



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

Website: www.mobile.legal

Call us or click on our website today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services

Senior Scope

FREE COPY Join Senior Scope on:

USEFUL & ENTERTAINING INFORMATION FOR ALL AGES

Vol. 17 No. 12 Jun 10 - Jul 9/19

IN WINNIPEG, RURAL MANITOBA & READ ONLINE at www.seniorscope.com

Remembering Canadians and others who faced death on June 6, 1944

By Roger Currie



L-R: Andrew Currie, Herb Belyea, James Doohan (Mr. Scott)

D-DAY

JUNE 6, 1944

75 years ago this month came a major turning point in the deadliest conflict the world has ever known - D-Day, the allied invasion that came ashore on the beaches of Normandy in France, on June 6, 1944.

50 million people, both soldiers and civilians, died in World War 2. In the spring of 1940 France and much of the rest of western Europe had fallen under the control

and domination of Hitler's Germany. It was something of a miracle that Britain and the rest of the United Kingdom did not also fall then. In the expanding entertainment world of online streaming, a number of creative people have written dramas in a genre that has come to be known as 'alternate history'. Their stories speculate on what might have happened to our world if Hitler's forces had succeeded. I watched one recently called "Fatherland". The fictional premise was that the D-Day invasion failed. The allied forces including thousands of young Canadians were driven back into the English channel, and most importantly the United States retreated into isolationism. It made for fascinating storytelling, albeit rather depressing.

Thankfully the reality of what happened in June of 1944 was very different, and like the Nazi Holocaust, it's a story we must never allow to be forgotten.

I was born in July of 1947, yet I never cease to be amazed by the strong connection I feel to D-Day. My late father Andrew Currie was a Canadian soldier who was truly blessed. He was an officer in the Royal Canadian Army Service Corps. Their mission was to ensure that our soldiers, sailors and airmen were properly equipped and cared for as they put themselves in harm's way. Like U.S. General

Continued on page 2

ABBASOLUTELY FABBAULOUS
THE **ABBA** SHOW

DIRECT FROM AUSTRALIA

22 JUNE **BURTON CUMMINGS THEATRE**
24 JUNE **WESTERN MB CENTENNIAL AUDITORIUM**

BOOK NOW! Online at www.theabbashow.com.au or contact the theatre box office for group bookings.

THEABBASHOW

SENIOR SCOPE - Available in Winnipeg and rural Manitoba Over 700 locations

Get your copy at your local public library or read online at: www.seniorscope.com

For info or advertising, call: 204-467-9000 | email: kelly_goodman@shaw.ca

NEW!
Senior Scope
CONTEST
See **INSIDE** for details

Alzheimer Society
MANITOBA

"This card has been like gold."

Read why this card helps Betty inside or visit alzheimer.mb.ca

PRIVATE HOME & HEALTH CARE SERVICES

"The best service I have ever had."
- D.B. Harris

CONSUMER CHOICE AWARD 2018 WINNIPEG

- Up to 24 Hour Care
- Personal Approach
- Specialized Care
- Professional Staff

Reliable HOME CARE

When the need arise call us for help!

204.415.3471
ReliableHomeCare.ca

IS IT GETTING HARDER TO HEAR?

Hearing care - it's what we do. It's all we do.

BELTONE. EXPERTS IN HEARING FOR 78 YEARS!

Medical professionals agree it is important for people age 50 and over to have their hearing evaluated annually.

That's why we are sponsoring **FREE** Hearing Evaluations to assess your hearing health.

Your hearing will be tested using a series of sounds and words by a Beltone hearing care practitioner. Together, you will review the results and receive a professional recommendation. The entire evaluation is free, and you are under no obligation.

FREE HEARING EVALUATION
Beltone

To schedule your **FREE** hearing screening in one of our many Manitoba-wide centres, call **1-888-897-6983**

Reservation code: MSSC-1902

50 PLUS CLUB

Get at least 20% off food daily at Mango's Kitchen & Grill, the Blue Dolphin Lounge & Coral Reef Gift Shop merchandise!

southbeachcasino.ca | 1-877-775-8259 | Always Free Valet Service!

30 Minutes North Of Winnipeg On HWY59



Senior Scope

www.seniorscope.com

Publisher/Editor:

Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca

Circulation: 25,000 print

Printed at:

Derksen Printers, Steinbach, MB

Advertising:

204-467-9000

Regular columns / Submissions:

Scott Taylor
Roger Currie
Shirley Hill - Financial News
Adrian Powell - Crosswords
Creative Journey

Contributing Submissions:

Tyrrell Mendis
Jerry Maryniuk
Senaka Samarasinghe
Pastor Victor
Doug O'Neill

Senior Scope is FREE at over 700 locations and by email subscription.

Mail-out Subscriptions: 30.00 + 1.50 gst (31.50 total) for 14 issues/yr.

Mail cheque or money order payable to:

**Senior Scope, Box 1806
Stonewall, MB R0C 2Z0**

Available in **Winnipeg** and the rural **Manitoba** communities of Birds Hill, Middlechurch, Lockport, Selkirk, Teulon, Komarno, Fraserwood, Winnipeg Beach, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Clandeboye, Beausejour, Garson, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, St. Laurent, Lundar, Ashern, Roblin, Russell, Dauphin, The Pas., Flin Flon, Lynn Lake, Leaf Rapids, Snow Lake, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Altona, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, St. Eustache, Portage la Prairie, Brandon, Mariapolis, Holland, Hamiota, Notre Dame de Lourdes, Pilot Mound, Killarney, Neepawa, Minnedosa, Brandon, Hamiota, Boissevain, Virden.

Note that copies are concentrated in Winnipeg.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 700 locations in all. Available online at www.seniorscope.com or by mail (\$30.45/yr - gst included) or email subscription (FREE) - email request to kelly_goodman@shaw.ca.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2018 **Senior Scope**. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact **Senior Scope** by email at kelly_goodman@shaw.ca.

Send your **LETTERS...**
or **STORY SUBMISSIONS**

Attn: the editor
to kelly_goodman@shaw.ca
or mail to: **Senior Scope**
Box 1806, Stonewall, MB R0C 2Z0

SECURE YOUR FUTURE

If a **move** or relocation to **Teulon, MB** could be in your future, you can keep your options open.

There are only **4** of these **country-sized lots left** (110 ft x 150 ft).

Paved streets, sewer, telephone, natural gas and underground hydro – all services to the property line.

No building timeline.

Invest in your future – nice lots at a nice price - \$45,000.

For more information:

204-886-7632

jpgoodman415@gmail.com

Remembering Canadians..., cont'd from front page

Dwight D. Eisenhower who was the Supreme Allied Commander on D-Day, my dad never had to dodge an enemy bullet of any kind. He crossed the Channel more than a week after D-Day, and he spoke many times about how "the smell of death was absolutely everywhere. You could not escape it." Dad received the *Order of the British Empire* from King George VI, and he came home to lead a productive and rewarding life in the post-war world. He never spoke about it, but I wouldn't be surprised if he privately felt some 'survivor guilt' over returning without a scratch while so many others ended up buried in a green field in France.

The role of the Americans in D-Day and the other major battles that brought an end to Hitler's Third Reich less than a year after the Normandy invasion is without question. Thanks to Hollywood, the Americans have never been shy about celebrating the exploits of their war heroes. In major movies like "Saving Private Ryan" and mini-series like "Band of Brothers", the millions of us Baby Boomers who were spared the need to put our lives

on the line, got at least a frightening taste of what it must have been like.

Canadian stories have frequently been harder to come by over the years. When I was a student at Kelvin High School in Winnipeg, I had the good fortune to sing in choirs that were conducted by a remarkable man named Herb Belyea. His skill at developing Manitoba musical talent was legendary. What myself and many others did not know until after he died in 2001 at the age of 83 was how he had put life on the line in the uniform of his country. On June 6, 1944, Herb was dodging bullets on Juno Beach as a 26 year Captain in the Royal Canadian Artillery.

