, 2017. Call 204-477-1123 or visit [www.fgwrc.ca](http://www.fgwrc.ca).

**The Women's Canadian Club of Winnipeg** - Holiday Celebrations Luncheon, Thur., Dec. 15. RBC Convention Centre. The Shoestring Players will be providing the entertainment. Come early, visit with Santa and Mrs. Claus and enjoy the festivities. 12 noon Luncheon. Cost \$27. Reservations and information **204-663-5657**

**Deer Lodge Wednesday Ladies Curling** - Needs You! New or returning individual curlers join now. December is not too late to come out and have some fun. Wednesdays at 1:00 curl at 425 Woodlawn Street (Ness Avenue beside Civic Centre) Info: **204-837-6697**

**Good Neighbours Choristers** - present I Hear the Prophet Callin' Cantata on Thursday Dec. 15. It will be held at River East Mennonite Brethren Church 755

McLeod ( at Raleigh) at 1:30. Tickets \$10. from Choristers or at the door. Refreshments to follow!

**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/>

**Westview Dance Club** - presents Farewell Sweet 16, Thur. Dec. 31, Masonic Temple, 420 Corydon Ave. \$105 per couple. Dressy (Black tie optional). Cocktails 6 pm, Dinner 7 pm. Call **204-488-8225** or email [westviewdancewpg@gmail.com](mailto:westviewdancewpg@gmail.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](http://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](mailto: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](mailto:k4mcghie@gmail.com), [www.TolsraelWithLove.com](http://www.TolsraelWithLove.com)

## VOLUNTEERING

**University of Manitoba** - Looking for volunteers over age 60 to participate in the approved study "Age and Spatial Reorientation" at U of M. Study consists of a few questionnaires and a virtual reality based task. Participants receive \$15 as a token of appreciation. Call Megan Siemens: **204-390-1171**, email: [siemen17@myumanitoba.ca](mailto:siemen17@myumanitoba.ca) or web: <http://home.cc.umanitoba.ca/~kellyd/agingstudyrecruitmentposter.pdf>

**The Royal Canadian Legion** - VETERANS OUTREACH PATROL - is recruiting volunteers. For more info contact Patrick - OIC - Captain at 204-588-5234 or email [cap\\_able@live.com](mailto:cap_able@live.com). We patrol the inner city (quarterly) seeking homeless, or near homeless and needy military and RCMP veterans. JOIN US!

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! Give back by volunteering at Kildonan MCC Thrift Shop, located at 445 Chalmers Avenue in Winnipeg MB. Call or email: [meaganvarndell.kmts@gmail.com](mailto:meaganvarndell.kmts@gmail.com) and **204-668-0967**

**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](http://mips.ca) 'About Us' to learn about our Volunteer Program. [admin@mips.ca](mailto:admin@mips.ca) or **204-927-6477**.

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

**Deer Lodge Centre, 2109 Portage Ave** - Volunteers needed to assist with daytime recreation programs: manicures (simple), playing piano, visiting, outings, coffee, cards (rummy, crib, bridge), bowling, bingo, etc. Call Joy: **204-831-2912** or email: [jtanchuk@deerlodge.mb.ca](mailto:jtanchuk@deerlodge.mb.ca)

**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](mailto: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](http://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](mailto: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](http://www.mealswinnipeg.com).

**Vista Park Lodge Personal Care**

**Home in St. Vital** - Volunteers needed. Contact: Caitlin Liewicki: [cliewicki@extendicare.com](mailto: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](mailto: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](mailto:volunteer@hsc.mb.ca)

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

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

## PROGRAMS /SERVICES

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

**Pembina Active Living (PAL) 55+ -** You can still register for classes beginning Jan. 9/17: yoga, fitness, strength/resistance training, line dance, Zumba Gold, painting, writing, cooking and computer classes. Drop-in activities also available. PAL (55+) is a charitable organization whose mandate is to enhance the quality of life of older adults living in south Winnipeg. Information: **204-946-0839**, [www.pal55plus.ca](http://www.pal55plus.ca), email [office@pal55plus.com](mailto:office@pal55plus.com)

**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. **204-269-4332** after 4:30 Mon-Fri.

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

**Gwen Sectar 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**

**Gwen Sectar Creative Living Centre** - (1588 Main) Shuttle Bus runs ea Wed. morning - \$15 from north end /\$15 fr the South End (members), from Seven Oaks,

*Continued on page 13*

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto: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.



