



## 5 Questions to Ask About Your Medications...

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Vol. 15 No. 9  
Mar 7 - Mar 27/17

## MANITOBA'S LARGEST COMEDIC GATHERING TAKES OVER THE CITY APRIL 3-9! Winnipeg Comedy Festival unveils line-up

**ENTER TO  
WIN PASSES  
TO THE COMEDY  
FESTIVAL  
GALAS.**

See Page 12  
for details



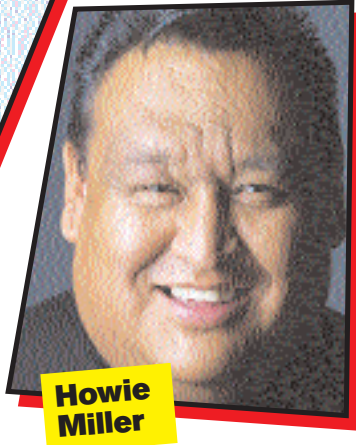
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Payne**



**Gavin  
Crawford**



**Will  
Sasso**



**Howie  
Miller**

# WPG COMEDY FESTIVAL

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A stellar list of comedians are getting ready to descend on our city this spring for the 16th annual Winnipeg Comedy Festival, including Will Sasso, Gavin Crawford, Howie Miller, Nikki Payne, and many more!

Festival organizers also believe that buying local is a good habit, no matter where, when or what you are buying – and that includes entertainment, too.

“Our theme this year is ‘buy local’ because we want people to come out and enjoy the Winnipeg Comedy Festival – a world-class comedy gathering that’s right here in our own front yard,” says Nick Kowalchuk,

Executive Director of the Winnipeg Comedy Festival.

‘Buy Local’ also means different things on different levels, according to Artistic Director Lara Rae: “We want to showcase fine local talent, so you’ll see local talent not only in the Indigenous-focused Winnipeg Show, but also peppered throughout the festival – including our much-loved galas.”

“We also want to celebrate that revenue from the festival stays local and benefits the Gas Station Arts Centre,” says Lara.

The most highly anticipated shows of the festival each year are the

galas, which take place at the historic Pantages Playhouse Theatre. The galas are recorded live-to-tape for later broadcast on CBC Television, and the themes, hosts and performers are as follows:

### **GALAS**

**Thursday, April 6**

**Lady Like**

Presented by Club Regent Casino and Event Centre

The Pantages Playhouse | 7:15pm | Tickets: \$35

Host: Nikki Payne

Cast: Cara Connors, Fatima Dhowre, Robby Hoffman, Nathan Macintosh, Nile Seguin, Erica Sigurdson

*Continued on page 2*

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or mail to: Senior Scope  
Box 1806, Stonewall, MB R0C 2Z0

# Comedy Festival, cont'd from front page

**Friday, April 7**  
**Virgin Territory**  
Presented by Club Regent Casino and Event Centre  
The Pantages Playhouse | 7:15 pm | Tickets: \$35  
Host: Gavin Crawford  
Cast : Martha Chaves, Ivan Decker, Adrienne Fish, Dave Hemstad, Ashley Moffatt, Derek Seguin, Big Daddy Tazz  
**Good Neighbours**  
Presented by Club Regent Casino and Event Centre  
The Pantages Playhouse | 9:15 pm | Tickets: \$35  
Host: Tommy Chong  
CAST: Rob Bebenek, Sean Emeny, Mark James Heath, Deb Kimmitt, Shazia Mirza, Tim Nutt

**Saturday, April 8**  
**I Heart Love**  
Presented by Club Regent Casino and Event Centre  
Pantages Playhouse Theatre | 6:45 pm | Tickets: \$35  
Host: Will Sasso  
CAST: Amanda Brooke Perrin, Jen Grant, Patrick Haye, Jackie Kashian, Jacob Samuel, Joe Vu  
**Hot Mess**  
Presented by Club Regent Casino and Event Centre  
The Pantages Playhouse | 9:15 pm | Tickets: \$35  
Host: Howie Miller  
Cast : Glen Foster, Julie Kim, Jeff McEnery, Kathleen McGee, Rebecca Reeds, Matt Wright

**MORE SHOWS:**  
**Monday, April 3**  
**Outreach – 819.7 Free Comedy**  
Millennium Library | 12:15 pm | Tickets: Free  
WCF The Upper Deck  
Jekyll & Hyde's Freehouse | 9:30 pm | Tickets: \$10

**Tuesday, April 4**  
**Outreach – 819.7 Free Comedy**  
Millennium Library | 12:15 pm | Tickets: Free  
High School Improv  
Vincent Massey Collegiate | 7:00 pm | Tickets: \$5  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 8:00 pm | Tickets: \$15 (18+ no minors)  
Host: Andy Noble Headliner: Rob Pue  
**WCF The Upper Deck**  
Jekyll & Hyde's Freehouse | 9:30 pm | Tickets: \$10

**Wednesday, April 5**  
**Outreach – 819.7 Free Comedy**  
Millennium Library | 12:15 pm | Tickets: Free  
**Gastrocomique**  
Fusion Grill | 6:00 pm  
Tickets: \$150 (includes meal and wine pairing)  
Host: Ashley Burdett  
Cast : Rob Pue, Dave Hemstad  
**CBC Radio's Now or Never**  
West End Cultural Centre | 7:00 pm | Tickets: \$20  
Hosts: Ify Chiwetelu and Trevor Dineen  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 8:00 pm | Tickets: \$15 (18+ no minors)  
Host: Dan Verville Headliner: Nile Séguin  
**Ali Hassan's Muslim Interrupted**  
West End Cultural Centre | 9:00 pm | Tickets: \$20

**Thursday, April 6**  
**Outreach – 819.7 Free Comedy**  
Millennium Library | 12:15 pm | Tickets: Free  
**CBC Radio's Because News**  
West End Cultural Centre | 7:00 pm | Tickets: \$20  
Host : Gavin Crawford  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 8:00 pm | Tickets: \$15 (18+ no minors)

Host: Ryan Ash Headliner: Sean Emeny  
**The Winnipeg Show**  
West End Cultural Centre | 10:00 pm | Tickets: \$15  
Host: Bruce Clark

**Friday, April 7**  
**Alicia Tobin's Come Draw with Me**  
West End Cultural Centre | 7:00 pm | Tickets: \$20  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 7:45 pm | Tickets: \$20 (18+ no minors)  
Host: Ben Walker Headliner: Jackie Kashian  
**The Best of WCF on Tour**  
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Morris Multiplex | 8:00 pm | Tickets: \$20  
**Coast to Coast: 150 Years of Funny!**  
Club Regent Event Centre | 8:00 pm | Tickets: \$20  
Host: Jeff McEnery  
Cast : Matt Wright, Kathleen McGee, Big Daddy Tazz, Patrick Haye, Jen Grant, Nathan MacIntosh  
**Lost in Translation, Perdu en quoi?**  
CCFM | 20h | Billets: \$10  
**Tales From Late Night**  
West End Cultural Centre | 10:00 pm | Tickets: \$20  
Host: Bruce Clark  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 10:30 pm | Tickets: \$20 (18+ no minors)  
Host: Tyler Penner / Headliner: Nathan Macintosh

**Saturday, April 8**  
**CBC Radio's The Debaters**  
Club Regent Event Centre | 2:00 pm | Tickets: \$30  
Host: Steve Patterson  
**Dinner & A Movie** presenting **Caddyshack**  
The MET | 6:00 pm | Tickets: \$30 (includes buffet dinner)  
Host: Howie Miller  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 7:15 pm | Tickets: \$20 (18+ no minors)  
Host: Matt Nightingale Headliner: Mark James Heath  
**No Bro Show**  
West End Cultural Centre | 7:30 pm | Tickets: \$20  
Host : Lara Rae  
**Feminist Gong Show**  
West End Cultural Centre | 9:30 pm | Tickets: \$20  
Host : Erica Sigurdson  
**The Dirty Show**  
The MET | 10:00 pm | Tickets: \$20 (18+ no minors)  
Host : Tim Nutt  
**WCF Rumor's Comedy Club Series**  
Rumor's Comedy Club | 10:00 pm | Tickets: \$20 (18+ no minors)  
Host : Andy Noble / Headliner: Patrick Haye


**Sunday, April 9**  
**You're Welcome**  
West End Cultural Centre | 12 noon | Tickets: Free  
**CBC's The Debaters**  
Club Regent Event Centre | 2:00 pm | Tickets: \$30  
Host: Steve Patterson  
**The Kardashians Made Me Do It**  
West End Cultural Centre | 3:00 pm | Tickets: \$20  
Host : Shazia Mirza  
**WCF** presents **Best of the Fest & The Mic Awards**  
Club Regent Event Centre | 7:00 pm | Tickets: \$25  
Host : Jackie Kashian  
Cast: Glen Foster, Jeff McEnery, Matt Wright, Rob Pue, Nikki Payne, Shazia Mirza

Please note that all show casts are subject to change.  
New venues - please check carefully!