Not far away that same day was another Canadian officer named James Doohan. He survived getting hit by half a dozen bullets. Unfortunately, it seems they were all fired by a nervous Canadian sentry. Doohan would later become well known to the world as 'Mr. Scott', the ship's engineer who 'beamed up' the crew of the *Enterprise* on *Star Trek*.

More than many of the other dramatizations of what happened on D-Day, *Band of Brothers* conveyed

the vital message about what it was that motivated soldiers to advance against the enemy when the risk of death or injury is so high. Much as we like to think they are motivated by the cause of freedom over tyranny and other lofty ideals, it is something much more basic that probably dominates their thoughts. "If I am unlucky enough to catch a bullet, hopefully the guy beside me will carry me to safety, and hopefully I will somehow find the courage to do the same".

On this 75th anniversary, D-Day commemoration ceremonies have been held in many Manitoba communities. When I was a young reporter in the 1970's I attended some of them and was honoured to shake the hands of many veterans who served and thankfully came home. In 2019, the few veterans who are able to attend are well into their 90's, and many are in wheelchairs.

"Thank you for your service" is the very least we should say, especially to those who did not come home.

Roger Currie is Winnipeg writer and a regular contributor to *Senior Scope*.

MANITOBA COMMEMORATES 75TH ANNIVERSARY OF D-DAY HONOURING THOSE WHO SERVED

Joined by Lt.-Gov. Janice Filmon, Brig.-Gen. Sean Boyle of 1 Canadian Air Division, and distinguished veterans and members of the Canadian Armed Forces, Premier Brian Pallister commemorated the 75th anniversary of D-Day with a special ceremony at the Legislative Building on May 28th.

"We are honouring the men and women who served, fought, and gave the ultimate sacrifice at the D-Day and Normandy landings," said Pallister. "Their willingness to give everything they had afforded us the safety and security we enjoy today – something we must recognize and never take for granted."

On June 6, 1944, also known as D-Day, more than 150,000 Canadian, British and American forces landed on five beaches on the coast of France's Normandy region. The invasion was one of the largest military operations in history and resulted in the Allied liberation of western Europe from Germany.

Manitobans were among those who fought on D-Day 75 years ago. Some 359 Canadian soldiers died on that day, with more than 5,000 deaths during the two-and-a-half-months of fighting in Normandy.

"I encourage all Manitobans to learn about the sacrifices and achieve-

ments made by those who have served, and continue to serve, during times of war and peace," Jon Reyes, special envoy for military affairs.

On June 6, ministers and other elected officials joined in services to commemorate the 75th anniversary, beginning at the Mynarski Statue in Vimy Ridge Memorial Park. The statue is a tribute to those who served in Canada's world wars, portraying Winnipeg-born Air Gunner Andrew 'Andy' Charles Mynarski's hand stretched out in an effort to rescue his friend in a burning bomber. ■

Wednesday, April 17, 2019

Local health charities applaud new funding agreement

Promise of enhanced palliative care support in rural communities

WINNIPEG – A coalition of four Manitoba health charities engaged in palliative care applaud a new bilateral funding agreement that includes additional support for palliative care in rural communities.

A 10-year funding agreement between the provincial and federal governments announced yesterday will invest \$400 million into a range of health care initiatives and will address palliative care service needs in rural Manitoba.

Manitoba has no residential hospices beds outside of Winnipeg, which has the lowest number of hospice beds per capita of all major Western Canadian cities. Most rural health regions operate without any local palliative care doctors.

"We support this agreement and believe the province is addressing an important disparity by dedicating new resources to much needed palliative care support in rural Manitoba," said Sarah Hawkins, Health Policy Analyst for the Canadian Cancer Society in Manitoba. "Our Society's goal is to improve the cancer experience and we believe effective and accessible pallia-

tive care is an important part of that goal. This agreement is a positive signal because it demonstrates a commitment to equitable access to palliative care services for all Manitobans."

Palliative care is designated as a core health service in Manitoba and should be accessible to all Manitobans. Many hard-working volunteers dedicate time and raise funds to provide palliative care programming and services in communities throughout the province.

Health organizations do what they can to support local voluntary organizations and to provide virtual support to patients and their families. Health charities like the Cancer Society believe provinces could and should play a bigger role in rural communities to ensure core palliative care services are available and that local medical staff have palliative training.

"Death is a subject nobody wants to talk about, but it is a reality we are all going to face," said Jennifer Gurke, Executive Director of Palliative Manitoba, "All Manitobans deserve the right to a death that is free of pain

and suffering, in an environment that brings them comfort."

The need for palliative care services in rural and remote settings will increase significantly over the next decade as Manitoba's population ages. New investments are critical to meet the growing demand for equitable access to quality palliative care services.

"Manitobans with a life-limiting illness, regardless of where they live, should have access to the quality symptom management and family centred approach that early referral to palliative care provides," said Shelly Cory, Executive Director of the Canadian Virtual Hospice.

"We are looking forward to working closely with the provincial government as it continues to plan and implement initiatives in relation to this new funding," added Hawkins. "Palliative Care service provision is complex and challenging at times, but it just may be the most noble and humane service that a government can offer to its people." ■

Manitoba one foot at a time

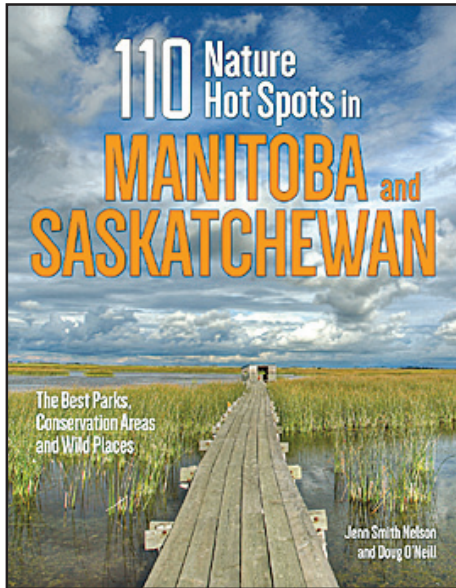
Exploring Manitoba on foot is an excellent way to appreciate the bounty of this beautiful province. There are trails to suit every level of hiking ability from beginner to mid-level to advance

By Doug O'Neill

Book: **110 Nature Hot Spots in Manitoba and Saskatchewan: The Best Parks, Conservation Areas and Wild Places**

by Jenn Smith Nelson and Doug O'Neill
Copyright © 2019 Firefly Books Ltd.

Excerpt published with permission from Firefly Books Ltd.



Nature enthusiasts who visit Birds Hill Provincial Park (24 kilometres north of Winnipeg on Highway 59) have their choice of themed hiking trails: there's the four-kilometre Chickadee Trail, 7-kilometre Bur Oak Trail, 3.5-kilometre Cedar Bog Trail and the 6.4-km Blue Stem Trail. These are ideal for anyone looking for a gentle hike and the likelihood of spotting white-tailed deer.

For a slightly longer hike, consider the 12.5-km Hunt Lake Trail in **Whiteshell Provincial Park**. There are some hills – but the lake views are worth the sweat uphill. Also located in Whiteshell Provincial Park is the short but scenic 4.1-km McGillivray Falls Self-Guiding Trail. Be sure to bring lots of water and some high-energy snacks if you plan to hike the 12.6-km Hunt Lake Trail which heads north to Indian Bay and returns along the east shore of West Hawk Lake, which is the deepest lake in Manitoba. Don't be surprised if you look out over the lake and see heads popping up over the surface of the water. West Hawk Lake is popular with scuba divers.

If you're hankering for waterfalls, definitely consider an overnight (or a very long day) trip to **Pisew Falls Provincial Park**. For fit, experienced hikers – especially if the idea of an overnight campout appeals to you – there's the 22-km return hike from Pisew Falls, the second-highest waterfall in Manitoba, to Kwasitchewan Waterfalls, which is Manitoba's highest. The scenery is stunning – the camping facilities are not. Expect to rough it.