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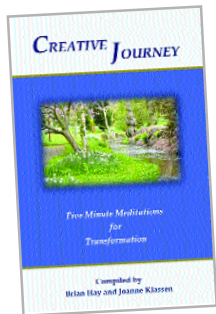
**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe.

For information on Transformative Life Writing classes, please visit the Heartspace website:  
**www.write-away.net**  
or contact Joanne Klassen at:  
**jklassen@write-away.net**

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### Excerpts from CREATIVE JOURNEY:

LAST MONTH:

## BITAEMO - Welcome to a West Kildonan Fall Dinner

Story and Photo by Lesley Smith



Photo (left): Members of the UCWLC. Photo (right): Host Mike and UCWLC member Ollie.

The UCWLC ladies welcomed 230 plus hungry guests to a sold out Fall Dinner at St. Joseph's Ukrainian Catholic Church's hall on the corner of Jefferson and Main Street in West Kildonan, Sunday, November 6.

This Fall Dinner is so popular there are two sittings at 12:30 and 3:30. Intergenerationals, mostly grandchildren and great grandchildren, were sprinkled among the mainly Boomer crowd.

Freshly cut red and yellow flowers, miniature orange pumpkins, green gourds, and a scattering of golden leaves added to the décor on each table. While hungry diners were seated, the UCWLC ladies served chicken, meatballs with gravy, alongside all time favourites; holochis (cabbage rolls), perogies (pierogi), pickled carrots, and coleslaw. Several helpers

(ladies and gents) kept trays of food coming from the kitchen. Following this wonderful meal were pies, pies, and more pies of every sort.

Looking around at tables full of folks talking and laughing brought to mind fall dinners are becoming scarce as our population ages and volunteers are harder to come by. So it was a real treat that our party of 11 were able to come together for great food, friendship, and to catch-up before winter approaches and the holiday season is upon us. Several family and friends wanted to join us, too late, and will have the opportunity next year.

Homemade holochis, perogies, and other items were available for sale to take home. If you are interested in a delicious traditional fall dinner, call the church at 204-339-4512 September or early October 2017. ■

### Excerpts from CREATIVE JOURNEY:

## IMAGINE

Lori Gagnon (LLG)

*Imagine all the people living life in peace. (John Lennon)*

What is peace? I ask myself this question in the midst of the hustle and bustle of the pre-Christmas week.

Imagine, if I did not have to hurry through life at a crazy pace that does not allow me to breathe and experience its every exquisite moment.

Imagine, if guns had never been invented and I lived in a world with no war.

Imagine, if love was my only motivating force—not winning, being top dog, or having all the power.

It is easy to imagine such a utopia. I then ask myself, how could it ever be real? Then I realize that such peace must first come from deep within myself, before I could ever expect it to be an outward worldwide concept.

Imagine, if I find something kind to say the next time I feel angry with someone.

Imagine, if I am peacefully silent the next time the office is jumping with gossip.

Imagine, if I purposefully try to live peace every day.

Imagine, if I only allow my thoughts to be loving and peaceful.

Imagine! I wonder if it would catch on. Would other people want to try it? I imagine they would. (LLG)

*I enter this day with peace, determined to remain peaceful.*

*I breathe peace in, I breathe peace out. I imagine*

*I am at peace and the whole world is at peace with me.*

**BIO: Lori Gagnon (LLG)**

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

## WONDER

Sallie Cooper (SC)

*There are not seven wonders of the world in the eyes of a child. There are seven million. (Walt Streighttiff)*

When Lana, my granddaughter, was 3 years old she came to visit me one Sunday just before Christmas. I had bought a small Christmas tree for the occasion, not much taller than Lana was when she stood on tiptoe to be able to reach to put the angel on top.

I got out the box of tree decorations that our family had accumulated over the years and set it down beside her, showing her how to hang the decorations on the tree. She knelt in front of it and I watched with joy as she carefully used up all the decorations on the six to eight inch square of tree directly in front of her face.

Each bough in that little area was bowing under the weight of so many ornaments, but Lana was determined. I tried to encourage her to move around the tree or stand up but to no avail.

So what? I thought. Here we have a perfect example of a child's eye view of a Christmas tree of which she was so proud. It didn't matter that all the decorations were together and the rest of the tree was bare. It was our tree.