Tickets available at [winnipegcomedyfestival.com](http://winnipegcomedyfestival.com)  
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# Medication Safety

By Laurie Thompson, Executive Director of the Manitoba Institute for Patient Safety

## Ask questions about your medications.

Medication mix-ups happen far more often than people realize. An estimated 40 to 50 per cent of patients in hospital and 40 per cent of patients discharged from hospital experience potential medication incidents that could lead to health issues. In Manitoba, it is estimated that medication-related incidents are the third leading cause of all harmful patient incidents. These injuries can result in emergency department visits, admission to hospital, and death. Seniors are particularly vulnerable to medication mix-ups. In 2008, the Canadian Institute of Health Information found that two-thirds of seniors were on five or more drugs, and 21 per cent of these took at least 10 drugs. It's easy to see how the average person can lose track of what they are taking and how often they are taking it. March is Pharmacist Awareness month. It's a good time to review how you can help reduce the risk of harm from medication mix-ups.

One is to ask questions. The Institute for Safe Medication Practices (Canada) suggests five important questions to ask your pharmacist as well as your doctor and nurse about your medications. They are:

1. What has changed about your prescription and why?
2. What medication do I need to continue taking? Why?
3. What is the correct way to take the medication? How long?
4. How do I know that the medication is working? What are the side-effects?
5. What follow-up do I need?

Ask these questions every time a new medication is prescribed or given, and when over the counter medications are purchased. Ask questions in the hospital, at the pharmacy, and during healthcare appointments. A second way to reduce the risk of a potential mix-up is to review medications at transition points, such as when moving into a personal care home, at discharge from hospital, picking up new prescriptions from the pharmacy, and when receiving home care services.

This action alone can significantly reduce the potential for harm from medication incidents. Work with your pharmacist, doctor and nurse to make sure that nothing is missed and that all differences between what you are taking compared to written instructions is talked about. The healthcare system does its best to ensure that the right medication information is communicated each time a patient moves from one healthcare setting to another. However, when medication mix-ups occur, it is most often from miscommunication or lack of communication. To assist you with both of these important actions, the Manitoba Institute of Patient Safety has two resources. Use our It's Safe to Ask medication card to list all of your prescription and over the counter medications, including vitamins, minerals and herbal/natural products. Use our **5 Questions to Ask About Your Medications - Patient Notes** to write down the answers to the important 5 questions. Both the Medication card and the '5 Questions to Ask About Your Medications' patient notes resources can be printed at

**safetoask.ca**. To order your copies email **admin@mips.ca** or call **204-927-6477** or **1-866-927-6477** for more information. Print the tools and fold them into a handy wallet size. Let family members, friends and loved ones know that you have them. Keep your medication card up-to-date and share it with your pharmacist, doctor and nurse. ■

**Laurie Thompson** is executive director of the **Manitoba Institute for Patient Safety**. **MIPS** is an independent, not-for-profit corporation established in 2004 to promote and co-ordinate activities that improve patient safety and enhance quality healthcare in Manitoba.

See article on front page (top)

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# Is retirement a couples issue or a women's issue?

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

Those who have been reading my articles over the past few years will have heard the story of how I became a Certified Financial Planner professional with Investors Group. Prior to joining Investors Group in 1988, I was a nurse in the emergency department at the Health Sciences Centre. What I noticed was that many of the cardiac related patients were men and at that point in time, many were not surviving (remember, this was *many* years ago). What I also saw was the many devastated women who had just lost their husbands. Forty years ago, many of these women were not working outside of the home and many were not involved in managing the family's finances. They didn't know how much money they had, didn't know how to pay the bills and didn't know what was in their chequing accounts. They also didn't know how much money was coming into the household or how much it cost to run the household.

So why am I taking you back in time to forty years ago? Because while some things have changed (thank goodness), many things still remain the same and the stakes are often higher.

Another thing you may have picked up about me through my articles is that I am a perpetual student. I read every day and attend many continuing education seminars in order to stay ahead of the curve, sharpen my skill set but also to see what is trending in society. One of the authors who I follow closely is Barry Lavalley. In his book "So You Think You Are Ready to Retire", he says that retirement could be the longest phase of your life and could have six to eight distinct phases driven by your health or the health of those you care about (spouse/partner or children/grandchildren). Another myth that Barry talks about is that retirement is a "couple's issue". According to Lavalley, it's more likely to be a single woman's issue. *The average age that a woman first becomes a widow in Canada is*

*56 and sixty percent of Canadian women over age 65 are single, widowed or divorced.*

Another interesting statistic was laid out in "Single by Choice or Chance", written by Jill O'Donnell and Jackie Porter. As of 2015, there are more people over the age of 65 than there are people under age 15. The fastest growing segment of the population is the 85+ year old group.

If these are the realities that face the Canadian population, then why are so many women not getting involved in the financial planning process? This is by no means scientific, and it's far better than it once was - but I still see that many women are not involved.

Do women look at money and life planning differently than men? Research done by Deborah Tannen, a professor of linguistics at Georgetown University and author of *You Just Don't Understand: Women and Men in Conversation* says that there are key differences in communication styles between men and women which are rooted in them from their childhoods. Deborah Tannen found that male relationships tend to have a focus on activity whereas female relationships tend to have a focus on communication. Communication is key in relationships — not only in marriages and partnerships, but also between financial advisers and their clients.

Why does all of this matter? North American women today are more financially powerful than ever, controlling an estimated 8 trillion in assets in the US — or 51% of wealth. That figure is expected to jump to \$22 trillion, or 67% of wealth, by 2020.

So how do you design your future as a couple and have a plan B as a single person? Does plan B account for that single person possibly being a woman? Lao Tzu said "the journey of a thousand miles begins with a single step". So what needs to happen?

- Make a plan which will be easier to transition to a surviving spouse or heirs (I see very complex portfolio structures that make my eyes

glaze over and I deal with this daily).

- Make a life plan, a map that outlines how you will achieve your goals. A life plan is very personal, focusing on non-financial goals such as health, personal fulfillment and family involvement.
- Define your vision.

As a strategist and former nurse who understands health cycle progressions, I will continuously talk about what to expect between the ages of 50-60, 60-70, 70-80 and 80-90. I may not know which families or which clients will fall into each of the age related health cycles, but I know what will occur in each of those cycles.

The federal and provincial governments, who are in charge of health care, elder care, tax legislation and planning also understand these cycles.

If all of this is known, then why is financial writing and financial planning taking such a limited view on what needs to be discussed in family financial planning? Why do major publications place so much focus on fees and stock picking instead of focusing on what is really relevant to families? Is it because this discussion can become messy and the general population doesn't want to hear it? Is it because we are so used to fifteen second sound bites that we want to avoid anything more complex? Is it because we are so used to the media that we don't want to hear the truth?

When I plan with families, not only do we look at their dreams and goals, but we also focus on 'plan B' and what may come from a health perspective, what tax implications may come down the road and what each phase of their retirement may bring. If this is not what is happening in your planning sessions with your advisor, tax preparer, or lawyer, then you may want to reevaluate.

Research shows that those over the age of 70 are reluctant to make any changes. Guess who has most

*Continued on next page*

## 'Grand' Friends N' Tots Share Valentines in St. Vital

Article by Lesley Smith / Photos by Nancy Aasland, Kindermusik Discovery

Let Me Call You Sweetheart: A Musical Valentine's Party hosted by the Vital Seniors at St. Mary Magdalene Anglican Church, 3 St. Vital Road, and directed by Kindermusik Discovery Director Nancy Aaslund was an intergenerational success.

Lots of families with babies and tots along with their grandparents

joined parishioners, community and Vital Senior members in song, creative movement, instruments, refreshments, and a few surprises that kept everybody dancing and smiling.

Thanks to Assiniboine Credit Union for sponsoring the lunch. Party pictures available to view at [www.kindermusikdiscovery.com](http://www.kindermusikdiscovery.com). ■





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Page 5

# Forgetting to take your medications?

- Pharmasave Assiniboine Pharmacy

For those on a complex pill regime, taking prescribed medication at the right dose and at the right time can be confusing and difficult. Not taking medication as prescribed, called non-adherence, can have major consequences, particularly if the person is elderly or vulnerable. Each year, drug nonadherence is the cause of 25% of hospital admissions for the elderly and 23% of all nursing home admissions.

Among patients, forgetting is the most frequently reported reason for nonadherence. While there are several options to help people remember to take their medications, such as bubble packs that are prepared by your local pharmacy, what do you do when a loved one can no longer manage using bubble packs? What do you do when they start the medications in a blister pack out of order and take their bedtime medications in the morning? What if they take an overdose because they woke up from an afternoon nap thinking it was morning and took their morning pills again, as they forgot they took their

morning medications already?

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The Pivotell Advance Automatic Pill Dispenser is available exclusively at **Pharmasave Assiniboine Pharmacy** and retails for \$499.99. If you have your medications filled at Pharmasave Assiniboine Pharmacy, the Pivotell Advance Automatic Pill Dispenser, with a small deposit, is provided for free. Transferring your prescriptions is as simple as a phone call to your current pharmacy. Please contact a pharmacy team member for more details on how you or a loved one may benefit from the Pivotell Advance Automatic Pill Dispenser. ■

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## Retirement... couples or women's issue? *cont'd from page 4*

of the money? If sixty per cent of Canadian women over the age of 65 are single, widowed or divorced and they are not involved in the financial planning process, is your family heading down the right path?