Riding Mountain National Park caters to hikers of all abilities and interests. There are 400 kilometres of hiking trails in this **UNESCO** World Biosphere Reserve. Many rel-



Pisew Falls, at 13 metres, is the second highest waterfall in Manitoba. (Photo Credit: Travel Manitoba)

atively easy hikes (such as the Clear Lake Trail) are accessible from the town centre of Wasagaming. If you've got some back-country experience there's the 25-kilometre Birdtail Trail. Always let the Parks Canada staff at the office know where you're going. If you're a history buff, you'll love the 17-km hike to Grey Owl's Cabin. If you'd like to combine bird-watching with some gentle easy hiking (boardwalks, gravel paths, earth

and grass trails) then **Oak Hammock Marsh** is your go-to destination. There are over 30 kilometres of trails crossing through the marsh, most of them located on dykes – an ideal way to view the 300 bird species that pass through, especially during fall migration.

Happy trails!

Kelly Lewis Artistry

kellylewisartistry@yahoo.com | @KellyLewisArtistry on FB
204-202-9814 | kelly_lewis_artistry on IG

Kelly Lewis is a local winnipeg artist who specializes in affordable Pet Portraits. Contact Kelly Lewis Artistry to get your quote on a custom Pet Portrait today.



ABILITY SOLUTIONS

We repair, rent and sell wheelchairs and walkers



We also install Grab Bars, Railings, and other mobility aids.



Great Deals!

SALE

Reconditioned wheelchairs on sale starting AS LOW AS \$150 & up.

(204) 471-1533

✉ lavallee@mymts.net

LIFE-CHANGING DEBT SOLUTIONS
Get out of debt once and for all



"I dreamed of a debt-free retirement. MNP made it happen."



MNP LTD

FREE CONFIDENTIAL CONSULTATION. FLEXIBLE APPOINTMENTS. IMMEDIATE ASSISTANCE.
Winnipeg* or Steinbach | Brandon*, Portage, Virden, Souris, Neepawa
877.231.6167 | 800.774.8377

*Resident Office

MNPdebt.ca

Licensed Insolvency Trustees • Trustees in Bankruptcy



Supporting
12 charities.
Leaving a
single legacy.

What's
the plan?

Enjoy a truly synchronized approach to enhancing your financial well-being, now and in the future.

Contact us today:

204.257.9100 | www.shirleyhill.net
Investors Group Financial Services Inc.



Living Made Easy Ltd.
Home Healthcare Products • New & Used

**Shoprider GK84
Chameleon Scooter**

- Shoprider 4-wheel scooter
- Lightweight and portable
- Easy to disassemble
- 8 inch flat free tires
- Interchangeable panels in Red, Blue or Champagne



665 Archibald Street • Wpg
(204) 231-1746 Mon-Fri 9-5 | Sat 10-2

LegalShield
Worry Less. Live More.

IDShield
IDENTITY THEFT

PETER J. MANASTYRSKY
Independent Associate

- Established 1972.
- High quality, cost-effective LEGAL service.
- Affiliated with McRoberts Law Office.
- Talk to a lawyer without high hourly costs.
- LEGAL ADVICE and IDENTITY THEFT support.
- A client-lawyer relationship.

"My commitment is to you as an Associate of Legal Shield."

204-781-7472
peterj48.wearelegalshield.com

TOTAL LEGAL AND IDENTITY THEFT PROTECTION

OVER 5 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
An Intermediate Care Facility



- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca

INQUIRIES WELCOME

FINANCIAL PLANNING:

What is a Plan?

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

At Shirley Hill & Associates we live by a plan and we create an IG Living Plan for our clients. We have conditioned our clients to think in terms of a plan. In fact, until a plan is formulated, we do not proceed with any action..

So why am I writing about the plan? Well, most of my articles are about real life events that have just happened either within our client base or those whom I come into contact with. This topic came to mind from an experience I had last week-end flying home from Phoenix. As always, I try to take a situation and write about it in plain language so that most people can relate to the story. You may recognize yourself or someone you care about in these stories. If so, take action.

So what is a plan? Google's definition is as follows:

A Written account of intended future course of action (scheme) aimed at achieving specific goal(s) or objective(s) within a specific timeframe. It explains in detail what needs to be done, when, how, and by whom, and often includes best case, expected case, and worst case scenarios.

When do you use a plan in your everyday life? More often than you think.

Let's take grocery shopping for an example. You check the fridge, what you are running low on? You check the flyers, what's on sale and in what stores? You then make a list and decide on your route to accomplish your goal of filling the grocery gaps. You've created a plan to go grocery shopping.

Then you will decide on the when, how and by whom.

Best case scenario - everything you want is on sale, fresh and in stock, no lineups or traffic and no arguments with your spouse on the brand name.

Expected Case - is a little less perfect than the best case scenario. You still arrive home with everything you need but it's not as perfect a journey.

Worst case scenario - just as it sounds, you hit all the traffic, forget the most important items on your list and literally everything is full price.

This whole scenario is a plan around something as mundane and simple as buying groceries. So much time and effort for just groceries.

Back to the flight that prompted this story. I like the aisle seat and my husband Ken likes the window seat. That is how we were situated when this very lovely woman with a wonderful hair cut came to a stop by our row and told us that her seat was in the middle. As sometimes happens, you strike up a conversation with your seat mate.

She was flying home for a few weeks because she missed her grandchildren. She then would fly back to a town in Mexico to complete some charitable work. This year, she and her husband have joined with fellow church members who spend three to four months providing a food program to several villages in Mexico. Her husband is very mechanically inclined so he is the "Mr. Fix it" in these villages.

This family has five children and of the five - three are church ministers. All in the family do various types of volunteer work around the world. As I am always intrigued by people's stories, I went on to ask for more about how they became involved. What was the process for the charitable work? How was it funded? What was the final intended outcome?

The conversation continued and I started telling her about some of the people whom I either knew or met throughout the years who have had a huge effect internationally through their humanitarian work.

I spoke about the client who took his privileged children to South Africa to the villages where HIV/Aids was an epidemic. The family came back with several pins. The grandmothers, who were now the caretakers of orphaned children, handmade them. These pins were called "Traveling Dolls." Several of the medical students decided to import them, write up a little story around these "traveling dolls" and sell them to raise money to buy retroviral drugs for the women and children. Our practice decided to become involved and bought a \$1,000 worth of dolls. We

sent them with the write up to our top clients to recognize what this family was doing and inform about the great need for help. We also included a note with the gift about our gratitude for what we have and the country we are so fortunate to live in.

The conversation continued and I spoke about the wonderful speakers I have been privileged to hear over the years. People like the young man who started Toms Shoes. For every pair of shoes bought one pair will be donated to a child so that that child can go to school.

Also the young man who started Kahn Virtual Free University. The young man who traveled through some of the poorest communities in Central and South America and found that the NGO's came and dug wells to provide clean drinking water using modern equipment. When this modern equipment breaks or needs replacing, with no parts, the wells dry up and are not usable. With what was available locally, he fashioned parts that could be replaceable and then taught those in the community how to maintain and repair these wells if needed.

She asked how it was that I could be in places to hear all these gifted and charitable people speak. I told her that I was a financial planner with IG Wealth Management and that the Shirley Hill & Associates Private Wealth Management practice was well known for tax and estate planning, wealth preservation and intergenerational wealth transfers. She looked at me for several minutes and then went on to say that she had never heard of Investors Group or Financial Planning.


She went on to tell me that they had recently sold a few sections of land and were now independently wealthy which enabled them to do the volunteer work that they love. She told me that when money came in for the farm land they interviewed several firms and chose one of the six large banks.

Because I now knew something about her, her family, her passion and the very deep love of caring for those in unfortunate circumstances,

Continued on next page

Looking...
for more customers?
Want...
better cash flow?