And now, we have a wonderful memory to look back on every year at Christmas with joy and hugs to share as a family. (SC)

*I celebrate with joy the wonder, the individuality and sense of achievement*

*emanating from the children in my life.*

**BIO: Sallie Cooper (SC)**

At 61, Sallie is a proud mother and grandmother and firm believer in lifelong learning. A keen writer and reader, she is also a cellist and trained facilitator of Life Writing for Transformation™ which occupies regular slots of time in the area around her home in North Yorkshire, UK. A lot of Sallie's work is done in the field of Mental Health, an area which she is passionate about and experienced in.

E-mail: [salliecooper@hotmail.com](mailto:salliecooper@hotmail.com)

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All Senior Team Division



Things To Do

IN WINNIPEG

CONT'D FROM PAGE 11

Garden City, West Kildonan & Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

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

**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**.

**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. 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**

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

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

**Dakota 55+ Lazers 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**

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

**Manitoba Christian Writer's Assoc.** - 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.

**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** - Wpg Polish Legion Br 246, 1335 Main St. Tues. Senior Luncheon/Dance, noon-3 pm Tues. Blues Jam Session, 8-11pm Karaoke, Fridays, 8-midnite, New Year's Eve Events. Call Br @ **204-589-5493** for details for all 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.

**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.

**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**

**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

**Cooks Creek - CC New Years Eve** - Call Jon **204-795-2111** or Gerry **204-444-5110** for tickets

**Komarno** - Malanka Dance, Sun. Jan. 22, 2017, 1-5 pm. Music: Gem Stars. Call **204-886-2994**. Proceeds go to the Komarno Hall renovations.

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).

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

**Interlake Barn Quilt Trail** - Open all the time. 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 recipe. 9" - \$12; 6" - \$6. Order deadline: Nov. 21. Call Juliette Rowan: **204-424-5285**

**Les services rivière seine pour aînés** - Tourtière - emi porc et demi bœuf - recette traditionnelle.12\$ pour 9 pouces et 6\$ pour 6 pouces. Date limite pour commander: le 21 novembre 2016. Contactez : Juliette Rowan au **204-424-5285**

**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 \$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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to the Writers and those involved in  
the Production and Distribution, to the  
Advertisers who make it all possible,  
and especially to the ever-generous  
Volunteers who help in many, many ways!

All the Best of the Season  
to Everyone!



Today's Recipe

Larry McIntosh



Veggie Hors D'Oeuvres

Metric	Ingredient	Imperial
12	medium radishes	12
2	medium zucchini	2
175 ml	cottage cheese	3/4 cup
15 ml	soy sauce	1 tbsp
5 ml	ground cumin	1 tsp
2 ml	paprika	1/2 tsp
-	pepper to taste	-

Cut tips off both ends of radishes and slice zucchini crosswise; set aside.

In small bowl, blend cottage cheese, soy sauce, cumin, paprika and pepper.

Top each radish and zucchini slice with cottage cheese mixture.

Serves 6

www.PeakMarket.com

CROSSWORD

Let's Go A-Wassailing

By Adrian Powell

ACROSS

1 Crowd in Cannes?

6 Mrs. Bono, once

10 Stir-fry utensils

14 US civil rights gp.

15 Danish building block name

16 Great Depression migrant

17 Gift bearers from afar, in song

19 Pottery piece

20 Sixties' "The Film-\_\_\_ Man"

21 Old Common Mkt. initials

23 Orca grouping

24 Two trees which are no comparison, musically speaking

28 Kit Kat rival, maybe

29 Root crop they grow in Peru

30 Oolong, for one

31 More conniving

33 Private chat

38 "Rover's Return" offering

39 Soft silk produced in Assam

41 Psychic's talent, briefly

42 TV remote button

43 Cruiser

46 Kyoto neighbour

48 Unusual CFL score

49 Dash, in Morse

51 Where ships in the gulf might dock

52 When Wenceslas glanced out the window, in music

57 Benedict need

58 Perrier, par exemple

59 Traditional Mexican stew pot

60 Opera phantom's name

62 He had no fit gift, according to the Christmas song

67 Wooded valley

68 Ador Stone of The

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DOWN

1 Cognac, cointreau and absinthe drink

2 Pep rally syllable

3 Ben-Hur was chained to one

4 Chip off the old block?

5 Wizard's incantation

6 Like a penultimate scene in a movie, often

7 Lobster matriarch

8 Played a Halloween trick

9 Leopard spots, e.g.

10 "Holy jumpin' catfish!"

11 Giraffe's little, half-striped cousin

12 Nureyev's old company

13 Like fleabag hotels

18 More than merely stun

22 Tightwad

24 Phone answerer's word

25 Built-out bay window

26 Stirling rejection

27 Sit down and have dinner

28 "Pronto," briefly

32 Repeat from memory

34 Benign tumours, usually

35 Give the slip to

36 Subway payment

37 Dash of panache

40 Added ammo

44 Influential contacts

45 Flyer contents

47 Like most of Mali

50 Ship's wheel

52 Prevents from starving

53 Great blue heron's white cousin

54 Supple

55 Gorse

56 The common folk

61 Letters on a Dutch 767

63 Jug's much larger brother

64 Buddy from the 'hood

65 Bruin great Bobby

66 Until now

WORDSEARCH - Dickens

By Senior Scope

J G U S T E R B A G S T O C K D K Q M

I R L F T O F U R G B U Z F U Z O R K

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G D U Y M Z M T G G S A T M O U L D D

L G D A R N E Y S I E S W I N K L E O

E R B S B A R K I S N B B A R D E L L

M I E O C S M I K E N I C K L E B Y I

P N E H B R P B A M Y D O R R I T R V

E D C J G C O E E C H C D O M B E Y E

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K X A A E N C A G L L M M K L P R I G

S F V T V Y N S T E O A A E G M R G I

N T I C E I D Y L C H W W N J R Z G P

I L R N Q N S B W E H M M I E U I S X

F W R A A U M H R R A I R U L T P P F

F O R M C U I Y A S E R T U U F T E I

C K P U B Y B L B M X N Y W S H E E P

L U I P H I L I P P I R R I P U K R S

T V P N I C H O L A S N I C K L E B Y

Amy Dorrit

Bagstock

Bardell

Barkis

Bella Wilfer

Bob Cratchit

Brass

Bucket

Bud

Bumble

Buzfuz

Corney

Darney

Dolly

Dombey

Fagin

Fang

Fips

Flite

Gradgrind

Grip

Guster

Havisham

Heep

Jenny Wren

Jingle

Jo

Jupe

Krook

Manette

Miggs

Mould

Nancy

Nicholas

Nickleby

Oliver

Omer

Pecksniff

Philip Pirrip

Pip

Prig

Quilp

Rudge

Sam Weller

Scrooge

Sleary

Smike

Nickleby

Spenslow

Toots

Tracy

Tupman

Winkle

SUDOKU VERY EASY

By Senior Scope

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SOLUTION ON NEXT PAGE

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

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TRAVEL DIARIES  
WITH A TWIST OF HUMOUR



By Rick Goodman  
rickgoodmansk@hotmail.com

Cont'd from last issue (Nov. 9/16)  
**After touring various temples...**

There's more to do in Siem Reap than tour ancient temples however. But first I should touch on some things one shouldn't do. One should not give money to begging children. One of their favorite lines is, "No money for school." This is not true. School is free and all children can attend. What is happening is that some parents have found that their children can make more begging than an adult can labouring. This might be good in the short term but eventually the child grows up, the begging doesn't pay like it used to and you end up with an uneducated adult that can't wait to have children to start the cycle all over again.

There are orphanages all over the country. Tuk tuk drivers will often ask if you want to see the children and suggest that you bring a gift. Possibly a bag of rice for only \$60.00. Do not go and see the children. It might feel good to you but it isn't doing them any good whatsoever. You are not going to establish a meaningful and nurturing relationship in a two hour visit. The most you're likely to accomplish is to teach these kids to view foreigners as wallets with legs. If you want to make a difference make a donation to one of the many organizations that specialize in this field.

One of the things I think you should do is be generous within the limits of your means. There are a lot of landmine victims who make a living busking on the streets or outright asking for donations to feed their families. These people are legitimate and a dollar here and there that you give does make a real difference to their lives. It's the same with your Tuk tuk drivers. These guys work all hours of the day and night. Sit down and have a meal with your driver. It's appreciated and you always learn something. And don't be afraid to tip.

Pub Street is an area of the city that really caters to people looking for some nightlife. It's all here on Pub Street. Restaurants, street side bars, shops, and pretty much anything else you can think of. Bicycle cart vendors offer

Cambodia - PART 2 Homeward Bound!

Story and photos by Rick Goodman ©Copyright 2016



Down on Pub Street.

everything from mixed drinks and cold beer to grilled tarantula and snake on a stick. I don't mind meal worms and a bunch of well done crickets do go well with a few shots of rice wine. Once I was fed an iguana washed down with bowls of placenta soup but those giant spiders and the little water snakes spitted on bamboo skewers were just a little too down home in the country kind of cooking for my tastes. There is just something off putting about watching somebody gingerly bite the head off a snake. Just my own personal prejudice but there it is.

If you're not hungry you can always grab a seat at one of the fish tanks. For a small fee you get to stick your feet in the water and let the fish nibble the dead skin off your toes. Or maybe you just want to sit inside and enjoy a beverage or two? May I suggest The Ankor What Bar which advertises itself as promoting irresponsible drinking since 1998?

Pub Street is a spectacle and it is fun for awhile but enough was enough. We had been introduced to the Asian street party concept in Hanoi, attended the wild weirdness of nightlife on Saigon's Bui Vien Street and found ourselves reeling around Siem Reap's party central surrounded by people who wanted us to drink irresponsibly and feed the fish. It was time to head for Bangkok.

In all our travels this is the only time we were scammed. Our guesthouse had offered to arrange our tickets on a first class bus to Bangkok. What this service offers is a pickup at your guesthouse and transport to the bus. More importantly, it allows you to leave your luggage on board the bus at the Thai border. You walk through the border, the bus picks you up on the other side and takes you into Bangkok. Painless.

What either the guesthouse or the travel arranger did, and we never did find out who was responsible, was take our money and book us on a chicken bus. We were thrown on an old dilapidated wreck and roared away from the sunrise in a cloud of blue smoke and diesel fumes. After frequent stops to let

the engine cool down the bus stopped and our luggage was piled on the ground. The driver pointed at the Cambodia exit lineup, said, "You go!" and disappeared from our lives forever. We cleared Cambodia and then had to walk a couple of hundred meters through no man's land to the Thai side. A couple of hours later we came out on the street and were herded onto a sidewalk and told to wait. A couple of hours after that we were told to follow a guide down the street to what we hoped would be a bus. It was hot. We were lugging our packs in 35 degree heat. Christmas music was being piped out of a building as we staggered by. Something about, "Hurry up Hurry up let's go. It's starting to snow. Hurry up let's go!"

After that it got worse. They packed our luggage into a van and then crowded us in on top of it. I just about had room to breath. Later that night we were dropped off somewhere in Bangkok. There's only around 20 million people living in that town and not a single one happened to know where our guesthouse was. Eventually we found it. Never, never, let the desk staff at The MotherHome guesthouse in Siem Reap book your bus tickets. They put us through a lot of grief for a miserable \$20.00. Maybe it was worth it to them but I for sure will not be staying at their establishment the next time I'm in town.

Otherwise, it was a great trip. Vietnam is a beautiful country. The

people are friendly, the food is good, and it's cheap and easy to get around by train.

We only really saw two of the main cities in Cambodia, but it too is a nice country to travel through. Going through The Killing Fields of Phnom Penh is a sobering trip through a grim time in that country's history. Touring the temple sites in Siem Reap truly was awe inspiring. We can't wait to go back see and experience more of these two countries.

For now though it was good to be back in Bangkok. We woke up the next morning and wandered out onto the street to get lost again. It's what we do. ■

WORDSEARCH - Solution

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

CROSSWORD - Solution

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

SUDOKU - Solution

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

LAST MONTH:

Southside Fellowship welcomed the opportunity to gather with Sri Lankan Association of Manitoba 55+ Group

(Nov. 22, 2016, at the Trinity United Church, 933 Summerside Ave)

By Senaka Samarasinghe



Two groups were mingling.



Sri Lankan traditional finger food.

Southside Fellowship group have been functioning for the last few decades centered on the above venue. They are conducting bi weekly meetings. During these gatherings guests were invited to discuss and make a presentation about social and health. Visit recreation and educational sites and provide information community outreach opportunities. Senaka Samarasinghe is a member of this group for the last three years. He invited Sri Lankan 55+ Group to gather with Southside Fellowship.

An old settler in Winnipeg, Tyrrell Mendis, was invited to make a presentation about his picture collection of churches in Manitoba. Milly Malavsky

the Minister of Trinity United Church made the introductory speech and Suni Matthews coordinated the event. The organizers invited to Patti Berube Fort Garry Senior Resource Finder explained the type services can be obtained from her.

Just after the presentation of Tyrrell, refreshments followed by the same venue organized by the 55+ Group with Sri Lankan finger food. There were more than 30 participants from both groups. This was a good opportunity to mingle between the two groups. Sri Lankan 55+ Group is working in association with Sri Lankan Association of Manitoba (SLAM). ■

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