Many of the major financial papers and regulators have started focusing on fees. I always say that fees are only an issue when there's a lack of value - or in this case, a lack of planning. Financial planning, tax planning, retirement and estate planning does not come for free, and when it's done proactively and strategically, it is worth its weight in gold. In summary: Are women and families better off? I would say yes. Are women and families more financially literate? In many cases they are. Will their families be better off? This one depends. What I am seeing is that there is far more money on the table - the stakes are far greater today than they were in the past. What I also see is that the agencies and government departments know the behaviors and statistics regarding the demographics of our population and the behavior of this demographic.

This is where I see the most trouble brewing and the perfect storm developing for families. There's no use blaming governments, tax laws or financial institutions for what occurs in families. We all have choices. We all have access to quality information and knowledgeable professionals that will help you do a comprehensive evaluation of your situation. It is up to you to take action and make a change. We have the power to plan and make positive decisions. Our power comes from understanding the value of advice. Our power comes from being able to recognize what is valuable information and what is simply noise. Our power comes from consulting those who deliver a consistent message even though we sometimes may not want to hear it. The price of not listening and not making changes may be dearer than any family realizes until it's too late. We always encourage you to reach out to us with any questions or concerns. We can be reached at (204) 257-9100 or at [hill.associates@igprivatewealth.com](mailto:hill.associates@igprivatewealth.com). ■

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# The place called Emerson, and my family's connection to it

By Roger Currie

I am very glad to have enjoyed a strong relationship with grandparents when I was growing up. My middle name is *Wright*. It was my mother's maiden name. Her father, Weston Wilnot Wright, was the youngest of five sons born to David and Mary Ann Wright in Emerson, Manitoba.

In recent months Emerson has attracted national and international attention as a place where refugees from distant lands like Somalia and Ghana, desperate to find a better life, walk many risky miles and cross in frosty darkness to seek asylum in Canada.

Grandpa Wright was a proud Liberal, with a capital 'L'. I suspect he would probably approve of his hometown being a place of hope for people looking for a safer, more solid future for themselves and their families in a land that values freedom and justice.

The community was incorporated in 1873, named after American essayist and poet Ralph Waldo Emerson. He was a prominent proponent of 'transcendentalism' whose core belief is in the inherent goodness of people and nature. Emerson died in 1882, the year that my grandfather was born, and it was when the border community was on the verge of an economic boom that never really happened.

The population of the area in 1882 was almost 10,000 thanks to the international movement of goods on the Red River, and the emerging growth of railways. The CPR was building the rail line that made Canada into a nation 'from sea to sea'. Emerson, Selkirk and Winnipeg were their three possible choices for the Manitoba route, and Winnipeg emerged as the winner after the city fathers gave them huge concessions,



Left: Great grandmother, Mary Ann Wright, in front of her home in Emerson about 1910-12. Centre: Grandfather, Weston Wright, an officer in Canada's first Dental Corps. Right: Weston at Camp Hughes, 1916.

including a major tract of land that would be tax free virtually forever. So Emerson's moment in the sun was short-lived.

Today, the population is 670, and it continues to be one of Canada's busiest border crossings, but most of the traffic that comes up from the U.S. goes straight on without stopping, to Winnipeg where the population has now grown to more than 750,000.

About a decade ago, after a weekend shopping expedition to Grand Forks, I finally stopped and paid a visit to the cemetery in Emerson. The largest headstone that greets you as you enter belongs to David and Mary Ann Wright (pictured), my great grandparents. David was born in New York city in 1848. He emigrated with his family to Ontario in 1855, and later to Emerson where he served as mayor from 1908 - 1910.

By then, his youngest son Weston - my grandpa - had become a den-

tist, and that was quite an 'adventure'. There were no dental schools in Canada until after World War One, so Grandpa chose to study at Northwestern in Chicago. One of the jobs he took to help pay for his education was checking bodies into the largest morgue in Chicago. That's where he was working on December 30, 1903 when 602 people were killed in the Iroquois Theatre Fire. Hundreds of victims were young children who were crushed to death because the theatre's exit doors opened inward. It remains the worst theatre disaster in North American history, and it was definitely 'Grandpa's worst day'.

A close second for him would likely have been some of the grim days he spent in the trenches in France (pictured) as an officer in Canada's first Dental Corps.

After the war, Dr. Wright re-established himself as one of Winnipeg's busiest and most accomplished dentists. With his family, that included

my mother Thelma and her younger sister Shirley, Grandpa became the first Winnipegger to establish a summer cottage on Clearwater Bay at the western end of Lake of the Woods. The beautiful property where me and my family spent many wonderful summers, is still known as *Wright's Point*. Grandpa's prime years as a practising dentist included the dirty 30's when few people had the necessary cash to properly care for their teeth. He became a master of 'bartering', pulling a troublesome tooth in exchange for a load of firewood on the way to the lake.

Most importantly, he never forgot his early years in Emerson.

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

## Advertising Feature

## 2016 Tax Return and DTC may mean Tax Relief



By Peter J. Manastyrsky

Last month an article appeared in the *Senior Scope* entitled **Disability Tax Credit and Filing Your 2016 Taxes** identifying the fact that a non-refundable tax credit can reduce your tax payable for those who qualify.

Also in that article I made reference to your 2016 tax return. It was mentioned that in order to prepare your tax return most likely you will be thinking of searching and selecting someone who is reputable and pro-

fessional in tax return, a person who has been doing taxes for years.

A Step Beyond & Associates recommends Victor Danyliuk with over 40 years of knowledge and experience in tax preparation. Victor has found additional money for people in the overlooked tax credits and many other areas. He has assisted in helping applicants have their income tax filed properly, assessing benefits to their maximum to provide the additional monies in their pockets. Please call Victor Danyliuk about your 2016 tax filing at 204-488-4247 and your tax will be done.

The Disability Tax Credit is available to Canadians who are deemed to have one or more impairments that impact the activities of daily living, where those impairments are not likely to get better any time soon and have already been in place for a period of at least 12 months. People who are unable to or who are having difficulty performing basic activities such as walking, feeding or dressing themselves, problem with their bladder or bowel function, hearing, speaking or mental functions, and are markedly restricted may qualify.

Majority of people in our society are not aware that this Disability Tax Credit exists. There is a misconception about what it is and who it is for. If you are eligible for Disability Tax Credit you will be able to deduct \$8001.00 off your taxes for the 2016 tax year. This non-refundable Disability Tax Credit is available to eligible individuals no matter what age level young or old. If you did not apply in the past, it is not too late. This Disability Tax Credit is separate from any of the other disability benefits and it is based on the effects of the impairment.

A Step Beyond & Associates helps people of all ages to get the benefit you deserve. We advocate on your behalf and ensure that your application is reviewed and completed properly eliminating potential uncertainties and we streamline the information so that it is accurate before submission to Canada

Revenue Agency. A Step Beyond & Associates guides you through the entire process. To prepare the Disability Tax Credit a flat fee is administered as a fair market value not a percentage for the service. If you feel that you or someone you know has a physical or mental health condition that may qualify for a Disability Tax Credit, please call or email Peter for a confidential consultation and no obligation.

We provide a free power point presentation on the Disability Tax Credit to group members, apartment complexes, condo residences or community centres. Please give Peter a call to schedule an appointment for a presentation. In addition, A Step Beyond and Associates will assist in filing a formal objection to the appeal board on your behalf in reference to CRA decision -notice of assessment or a notice of determination under the Income Tax Act. We are an accredited member of the Better Business Bureau for Manitoba. Please make note, a little research into this tax credit could go a long way for you! ■

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Advertising Feature

# SAVING GOLD & SILVER

By Marlene Sturrey, Collectibles Canada

One could say this winter has had a "silver lining" at Collectibles Canada as we celebrate 35 years of trading in gold and silver; always buying and selling the precious metals. The landscape of the USA political scene has certainly influenced peoples perception of investing in silver and gold bullion which has seen an increase in the number of people looking to take physical possession of precious metals.

The baby boomers are enjoying downsizing which includes selling off coin collections and gold and silver jewellery no longer worn. Gold and silver items which are being sold are assessed based on the gold or silver content and priced according to the precious metal market value at that time. Collector silver and gold coins are priced over and above the silver/gold value according to the numismatic market trend.

Now is the time to buy silver and gold as a savings vehicle which is liquid at any time and anywhere in the world. Pure silver and gold bars and maple leaves are available in a variety of weights. **Collectibles Canada** offers a wide selection of silver and gold to fit the budget/investment of any monetary value. **Collectibles Canada** is an Official Royal Canadian Mint Distributor and only sell recognized mints and refineries. At **Collectibles Canada** you can be assured that you are getting the current applicable market price whether you are buying or selling gold and silver.

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Red Hatters promoting Red Hatting at the 50 Plus Show at the Downs.

The Red Hat Society in Manitoba is looking for ladies who would like to join our Society, which creates an atmosphere of fun and friendship for women of all ages. It promotes a sisterhood of good-hearted, positive-

spirited women who support and nurture each other in friendship.

As we age, we do not want to be seen as just sitting in our rocking chair and knitting. Many of us have been mothers and wives, we have

raised our children and now is the time for us to have fun and celebrate our lives.

We have a strong bond and we share sorrows, joys, tears and laughter.

Red Hat Society members age 50 and beyond, don striking purple outfits and red hats and if under 50, our "pinkies" wear mauve outfits and pink hats.

We are spotted at the ballpark, dining at restaurants, playing miniature golf, go-karting, shopping and even pole dancing.

We intend to enjoy the next few decades and embrace our grey hair and wrinkles, while learning the fine art of growing old.

If you are interested in joining us or starting a chapter in your area, please contact Helen at 204-355-4791 or hrhicks@mts.net ■

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CURRIE'S CORNER

By Roger Currie



Smart Phones -not-so-smart users

What strange times we have in 2017. Despite virtually unanimous agreement that 'distracted driving' is every bit as dangerous as 'impaired driving' when it comes to killing people on highways and biways, more and more people are texting and tweating every day, including from the driver's seat with the wheels turning at high speed.

How many more will die tragically this year because of such reckless carelessness? Americans get to observe the worst possible example, the 70 year old who lives at the White House, and behaves worse than most 5 year olds we've ever met. President Trump is a compulsive tweater at 4 in the morning, most often on a personal smartphone, with all the 'bad dudes' of the world being able to tune in at any time. About the only positive is the fact that *The Donald* probably won't be driving himself for a while.

What is it about these digital devices that didn't even exist 40 years ago? Does anything that is really worthwhile even happen on smartphones, that couldn't possibly wait like it had to back then?

Smartphones: Part 2.

Call this one 'Smartphones: Part 2.' If you have one of those magical devices, or perhaps an i-Pad or other smart tablet of some kind, you may know that an essential element that drives social media is Lithium .

It has a long and growing list of industrial uses. Those of you reading or listening to this on a smartphone probably know that Lithium is one of the key ingredients in rechargeable batteries that power the digital world as we know it. It also has a number of extremely valuable medicinal uses, in anti-depressants and other drugs that help many with mental health issues, especially those who are bi-polar. We used to call such poor souls 'manic depressive'.

The industrial uses gobble up about three quarters of the stuff, and right now there's speculation that southeastern Manitoba could see a bit of a mining boom because there seems to be a lot of lithium in the ground there. Who knew ?

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

Perhaps the saga of Brian and Martha will mark a turning point.

As these words reach you, Brian Cullinan and Martha Ruiz are still gainfully employed by Price Waterhouse Coopers in Los Angeles. That's the famous accounting firm that has tabulated the Oscar ballots and been responsible for preparing those famous envelopes since Irving Thalberg was alive in the mid-1930's.

Last Sunday, as we were all falling asleep waiting for *Bonnie and Clyde* to tell us who won Best Picture, Brian and Martha were backstage in their Sunday best, but they were a bit 'distracted' it seems. I won't repeat the details, but the accounting couple have been made to carry the can for the worst snafu in the 89 year history of this premier event.

Why? It seems that Brian was busy tweeting, when he should have been paying attention to which envelope was front and centre on the podium. Knowing the distracted world of Hollywood, someone is probably preparing a movie about it at this very moment, and Samsung and Apple will provide the financing. Brian's 15 minutes of fame hasn't ended yet. ■

Onward Ho! To the 55+ Games in Killarney We Go

Article by Lesley Smith / Photos by Jared Neufeld

Our Vital Seniors Carpet Bowling Team is gearing up for the games being held June 13-15. We've booked our hotel rooms and are planning T-shirts. In 2015, Vital Seniors sponsored the Gold Champs by providing T-shirts, registration fees, and banquet tickets. This year, carpet bowling has returned to the games after a year hiatus and we'd like to register 2 non-cued teams. We have 7 players and are actively seeking out an 8th bowler. The only requirement is 'Do you like to have fun!' If you're interested in joining us and coming out to compete in Killarney, contact Richard Smith at **294-452-2230**.

As I was searching for bowlers, my path crossed Karen Irvine's, the Seniors Programs Coordinator at Dakota Community Center. They don't have carpet bowlers and it's a program they would like to start up. I asked who were participating in the 55+ Games. Dakota is entering 2 floor shuffle and 3 floor curling teams. Karen said often teams return with metals. I had heard about these sports but didn't know anything about them. Karen kindly explained the rules of each sport and showed me the floor shuffle teams in action. Each team is made up of 2 players and use cues. 20 folk play at a time for about 1.5 hours. Rocks entering the circle are awarded points but if they go to far past the circle, the rock enters the 'kitchen', and points are lost.

A floor curling team is made up of 4 persons and 40 folk play at a time. Each game lasts 2 hours. Floor curling is like curling on ice but there is no sweeping involved. Art Ross and George Wiebe were two of the original skips.

The floor curling and floor shuffle started at the center in 2002. From humble beginnings with 20 players, there are now over 100 players and they would like to see more folks out. Founding members of the floor curling are Art and Dot Ross and they are still active. Founding members of the floor shuffle were Wally and Verla Jopka. Verla is still active



Floor Shuffle



Qualifiers for the 55 Plus Games in Killarney this summer.

while Wally has since passed. Many members curl and shuffle and are at the center twice a week. The games are located upstairs in the Great Hall at the Dakota Community Center. Curling runs Tuesday and shuffle runs Thursday, both from 9:30 am-3 pm. Karen pointed out they have their own schedules and after one group finishes another starts up and they all play all day.

All folks are welcome to curl and shuffle and the games are inclusive. 4 players communicate using sign language and write messages to Karen and she replies in writing. The center is fully handicap accessible and some days you see lots of walkers and canes. One member plays with his oxygen tank in tow. Stroke recovery participants are encouraged to come out. Karen noted there is definitely a connection between sports and healthy living especially beneficial for older adults.

If you are looking to get active, contact Richard at **204-452-2230** for carpet bowling and check out floor curl and floor shuffle and other programming at **www.dakotacc.com**.

ANAVETS Manitoba & N.W. Ontario 61st Annual Curling Bonspiel March 3, 4 & 5

By Duncan M Anderson, MNWO PR Chair

Twenty-two rinks from various units in the MNWO Command of the Army, Navy & Air Force Veterans in Canada (ANAVETS) converged on the Fort Rouge Curling Club 750 Daly Street Winnipeg for this annual event.

Once the smoke had cleared and the three grueling days were over the winners, as follows, returned to the host unit Rockwood Unit 303, 341 Wilton St, Winnipeg for the awards presentation.

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Doug Agnew, Andy McMaster, Mike McDonald & Dan Dott  
**Runner up C**  
Long Unit 303 Rockwood



The Carson rink, in the red shirts, are Sheldon Clupp, MNWO Sports Chair, and Annette Nowe, the host, Rockwood Sports Chair.

The 61st is over however the comrades on these rinks look forward to the **62nd MNWO ANAVETS Bonspiel** which will be hosted by **John Osborne VC, Unit 1, 300 - 1395 Ellice Ave on March 2-4, 2018**.

For more information, please contact Duncan M Anderson, Public Relations Chair MNWO Command at **danderson106@shaw.ca** or **204-489-6743**. ■

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# DRIVE ON!

## SENIOR SCOPE AUTO NEWS

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

# Driving Safety Tips to Prevent Pothole Damage

Courtesy Canadian Super Shop — [www.canadiansupershop.ca](http://www.canadiansupershop.ca)

As a car owner, you always try to maintain your vehicle to avoid unnecessary repair costs as much as possible. However, that isn't an easy task. For instance, you accidentally hit a pothole on the road, and the next hour you're in an auto shop for repair why? Pothole damage.

Each year, temperature fluctuations between the deep freeze of winter and the thaw of spring in several parts of the country, pockmark the roads and driveways with potholes (small and big), which can cause significant damage to vehicles.

If you hit a deep pothole with your vehicle, you are very likely to damage the suspension, chassis, tires or rims. Of course, you would wish to avoid hitting any potholes; however, that isn't always possible.

You must put in place proper measures to keep your car out of a pothole. Otherwise, you'll be in an auto shop week in, week out.

### Signs of Pothole Damage

If you hit a pothole, watch out for these common signs of damage:

#### 1. Strange Noises from Your Car

No one wants to hear weird noises from his or her car. They're never a good sign. Once you hit a pothole, it could mean that you have broken something in the exhaust system of your vehicle. You should visit an

auto shop for car inspection as soon as possible.

#### 2. The Steering Wheel Seems Uneven

If you hit a pothole and your steering wheel seems off-centre, then it very well might be. Once you have noticed this, your mechanic should check the wheel alignment. On the other hand, it could mean the pothole has damaged a steering component.

#### 3. The Vehicle Pulls To Left or Right

You're most likely facing an alignment problem, which is common especially after encountering a deep pothole.

#### 4. Shaky Steering Wheel

If your steering wheel starts shaking or vibrating after a pothole collision, you may have damaged the rim or tire. If that isn't the case, then you will need to check the wheel balance.

#### 5. A Flat Tire

This issue will become apparent once the damage has occurred, but you should never drive on a flat tire. It can lead to more extensive (and costly) damage to the wheel. If you often drive on a particular pothole road, you may need to invest in a set of DriveGuard tires to avoid unnecessary damages to your car.

The good thing with these tires is that you'll be able to drive at speeds

of up to 50 miles per hour (80 kilometers per hour), even after complete air pressure loss.

#### 6. The Vehicle Doesn't Operate the Way It Usually Does

You know how your vehicle functions, especially if you've owned it for many years. You are very likely to notice if something feels "different."

If your car drifts to one side (like we mentioned above), or the ride seems bumpier than normal, trust your instincts and visit a reliable auto shop in Winnipeg such as **Canadian Super Shop** for a vehicle inspection. Our ASE-certified technicians will expertly diagnose your vehicle and identify whatever issue is plaguing your car.

At **Canadian Super Shop**, we wouldn't wish you incur the cost of pothole damages. That is why we recommend the following measures to help you avoid such damages to your vehicle or even loss of control while driving.

**1. Inspect Suspension** — Ensure that shock absorbers, struts, and other suspension parts are in excellent condition. Uneven tire wear, changes in vehicle handling or too much vibration can signal damaged or worn out components.

**2. Look Ahead** — Be vigilant when

driving. It's important to check the road ahead for potholes. Stay focused on the road and avoid distractions inside or outside the car.

If you have to swerve to avoid potholes, ALWAYS check the surrounding traffic to make sure it will not cause any collision, or endanger nearby cyclists or pedestrians.

**3. Slow Down** — It's possible to find yourself unable to avoid a pothole. Reduce your speed safely and use the rearview mirror to check traffic behind you before braking abruptly.

**4. Inspect Tires** — Ensure your tires are inflated properly and have adequate treads. A badly worn or under-inflated tire is more likely to suffer damage or allow damage to suspension or wheel when hitting a pothole. Check your tire pressures regularly and ensure you inflate them to the levels recommended by the manufacturer. **You can find the recommended pressures on a sticker on the driver's doorjamb or in the owner's manual.** Avoid using the pressure levels imprinted on the sidewall of the tire.

**5. Check Alignment** — Hitting a pothole can ruin wheel alignment and affect the steering. If your car drifts to one side, you're in trouble. Collision can occur anytime! Ask a

Continued on page 11

## Sri Lankan 55+ Group - Winter Event - Movie Night



SLAM members gather in Winnipeg for an evening of fellowship.

The 55+ Group of the Sri Lankan Association of Manitoba (SLAM) organized its winter event on Feb. 25th at Southland Community Church, 85, Keslar Road, Wpg.

with participation of 24 members of different age groups. To avoid the winter season, some members have gone to Sri Lanka.

The organizing committee selected a Sinhala movie with English subtitles, called Butterfly Symphony, released in Sri Lanka in 2013, and based on the tea growing region in hill country of Sri Lanka. It is a story of a young musical student finding a

love letter and using the emotions to write many popular songs.

After the movie, a pot luck supper was arranged. This was a fantastic opportunity for members to discuss their day-to-day events. Sri Lankan food, namely king fish curry, chicken curry and dhal (lentil) curry, and coconut sambol with string hoppers was enjoyed.

At this gathering, plans were made for the next event. A majority proposed an out-of-city, one-day bus tour during the summer season. Dates are to be determined. ■

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# 'Linkon Express' Plays to SilverTops

Article by Lesley Smith / Photos by Wanda Wall

This past Saturday, saw a sea of silvertops take over the banquet room at the Park West Hotel off Grant for 'A Classic Country Music Show' featuring Wayne Link & Friends or as some were shouting out, 'Linkon Express'. You may remember Wayne Link from television's 'Western Hour' or the band 'Red Wine'. A friend, Bill, who joined us at this performance commented Wayne is still wearing that darn cap, and his daughter confirmed it's the original. Wanda told me later that the name Linkon Express came from her dad who made and sold 'Linkon' peddle steel guitars. He was the only manufacturer in Canada and shipped the guitars all over the world. He still makes a few and some parts. Along with daughter Wanda Wall singing a set of old time favourites like 'Rolling In My Sweet Baby Arms' and 'Mamma Pray Again by George Jones', son Dennis Link and friend Frank, who hail from Grand Beach, sang 'Me & Bobbie McGee' and several original songs. Dennis told us his dad 'countrified' them and he always thought of his family as the 'Link' Ponderosas. Back by popular demand was John Mauseth, mayor of Headingley, singing 'They Call Me The Firebug' and 'Family Tradition' that he dedicated to his dad who had just been released from hospital and was here to see him perform. Wayne and Friends played a few polkas for the square dancers that took to the floor through out the evening two stepping and swirling about. There was a sprinkling of intergenerational in the mainly boomer crowd, including



Wanda Wall and Wayne Link

special guest Stephanie, a 14 year old Charleswood teen who sang 'Crazy' by Patsy Cline and 'A Song by Band Perry'. That girl sure has a voice. Performing were Jim Flett on lead, Keith Lindstrom on fiddle, Dean Linklater on base, Brad Eliuk on harmony and rhythm, and Darren Ray Beck on voice and guitar. Everyone took to the stage for the finale singing 'Cover of the Rolling Stones', and 'Orange Blossom Special'. Johhny ended the three hour show singing 'Good Old Boys', famous as the theme song from TV's Dukes of Hazard, as a tribute to his dad.

If you're interested in an **evening of Classic Country**, call **Wanda** at **204-479-2897**. ■



Group song finale

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

MANITOBA  
DRAGON  
BOAT  
FESTIVAL

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

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

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

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

Check out the FMG Dragon Boat website at [www.facilitymarketing.com](http://www.facilitymarketing.com) or email us [fmg@fmgdragonboat.com](mailto:fmg@fmgdragonboat.com) and be part of the 'first wave' of 55 Plus participants in the FMG Manitoba Dragon Boat Festival.

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## THE BUZZ



By Scott Taylor



# Downs Unveils 60th Anniversary Logo



Dick Armstrong wins on Opening Day in 1958.

On June 10, 2017, when the horses go to the post for Race 1, it will be, officially, the 60th Anniversary of Assiniboia Downs.

On June 10, 1958, the Downs opened at its current location and replaced Polo Park Racetrack which was closed to make way for the Polo Park Shopping Centre.

It's been a spectacular run for the Downs and this year's celebration will last from post time on the opening day of racing until the final race crosses the finish line in September.

A special 60th anniversary logo has been designed to celebrate the season and Downs CEO Darren Dunn and Assiniboia Downs Historian Bob Gates, looked back on the most memorable race days in the 60-year history of our local track.

"There have been so many highlights over the 60 years of racing," Dunn said. "We have so many to choose from and this is so tough, but here are a few of the most notable..."

- September 9, 1978: Overskate wins the 30th running of the Manitoba Derby and sets a Canadian record for the distance of 1 1/8 miles in 1:47 3/5 and winning the race by 13 1/2 lengths
- April 23, 1982: Northern Spike with jockey Jack Wash aboard sets a track and world record by covering four furlongs in 0.44 2/5 seconds.
- May 4, 1984: Jockey Vicki Warhol makes ASD history when she wins five races on the opening day card – the most ever in a single day by a female jockey.
- September 5, 1988: Legendary jockey Bill Shoemaker visits and rides in races at Assiniboia Downs, one of ultimately two visits he makes to the Downs.
- September 25, 2009: Tom Gardipy Jr. from Beardy's and Okemasis Cree Nation in Saskatchewan and Larren Delorme from Spirit Lake in North Dakota became the first indigenous horsemen to win Top Trainer and Top Jockey at any major North American thoroughbred trasck in the same year. Gardipy, who has won two more

trainer's titles since then, including 2016, was the Trainer's Champion while Delorme, who has gone on to ride at Canterbury Park in Shakopee, Minn. (the Twin Cities), was the Jockey Champion. The feat has not been repeated since.

- July 8, 2011: Female jockeys establish a record when they win seven-of-eight featured that night, three by Jocelyne Kenny, two by Janine Stianson, one by Jennifer Reid and one by Alyssa Harder.
- September 23, 2013: Shelley Brown registers win No. 48 and secures the leading trainer title – the first woman in ASD history to do so.
- September 21, 2014: Ardell Saylor finishes the season by capturing his record 12th leading trainer title at ASD.

Dunn and Gates selected the two greatest single-day individual performances at the Downs:

- June 23, 1976: 22-year-old jockey Jim Sorenson establishes Downs record for most wins by a single jockey on a race card when he scores seven victories on the nine race card that night.
- August 1, 2016: The largest wagering total for a single day in Assiniboia Downs history is established with \$1,106,999 bet – crushing the previous mark of \$713,756 set on September 5, 1988.

And they also selected the most memorable day in Downs history:

- July 15, 1970: The Queen of England visits Assiniboia Downs. The Manitoba Derby was run that day and it featured a visit from the Royal family (Queen Elizabeth, husband Prince Phillip and daughter and Olympic horse-woman Princess Anne. The Queen presented a trophy to the winner. That same trophy continues to be presented to this day and is called the Queen's Cup.

It has been a remarkable 60 years and the Downs will celebrate all 60 this summer during the 2017 meet. ■

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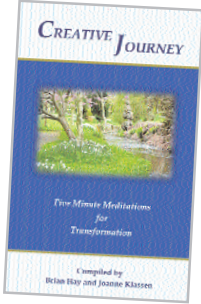


**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net)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

# CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

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### Excerpts from CREATIVE JOURNEY:

## BLOOM

By Tracey Craigon

*We are here to add what we can to life, not to get what we want from it. (William Osler)*

“Bloom where you’re planted.” This phrase has poked its head out at me several times lately. In fact, I came across this phrase yesterday when I was looking through a friend’s photos. There was a picture of a flower growing up alongside a concrete wall, out of a crack in the road. I like the message that this phrase carries for me—be content with what I have been given; to make the most of my gifts, talents, abilities, to tend to my environment and flourish there, wherever the “there” is that I may find myself in the moment ... to be at peace with who and where I am and trust that my needs will be met so that I will not only survive but thrive.

Sometimes this isn’t an easy message to accept. Sometimes I find

myself wanting to be anywhere but where I am. Sometimes I find myself wishing for more (or less) of something or someone, including myself. Sometimes I wonder if I’m growing or if I’ve been planted at all!

I’ve realized that the “where you are planted” can be more than one place. Blooming implies having roots, some kind of attachment to a foundation, some kind of source that keeps me fed and alive and growing, opening up to new life and giving of my unique self. Blooming requires an awareness of the season ... God’s grace and wisdom to let it shape me into what I am intended to be. (TC)

*I relax and accept that I have a purpose right here, where I am*

**BIO: Tracey Craigon (TC)**

Tracey has had a knack for writing since childhood. Her love of the craft has led to explorations in poetry, journalling, song writing, blogging, calligraphy, and fiction. She is considering writing a book about

some of her faith experiences. Presently, Tracey lives in Winnipeg and teaches ESL. She recently certified as a Personal Trainer and helps others enjoy the benefits of fitness. Tracey’s other interests include prayer, language, singing, cooking, HIIT workouts, and dance.

## RELEASE

By Valerie Henderson

*I think I must let go.  
Must fear not,  
must be quiet,  
so that my children can hear  
the Sound of Creation  
and dance the dance  
that is in them.  
(Russell Hoban)*

One thing I have noticed about myself when I read or listen to others tell their story or share a deep part of themselves, is that my esoph-

agus begins to contract and I can feel the lump of awe rise up, prompting my body to produce tears.

It’s not that I am sad. I am grateful and honoured to be able to absorb it all. It is a great relief to be able to release that part of angst, joy, or love that I’ve kept double knotted in my emotional garbage bag. (VH)

*Through stories I absorb many feelings.  
I release them with relief and enter new freedom*

**BIO: Valerie Henderson (VH)**

Valerie works at Rossbrook House, an inner city drop-in centre in Winnipeg, Manitoba. She basks in family smiles, laughter and togetherness with her husband Terry, their son Brian, his wife Maria, and their six children. Competition puts pep in her step. Val’s family are gifted pool players who have collected many trophies and awards. Late at night Valerie can be found reading, writing, or working on a degree in Criminal Justice.

# PRAIRIE TALK - Now & Again



Springfield/Beausejour, MB  
By Angela Temple

Let’s march forward into this new month with results from February’s bowling outings: Tuesday, February 7th, was a beautiful sunny but mighty cold day with a wind chill of -31 degree C as the Springfield Go Getters and Beausejour gang gathered for their 5-pin bowling games. With laughter in the air always, they were ready to ‘Rock and Bowl’.

Harry had the first Double Double in the second game, but then the ‘Rocket’ (otherwise named Conrad) played a Double Double as well as a Triple in the third game, taking both the High Single with 220 and the High Triple with 496.

‘Bedposts’ also known as fence posts, goal posts, mule ears and even snake eyes, was the name of the game for many today along with headpins and a sprinkle of gutter balls here and there. Diane states that it doesn’t matter if you are playing with new balls or old balls, your bowling ball will find its way to the gutter... as she found out.

It has been said that 5-pin bowling is only played in Canada. While there have been a few attempts to introduce 5-pin bowling to other parts of the world, such as in

Scotland, and on Canadian Armed Forces bases in Germany, today the sport is only played in Canada - and it has been played now for over 100 years.

On Tuesday, February 21st, as the Go Getters and Beausejour Gang arrived once more for Five Pin Bowling, the air soon sizzled with

sparks as Rocket Conrad stepped up, not to bat (I used to play ball), but to rock and roll those bowling balls...blowing us all in the wind. Wow! He scored a Double Double in the first string and another in the third string giving him the High Single with 217 and the High Triple with 593.

We were few in number because of the icy roads but still managed to have a fun-filled day of laughter. Alfred scored a Double Double in the first string. Most of us suffered through head pins, gutter balls and

let us not forget those darn bedposts.

Our next bowling is slated for Tuesdays March 7th and 21st as well as April 4th and 18th. Come one, come all and have some fun! An interesting quote was dropped today by one of the players which says it all: “Old antiques are the best friends...and we are”.

I wish you all a Happy St. Patrick’s Day on March 17th. If you see a green beer, spring is near - if you see a green bear, of the ale, beware! ■

## DRIVE ON, cont’d from page 9

qualified technician to check your vehicle wheel alignment and repair it if necessary.

Poor wheel alignment will lead poor fuel economy and high tire wear. It may even result in loss of control in extreme cases.

**6. Be Wary of the Puddles** — A puddle of water can disguise a deep pothole. Never drive through puddles at high speeds. It will land you in deep trouble. It’s prudent to treat them as if they’re hiding potholes.

**7. Recognize Vibrations/Noises** — A severe pothole impact can bend or even break suspension components, dislodge the wheel weights, or damage the wheel or tire. If you start noticing any unusual vibrations or sounds after hitting a pothole, take your vehicle to a reliable repair facility immediately for an inspection. A professional will be able to advise

you accordingly.

N.B: If the pothole you hit has caused severe damage to your vehicle, document the site, photograph it if it’s safe to do so and report it to local authority or municipality. In some cases, your state, city or county may reimburse your repair costs. However, never try to take a photo of the pothole if there’s traffic nearby that puts you in danger.

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. [www.canadiansupershop.ca](http://www.canadiansupershop.ca) ■



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# Senior Games hosted by Winnipeg Retirement Home

By Nic Curry, MLA for the constituency of Kildonan

As a new MLA, I am always enthusiastic about learning who my constituents are and what they do in the community. It was a distinct honour to be invited to take part in the recent eighth annual All Seniors Care (ASC) Seniors Games hosted by the River Ridge Retirement Residence.

At River Ridge, I had recently started a regular meeting with residents over coffee. In the beginning, there was a small group who attended. It was a privilege to speak to them, and I looked forward to the next time I would find myself at River Ridge.

The opening ceremony of the ASC Seniors Games had the main hall of the residence packed from wall to wall. It was not just the number of residents in attendance that impressed me, but the appearance of many local personalities.

"Heroes" was the theme of the ceremony. Attendees were regaled with stories about a variety of personal heroes. Commonly, our heroes consisted of grandparents, parents and children. Certain stories were more comical; a husband described his wife as a hero because, "Who else would put up with me?" Others were deeply sentimental, like a resident who recognized her father as her hero. She described how little her family had while she was growing up, but how despite their circumstances, her father recognized her artistic ability and crafted her an easel and bought her first art supplies.

By the time the Seniors Games closing ceremony had come around, I expected to see a smaller audience than before. It's common for people to participate in events like this and eventually become bored or preoccupied with other things. However, the main hall boasted an audience at least the size of the crowd that had attended the opening ceremony. I was thoroughly impressed by the enthusiasm and dedication of the residents. Later, I discovered that a record number of participants and attendees had been part of this year's Seniors Games.



Nic Curry presenting one of many medals to Bob Toth

The enthusiasm provided a clear example of the spirit of competition that lives on no matter a person's age. One resident, Bob Toth, was among many of the great examples of athleticism at River Ridge. When it came time for me to present a medal to him, he jingled as he walked toward me, already draped with many of them.

I'm thankful to have been invited to participate in the opening and closing ceremonies of this event. Any opportunity I have to better familiarize myself with my constituents is greatly welcomed. In which case, I would like to invite the residents of River Ridge I & II to my next Coffee and Conversation event on March 25 at 9 a.m. to be held at the respective residences.

Congratulations to everyone who took part in these Seniors Games. You were a shining example of how a full and active life is not determined by age. ■

## Crime Prevention Tip

## The Month of March has been declared FRAUD PREVENTION MONTH!!

Here are a few tips to stay safe this month and all year round.

• **Romance Scam:** This occurs when a fraudster shows romantic interest in a victim to gain their trust and affection, which then is exploited. It usually ends up with the victim sending money to the scammer.

Most victims of the Romance Scam that Winnipeg Police Service Financial Crime Unit has spoken with do not realize how much they have given the scammer, yet in 2016 the Canadian Anti-Fraud Centre found that the average loss was \$25,000.00 per victim.

• **Tax Scam:** Its tax season and scammers would be sending out emails and voice messages claiming to be Canada Revenue Agency. Email instructions might include an attachment requesting recipient to enter or update personal information. Phone messages would say "There is a warrant out for your arrest because you owe CRA money press 1 to speak to an agent" when the victim presses 1 they get a voice telling them to enter personal information.

• **Job Scams:** Consumers receive an unsolicited text message stating they can earn \$300 to \$500 per week by wrapping their car, truck, SUV or bike with a "company" logo. An email link is provided and consumers who respond receive instructions and a contract followed by a cheque in the mail. Consumers are instructed to deposit the cheque and withdraw a portion of the funds and deposit into a specific bank account, fees are to pay a graphics

company and/or other fees. Consumers then learn that the cheque is counterfeit and they are responsible for any funds withdrawn. Fraudster's will use the name of legitimate companies in an attempt to make the job seem real.

### HOW TO PROTECT YOURSELF:

Never send money to anyone you only know from an unsolicited phone call or email

- Avoid providing sensitive personal information online or over the phone in situations you did not initiate
- Research any request for money before making a commitment e.g. Call CRA or any other agency to confirm the information you received.
- Find someone whose advice you respect and run any request for money by them before you commit to it.
- Never feel pressured to make a quick decision
- Use reputable dating websites
- Never send money or give credit card details to anyone you do not know or trust.
- If it sounds too good to be true, it probably is.

If you, or someone you know, is involved in a potential romance scam, contact the **Winnipeg Police Service** to make a report. The public can also call the Financial Crime Unit at **204-986-6231** for assistance and advice, or go to the **Canadian Anti-Fraud Centre** website at **www.antifraudcentre.ca** for service in English and French.

## ENTER TO WIN

## a pair of GALA TICKETS to the WPG COMEDY FESTIVAL

THE TWO CLOSEST CALLERS TO 10 A.M. on SUNDAY, MARCH 26th WILL EACH RECEIVE 2 PASSES TO ONE OF THE GALA SHOWS (leave msg)

**204-467-9000 - Senior Scope**

See ad below and program schedule on pages 1 and 2.

## Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly\_goodman@shaw.ca for details.

**BUY LOCAL!**

# WPG COMEDY FESTIVAL

PRESENTED BY **Club Regent**  
CASINO • EVENT COURSE

**APRIL 3-9, 2017**

## GALA TICKETS

**BUY NOW FOR \$35**

Tickets at [winnipegcomedyfestival.com](http://winnipegcomedyfestival.com)  
or in person at Gas Station Arts Centre  
445 River Avenue | Thurs-Sat | 11am-6pm

Visual Lizard • Canada • Manitoba • Winnipeg • Metro • City of Winnipeg

8th Annual Event

## COTTAGE COUNTRY'S

Lake & Cabin Show

**March 24-25-26**  
Fri. 3-9 pm | Sat. 10 am-7 pm | Sun. 10 am-5 pm

**Red River Exhibition Park, Winnipeg**

Adults \$10 • Seniors \$8 • 12 and under Free!  
Tickets Available at the door. Prices include gst.

**Stage presenters:**

**Andrew Walker**  
**COTTAGE Tips**

**Projects**  
Andrew & Karen

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# A&O

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**10th Annual 55+ Housing & Active Lifestyles Expo**

Wednesday • May 17/17  
10 am - 6 pm

**Extended Hours** **Free Admission**

**Victoria Inn**  
1808 Wellington Ave.  
Winnipeg • MB

Call for info:  
**(204) 956-6440**  
[www.aosupportservices.ca](http://www.aosupportservices.ca)

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Welcome to the Big Land

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12 nights / 13 days  
**\$3750.00 pp dbl occ**

**Includes:** Return West Jet flights from Winnipeg, ground transportation, 2 Boat Rides, Park/Museum entrance fees, and 26 Meals.

**Call for an information booklet!**  
**Red - White & Blue Get-A-Ways**  
**1-866-846-3795**  
[www.rwbgetaways.com](http://www.rwbgetaways.com)



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**

**St. Andrew's River Heights United Church Choir** - Presents: S'WONDER-FUL! S'MARVELOUS! Featuring Fiddler on the Roof / Porgy and Bess / Gershwin show tunes. Fri. & Sat. Mar. 3 & 4, 7:30 pm, 255 Oak St. Refreshments w/café style seating in lower auditorium. \$20/person at door or reserve at **204-488-1130**.

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

**Post Polio Network (MB) Inc** - AGM, Mar. 28, 1-2 pm, Katherine Friesen Centre, 940 Notre Dame Ave. Coffee and lunch.

**South Winnipeg Slo-pitch** - Players wanted: Men 50 plus, Women 40 plus. Home diamond - Moffat Field, 1377 Clarence Ave. Season starts Apr. 25. Contact Bob Chapil: **204-261-3033**

**Harrow United Church and South Winnipeg KAIROS** - will host an exhibit of historic photos from the Brandon Indian Residential School, which operated 1885-1972. Tue. Mar. 14, 12 -9 pm, and Wed. Mar. 15, 10 am-3 pm, 955 Mulvey Ave. Tues. Clara Kirkness, a former student and survivor of the school, will share her story.

**Fort Garry Women's Resource Centre** - Creative Self-Care Series - Creative Colouring, Tue. Mar. 28, 6-8 pm at 1150A Waverley St. You will learn the latest trends of adult coloring and the many therapeutic benefits it can provide. Space is limited. Pre registration is required: **204-477-1123**. This is a women only event. Childcare is not available. All Supplies Provided!

**Archwood 55 Plus Inc Fundraiser** - Sisters of the Holy Rock Concert, Sat. May 13, at Archwood Community Club (565 Guilbault St.) 7 pm (Doors open at 6 pm) Tickets: \$20. Call **204-416-1067** for tickets or email **archwood55mail@gmail.com**

**Fred Douglas Society** - Art of Caring Luncheon, May 11, 12 pm, Norwood Hotel. Tickets \$50. Contact Rebecca: **204-586-8541**, ext. 127, email: **rreykdal@fdl.mb.ca**

**The Winnipeg Model Railroad Club** - Annual Open House, Model & Photo Contest, Apr. 1-2, 11 am-4 pm, at Charleswood Legion Hall, 6003 Roblin Blvd. Snacks and drinks avail. Wheelchair access. Adm. By donation. Proceeds to support St. Amant Center. Email Morgan Turney: **morgant@cdnrwymod.com** or call **204-668-0168** for info.

**The Manitoba Orchid Society (MOS)** - "Spring into Orchids" Show and Sale, Fri. Mar. 24-Sun. Mar. 26, at Assiniboine Park Conservatory. An American Orchid Society judged show with a wide variety of orchid species and hybrids as well as orchid vendors. Two educational sessions on orchids on Sat. and Sun. Hours: 9 am-4:30 pm daily. Adm. \$7. 14 & under Free. Wheelchair Access.

**Canadian Celiac Association Mb Chapter** - AGM, Apr. 1, 11 am-1 pm at the Maranatha Evangelical Church, 910 Sturgeon Rd. A "Gluten Free 101" class for the newly diagnosed, 9:15-10:30 am. Members are asked to bring a potluck item for a cold lunch and a Gluten Free donation for Winnipeg Harvest. Info: **204-832-5590**

**St Charles United Church** - Turkey Dinner, Sun. Apr. 9, 673 Isbister St. (North off Portage Ave). Sitings: 4:30 & 5:30 pm. Adults \$15 / 10 & under \$5. RSVP – Rosemary: **204-888-8003**

**Wanting to form a Real Estate business group?** Need a relaxing meeting space? Come on into Cippriani's Espresso Coffee House Fridays, 5-8 pm. Enjoy a complimentary Espresso & Baklava 1199 Fife St.

**Volunteering**

**The Bereavement Care Program of Concordia Hospital** - is seeking compassionate, sincere, Grief Support Volunteers who are able to provide telephone grief support to family members of people who have

died at the Hospital. This is an ideal opportunity for a person with a health care, ministry or counseling background. 4 hrs/wk, flexible schedule. Work from home. Contact Bob Milks: **204-661-7402**, email **bmilks@concordiahospital.mb.ca**

**Canadian Cancer Society** - Volunteers are needed to sell daffodils at various street sale locations in Wpg. during Daffodil Days, Mar. 13-19. 4-hr day, evening and weekend shifts. Call Lynn Davidson: **204-789-0887** or email **ldavidson@mb.cancer.ca**

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

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

**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 **msitter@vgh.mb.ca**

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

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

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! 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**

**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**

**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**

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

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

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

**Programs/Services**

**Golden Rule Seniors** - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 pm. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 pm. Carpet bowling 1 pm.

Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

**Forum Art Centre** - Spring classes start Apr. 3 at 120 Eugenie St. Visit **www.forumartcentre.com/classes** or call **204-235-1069**

**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.

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

**Seine River Seniors** - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches and Brunch, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, 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**

**Pembina Active Living 55+ (PAL)** - "Registration for spring classes, Refreshments, displays, entertainment, door prizes: Mar. 23, 1-4 pm, Grace Christian Church (50 Barnes St). New members welcome. Special presentations: Computer workshop – computer basics (Mar. 13); Wellness series – Legal information for seniors (Mar. 16); MPI Drivers' individual review (Mar. 27); Still Bloomin' gardening club "Step back in time, life of pioneers" by Fort Whyte Alive (Mar. 30). **www.pal55plus.com**, email **office@pal55plus.com** or **204-946-0839**

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

**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**

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

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

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





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### California Salad

Metric	Ingredient	Imperial
1	small crisp lettuce, torn into pieces	1
500 ml	young spinach leaves	2 cup
2	carrots, coarsely grated	2
6	cherry tomatoes, halved	6
2	celery ribs, thinly sliced	2
125 ml	raisins	1/2 cup
125 ml	blanched almonds	1/2 cup
30 ml	sunflower seeds	2 tbsp
30 ml	sesame seeds, lightly toasted	2 tbsp
-	DRESSING	-
40 ml	extra virgin olive oil	3 tbsp
30 ml	cider vinegar	2 tbsp
10 ml	clear honey	2 tsp
1	juice of small orange	1
-	salt & pepper to taste	-

In a large bowl, add lettuce, spinach, carrots, tomatoes, celery, raisins, almonds and seeds. In a small jar, add oil, vinegar, honey, orange juice and shake well. Pour over salad. Toss thoroughly.

Serves 4

[www.PeakMarket.com](http://www.PeakMarket.com)

WORDSEARCH - Education By Senior Scope

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

CROSSWORD

Too Much Into the St. Pat's Day Sauce!

By Adrian Powell

ACROSS

1 Questions

5 Hoopster from LA

10 Where Dagwood often dozes

14 Work like heck

15 Desire intensely

16 Alpine mountain goat

17 Dubliner's song about the after-effects of his lifelong drinking?

20 Antelope from the Siberian steppes

21 Where to go bowling

22 Supergirl's logo

23 Belonging to the dude overthere

25 Revenue sources for newspapers

27 Irish starship captain, perhaps?

35 Pres. Reagan, once

36 Loses rigidity

37 Sheltered, on ship

38 Succulents that soothe

40 "Mentalist" fraud

41 Geller of Israel

42 Breaks in two

43 Tattooists canvas

44 Schedule of events

45 One type of scan

46 Best screenplay

48 Oscar winner with a strangely Irish-Russian handle?

49 Johnny Cash's "boy"?

50 White as a ghost

51 It's quite legal to poach one

54 Colgate rival

58 Tree branch, technically

62 Comment from hens from Cork?

65 Dagwood's best friend

66 Guide the ride

67 Big name in

DOWN

1 Things you can stick a PIN into

2 High-protein bean

3 Popular shoe polish brand

4 Insignificant

5 Kind of watch display, briefly

6 Item Maureen Forrester sang

7 Malden of "The Streets of San Francisco"

8 Wicked and then some

9 Escorts to a new row

10 Gluttony or greed

11 Plaintive woodwind

12 Parker of "Daniel Boone"

13 Gives a pink slip to

18 Scottish land-owners

19 London's \_\_\_ Park

24 What Marcie calls Peppermint Patty

26 Flying trumpeter?

27 Oktoberfest music

28 Steer clear of

29 Sign of a cold, say

30 1950's war zone

31 Like porcupines

32 Alas' quaint partner

33 Square things up

34 Try out

35 Breathtaking action?

39 Comes to a close

41 Kenyan adventure

43 Needle-shaped

44 Drops on the lawn

47 "Ew, gross!"

48 Entraps

51 Sound from an empty stairwell

52 Small Highland valley

53 Beatles' adviser, at times

55 Juvenile newts

56 "Disregard" to a proofreader

57 Old English you

59 Sushi bar soup

60 Gorbachev's state, in the '80s

61 Wee bit of Scotch

63 Where "I Love Lucy" aired

64 Bungle things

Academy	Games	PGCE	Study
BA	GCSE	Poly	Sunday school
Class	Graduate	Project	Swat
Coach	Grant	Reader	Term
Co-ed	Hall	Reading	Test
Commonroom	Head	Rector	Textbook
Day boy	Lecture	Refectory	Tuition
Dean	Lines	Scholar	Tutorial
Digs	Locker	Secondary	Warden
Don	MA	modern	Wrangler
Exam	Mocks	Seminar	
Faculty	MSci	Send down	
Form	O-level	Speech day	

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

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



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

## TEST YOUR WITS

Can you unscramble these letters to make 6 Show Biz Stars? (Clue: all are men and all are deceased)

1. Seilv Srypeel	4. Souli Tramgrons
2. Staf Indoom	5. Derf Airsate
3. Krafn Transai	6. Nicepr

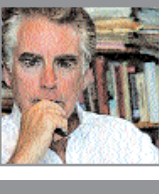
Answers on next page (15)

SOLUTION ON NEXT PAGE



HUMOUR

By William J. Thomas



Could there possibly be a better name for the world's oldest clown than 'Creeky'? I don't think so. Funny thing is, the nickname did not emanate from his arthritic knees or his achy, breaky back. Floyd "Creeky" Creekmore was 98 when he passed away last year at his home in Billings, Montana. Honoured to be listed in the Guinness World Records as The World's Oldest Performing Clown, Creeky was still making 'em laugh at 95 years of age.

A former cattle rancher, he traded the saddles and spurs for the rubber nose and orange wig in the 1980's and he never looked back ... except for that time the lion got loose and mistook Creeky for a slow-footed but tender gnu.

Creeky was a juggler and a magician and as such quite adept at tying two scarves together and suddenly separating a very surprised woman from her brassier. A kind man, Creeky disliked only one group of people - feminists; because they didn't wear bras which always ruined the trick.

Creeky cut back considerably on circus appearances after his 96-year-old wife Betty passed away. It's likely Betty fell for the whoopee cushion trick over three thousand times. Her nickname was 'Betty The Boomer.'

Creeky joined the Shriner's Circus after he gave up the farm, perform-

Creeky The Clown.  
Gone But Hardly Forgotten.

ing in big top acts, making personal appearances, electrifying kids' parties and walking thousands of miles in Shriner parades to raise money for hospitals. The man with the white face and red lips liked to say he ran away with the circus when he was twelve but the police made him bring it back.

Creeky's gone but hardly forgotten and I can only imagine what the funeral of the world's oldest clown would look like.

Outside the funeral home the American flag would be flown at half-mast just like the zippers of all the clowns who attended.

Approximately 150 professional clowns would attend Creeky's funeral and they would all arrive in the same hearse. Mourners would give them a standing ovation for the best clown car stunt ever!

Creeky would have been given a crazy and colourful sendoff complete with a "21 Honk! Honk! Salute."

At the end of the tribute a loud explosion would send Marvin The Human Cannonball flying high and inelegantly over the funeral procession. This would be the highlight of the burial ritual until it ended badly in a death spiral at a Tim Horton's Drive-Thru four blocks away.

Inside the funeral home Creeky would have been sealed inside a closed coffin right up until Mandrake The Magician found a way to open it in under ten seconds.

They struggled and Lord knows

they meant well but the fact is the coffin with Creeky inside would crash to the ground several times when several of the clown pallbearers tripped over their floppy shoes.

There wouldn't have been a wet face in the whole place because each person had just one tear drop painted under the eye. Real tears make the face pain run so no, crying is not allowed at the funeral of a clown.

It's just as well nobody cried because at the beginning of the funeral service Binky The Clown had already made over 100 hankies disappear.

The younger performers in the crowd of mourners were told they had big shoes to fill but really when it comes to replacing clowns, who doesn't?

It would be the only funeral in recorded history where two guys on unicycles were chased around the funeral home by a St. Bernard wearing a tight-fitting dress.

Somewhere in the funeral home a diminutive fortune teller named Esmeralda would mysteriously disappear prompting the public address announcer to warn guests that there was a small medium at large.

A mime delivered Creeky's eulogy. It went on for three days.

Creeky had been a dedicated clown. He wore polka-dot pants and a pointy hat, a bow tie and really loud socks so his feet wouldn't fall asleep. He'd suffered all the bad

jokes that come with the bulbous nose and the long eyelashes - "What's the red gooey stuff between the elephant's toes called? A slow clown."

And the people, they looked up to Creeky but mostly when he was walking on stilts. He loved it when the circus went on the road but he never much liked rooming with Mister Extinguo - "The man who put out fires with phlegm!"

Creeky The Clown brought joy and laughter to millions of people, he entertained hordes of giggling children under the big top and he never once rear-ended another Go Kart in the Shriner's musical ride. And what did Creeky ask for in return? As the minister who presided over the funeral of 'Chuckles The Clown' said: "A little song, a little dance, a little seltzer down your pants."

So long Creeky and give St. Peter a wedgie for us all.

For comments, ideas and copies of The True Story of Wainfleet, go to [www.williamthomas.ca](http://www.williamthomas.ca)

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7	8	5	4	9	2	3	6	1
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## Things To Do

## IN WINNIPEG, cont'd from page 13

**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**

**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**

**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**

## Things To Do

## IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

### OUTINGS

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

**Stonewall** - South Interlake 55 Plus - April 3 - Afternoon Cribbage Tournament, 1 pm; April 5, 4-wk Accumulative Crib Tourn. Begins, 7 pm. Pre-Registration Required. **204-467-2582**

### VOLUNTEER

**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**

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

### PROGRAMS / SERVICES

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

**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**

**Seine River Services for Seniors** - The Philips Lifeline Medical Alert Service provides simple, fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. 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 simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les

aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau spécial. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

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

**West St. Paul Seniors Programs/Classes at the Sunova Centre** - West St. Paul's Recreation Site: Yoga/Pilates Combo Class 55+ Session #1: 6-Class - Mondays - Feb. 6th-March 20th - 10-11am (No Class: Feb. 20) - \$50/Participant Session #2: 10-Class - Mondays - April 3rd-June 19th - 10-11am (No Class: April 17th & May 22nd) - \$70/Participant; Zumba Gold 55+ Session #1: 7-Class - Wednesdays - Feb. 8th-March 22nd - 10-11am. 55/Participant. Session #2: 10-Class - 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**