Call or email
troy@tcxtrade.com
204-295-9473
tcxtrade.com



DAVE'S MOVING

Moving Furniture & Small Items

204-746-4318
204-746-6141



SENIORS DISCOUNT

**Dave's
Cleaning & Janitorial
Services**

- Residential & Commercial
- 15 Years Experience

Call For Rates
204-746-4318
204-746-6141


Can provide references.

(Seniors' Discount)

MANITOBA Wild

Scenic Secrets of Manitoba

Pick up a copy at your local book-store today!



Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

QUALITY CARE MOVING

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service • removal or storage service
- short and easy free in-home estimates

Phone - 204-990-4341 Wpg
Email: qualitycaremoving@mymts.net Website: www.qualitycaremoving.net

Calvin J. Friesen

 200-1630 Ness Avenue, Wpg
 Madison Square
 direct line: 204-944-7967
 email: cjf@mlo-llp.com

Wills - for a couple \$295.00
 - individual \$200.00

Estates - for deceased persons
 - fees as set by the Court, please inquire

JIM'S CLASSIC CORNER
STORAGE:
 Heated Indoor / Unheated Indoor



Jim Higham
 204-997-4636
 Email: jimhigham@shaw.ca
 www.jimsclassiccorner.com

A selling service for classic & antique automobiles

SUMMER SAVINGS!
 MANY IN-STORE SPECIALS!



UP TO 30% OFF

LIFT CHAIRS & RECLINERS

Quarry FURNISHINGS
 204-467-7283
 380 Main St. STONEWALL
 jwenterprises@mymts.net

Tues-Wed 11-6
 Thur-Fri 11-7 | Sat 11-5
 Sun & Mon Closed



Reid Mobile Foot Care Services - Nursing Services

Kellee Reid, RN
 431-999-3338
 999-feet@mail.com

Professionalism * Reliability * Integrity * Accessibility

Advertising Feature

Use of "Memory Loss" Card Makes Life Easier for Family Caregiver

Courtesy - Alzheimer Society

Betty Searle and her husband, Sam, love travelling. When Sam was diagnosed with dementia 10 years ago, the couple had no intention of giving up this favourite pastime.

As Sam's disease progressed, Betty was able to adapt to his needs. She continued to navigate the ups and downs of air travel, including checking in, getting through security and hailing ground transportation on either end.

One thing that has helped her immeasurably along the way is a card produced by the Alzheimer Society. It reads: "The person I am with has memory loss. Your help and understanding is appreciated."

"This card has been like gold," says Betty. "There are times when Sam may not understand what is going on, and he may react. When I show the card to airport personnel, for example, I am providing them with at least some explanation - even if it is limited - for his behaviour at that moment."



Betty Searle

Betty is amazed at the excellent response she gets from people. "The card allows me to be upfront and honest," she says. "If people are made aware that Sam has memory loss, then they understand and try to assist."

The card often comes out of Betty's purse in restaurants as well. Once servers realize the situation, they go out of their way to be helpful.

Betty likes to credit a friend, Sylvia DeVlaming, for an adaptation that was made to the card. Both Betty and Sylvia are members of an informal support group that meets near the Society's Winnipeg office. Originally, the card stated, "The person I am with has dementia." Sylvia proposed changing "dementia" to "memory loss," which Betty prefers.

Betty intends to use the card for as long as she and Sam are able to travel, as well as in other situations. She is keen to advocate its use - she keeps a number of them in her purse to give away to others.

Cards with both wordings are available at the Alzheimer Society's Winnipeg office as well as at its six Regional locations. ■

What is a Plan? *cont'd from page 4*

I asked her if she thought they would spend all of their money. Her quick answer was no. And even if they did, they would manage as they know how to live on very little.

As the flight continued I asked her if they knew of ways to take a small portion of their wealth and multiply it on a tax free basis. Then create a foundation that their children could administer to continue to give to the causes that meant the most to them. She just looked at me and asked "is that possible?" Of course it is. An insurance policy could be bought, assigned to the charity and the premiums can become tax deductible. The small amount of cost to fund the policy allows the effect to be multiplied on a tax free basis.

They have one child who is a low income earner whom they help more than the others. She went on to say that they have wills and all the assets were to be distributed equally to the children. Great, but would that gift harm the child whom is a low income earner? Because of his tax bracket, the family probably qualifies for an income distribution and several benefits for the family. If that money came to them directly - as wonderful as the gift would be, it may now disqualify the family from some of these benefits. She again looked at me and said - "why is this the first time I am hearing of this?" On this plane for 2-1/2 hours I have learned more from you of what is possible than I have from our current providers over the last five years.

Because I asked questions about her, her family, her passions, and her values. I was very interested and

because I cared to know. If I know about what is deeply important to someone, that I can create suggestions - strategies - "A Plan". In that short period of time she had the beginnings of a plan.

She then asked "so what do we have now"? My answer - "An investment statement".

Based on this very real story - is this you? Is this your sister or brother? Do you/they have an investment statement or do you/they have a plan? We spend so much time planning a grocery shopping trip as I illustrated at the beginning of the article. Yet the very things that are the most important are left in the state that they are in.

I don't know this woman's name or if I will ever see her again, but she left an impression of selflessness and a great passion for living and aiding others. I have been very fortunate where it has been my honour to have met several people like this woman who are making a difference through their humanity.

Just think what we could do collectively if we just took a little of our wealth, magnified it and then gave it into our communities to make them stronger. That is my prayer and hope that our skill could help those who have it in their heart to do so.

If you or the groups you belong to would like further information about how a real plan can be used to achieve your goals, or for further information about our unique insurance and charitable giving solutions, please feel free to contact us at 204-257-9100.

Estate Planning Seminar Date:
Wednesday June 19th
10:00 am
IG Private Wealth Management
200-1605 Regent Avenue West
 Call 204-257-9100 to register -
 Space is limited! ■

SHIRLEY HILL CFP, RRC 
Executive Financial Consultant
Shirley Hill & Associates Private Wealth Management
Investors Group Financial Services Inc.
 200-1605 Regent Ave. West, Winnipeg
 204-257-9100 Toll Free: 855-459-9744
 hill.associates@igprivatewealth.com



IG WEALTH MANAGEMENT

This is a general source of information only. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Shirley Hill is solely responsible for its content. For more information on this topic or any other financial matter, please contact an IG Wealth Management Consultant. Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company.

2 Bedroom Apartment
 in a non-profit building in southwest Winnipeg.

- Close to shopping, and bus is at the door.
- Non smoking and no pet building.



Please call (204) 261-8145 for appointment.

1 in 3 Seniors Fall Each Year



Breakthrough Technology Neurological Socks & Insoles HELP TO REDUCE FALLS

Improve Balance & Stability by 31%
 Increase Range of Motion by 15%
 Reduce the Discomfort from Pain
 Price Range \$30 - \$45
 30 Day Money Back Guarantee

For More Information Call 204-997-1537

Early to Bed, Early to Rise, Work Like Mad, and ADVERTISE

Call: 204-467-9000 **Senior Scope**

Keyboard Ventures Music Centre

Exercise your mind, coordination, concentration and motor skills.

ONSITE or MOBILE Music Lessons for Children, Adults & Seniors

Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

LESSONS for LESS for Seniors

6 Week Introductory Offer - \$95
 Free use of Keyboard

Now Offering SONGWRITING and MUSIC PRODUCTION lessons

SALES & SERVICE:
MUSIC: Guitars, guitar restringing, setups, tuning services, etc. USED Keyboards, Recorders, Music Books/Accessories, etc.
COMPUTER: Toner, Printer cartridges, USB flash drives, SD cards, etc. **Computer virus removal**
HOME: Batteries (hearing aids, fireplaces, remote car starters, etc.)

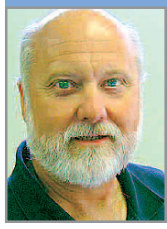
Great Father's Day Gift Ideas for Dad

Call Terry:
 204-955-5428
 terry@keyboardventures.com
 www.keyboardventures.com

310 Weitzel Street • Winnipeg
324 Main Street • Stonewall



THE BUZZ



By Scott Taylor
Photos courtesy
Basketball Manitoba

Basketball's Newest Class

One was perhaps the finest shot-blocker of the 70s and 80s. Another was a pure scorer. And yet another was both a great coach and an outstanding official.

Last month, the Manitoba Basketball Hall of Fame announced its Class of 2019 and the inductees were led by former University of Winnipeg star Belaineh Deguefe, former Brandon University gunner Mike Vaira and the brilliant coach and official Bill Moody.

In total, there were four players, five builders and two teams.

Thanks to Basketball Manitoba's executive director, Adam Wedlake, let's meet the new class:

PLAYERS:

Belaineh Deguefe – A graduate of Kelvin High School and the University of Winnipeg Wesmen, Deguefe was a 1978-82; Great Plains Athletic Conference (GPAC) all-star all four years he played at Winnipeg from 1978 to 1982. He was GPAC Player-of-the-Year, CIAU/CIS All-Canadian and Wesmen Athlete-of-the-Year in 1981.

Margaret Mulder – A product of the high school programs in Barrie, Ont., Mulder was a University of Winnipeg Wesmen star from 1986-89. She was a two-time GPAC All-Star, twice named CIAU/CIS player-of-the-week and an All-Canadian in 1988. She was also a member of Canada's National Team in 1988.

Isabel (Duncan) Thomson – The late Isabel Thomson (2007) was a true pioneer in women's basketball for 25 years in the 1930s and 1940s. She played 17 years of junior and senior basketball with the Altomahs and the Winnipeg Pegs and represented Manitoba six times in the Western Canadian championships. She was the Altomahs captain and was an all-star on numerous occasions.

Mike Vaira – The late (2018), great Mike Vaira came to Brandon from his native Oregon and played for the Bobcats from 1970-75. In 1973-74, he led the nation in scoring, averaging 26.5 pts. per game and became the first Bobcat to be named an All-



Belaineh Deguefe with the block.

Canadian. He was a two-time GPAC All-Star and the Brandon University Male Athlete-of-the-Year in 1974.

BUILDERS:

Irv Hanec – The late Irv Hanec (2017) coached for 45 years at all levels – high school (Elmwood, Daniel McIntyre, St. John's, Dakota and College Jean Sauve), senior men's, national and international with St. Andrews Super Saints. He was the Mike Spack Award winner in 1996 and the Basketball Manitoba Coach-of-the-Year in 2006 when he led CJS to the provincial 'AAAA' championship. He also officiated for many years and was the Basketball Manitoba Executive Director in 2005-2006.

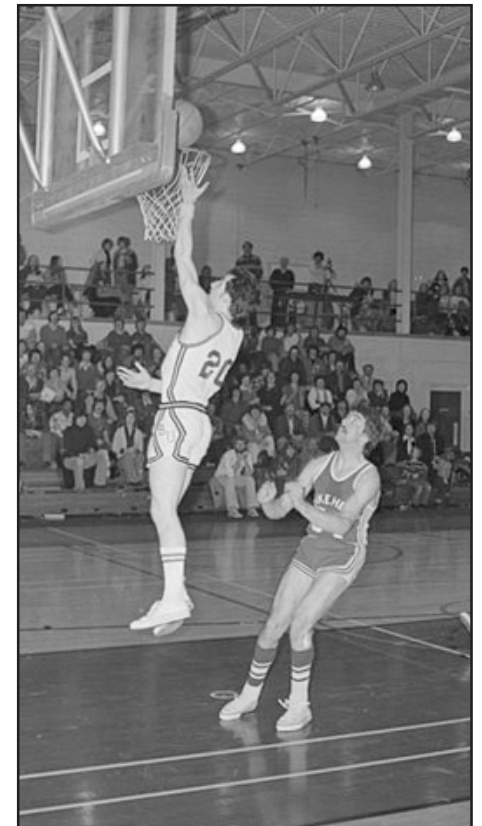
Larry McDougall – The late Larry McDougall (2017) coached for 32 years at Dauphin Regional Secondary School where he won three MHSAA 'AAA' Provincial Championships with the Varsity Boys team in 1975, 1976 and 1980 and with the Varsity Girls in 1987. He had a reputation for patience and for building relationships with his players.

Bill Moody – A brilliant coach and official in Brandon for more than 40 years, Moody coached at Neelin, Killarney and Crocus Plains High Schools where he led teams to a

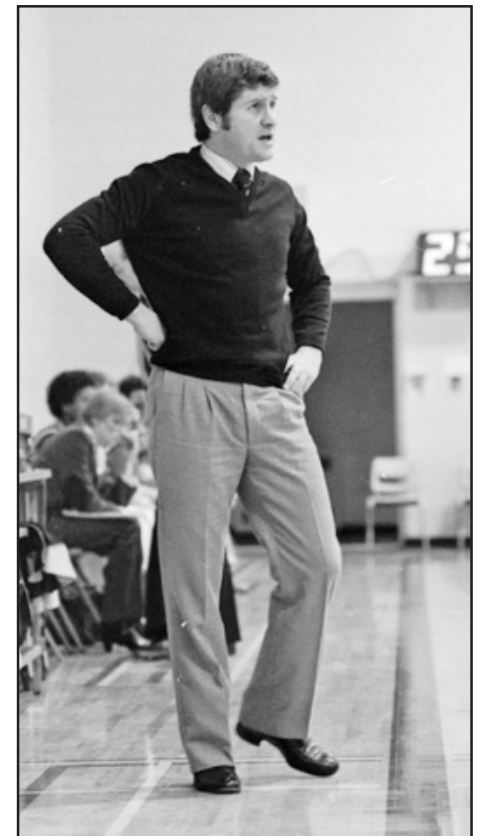
number of championships. He also coached the BU Bobcats women's team for five years and was a two-time GPAC Coach-of-the-Year. A long-time official at all levels, he also presented at many coaching clinics in the Westman Region.

Isabel (Duncan) Thomson – Thomson, who died in 2007, will be inducted both as a player and a builder. She was President of the Greater Women's Senior Women's Basketball league for many years and Vice President of the Canadian Amateur Basketball Association (now Canada Basketball).

Dennis Wilson – A long-time coach and administrator, Wilson coached the Glenlawn High School Varsity Boys team from 1961-70, and that included the 1967 'AAAA' provincial champions. He was the commissioner of the Manitoba Super League from 1976-78 and was the first president of the Manitoba Basketball Coaches' Association. As a school administrator, he supported and helped develop quality programs at many schools. He also coached in the WMBA, at the International Peace Gardens and in the inner city BeeBall program.

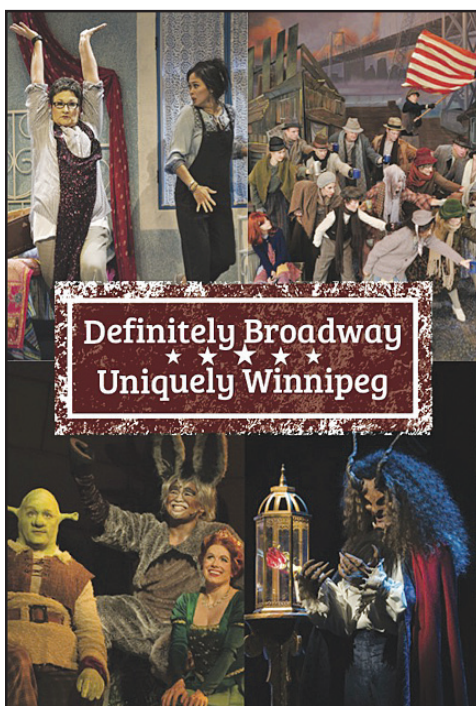


Mike Vaira with the layup in 1974.



Coach Bill Moody.

Continued on next page



JOIN US THIS SUMMER

STRIKE!

THE MUSICAL

JUNE 18-28 & JULY 2-5, 2019

Based on true events and staged one hundred years to the day of the climactic conclusion of the Winnipeg General Strike.

Don't Miss This One-Stop Flagship Event!
Buy your tickets today! Now featuring two preview nights June 18 & 19.

 **RAINBOWSTAGE.ca**

204.989.0888

PROVINCE LAUNCHES CONSULTATIONS ON BEREAVEMENT LEGISLATION

The Funeral Board of Manitoba has launched public consultations on bereavement legislation in Manitoba.

As announced in the speech from the throne, a review of The Funeral Directors and Embalmers Act, The Cemeteries Act and The Prearranged Funeral Services Act will be conducted, with a goal of making funeral, burial and bereavement legislation more responsive to the diverse needs of Manitobans.

The Funeral Board of Manitoba is looking for feedback on existing legislation in order to identify opportunities to:

- harmonize existing provisions and modernize the language used in the acts,
- provide consistent regulatory regimes related to licensing and compliance that meet the present-day needs of Manitobans,
- strengthen consumer protections under the acts,

- reduce red tape by providing timely registration and licensing approvals, and
- provide a fiscally responsible framework for sustainable regulation.

Comments collected during this consultation period may be used to inform changes to existing legislative, regulatory, program and policy frameworks. The deadline for feedback is July 1.

Feedback can be provided by registering for in-person sessions or

completing the questionnaire available at www.gov.mb.ca/funeraldirectorsboard/index.html.

Submissions can be sent by email to funeralboard@gov.mb.ca or mailed to:

Attention: Bereavement Legislation Consultation
 Funeral Board of Manitoba
 254 Portage Ave.
 Winnipeg, MB R3C 0B6

The BUZZ, cont'd from page 6

TEAMS:

Dauphin Regional Comprehensive Secondary School Clippers - The Clippers' Varsity Boys were the 1974-75, 1975-76 and 1979-80, MHSAA Provincial 'AAA' Champions.

Ross L. Gray School Raiders (Sprague) - The Raiders Varsity Girls were the 1973-74, 1974-75, 1977-78, 1980-81, 1981-82, 1982-83, 1985-86 and 1988-89, MHSAA Provincial Champions

The official induction of this year's class will take place on Saturday, Sept. 28, 2019 at the Victoria Inn in Winnipeg. ■



The Ross Gray Raiders from Sprague.



The Raiders today.

He never wanted a fancy funeral.

We can do that.

Your loved one was special. Create a personal celebration of their life. We'll show you how.

Call us first.

Locations in Winnipeg:

Chapel Lawn Funeral Home & Cemetery
 4000 Portage Avenue, Winnipeg, MB
204-272-4535

Salon funéraire Desjardins Funeral Home
 357 Des Meurons Street, Winnipeg, MB
204-272-7228

TimeToRememberWinnipeg.ca

Glen Eden Funeral Home & Cemetery
 4477 Main Street, West St. Paul, MB
204-272-4691

Glen Lawn Funeral Home & Cemetery
 455 Lagimodiere Blvd, Winnipeg, MB
204-272-7905



**Arbor
 Memorial**

Arbor Memorial Inc.



A & O: Support Services for Older Adults



12th ANNUAL 55+ HOUSING & ACTIVE LIFESTYLES EXPO



FASHION SHOW



**DOORS ARE OPEN.
COME ON IN!**

**Quality Care in the
Comfort of Your Home**
Compassionate | Reliable | Personalized



24-HOUR SERVICE

Our compassionate caregivers are ready to assist you with all your personal care needs.

Our services include:

- Assistance with Daily Living:
 - Personal Hygiene & Grooming
 - Medication Reminders
 - Meal Preparation
 - Light Housekeeping
- Care Giver Relief
- Surgery/Injury Recovery
- Palliative Care
- Companionship
- Appointment Escort

GOLDEN HEALTHCARE RESOURCES
204-772-4499 | info@goldenhr.ca
2-441 Carlton Street, Wpg.
www.goldenhr.ca



Peace of Mind knowing someone who cares is there to help you or your loved one

Commemorating the 75th Anniversary of D-Day - June 6, 2019, Stonewall, MB



HOUSING OPTIONS • LIFESTYLE OPTIONS • HELPING OLDER ADULTS MAINTAIN INDEPENDENCE THROUGH AGING IN PLACE • PROMOTING HEALTHY AGING



TONS OF SILENT AUCTION PRIZES



Happy FATHER'S DAY

DAD...

"I hope this Father's Day is as fun as your life was before kids."
 "Dad to the Bone."
 "Well done Dad. I'm amazing!"

"When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."

~ Mark Twain

JUNE 16th

SHARK CLUB gaming centre

2ND FLOOR CITYPLACE, 233 HARGRAVE ST.

VISIT WINNIPEG'S ONLY DOWNTOWN GAMING CENTRE AND **TRY OUR NEW SLOT MACHINES!**

PLUS ROULETTE, BLACKJACK, DOUBLE DECK AND TRIPLE CARD POKER

18+ ENJOY RESPONSIBLY



HEARTSPACE WRITING SCHOOL

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

Excerpts from CREATIVE JOURNEY:

RESOLVE

(Farrukh Akhtar)

This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man

(William Shakespeare)

I have been thinking about Nelson Mandela and his quest to be the best that he could be. He spent 27 years in prison and left thanking the guards who held him captive. Me? I notice every micro-aggression and hang on to it for dear life. I use it as an excuse to make others wrong and batter myself further, to remain in a heavy, doubting, hurting place.

Am I reading too much into something? Perhaps, but I don't want to stop seeing with the depth and range of detail that is my gift. I do want to leave the heavy, lonely place I inhabit.

Better, not batter. That seems to be the key. I want to be able to have an honest dialogue with others, irrespective of who I am communicating with. I want to

remain true to myself, not lose or diminish myself or others in the process. (FA)

I speak my truth without offending others. In speaking my truth, I seek resolution

Farrukh Akhtar (FA)

Farrukh, a senior lecturer at a London university, has been involved in the helping profession for over 25 years. As a Transformative Life Writing™ (TLW) facilitator, she runs workshops at the university and in the community. She is the TLW Facilitators' Co-ordinator for Europe and edited their training manual. Farrukh is founder of an incognito but internationally acclaimed book club. She loves writing, the theatre, communing with vegetables on her allotment, and having friends over for dinner. E-mail: farrukh.akhtar786@gmail.com



CREATIVE JOURNEY

Five Minute Meditations for Transformation

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points. Available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B01IQ0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833



PRETEND

(Joanne Klassen)

You'll tell yourself anything you have to, to pretend that you're still the one in control.

(Jodi Picoult, *Change of Heart*)

This morning I heard about a young man who spent three years in prison for throwing a rock at a soldier who was cutting down olive trees in an orchard that had been his family's source of income for generations. He was held, tortured, and urged to confess that he was a terrorist.

"But I am a farmer. I was protecting our land," he repeatedly protested.

After a year he was released from prison. He was asked in an interview how he survived. He explained how he used his imagination to create a comforting alternate reality in those solitary conditions.

"I called my mother, my father, my brothers, sisters, and friends. We chatted for hours every day and long into the night."

Tears filled my eyes as I heard about these imaginary conversations. From this

man, who I have never met, but whose story was shared with me, I received a practical strategy to get through life's toughest moments. I "called" my father who died six years ago, then my mom who died several weeks later. The anniversaries of their deaths are always hard for me. The ability to pretend stretches my mental muscles the way a trip to the gym stretches my physical ones. (JK)

Pretending is a creative gift. I pretend my way to strength and comfort, in even the most challenging circumstances

Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. E-mail: jklassen@write-away.net

Upcoming Writing Retreat:

Summer is just around the corner. If having a writing retreat to look forward to lifts your spirits, you may want to join Heartspace Writing School in Winnipeg, July 16-17-18 for Creative Connections. Think of a day camp of writing fun with friends. Contact Joanne Klassen for more information.

Manitoba Churches - Argyle – St. Oswald – Anglican – 1903

Tyrrell Mendis has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, *Testaments of Faith*, Manitoba's Heritage Churches is now available for booking. If you would like a particular church featured in **Senior Scope**, or would like to make a booking for his exhibition, email Tyrrell Mendis at tymendis@shaw.ca. (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca (Seen Things)

www.theimpressionists.ca/ManitobaChurches/ (Testaments of Faith) <http://ozimages.com.au/portfolio/tmendis.asp> / <http://www.portfolios.com/TyrrellMendis>

In 1870 the Scottish settler Dugald McLeod named Argyle after Argyllshire, Scotland, and by 1874 Argyle was described as a "new settlement." The settlers who came later, from Ontario, named the adjoining area as Brant to honour the famous Mohawk leader who assisted the British during the American War of Independence. Today Argyle is a community west of Selkirk in the Rural Municipality of Rockwood.

From 1878 until the small Brant-Argyle Presbyterian Church was built in 1881 Presbyterian services were held at the Guthrie home. The area surrounding the church became a cemetery.

Anglican services in Argyle began soon after the schoolhouse was built in 1882. The congregation, which was part of the Woodlands Mission, had earlier, in 1879, helped with the construction of a rectory.

The parish of St. Oswald was formed on 21st July 1886 by the Right Reverend Robert Machray. Land for a church was purchased the following year. But it was not until 1903 that the church was built – by local builder John Morrison, assisted by a Mr. McNeil and the congregation.



St. Oswald was built in an unusual manner: with a wood framework and grout walls, grout being a combination of lime and sand. The interior finish was lath and plaster.

The church was consecrated on 3rd July 1910 by Archbishop S. P. Matheson.

St. Oswald's Parish was part of the parishes of the Woodlands/Stony Mountain area which included St. George, Woodlands, St. Michael, Grosse Isle, St. Luke, Poplar Heights, and Christ Church, Stony Mountain.

At some time during the 1930s the Parsonage was sold to H. J. Procter for use as a farm building. In the early 1950s the church underwent extensive renovations that included stuccoing the exterior, repainting the interior, shingling the roof, and rebuilding the altar. Regular services were conducted at St. Oswald Anglican church until 1967, and annual services thereafter until 1987. By the 1990s, however, the church was no longer in use, and it had been vandalised.

St. Oswald Anglican Church was deconsecrated on 3rd May 1998. It was demolished later that year.

Today a model of the church and a commemorative cairn in the adjoining Brant-Argyle Cemetery mark where the church once stood. The cemetery is the final resting place of the local dead. It also has the Brant-Argyle Cenotaph a memorial to those who died in the two World Wars.

Photographed in 1996

Seniors Fellowship in the Filipino United Community Church

- Submitted by Pastor Victor



These are just some of the members of the fellowship that come every other Wednesday to the Filipino United Community Church at 1039 Pritchard Avenue to share stories over a light meal, hymn-sing and listen to invited speakers. The group also collects goods for donation and volunteers in the Family Life Centre at 240 Pritchard Avenue. Also, a 15-minute exhortation from a Bible passage and prayers are lead by Pastor Victor.

Sri Lanka 55+ Group Spring Gathering

- Submitted by Senaka Samarasinghe



Members of the Sri Lankan 55+ Group meet regularly for friendship, food and fun. Here, after the President's address to its members, the group enjoyed lunch and a movie. And then a Minute of Silence was dedicated to the Easter Sunday victims, and to the death of a member - M/s. Pauline Curpen.

Fort Garry Women's Resource Centre (FGWRC) - 10th annual fundraiser

The Fort Garry Women's Resource Centre (FGWRC) held its 10th annual fundraiser, Thursday, April 25th at the Park Theatre.

This Annual event showcased a magnificent evening of local entertainment – including Cara Luft, Lara Rae, and folk/Americana/singer-songwriter duo Lilac Jam, as well as a fabulous silent auction, cash bar, light refreshments and great company.

Also featured was prize winning writer, public speaker, emcee, radio host and a 30-year veteran of stand up comedy – Lara Rae! Followed by our headliner – Cara Luft; an award-winning musician, singer and songwriter and performer. One of Canada's hardest working musicians, armed with amazing tenacity,

vision, energy and a contagious hilarity! Mandy Shew: announcer from 103.1 FM Virgin Radio will also be in attendance emceeing the event!

FGWRC is a not-for-profit, feminist organization supporting women to engage in healthy life choices for themselves and their families through innovative, responsive programming and excellence in service. We are committed to creating a community where women and children are safe, healthy, valued and empowered. This fundraiser will help us continue to provide free counselling and support to the women and children who access our services.

More information: www.fgwrc.ca (204) 477-1123. Find us on Facebook.



Royal Bank of Canada Volunteers



Headliner - Cara Luft



FGWRC - Board of Directors

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.

Free Multi Media Presentation - Sri Lanka -



Topic

No Country Can Live in Isolation: An Example from an Island Nation, Sri Lanka

Content

History - Culture - Interrelationship Canada & Sri Lanka - Demographics - Emerging Sectors - Human Capital Development - Agriculture - Srilankan Community in Winnipeg

Contact: Senaka Samarasinghe
204-888-8253
Email: senaka24@yahoo.com

Keyboard Ventures Music Centre
Exercise your mind, coordination, concentration and motor skills.

ONSITE or MOBILE Music Lessons for Children, Adults & Seniors
Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

LESSONS for LESS for Seniors | **6 Week Introductory Offer - \$95** (Free use of Keyboard) | **Now Offering SONGWRITING and MUSIC PRODUCTION lessons**

SALES & SERVICE:
MUSIC: Guitars, guitar restringing, setups, tuning services, etc. USED Keyboards, Recorders, Music Books/Accessories, etc.
COMPUTER: Toner, Printer cartridges, USB flash drives, SD cards, etc. **Computer virus removal**
HOME: Batteries (hearing aids, fireplaces, remote car starters, etc.)

Great Father's Day Gift Ideas for Dad

Call Terry: 204-955-5428
terry@keyboardventures.com
www.keyboardventures.com
310 Weitzel Street • Winnipeg
324 Main Street • Stonewall

NASHVILLE MEMPHIS BRANSON TOUR
Oct. 28- Nov. 9th - 2019
\$2600.00 pp dbl occ

Tour Includes: Deluxe Motorcoach Transportations, 13 Nights Lodging, Grand Ole Opry, Country Music Hall of Fame, RCA Studio B, Elvis Presley's Graceland, Beale Street, Lorraine Motel, 6 Branson Shows, Precious Moments, Terry Redlin, 3 Suppers & 8 Breakfasts.
Presentation - May 24, 1:15 pm - St. Boniface, MB - RSVP.

Red - White & Blue Get-A-Ways
1-866-846-3795
rwbgetaways@hotmail.com
www.rwbgetaways.com

Ride The Rails to the Parkland
August 13-14th or August 27-28th
\$275.00 pp dbl occ

Join us this summer for an overnight tour to the Parkland! Enjoy the views from the large train windows as we make our way through crops with the outline of Riding Mountain in the background!

Tour Includes: Economy Via Rail Ticket from Winnipeg/Portage La Prairie/Gladstone to Dauphin, Lodging in Dauphin, Return Transportation, Fort Dauphin Museum Admission, Ukrainian Catholic Church of Resurrection

Admission to admire the iconography, Scenic Drive To Clear Lake, Wishing Well Stop, Park Admission, Boat Tour on Martese plus shopping at Island Park Portage La Prairie Mayfair Farms!

Departs Winnipeg (inquire for Portage or Gladstone rates)

Red - White & Blue Get-A-Ways
www.rwbgetaways.com
1-866-846-3795

AMAZING NIAGARA FALLS
All Canadian Tour
September 14-22, 2019
Leave your Passport at home!

Included Tour Features:
- Motorcoach Transportation
- Luggage Handling
- 8 Nights Hotel - 4 in Niagara Falls
- 8 Breakfasts - 1 Wine Country Luncheon
- Tour of Niagara Falls
- "Hornblower" Falls Boat Tour
- Journey Behind the Falls Experience
- Visit to Niagara-On-The-Lake
- Winery Tour & Tasting
- Free Day in Niagara Falls to Explore
- Services of an Embassy Tour Director

Book by June 28 & Save \$50 per person

EMBASSY TOURS
204-757-9383 1-800-723-8051
www.embassytours.ca

Dragonfly DELIGHTS

our mission
"We are in the business of creating lasting memories through the experience of sharing tea"

what we do
"Serving a traditional Afternoon Tea Friday and Saturday Afternoons"

www.DragonflyDelightsTeaRoom.com
Call 204-729-8914

DragonflyDelightsTeaRoom@hotmail.com
Find us on Facebook

Do the Downs!

- Live Racing (May - Sept)
- 140 VLTs
- Facility rentals for meetings, socials, weddings & more
- Fabulous dining
- \$10 buy-in poker with cash prizes
- Open year round

ASDowns.com
3975 Portage Ave, Winnipeg, MB (204) 885-3330

ASD
Assisted Downs
GAMING & EVENT CENTRE

Great Canadian GIVING CHALLENGE
JUNE 1-30

HELP US WIN \$10,000

DONATE NOW

A & O: Support Services for Older Adults
(204) 956-6440 | info@aosupportservices.ca
To donate online: <https://www.aosupportservices.ca>
> Give Back > Great Canadian Giving Challenge

The PRAIRIE DOG CENTRAL RAILWAY
is back on track for an exciting, fun filled season.
More than just a train ride!

www.pdcrailway.com | 204-832-5259

Things To Do **WINNIPEG** Cont'd from page 11
Listings available at www.seniorscope.com (Events page)

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

Southdale Seniors - in Southdale CC. Activities: travel to Moose Jaw spa and Maritimes, local tours/workshops, birthday lunches, Celebrations matinees, casino trips, ASD bingo, writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. **204-253-4599**, membership \$12.

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

A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW). Phone Group Activities providing fun, free, educational and recreational programming by calling into toll-free line. Info: **204-956-6400**

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals

made through WRHA. **204-784-1378**

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

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**

High Steppers Seniors Social Club - Meet Wed. & Thur. for fun and activities. New members / volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

Archwood 55 - Yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website 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

Ukrainian Cdn Veterans Br # 141 - 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. Info: **204-589-6315** ext 103.

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

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

Dakota 55+ Lazers Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, 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.

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

55+ Men's Club - Wed. & Thur. afternoons, 1-4 pm, at Bourkevale Lawn Bowling, 900 Ferry Road. Art and hobby classes, or just enjoy a coffee. **204-987-8850**

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

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

St. Chad's Anglican Church - Services now at 400 Rouge Rd. Service of Holy Eucharist, Sunday at 9:30 am. Fellowship with tea and coffee after service.

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**

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

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 **204-832-0629**

Please mention Senior Scope when contacting our advertisers.

Please mention Senior Scope when contacting our advertisers.

Please mention Senior Scope when contacting our advertisers.

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Include duration for listing to run. **Submit by July 3rd for July 10th issue.**

Things To Do **RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING**
Listings available at www.seniorscope.com (Events page)

Interlake - 2019 WAVE Artists' Studio Tour (Aug. 31/Sep. 1) - features newest artist Jerry Maryniuk! More than 25 artists. Self-directed tour from Earl Grey Road in St. Andrews to north of Camp Morton. Tour Guide and maps: www.watchthewave.ca

Interlake - Farmers Hall - Old Time Dance Lineup, last Wed. of mo., 1-4 pm. Country Pride, Wed. Jun. 26; The Dennis Nykoliation Band, Tickets \$15 includes lunch. Cash bar. Elaine: **204-296-0540**, **klymdesk@gmail.com**

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. **Old Time Country Dance**, May 31. 7-11 pm. \$12/members, \$15 non-members, \$20 at door. Reception **204-320-4600** <https://www.patporteralc.com>

Stonewall - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582: Potluck & Games afternoon** Call for info; **Pickleball**, Mondays & Thursdays, 6:30 pm, Stonewall Curling Club. Drop in welcome. Call for info.

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**

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent.* www.dauphinseniors.com, **204-638-6485**

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

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

Gimli - New Horizons 55+ Activity Centre - 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit www.gimlinewhorizons.com for monthly newsletter. Info: **204-642-7909**

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home

repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches** Resource Center (Victoria Beach) **756-6471**; **Enksdale** 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 **Whittemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or **ensemble@mymts.net**. We are **always looking for volunteers** to help with these programs.

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling/Floor Shuffleboard, Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings, Special events trips. Contact Hope or Chris: **204-857-6951**, **hp55plus@mymts.net**

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

Selkirk - Gordon Howard Centre (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit www.gordonhoward.ca or call **204-785-2092**

Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate) - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception **204-320-4600**, Sonja (Program + Volunteer Coordinator) **204-320-4603**.

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: **ssinc1@mts.net**, www.ebseniorscene.ca

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

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**.

Please mention Senior Scope when contacting our advertisers.

Please mention Senior Scope when contacting our advertisers.

Please mention Senior Scope when contacting our advertisers.

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

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

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or mmutcheson@ierha.ca

PROGRAMS / SERVICES

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

Please mention Senior Scope when contacting our advertisers.

Please mention Senior Scope when contacting our advertisers.

Please mention Senior Scope when contacting our advertisers.

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Include duration for listing to run. **Submit by July 3rd for July 10th issue.**

GoSafe Mobile Button from Victoria Lifeline



GoSafe gives you the freedom to go where you want, when you want.


Call (204) 956-6777 / victorialifeline.ca

Mention this ad & receive a FREE month



Early to Bed, Early to Rise, Work Like Mad, and ADVERTISE

Call: 204-467-9000 **Senior Scope**



Fiesta Cabbage Salad

Metric	Ingredients:	Imperial
750 ml	green cabbage, shredded	3 cup
750 ml	red cabbage, shredded	3 cup
375 ml	corn kernels	1 1/2 cup
1	can black beans, drained & washed	1
125 ml	cilantro, chopped	1/2 cup
125 ml	green onions, chopped	1/2 cup
125 ml	cherry tomatoes	1/2 cup
250 ml	olive oil	1 cup
125 ml	balsamic vinegar	1/2 cup
15 ml	grainy texture mustard	1 tbsp
250 ml	fresh lime juice	1 cup
2 ml	sugar	1/2 tsp
-	salt & pepper to taste	-

In a large bowl; combine cabbages, corn, cilantro, onion and tomatoes. In a covered container; add oil, vinegar, mustard, lime juice, sugar and salt and pepper; shaking well. Pour dressing over cabbage mixture; blending well. Chill for at least one hour.

Serves 8 www.PeakMarket.com

WORDSEARCH - TRADEMARKS By Senior Scope

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

CROSSWORD

Oh, Dadda! By Adrian Powell

1	2	3	4	5	6	7	8	9	10	11	12		
13				14					15				
16				17					18				
19						20							
21					22	23	24			25	26	27	
28									29				
30	31	32		33				34			35		
36				37				38	39	40		41	
42			43			44	45					46	
47				48				49					
50					51	52				53	54	55	56
57										58			
59	60	61				62	63	64					
65					66							67	
68						69							70

ACROSS

- Bojangles' forte
- Buffalo iceman
- Hold your breath in anticipation
- "OK, I guess."
- Welcoming word from Hawaiian Air
- Benevolent org. since 1868
- Have a blast with the old man, say?
- Logically connect
- