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Photo (above): Members of the Thunderbird Club (L-R) Gerry Talbot (Treasurer), Reid Dewbury (President) and Bill Shestopalka (Past President) present Rebecca Brask of the Manitoba Theatre for Young People (MTYP) with a \$5000 cheque.

Photo (right): "It's a '56" as Bill Shestopalka has on his license plate because people always ask what year his Thunderbird is.

Auto Club donates \$5000 to MYTP

By Rebecca Brask (MTYP)

The Thunderbird Club of Manitoba was formed in 1980 but now they are officially closing their doors and cruzin' on to other ventures. Members shared their love for the Ford Thunderbird car, and a great camaraderie as they attended car shows locally and across the continent. After 37 years together the administration found themselves with a \$5,000 surplus. The members decided to make a charitable donation, so our amazing volunteer Shirley Murray suggested the **Manitoba Theatre for Young People (MTYP)** as a recipient. You

may have seen Shirley ushering at our shows over the past 8 years.

When asked why MTYP, Shirley responded, *"I love MTYP. It is an honoured, highly respected theatre for young Canadians, based right here in Winnipeg! MTYP touches thousands of lives. Bringing together staff, board members, actors, educators, volunteers, students, funders and audiences to share awesome theatrical, experiences in a delightful venue. Participating in classes and watching productions provides our youth with the opportunity to address life issues and*

learn to interact with others. Self-worth is fostered through a fun, accepting, non-judgmental atmosphere and grows with an important sense of being 'a part of.' As I volunteer and watch the faces of our audiences through reflection, tears or laughter, I know I am a part of something greater!

I am often reminded of this quote: Piglet said to Pooh Bear, "How do you spell love?" Pooh replied, "You don't spell love. You feel it!". That's why I choose MTYP!"

The Thunderbird Club came over for a tour and to find out more about MTYP.

Luckily for us, they saw the same things Shirley saw. "A place that helps the youth come out of their shells and learn to communicate. That's something I went through in my youth and if kids can be helped at MTYP, that's really great," says Reid Dewbury, the Thunderbird Club's current President. "As well as the importance of having a social group that accepts you, that's a wonderful thing. That is, after all, what car clubs are too."

MTYP sends all our thanks and best wishes to the Thunderbird Club of Manitoba. Keep on cruzin'! ■

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Do we give Seniors enough help to pay school tax ?

By Roger Currie

It was Benjamin Franklin, one of the founding fathers of the United States who famously declared more than 200 years ago that *"Nothing is certain in this life, except death and taxes"*. If he were alive today and living in Canada, old Ben might be inclined to add a third certainty .. *"Politicians will promise to relieve the tax burden for seniors"*, and then proceed as if no such declaration is ever taken seriously.

Here in Manitoba, as in many other jurisdictions, appropriate concern is expressed around budget time each year about the need to lighten the burden for seniors who are on fixed incomes, and trying to continue living in a single family home. As far back as the early 1970's, when the NDP were first in government under Ed Schreyer, there have been moves to lower that burden, particularly when it comes to property taxes. A variety of seniors' tax credits have been used over the years.

Brian Pallister and the Progressive Conservatives have been in government for less than a year after winning a large majority in the election last April. Their first budget, one month later, was basically 'housekeeping' while they took a measure of the size of the debt and deficit problem they inherited, but they did make a move on school taxes paid by seniors.

The maximum annual benefit under the NDP had been \$470, and it was not tied to income. The PC's moved to eliminate the credit completely for any senior whose annual income is more than \$63,000. Anyone earning less than

that, but more than \$40,000 has seen the credit shrink by \$100.

That one move has saved the government more than \$44 million, and Premier Pallister has promised that at least some of those savings will be passed on to seniors. This earned him somewhat unexpected praise from some longtime NDP-ers, and anti-poverty organizations like Winnipeg Harvest.

There are 38 school divisions across the province, and they all belong to *The Manitoba School Boards Association*, formerly known as M.A.S.T, the Manitoba Association of School Trustees. Executive director Josh Watt says it's too early to predict what might happen this year when it comes to education tax credits for seniors. Education Minister Ian Wishart has announced that total funding for public schools in Manitoba will rise by just over \$13 million - an increase of roughly one per cent over the current fiscal year which will end on March 31st.

Critics have pointed out that the increase is really a decrease when inflation is taken into account, but the whole story is rather more complicated. Depending on their size and student enrolment, some school divisions may see an increase this year and some may actually get less in per pupil funding from the province. Josh Watt took me through a myriad of numbers which governments use to calculate how tax rates are set, and some of the information appears to be remarkably rosy in terms of Manitoba's economic growth.



Brian Pallister and Ian Wishart

He said "In 2006, the total value of property across Manitoba for purposes of assessment was roughly \$7 Billion. Today, a decade later, that figure has grown to \$17 Billion." Prior to this year, senior homeowners had to apply in writing for the school tax rebate, and Watt says in the most recent year only 34,000 people made such an application. He says an examination of census data would suggest that the number who should be eligible is closer to 200,000 in Manitoba.

Aside from his life in politics, Brian Pallister made a great deal of money as a private financial planning consultant, and he has passed on some of that knowledge to older residents of the province. They are no longer required to apply for that school tax rebate. ■

Roger Currie is a veteran journalist who currently serves as news director of CJNU, 93.7 FM

The common sense case for going paperless

By Gerry Vittoratos

Going paperless can be intimidating. Trusting, quite literally, a lifeless machine to handle all of your billing can almost seem absurd. The truth is, however, is that as e-billing misconceptions are addressed and worries resolved, the number of Canadians

making the switch to digital correspondence as a means to pay bills and do business is rising each year. According to the Canadian Bankers Association, 67% of Canadians reported using online banking in 2013, with the Internet being the primary means of

banking for 47% of Canadians, a number that grew to 48% by 2016.

With the efficiency and security it brings to everyday finances, digitizing the process of billing and payments has paved the way for things like encryption and cybersecurity, process-

Continued on next page

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Common Sense for Going Paperless, *cont'd from page 2*

es that keep our confidential information just as safe as it is has traditionally been at our banks.

There are still a number of us, however, who can't shake the digital jitters of sharing confidential information online, leaving the paper-clutching Canadians among us to fill out forms manually and drop them off at the post office, a process itself that is increasingly becoming less reliable.

All things considered, what is it exactly that's driving more Canadians to pick the paperless route?

The most obvious reason for taking personal finance online is ecological impact. At its basic core, needing less paper to print our bills saves trees from being chopped down, which in turn improves air quality and stabilizes surrounding environments. Relatively under discussed on paper production is the amount of energy from fossil fuels and water it requires, which consequentially leaves a major footprint on the environment.

A popular choice for the digital switch is financial benefit. More and more vendors are incentivizing customers by charging a premium for paper billing, or creating draws to win prizes exclusive to paperless customers. Additionally, late fees can be avoided by setting up automatic bill payments through your online banking system. What may be most appealing of all is the way e-billing offers an ironclad date stamp and confirmation your bill has been paid in a precise amount and on a precise date. The Canada Revenue Agency has even developed a service called Auto-fill my return to make it faster to file your taxes online.

There is ongoing debate that digitizing personal finance is not only "as safe" as traditional billing and banking, but might actually be safer. This may be the most controversial argument in the case for going paperless. We all see the popular news headlines about websites getting hacked, and while it is a serious and legitimate concern, the reality is that hacking a secure website established by a financial institution is rare. In actuality, it requires tremendous effort and investment from hackers to break into web portals that are being improved and monitored around the clock by internal online security teams and technology experts.

Ready to digitize your finances but need access to a computer or the Internet? Check with your local public library and community centre. As part of government modernization planning, municipalities are gradually offering free access to Internet, computers, and in some cases, online personal finance workshops and computer seminars. When you're ready to make the switch, know that there are services available to you to do so comfortably, and on your own terms. ■

Gerry Vittoratos is head trainer at Thomson Reuters and tax specialist at UFile.

Looking for extra help this tax season? Keep an eye on the UFile Blog for timely news and insights, and stay connected @UFile on Twitter and Facebook for free tips and advice throughout tax season for Canadian tax filers.

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Do you have an investment plan or a financial plan?

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

I will always encourage investors to consider the following questions when thinking about their advisor relationship.

- 1) Can you save me time?
- 2) Can you save me money?
- 3) Can you give me mental sanity/peace of mind?
- 4) Can you give me greater security/solvency/safety?
- 5) Can you make things easy to understand?
- 6) Can you make things fun?

Of these, which are the most important to you? Are any of these statements more important to one gender than the other? Are any of these statements more important at certain life stages than others? I'd encourage you to go through this list with your partner and rank these from least to most important. **No peeking!** How do your priorities line up? If you would like to confidentially share your responses with us, you can do so at: <https://www.surveymonkey.com/r/99Q8VRQ>

Is there a difference between investing and financial planning? Yes there is! I will give you an example of what I have been seeing walking through my door.

I received a call from a gentleman that had read one of my articles and wanted to come and see me. He was not in good health, he had issues with his children, and his wife had not been involved in the investment process. There was over \$1,000,000 involved.

To make the most effective use of our time, I had a number of requirements. I needed him to tell me what the intention of our meeting was to be, I needed him to bring in a list of documents for analysis, and if there was to be a second meeting – his wife must be present for our discussion. I would not consent to a meeting unless those requirements were met.

There was \$1.3 million scattered across four institutions with \$950,000 in RRSPs, \$200,000 in non-registered stock and the rest in cash split between two institutions. For our meeting I focused on their wills and their tax returns as I needed a good understanding of their position and what was really important to them. Their tax position is fundamental in

my view. I need to understand their sources of income, know what deductions are being claimed and know how much room I have to maneuver before they reach a tax-edge.

After the second meeting, which included both partners, it became clear to me that there was a disconnect between the goals of the husband and the goals of the wife. That is why I have asked you to complete the exercise at the beginning of this article. From one spouse, we found that the focus was almost solely on management fees. From the other spouse, we found more of an emphasis on planning, strategy and advice. As a result of this, we decided not to proceed with an advisor-client relationship.

Most financial planners will have access to a wide range of investment options and can operate under a number of different fee structures. My role as a financial planner professional is not product based – it's planning based. The investment products that we use depend on the clients' personal circumstances, their goals, their dreams, their worries as well as their timeline and personal level of comfort. From a fee perspective, we never want to put the cart before the horse – planning always comes first. Otherwise, it's like wanting to know what your medication costs before the doctor has even examined and diagnosed you.

For example, let's consider a \$500,000 non-registered account that is generating \$15,000 of interest and dividend income annually. In an investment with a 1.5% management fee, your total annual cost is \$7,500 in management expenses, plus the tax you'll pay on the investment income which could be an additional \$5,000 or more annually depending on the income tax bracket you fall under. The total cost in this situation is \$12,500. Now let's consider a corporate class mutual fund portfolio with a management fee of 2% annually, or a total cost of \$10,000. The corporate class portfolio could allow us to minimize or eliminate the taxable investment income being reported personally, in favour of long-term capital growth.

Is it worthwhile to pay a little bit more for an investment that will dramatically reduce or defer your tax bill? Is it worthwhile to pay a little bit more

for advice that will allow you to protect your family and reduce your estate's costs and tax liability? Remember, it's not always about what you make. What you keep is most important. A Morningstar study called "Alpha, Beta, and Now... Gamma" conducted in 2013 concluded that having a tax efficient income strategy and retirement plan can be equivalent to earning an additional 1.6% on your investments each and every year.

As I was reviewing copies of this family's statements, I started flipping through the pages of investment information - I have to say that in 28 years I have never seen anything like it. This is what I found:

- There were 39 double-sided pages of investments and trades for the month of November. My eyes glazed over. If something happened to this man, who was going to deal with this mess? His wife had not been involved in any investment decisions or planning and the children were not equipped. The impact that this could have on their estate is significant. The fact that this family's future depended on the data on these pages saddened me.
- The spouse held 41 positions on a \$90,000 RRSP account and there were 57 trades completed, just in the month of November. This was the case for the remainder of their RRSPs, TFSA's and LIRAs. An enormous number of positions and an enormous number of trades occurring on a monthly basis. I have to say I have **never** seen anything like this. In total, between the couple's total RRSP holdings of \$950,000 there were **286 total positions and 280 trades in the month of November alone.**
- Of the enormous number of positions, they held mutual funds, bonds, GICs, stocks and ETFs. We noticed that there was an enormous amount of redundancy and overlap in the portfolio – many of the mutual funds and ETFs held the same investments and many of the individual stocks being held were also present in the mutual funds and ETFs. This many holdings and this much duplication often gives investors a false sense of security – the portfolio is not properly diversified and may be riskier than they think.

Continued on next page

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Page 5

Investment plan or financial plan?...,

cont'd from page 4

In the race to reduce fees and hold cheap investments, is this what we've come to? There has been no retirement, tax or estate planning done. The task of keeping track of these investments is overwhelming. Keeping track of the trades is even more mind numbing. Should one or both of them die, the Power of Attorney and/or Executor will have their work cut out for them and the cost for probate and administering this estate will be large.

We'd like to conclude by thanking those who joined us for our recent seminars. Over time, our Tax and Estate Planning seminars have evolved to include case studies such as this one. If you would like to attend an upcoming seminar, please contact our office at (204) 257-9100 or hill.associates@igprivatewealth.com. ■

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NEWSBITS

January 20, 2017

Affordable housing for families and seniors opens in Transcona

A 92-unit affordable housing complex has officially opened its doors in the Transcona neighbourhood of Winnipeg, with a unique design that creates welcoming homes for families and opportunities for seniors to live independently with their loved ones nearby.

The grand opening was attended by Manitoba Families Minister Scott Fielding; Terry Duguid, parliamentary secretary to federal Families, Children and Social Development Minister and minister responsible for the Canada Mortgage and Housing Corporation (CMHC) Jean-Yves Duclos; and Councillor Russ Wyatt, City of Winnipeg.

"This property provides practical and affordable housing for multi-generational families," said Fielding. "By combining family units and seniors units in adjoining buildings, seniors can enjoy their independence while having family members close by to provide care and support. This is an exciting new development for Transcona."

Sir Paul Martin Estates features a six-storey family wing with 45 units and an adjoining four-storey seniors' wing with 47 units. Nearly \$25 million of this \$26.8-million project was provided through the federal-provincial Investment in Affordable Housing (IAH) agreement.

"Our government believes that all Canadians deserve access to housing that meets their needs and that they can afford," said Duguid. "I'm sure the late Sir Paul Martin of Transcona would be very proud of today's momentous occasion. The new building serves as a testament to his hard work and vision of finding community solutions here in Winnipeg."

There are separate amenity spaces for seniors and families, as well as common areas for shared activities. All seniors units and six of the family units have been built to Manitoba Housing accessibility design standards, and both buildings also meet Manitoba's visitable design standards. The complex also meets Manitoba Hydro Power Smart standards.

The City of Winnipeg has provided the Winnipeg Housing Rehabilitation Corporation (WHRC) with the two-acre parcel of land, which is worth more than \$1.3 million, for \$1.

The property will be owned and managed by WHRC, a non-profit founded in the 1970s to develop, own

and manage affordable housing options in the community. It will also provide extensive programming for family and senior tenants, together and separately, to support healthy living and positive relationships. As the developer, the WHRC has provided expertise throughout the design, development and construction of the project, and also contributed \$500,000 in equity.

"WHRC is pleased that Sir Paul Martin Estates was completed on time and under budget," said executive director Menno Peters. "This unique intergenerational project provides much-needed affordable housing in Transcona. We look forward to working with the community to ensure this is not just a housing project, but also a comfortable home for many seniors and families."

The project is named in honour of the late Sir Paul Martin of Transcona. He served his community and country as a veteran of the Second World War, school trustee, town and city councillor, mayor of the former city of Transcona and founder of the Transcona Historical Museum.


Up to half of the units will be leased on a rent geared-to-income basis to accommodate low-income households. The Manitoba government will provide a maximum annual subsidy of approximately \$362,000 to support these units.

The Canada and Manitoba governments recently announced an expanded commitment to the IAH agreement, representing almost \$90 million over the next two years. The new funding is in addition to approximately \$166 million in joint eight-year funding to help create more affordable housing options in Manitoba.

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Communauté Francophone News:

LES VALENTINS

THE VALENTINES

Texte de Colombe Fafard-Chartier

Text submitted by Colombe Fafard-Chartier

Le jour de la Saint-Valentin, le 14 février, est considéré dans de nombreux pays comme la fête des amoureux. Ce deuxième mois de l'année semble être le mois qui nous rapproche des choses du cœur alors ce n'est pas surprenant pour moi que mes parents aient choisi ce mois pour se marier! Ils s'aimaient depuis toujours!

C'était un matin doux en février et les flocons tombaient très doucement en transformant le paysage comme un tableau paisible. En observant la beauté de ce blanchiment, elle ne pouvait s'empêcher de penser à l'amour de sa vie et la douleur que son absence physique lançait en plein milieu de son cœur. La réalité de ne plus le voir l'emporta à penser que ces gros flocons étaient des petits cœurs blancs lancés vers elle du haut du ciel.

Soudain, elle se rappelle d'un valentin spécial qu'il lui avait offert pendant les premiers mois qu'ils s'étaient avoué que leurs cœurs en faisaient un. Elle se mit immédiatement à la recherche de cette précieuse carte dans la boîte où elle conservait soigneusement tous ce qui lui rappelait la flamme de leur amour.

La récompense de sa recherche lui tomba sous les yeux! La chère boîte qui n'avait pas beaucoup d'épaisseur ce trouvait près du petit coussin de dentelle qui avait porté les anneaux le jour qu'elle avait épousé l'amour de sa vie.

Ses mains tremblantes ont délicatement sorti la boîte jaunie de son lieu propice. Son cœur battait fort en pensant à son mari qu'elle imaginait dans son espace indéfini. Est-ce qu'il l'observait ouvrir la boîte contenant les mots de son cœur?

Enfin, le courage lui permit d'ouvrir les yeux sur le valentin conservé depuis si longtemps. "For my darling at Easter" a déclenché une surprise oubliée. Ce n'était pas un valentin mais une carte de Pâques qu'il lui avait donné! Elle avait toujours gardé la carte comme souvenir d'un valentin si précieux!

Un an plus tard, à l'approche du mois de février, elle cherchait dans sa modeste bibliothèque pour un livre quand elle aperçut une édition qu'elle avait complètement oubliée. En ouvrant le livre elle découvrit une belle carte de valentin "À ma merveilleuse et tendre épouse"! Quel beau message d'amour inattendu encore apparut devant ses yeux!

Le mois le plus court de l'année n'est jamais trop court pour l'amour! ■

Valentine's Day, February 14th is considered in many countries as a day for lovers. The second month of the year seems to be the month that brings us closer to the effects of the heart so I am not surprised that my parents chose this month to get married since they had loved each other since they were preschoolers.

It was a very mild morning in February and the snowflakes were slowly transforming the landscape into a beautiful peaceful painting. While watching the beauty of this transformation she could not stop thinking of the love of her life and the pain that his physical absence imposed within her heart. The reality that she would never again see him with her eyes made her believe that these big snowflakes were little white hearts sent to her from the sky above.

Suddenly the memory of a special Valentine that he had offered her long ago when they had discovered that their hearts were bound, sent her immediately in search of the precious card. She went straight to the container where she kept all the things that reminded her of their eternal love.

Her eyes were immediately rewarded when she saw the thin box sitting beside the small, yellowed lace cushion that had held their rings the day she had married the love of her life.

Her trembling hands carefully removed the precious yellowed box from its resting place. Her heart was beating rapidly as she imagined him watching from above. Was he watching her open the precious box containing his words of love?

Finally she got up the courage to focus her eyes on the Valentine she had cherished for so many years. She was surprised when she saw that the card said "For my darling at Easter" and she realized that it was an Easter card and not a Valentine that he had given her so long ago. She had always remembered the precious card as being a Valentine card!

A year later, February was once again approaching and she was searching through her modest library for a book when she noticed one she had completely forgotten she owned. Upon opening the book she found a beautiful valentine card from her true love that she had saved and preserved inside this book about ten years ago. "À ma merveilleuse et tendre épouse" said the beautiful and unexpected message of love!

The shortest month of the year is never too short for LOVE!! ■

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Book Launch of
'Moments in Time'



Writers Group from left: Emile Clune, Beverley Dunlop, Marie Friesen, Hazel Birt, Beverley Grace, Sonya Hillebrand, President Margaret Gwiazda. Missing from the photo are: Anna Olson, Annette Mowat, Doreen Smart, Gretta Friesen, Joan Wilton, June Harris, Marge Barker, Sherry Bailey, Terry Folster and Terry Zrobex

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A book launch will be held on Tuesday February 21 from 1:00 to 3:00 pm at Lions Place, 610 Portage Avenue for 'Moments in Time' a collection of stories by the Geritheatrics Writers Group.

The members of the original group of "Write Your Life Story" met at the St. James Assiniboine 55+ Centre in Winnipeg. In 2015, when Sherry Bailey the Facilitator retired, some members wanted to continue as a group and looked for a new venue and soon the opportunity arose to meet at Lion's Place. A couple of the writers are members of The Geritheatrics Theatrical Company which also meets at Lion's Place. Rick Caslake, the Artistic Director of Geritheatrics Theatre Company was kind enough to welcome the writers under the umbrella of his theatre company inviting the members to submit ideas for plays and skits for the acting group.

The Writers Group meets the first and third Tuesday of each month from 1:00 – 3:00 pm in the Lions Place and welcomes new members. They share written stories and encourage each other to write in any voice and any genre that feels comfortable. The group is a mix of experienced writers and those that are new to this way of expressing their life stories, fictional accounts and possibly even a play or a future novel. This book "Moments In Time" is an Anthology with 14 writers submitting their current work.

For more information: Marie Friesen:
204-832-2227
mariefriesen@mts.net.

DRIVE ON!

SENIOR SCOPE AUTO NEWS

Senior Scope Auto News section with Auto tips, reviews, laws and more!

10 effective winter car tips Canadian Super Shop

Winter can take a toll on your car causing damage and rust and ultimately incur unnecessary repair costs. You may feel tempted to leave your car at home during winter, but this causes more harm than good. Whether you are planning a road trip to visit relatives or a weekend trip, the following ten winter car tips will get your car ready for winter as well as keep you safe and your vehicle running at maximum performance during the harsh winter months.

1. Check the oil

The engine is hit hard by the cold temperature during winter. The oil thickens making it difficult for the engine to turn over. You should use multi-viscosity oil with a W in the viscosity index signifying that is formulated for winter use.

The best formulas for modern engines include 5W-30, 5W-20 and 10W-30 which have good oil flow even during low temperatures.

When changing the oil, also replace the oil filters to ensure that the system has the maximum flow. The heater and radiator hoses should also be checked for leaks, cracks or contamination from grease or oil.

Also, keep the radiator filled up with antifreeze to prevent the cooling system from turning to ice. Try to maintain the engine coolant mixture at a 50:50 ratio of water and antifreeze. Colder conditions can call for 70:40 or 60:40 ratio but under no circumstance should the antifreeze to water ratio be higher than this.

Since the transmission oil becomes thick at low temperatures, it might become hard to engage some gears until the oil warms up. If this happens, double clutching may help.

Before starting your car in mid-winter, first, leave the ignition on for about five seconds before activating the starter motor. This gives the fuel pump time to pressurize, and the car's electrical system will also have a chance to complete any diagnostic check which saves the battery the work of performing these tasks simultaneously.

Also, do not subject the cold engine to heavy loads immediately, once it starts, allows it to idle for about ten seconds with no load, before selecting a gear.

2. Keep the battery in good shape

The car battery is also hard hit during winter. The cold temperatures significantly reduces its cranking power to almost half.

To check the condition of your car battery, remove the plastic caps and check the fluid level. If it is below the recommended level, add distilled water. If you are using a maintenance free battery, check through the window at the top of the battery.

If you have used your battery for more than five years, consider replacing as it is more likely to show signs of weakness during winter.

Turn off the electrical accessories such as heated seats, mirrors, and rear windows when you do not need them as they drain current from the battery which could be used for recharging.

3. Consider new tires

The roads are slippery during winter which calls for a good amount of tread on the tires. To be on the safe side, consider investing in winter tires or snow chains. Also, keep in mind that it is best to replace all your tires at once.

4. Avoid driving through deep water or a Winnipeg pothole

Use caution when driving through water, as unforeseen potholes can occur and a tie rod can be broken. Similarly, allowing water to soak the carpets is enough to damage the electrical components which are located close to the floor pan.

5. Top up washer fluid

Driving with an empty bottle is not only illegal but also unsafe. Therefore, always keep the windshield wash bottle topped up with the right concentration of solution.

6. Keep the exterior clean

The dirt on the paint invites rust and corrosion which is bad news for your car. Make a point of washing your car regularly during winter and be sure to direct a hose under the floor and wheel arches to remove the corrosive salty deposits. Cleaning the alloy wheels is also vital during winter so as to reduce the risk of corrosion.

7. Clean out the interior

Winter is also unkind to the interior of your car. Without regular cleaning, the damage can become ingrained leading to decreased value of the car.

Remove the litter, clean the inside windows, wipe the door sills and polish

the dashboard weekly to prevent it from building up and make your winter days comfortable.

8. Take your car for an extended drive at least twice a month

If you cover only short distances, your engine may never get a chance to warm up fully, during winter. For this reason, you should take an extended trip after every two weeks at a speed of 50 mph to give the battery a chance to recharge and the filter to regenerate on diesel cars.

9. Replace the windscreen wipers

Windscreen wipers lose their effectiveness faster during winter. If you notice missing pieces or streaks, it is time to replace them.

You can increase their life by cleaning the rubber edge using a glass cleaner and paper towel.

Always allow the wipers to park and switch to the off position before cleaning.

10. Lastly, open the hood and check for snow that may be

blocking the interiors air vents. If the car cabin becomes misted, air conditioning can help to defog it as well as maintain it in an optimum condition.

Follow these ten winter car tips to keep your vehicle longevity and reliability throughout the harsh Manitoba winter months.

.....

For any of your auto concerns, call **Marve at Canadian Super Shop: 204-885-5901** or stop by **1775 Portage Ave.**, just west of Polo Park.

Visit their website for more tips and information -

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THE BUZZ



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

Bill Lindsay was a University of Manitoba hockey star from 1958-61. But he was much more than just a hockey player. Dr. Bill Lindsay was also an outstanding student who was committed to his profession and the community of the world.

Lindsay not only completed his undergraduate studies at the U of M, he also attained his M.D. and graduated No. 1 in his medical school class.

He went on to finish his general surgery residency and cardio-thoracic surgical fellowship at the University of Minnesota and proceeded to serve as Chief Resident at the University of Minnesota Hospital. Upon completion of his residency and fellowship, Dr. Lindsay continued on at the University of Minnesota as a cardio-thoracic surgeon and as Assistant Professor of Cardiovascular and Thoracic Surgery.

In 1979, Dr. Lindsay co-founded Cardiac Surgical Associates and the Minneapolis Heart Institute and also went on to co-found the St. Paul Heart & Lung Surgical Division and Cardiac Surgeons of St. Paul.

Dr. Lindsay later returned to Winnipeg to serve as Chairman of the Department of Cardiac Surgery at the University of Manitoba for seven years.

In addition to his remarkable career as a surgeon, Dr. Lindsay is a published author of more than 60 scholarly articles while he served as a leader on numerous cardio-thoracic surgical boards and societies and has been instrumental in training many young surgeons.

Dr. Bill Lindsay
Inducted into
Bisons Hockey
Hall of Fame

Dr. Lindsay has retired from his surgical practice and currently resides with his wife Jo-Ann in the Twin Cities. He has three grown children and twelve grandchildren plus remains active on several boards and medical societies.

Lindsay was honoured on Feb. 6, at a special fundraising dinner featuring Winnipeg Jets broadcaster, and former NHL defenseman Shane Hnidy. The event was a celebration of the Bison women's and men's hockey programs and focused on the stars of the past and present.

In addition, at the dinner, Dr. Lindsay was inducted into the Bison Hockey Hall of Fame. One of his sons attended the event and accept the prestigious honour on behalf of his father.

"Dr. Lindsay was an outstanding two sport athlete in basketball and hockey who played for the Bisons from 1958-61," said Bison men's hockey head coach Mike Sirant. "Equally important to Dr. Lindsay's selection to the Hall of Fame was the recognition that he brought to the University of Manitoba as an Alumnus through his impressive achievements in a distinguished medical career and the outstanding contribution he has made to society. We're proud that Dr. Lindsay continues to be an avid supporter of Bison Men's Hockey." ■



NEWSBITS

Province receives
report on Home Care
Services in Manitoba

The province released a report commissioned following a review of Manitoba home care services by the Office of the Auditor General (OAG) in 2015, Health, Seniors and Active Living Minister Kelvin Goertzen announced.

"Provinces across Canada are struggling with the increased costs of health care associated with aging populations and chronic disease," said Goertzen. "Manitobans deserve high-quality health care and home care services, and our government is reviewing this report and considering the recommendations. The task will be made significantly more challenging by proposed federal changes to the Canada Health Transfer, which will take \$18 million from Manitoba's health care system in 2017-18."

The 2015 OAG review recommended steps be taken to improve service quality, timeliness and consistency and that needs assessments and care plans be completed to ensure both short and long-term strategies are in place to meet the needs of Manitobans. The Future of Home Care Services in Manitoba report was developed by consultant Reg Toews.

"Reductions to health transfer funding by the federal government will have a significant impact on our ability to deliver health-care services for Manitobans," said Goertzen. "We will

keep advocating for the federal government to contribute its share to health care for all Canadians, and continue to make appropriate investments to improve this service relied on by so many Manitoba families."

The report finds Manitoba is projected to experience a significant increase in home care admissions over the next 20 years, requiring a financial investment of an additional \$572 million over the same time frame to provide basic services for clients.

"We want to thank Mr. Toews, as well as the many stakeholders, staff, clients and families he consulted for the thorough work on this vital and complicated issue," said Goertzen. "The report reflects the contributions of a wide cross-section of Manitobans and as a result provides a very detailed analysis of the issues and a number of recommendations for our consideration."

To read the report, visit:
www.gov.mb.ca/health/homecare/index.html.

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Mesa Spirit – The mega RV resort with a down home hospitality

RVers know it's a treat to find an RV resort that offers great amenities and activities and has the feel of a close-knit community. At Mesa Spirit RV Resort in Mesa, Arizona, they have it all: 1,667 spaces with full hookups and a seasoned, friendly staff. Thousands of returning visitors call this their home away from home.

Everyone Welcome!

Travel 30 minutes SW of Phoenix, just west of the stunning Superstition Mountains and you'll find Mesa Spirit RV Resort. This age-qualified community is pet friendly, so you don't have to worry about leaving your fur kids behind. You'll see all shapes and sizes of RVs here from camper vans to big rigs. For those who don't want to make the drive down, Mesa Spirit has homes for rent and for sale. And, it's only 25 minutes from the Phoenix-Mesa Gateway International airport. Being a snowbird has never been easier!

Sense of Community

Bernice Gruchalla is a snowbird who has come to Mesa Spirit every year for the past 43 years. "The people here are fantastic," she said. "I'm 103 and the weather is great and the activities keep me very busy. I enjoy taking the bus tours to the casinos." Bernice loves the sense of belonging she has at Mesa Spirit. "People know me. It's like living in a small town. It's great to see the same people every year. I know most of the staff and residents. It's the best park in valley."

Lyse Dorrington is a Canadian from Victoria, BC who comes to Mesa Spirit for five to six months of the year and has for the past 16 years. "I don't have a car," she said. "I fly in and take the light rail system and buses everywhere. The park takes us out twice a week to get groceries. I bought my place in 2001 and I love the weather, it's almost always sunny." Lyse is also one of the volunteers at Mesa Spirit. "I run the Mahjongg and Euchre games every week. I'm also the librarian. We lend books on a trust system. You know your neighbors here. You feel part of the community and you can be as social or as private as you want. There's always free coffee and really nice people in the main office."

The Great Outdoors

One of the great things about Arizona in the winter, is being in the great outdoors. The Grand Canyon is a four-hour drive away and makes for a great road trip. For something closer to home, take a hike at Utery Mountain Regional Park, a short 25-minute drive from the resort. The lower trails here are great for hikers of all ages and abilities.

Riverview Park is 15 minutes from the resort and has a Community Fishing Program, which means you can fish to your heart's content or four trout and four catfish a day, whichever comes first. Riverview is also the spring training facility for the Chicago Cubs.

Golf Anyone?

For some, Mesa, AZ is a golf mecca. Beginners and pros alike flock here for the courses and the breathtaking views. A backdrop of blue skies and mountains makes your day on the course even more memorable. Golf once a week or once a day, there are enough courses here to keep you busy. If you don't want to drive, the resort has a golf simulator.

Some of the courses within 30-minute drive of Mesa Spirit Resort include the famous Las Sendas Golf Club, as well as Longbow, Dobson Ranch, Kokopelli, Toka Sticks, Superstition Mountain, Apache Creek and Painted Mountain. You can also visit ViewPoint RV & Golf Resort, a sister Encore property that boasts an 18-hole championship and a 9-hole executive course that will satisfy players of all abilities.

Get Out and About

Mesa was made for getting out and about and having fun. Go soaring high in the Sonoran skies in a hot air bal-



loon, or skydive from 10,000 feet! There's even indoor skydiving. Hop on a bike, or the back of a trusty steed, or jump in a Jeep or Hummer and tour the area.

For something more laid back, head out wine tasting, take a boat cruise, visit the Phoenix Zoo or tour the Desert Botanical Garden. There's an olive mill for great olive oils and plenty of area farms where you can buy everything from peaches to pumpkins direct from the farmers. Ask about the Fresh Foodie Trail.



Shop until you drop and then head to the spa! There are several great places to shop here. There are malls and downtown Mesa has several unique boutiques and shops as well as salons and spas. As for casinos, there are at least 10 within an hour of Mesa Spirit.

Resort Activities

Choose from over 30 activities at the park. Join a sports league, take yoga, join a pickleball or bocce league. Try your hand at silversmithing, singing,

water aerobics, tai chi... the list is almost endless.

Cathy Quintero, Activities Director, makes sure there's something for almost everyone here. "We have dances every couple of weeks," she said. "Happy hour is every Tuesday and we make homemade pizza and sit out by the pool. Everyone comes to the country store too. It's like a flea market with hand-made crafts and food. Everyone loves to buy trinkets, and sit around and eat while they hobnob with friends."

As for events, tribute artists, comedians and entertainers are brought in on a regular basis.

Amenities

Amenities can make or break your RV experience. At Mesa Spirit, you'll find a fitness center, swimming pools, whirlpools/spas/hot tubs, laundry facilities, horseshoe pits, a ballroom and banquet hall, a library, tennis and pickleball courts, mini-golf, and much more.

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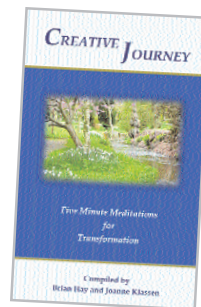


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

CREATIVE JOURNEY *Five Minute Meditations for Transformation*

- Compiled by Brian Hay and Joanne Klassen

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



CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B01IQ0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

CARE

By Fitsum Getahun

Do something every day that is loving toward your body and gives you the opportunity to enjoy the sensations of your body.

(Golda Poretsky)

I always told myself that I must be a dedicated mother, wife, sister, co-worker and so on. Yes, I am and I have been. I have plenty of witnesses in my family and friends, at work and everywhere I have been. The person I forgot about is me. I come last, no time to look after me. Go home, cook, clean, nurse, bath, cuddle, hug, eat, drink, and pass out when it is midnight. The next day, the course of life runs in the same manner.

Today, for the first time in many years, I started the day by thinking about me first. At 6 a.m. I warmed up, exercised with yoga, calmed myself down, prayed, and thanked God for his indescribable gifts. Then I showered. Everybody got up to find me with a big smile on my face and full of energy for

the day. What a beautiful Spring morning. What a start of a beautiful day!

Taking the moment to look into my inner self and thanking God for all the free gifts; the sun, the air, and the loved ones around me makes all the difference to the rest of the day. (FG)

I take care of myself first thing in the morning and give thanks for all the free gifts, the sun, the air, and the loved ones around me.

BIO: Fitsum Getahun (FG)

Fitsum Getahun immigrated to Canada from her country, Ethiopia, in 2009. Fitsum's passion for reading and journaling began at a young age, when she was in elementary school. As someone who has studied language, she believes in the enormous power of words and thinks that she best expresses her life experiences in writing. As a mother of two young children and a recent immigrant to Canada, Fitsum's journals are the closest friends she confides with.

PAUSE

By Irma Nadeau

When you meet your friend on the roadside or in the marketplace, let the spirit in you move your lips and direct your tongue. Let the voice within your voice speak to the ear of his ear.

(Kahlil Gibran)

On my dresser mirror in my bedroom there is a yellow sticky note with three questions. This note has been there for a number of years. I heard these questions in an interview on CBC radio on my way home from work. I can no longer recall who was being interviewed or what the interview was about. I had not been paying attention until I heard these questions. I knew that I must write them down, but I was driving so I began to recite them over and over again until I reached my destination, and I was able to grab a pen and paper.

Still after all these years, the three questions remind me every morning to be aware of what I say to whom. They

come into my consciousness at moments when I am about to respond with defensiveness, or when I might be tempted to share some tidbit of information that is not mine to share, or be tempted to engage in gossip, or when I am upset or angry. In those moments pausing to ask myself these three questions often saves me from myself.

The questions are:
Does this need to be said?
Does this need to be said by me?
Does this need to be said now? (IN)

I pause to become more aware of what I say to whom.

BIO: Irma Nadeau (IN)

Writing is one of the ways in which Irma explores her life experiences. As she writes her stories, she is sometimes surprised in the new awareness and meaning she gains through the writing process. She finds joy in creating meaningful moments and memories with family and friends, especially her grandchildren, and sharing those with her writing group.

Travel / Leisure / Activities

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Things To Do

IN WINNIPEG

EVENTS

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

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

Stroke Recovery Assoc. of MB (SAM) - Valentine Tea, Sat. Feb. 11, 11 am-2 pm, at Immanuel United Church, 755 Golspie St. Free adm. Silent auction, bake and knit sale, light refreshments. Sharon Dowd/Andrew Tunny: **204-942-2880**

Les Intrépides choir - presents la Boîte à Chansons 2017. French songs, solos, trios, music, skits and more! MC: Bruce Waldie with guitarist Michel Robidoux. Sat. Feb. 11, 7:30 pm, Centre culturel franco-manitobain (Antoine-Gaborieau hall), 340 Provencher Boul. Tickets: \$20 (fundraising event with silent auction). Cash bar. Tickets: **intrépides.manitoba@gmail.com, 204-256-5879** and also available from choir members.

Westminster Concert Organ Series - Isabelle Demers (Quebec/Texas) on our newly refurbished 4-manual Casavant. Sun. Feb. 19, 2:30 pm; Simon Johnson, May 7, 2:30 pm at Westminster Church, Westminster Ave. at Marlyand St. Tickets at door or McNally's. **204-784-1330**

Fort Garry Women's Resource Centre - Annual Fundraiser, Apr. 20, 2017. Call 204-477-1123 or visit www.fgwrc.ca.

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. Check out our newest resource - 'MANI' online database with 1.5 million records of Manitoba names. "Problem corner" to help solve roadblocks in your search. <http://mbgenealogy.com/>

VOLUNTEERING

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

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** 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. 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** 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 'About Us' to learn about our Volunteer Program. 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

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

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

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

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

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

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

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

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

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

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

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

Lions Manor Adult Day Program (Pacesetters) - 320 Sherbrook Street. A social program Tues-Fri for isolated seniors in the community living with Alzheimer's/ Dementia. Transportation and hot lunch provided for \$8.85/day. Call **204-784-1378**. Referrals for the program made through the WRHA home care case coordinator.

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

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

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

Seine River Seniors Inc.at Southdale CC. - Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches and Brunch, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, Winnipeg Transit's Peggo workshop, an Applebee's Fundraising Breakfast, Stonewall Quarry Choristers, A Trolley City Tour, A Walkabout in the Exchange, and a visit to PineRidge Hollow. Call **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. **204-632-8367**

MB Prostate Cancer Support Group - "Prostate Cancer Awareness," Feb. 1, Wed. 1:30 pm, at Temple Shalom, Corner of Wilton and Grant Ave. Entrance & refreshments free.

Anish Corporation - Rattle Making Workshop, Sat. Jan. 21, 10 am-4 pm, at United Way, 580 Main St. Learn how to make a rattle, how & when it is used, and how to care for it. \$50/person. Register at **204-334-9395**

Pembina Active Living 55+ (PAL) - Winter classes continue. Drop-in activities (membership required): Pin PALs (bowling), men's breakfast, lunch PALS, movie PALS, bridge/cribbage. Special presentations: Computer workshop - Kijiji (Feb. 9); Cooking PALS - Valentine's dinner (Feb. 9); Wellness series - Safety, crime, falls prevention (Feb. 16); Still Bloomin' gardening club - Rain gardens, water management for everyone by Dorthea Gregoire. (Feb. 23). Info: www.pal55plus.com, email office@pal55plus.com or **204-946-0839**

The Women's Canadian Club of Winnipeg - Luncheon, Tue. Feb. 14, RBC Convention Centre. Writing and Romance. Speaker CATHERINE HUNTER. Great Valentine's day topic. 12 noon Luncheon. Cost \$25. Reservations and information **204-663-5657**

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**

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**.

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

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or winnipegprobuss85@gmail.com

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

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.

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

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

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.

Continued on page 13

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

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At the risk of sounding like a redundant 'Chicken Little', I say again, it all very scary. ■

Things To Do

IN WINNIPEG

Cont'd from page 11

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 volun-

teers 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**

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**

Things To Do

IN RURAL MANITOBA

PROGRAMS / SERVICES / VOLUNTEERING

OUTINGS

Brandon - Nifty Needlers - "Art of Quilting" Show, April 21 and 22 at Rvierview Curling Club , 420 Maryland Ave., Brandon. Contact **204-726-0102**

Stonewall - South Interlake 55 Plus presents - another Musical Evening with Andy Goertzen & The Occasionals featuring vocal-ist, Kari Kinley, Sat. Feb 11, 7 pm, at the Odd Fellows Hall, 374-1st St. West in Stonewall. Tickets at 55 Plus office, **204-467-2582**, and Korner Kuts (374 Main St).

VOLUNTEER

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

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**.

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

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

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

Seine River Services for Seniors – The Philips Lifeline Medical Alert Service pro-vides simple, fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. Philips Lifeline graciously gave Seine River Services for Seniors a grant to enable us to help the seniors of our communities live a healthier and more independent life. For info on Lifeline services, please contact Juliette Rowan: **204-424-5285**.

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale sim-ple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'ur-gence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gra-cieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour

plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

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

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

Springfield Seniors - Take Charge of Your Health -Introduction to Physical Activity: Goal setting, activity guidelines, etc. Wed. Mar. 22, 1-4 pm, Anola C.C., 35085 MB-15, Anola. Free class. Wear running shoes and comfortable clothing. To register for any of the Wellness sessions: **1-877-979-9355** or Taylor **204-444-6144**, or email **wellness@ierha.ca**

Springfield Seniors Community - Congregate Meals are available to all com-munity 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**

West St. Paul Seniors Programs/Classes at the Sunova Centre – West St. Paul's Recreation Site: Yoga/Pilates Combo Class 55+ Session #1: 6-Classes - Mondays - Feb. 6th-March 20th - 10-11am (No Class: Feb. 20) - \$50/Participant Session #2: 10-Classes - Mondays - April 3rd-June 19th - 10-11am (No Class: April 17th & May 22nd) - \$70/Participant; Zumba Gold 55+. Session #1: 7-Classes - Wednesdays - Feb. 8th-March 22nd - 10-11am. 55/Participant. Session #2: 10-Classes - Wednesdays - April 5th-June 14th - 10-11am (No Class: May 3rd) - \$70/Participant; Stitch 'n B**** - Knitting / Crochet Group. Wednesdays - 11am after Zumba Gold 55+. For more info or to register call the Sunova Centre: **204-336-0294**, or **recreation@weststpaul.com**

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NEWSBITS

Province launches conversation on healthcare funding

Manitoba has launched a social media and web-based public aware-ness campaign to inform the public of the significant impact of reduced and eroding federal funding for health care, Health, Seniors and Active Living Minister Kelvin Goertzen announced today.

“Health care is the single largest budget item for provinces and territo-ries, each of which is responsible for the delivery of quality health services for Canadians,” said Goertzen. “The federal government’s unilateral approach and refusal to engage in a discussion around the importance of a long-term and sus-tainable partnership on health care funding should be of concern to every Manitoban.”

Created 50 years ago, Medicare orig-inated with 50/50 cost sharing of health care between federal and provin-cial governments. Today, provinces pay more than 75 per cent of health-care costs and the federal government con-tinues to reduce growth in health-care funding.

The minister said the result is a \$30 billion gap between the proposal the federal government has made to some provinces and territories and what evi-

dence-based studies indicated is actu-ally needed to maintain the sustain-ability of health-care systems, even with an additional \$11 billion in target-ed funding.

“Manitoba is facing a challenging fis-cal situation and the federal govern-ment’s decision to reduce health-care funding by more than \$1 billion over the next 10 years is going to put additional strain on our ability to provide services to Manitobans,” said Goertzen. “Federal funding is essential if we are to address the increasing costs associated with the healthcare needs of our growing and aging population.”

Manitobans need the federal govern-ment at the table for a discussion on the future of health care, the minister said. He is urging Manitobans to join the con-versation via social media using the hashtag #sharethehealthcanada and to share their concerns directly with mem-bers of Parliament, the minister added.

“By working together, we can find solutions that will work for Canadians,” said Goertzen. “We believe health care is worth the conversation.”

For more information go online at: **www.manitoba.ca/sharethehealth**. ■

PRAIRIE TALK - Now & Again

By Angela Temple



Happy Valentine’s Day – the heart is never too old to give or receive love! It has been proven over and over again that love is the one treasure that is multiplied by dispensation.

February 12th to 14th were tradi-tionally said to be 'borrowed' from January. If these days were stormy, the year would be favoured with good weather; but if fine, the year's weath-er would be foul. The last three days of March are said to be borrowed from April.

It is also said that if the weather is fine and frosty at the close of January and the beginning of February, there is more winter ahead than behind. “If February give much snow, A fine summer it doth foreshow.” Love it, hate it, or leave it to go somewhere hot, winter's still sticking around for several more weeks to come.

Here is the latest bowling report, courtesy of Diane Unger: In spite of it being a cloudy, sleepy day, on Tuesday, January 24th, the Springfield Go-Getters and Beausejour Gang arrived for bowling wide awake and ready to "Rock 'n' Bowl".

’Twas a Double-double day, with John scoring his Double-double in the first string, and Edna and Diane both scoring their Double-doubles in the third string. Diane blew everyone out of the water with her High Single of 218, stating that there must have been some magic in her new shiny red bowling balls. Conrad ran away with the High Triple of 485. The next bowl-ing dates are slated for Tuesdays, February 7th and February 21st.

New bowlers are always welcome to join in at any time of the year. To sign up for senior bowling trips, please contact Springfield Services to Seniors at 204-853-7582 or Parks & Recreation at 204-444-4119. There is a minimal fee for transportation on the Handi-Van and rental of the bowl-ing lanes and shoes.

Keep safe and think warm thoughts – February will be gone before you know it, so make the best of it whether you find yourself indoors or out!

Cheers,
Angela





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- Omar Suleiman (1936-2012)
Former Vice President Of Egypt

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Today's Recipe



Thai Noodle Salad

Metric	Ingredient	Imperial
227 g	linguine	8 oz
75 ml	chili sauce	1/3 cup
40 ml	soy sauce	3 tbsp
30 ml	fresh lime juice	2 tbsp
15 ml	honey	1 tbsp
30 ml	fresh cilantro, chopped	2 tbsp
30 ml	fresh mint, chopped	2 tbsp
2	carrots, shredded	2
2	red bell peppers, slivered	2
1	rib celery, cut into julienne strips	1
115 g	firm tofu, diced	4 oz
30 ml	unsalted peanuts, coarsely chopped	2 tbsp

In a large pot of boiling water, cook linguine until tender. Drain well and set aside. Meanwhile, in a large bowl, whisk together chili sauce, soy sauce, lime juice, honey and 2 tablespoons (30 ml) water. Whisk in cilantro and mint. Add carrots, peppers, and celery to the dressing and stir well to coat. Add linguine and toss to combine. Add tofu and gently toss again. Sprinkle with peanuts.

Serves 6 www.PeakMarket.com

WORDSEARCH - Clothes By Senior Scope

H	H	S	U	F	E	Z	B	E	L	T	N	H	S	U	I	T
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S	T	U	B	O	W	L	E	R	J	N	I	S	M	R	L	T
M	U	F	F	A	T	J	V	R	K	R	Y	P	M	O	T	S
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Anorak	Bolero	Frock	Kilt	Pea jacket	Scarf	Tights
Apron	Bowler	Garb	Kimono	Peg top	Shawl	Topee
Armor	Bra	Habit	Loafer	Poncho	Shoe	T-shirt
Banyan	Clog	Hat	Mask	Pumps	Singlet	Tunic
Belt	Coat	Hood	Mini	Robe	Slip	Tuxedo
Bib	Derby	Hose	Mitt	Ruff	Sock	Vest
Blazer	Evening	Jeans	Muff	Sandal	Stocking	Vizor
Boater	dress	Jerkin	Outfit	Sari	Suit	
Bodice	Fez	Kepi	Parka	Sash	Tam	

SOLUTION ON NEXT PAGE

CROSSWORD That Ain't Valentine's Day By Adrian Powell

ACROSS

1 Much of Etna's output

4 West Indian witchcraft amulets

10 "Bug off!"

14 Zodiac's lion

15 A voter casts it

16 "@#%\$," e.g.

17 Dessert-eating time (February 4)

20 Have the dough for

21 Carton sealer

22 Freddy Krueger's favourite street

23 Black in Brittany

25 Each evening

27 Good date to submit your patent (February 11)

31 West of Hollywood

32 Somewhere to relax on Valentine's Day, maybe

33 The Gem State

37 Mimicry

40 Mystic's talent

42 Not as antiquated

43 Lord's lodging

44 Eddie's alternate

46 Work used when one fly does one push-up!

47 Period when a lot of tequila and triple sec goes down the hatch (February 22)

52 On the other hand

55 Deity Ramesses worshipped

56 Bedouin's robe

57 Treated a sprain

59 Chinese ___ duck

63 Great time to sew things up? (February 28)

66 ___ precedent

67 Absorb through a membrane

68 Sphere in the

DOWN

1 Italy's ___ Romeo

2 Mediaeval gofer

3 Zebra feature

4 Shakespeare's fairy king

5 Oater baddies

6 English mediaeval cathedral town

7 Zillions

8 Navajo lodges

9 Foolish

10 Lush

11 Police academy student

12 Under any

13 Like Manhattan clam chowder

18 Defined region

19 Get back

24 Col. Mustard's weapon, maybe

26 Jekyll's bad side

27 Sunni leader

28 Calif. wine valley

29 Vampire's target

30 Bob Marley was one

34 Astounded

35 Mount Olympus matriarch

36 Wing-ding thrown by Caligula

38 Where the Iditarod ends

39 Expecting

41 Gilpin of "Frasier"

45 Get rid of

48 Parish pastor

49 Travolta's movie musical of '78

50 Like many stadiums

51 Queries

52 Ship's anchor hole

53 Clarinets' cousins

54 Toad-handling consequences, in folklore

58 Lowers the lights

60 Effigy in a temple, maybe

61 Not any

62 Change the sail to tack

64 SE Asian tongue

65 Something you can build on

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

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Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE



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HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

Bea and I were having a late breakfast when she suddenly said, "Don't you have a checkup scheduled for this morning?"

I'd forgotten all about it. There was just time to ransack the house for my lost glasses. I never would have found them if they hadn't fallen off my forehead while I was looking under the bed for my truck keys. That's one of the things about getting older... stuff goes missing all the time. Anyway, Bea got me more or less dressed and out the door in time for my checkup. I wish she hadn't.

It turned out that in the Doc's opinion I'm healthy enough all things considered. By this he meant that my old, unexercised, overweight carcass was doing well to be breathing all on it's own.

"But," he said, "It's been five years since you last had a..."

I could feel myself going pale and shaky. Maybe it's just an x-ray I thought. Or a root canal. Anything but a...

"Colonoscopy," he finished. "I'll set it up."

Ahh Poop!

One thing about our house is that it's no use moping around looking for sympathy. When I told Bea about the upcoming procedure she said, "Good. Maybe they'll find your truck keys."

"Well," I replied, "If I could just keep track of these darn glasses I could find them myself."

We have a small regional hospital around two hours down the road from where we live. I'd been sent there for the procedure on my first go around. There are some things that are stamped indelibly in your memory. The first time you mash your thumb with a hammer. The first time you nearly drown hunting ducks out of a canoe. The first time you jump out of an airplane because you thought it would be fun. (Well, maybe that's a poor example because that turned out to be a lot of fun.) Your first colonoscopy. Not so much fun.

One of the things you should know about this procedure is that you can't just show up and get it over with. Too simple, they want you to suffer first. They take away your food for a couple of days and then have you drink 4 litres of an incredibly effective laxative the night before you go into the hospital. A very wise man once said that you should never, under any circumstances, trust a fart when you are being prepped for a colonoscopy. That's a piece of advise you can take to the bank.

... At the hospital they took away my clothes and gave me a gown that opened at the back and then stuck me on a gurney. A nurse made small talk while trying to start an I.V. with what felt like a railroad spike. Suddenly this

The Colonoscopy

guy wearing an operating gown and rubber knee boots came in wheeling what looked to be a garden hose rolled up on a cable spool. It had what appeared to be a flashlight duct taped to the free end. I was really hoping he was the janitor.

"Do you want drugs?" he asked me. "Lots of drugs," I said, fixated on that flashlight/garden hose contraption. "Lots and lots of drugs."

“ Suddenly this guy wearing an operating gown and rubber knee boots came in wheeling what looked to be a garden hose rolled up on a cable spool. It had what appeared to be a flashlight duct taped to the free end. I was really hoping he was the janitor... Never trust a man who wears knee boots to a surgical procedure.”

This is not physically possible I thought to myself. Later events would prove me wrong.

"Don't worry," he said, "We're going to give you something to make you sleepy and you won't feel a thing. Trust me."

Never trust a man who wears knee boots to a surgical procedure.

The anesthetic started and my vision collapsed into one tiny speck of light far, far away in a galaxy really far from Saskatchewan. So far away that we had to go there by spaceship. It's cold in space. Especially when you are curled up on a metal table and these strange beings are hanging upside down from the ceiling gazing dispassionately at your naked shivering body. They looked like bats in white scrubs and sunglasses. Something didn't feel right. Didn't feel right at all. It was time to get off this spaceship.

One of the bats said, "Give him some more," and the little speck of light was back.

Sometime later we arrived back in Saskatchewan. The bats were gone, thank God. My lips were numb but I was feeling pretty chatty for some reason.

"What's going on? I asked. "I'm just pulling out now," somebody said.

"Whoa," I thought, "Pulling out? Pulling what out of where?"

There was only one thing that could be that big and uncomfortable.

"Good," I said, still somewhere out in my drug induced orbit, " I always wanted a Volkswagen."

That was my first colonoscopy. This time I would be examined in a different hospital I hoped the experience would be better. It was... sort of.

The preliminaries were pretty much as I remembered them. No food and then a massive jolt of laxative. Four litres of laxative tend to fill a person up. Just not for long. It was a busy evening. Bright and early the next morning I presented myself to the ward nurse. She was a real sport and let me keep my socks on. While she was plugging in the I.V. an anesthetist came in and said I would be fast asleep for the whole procedure.

"That's good," I said, " Because I'm not that fond of space travel."

" Hmm," he replied.

Then an intern gastroenterologist came in and said he would be monitoring the procedure if that was all right with me. How could I refuse? A few minutes later the head man came bustling in. This guy was all business. He ripped open the back of the gown, slapped me on my bare butt and hollered, "Come on in girls!"

And in tramped a class of student nurses. I felt like a slab of beef at a Texas BBQ.

The anesthetic was starting to kick in. This was some prime stuff, not like that animal tranquilizer that last joint had used. I was all warm and happy.

"First impressions are so important," I remember thinking to myself. "Good thing I remembered to wear my leopard skin thong."

And then I let loose one of those long heartfelt farts that start somewhere just behind the tonsils and seem to go on forever. Sort of like a tuba, with a trumpet stuttering in and out picking up the high notes. Accompanied by the syncopating rhythm of many, many feet shuffling smartly backward.

Somebody snickered, a student nurse screamed, and the intern exclaimed, "Holy sh**!"

"Highly unlikely," I thought dreamily

to myself. "Not after all that laxative."

The light was going. Just like last time. There was a moment of anxiety but a quick scan revealed no bats. Good. The warm fussy feeling was back and then just before I went under all the knowledge in the universe distilled itself into a single word.

“ This guy was all business. He ripped open the back of the gown, slapped me on my bare butt and hollered, "Come on in girls!”

"MOOOO! I said, and passed out.

When I woke up groggy and disoriented Bea was standing over my bed.

"Where's the truck keys? I croaked.

"Don't know," she replied, "The doctor said he looked everywhere."

That's my little story, but all joking aside, colorectal cancer is not something you want to take lightly. Regular screenings and examinations may seem a little undignified but they can save your life. ■

WORDSEARCH - Solution

H	S	U	F	E	Z	B	E	L	T	N	H	S	U	I	T
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M	U	F	F	A	T	I	V	R	K	R	Y	F	M	O	T
B	R	F	H	S	O	U	E	E	O	D	A	G	A	R	B
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CROSSWORD - Solution

A	S	H		O	B	E	A	H	S		S	C	A	T
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SUDOKU - Solution

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

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Make four new words by placing one four-letter word before each word listed.

— — — —

 H O E

— — — —

 L A S H

— — — —

 H A N D

— — — —

 W A R D

Answer on page 8

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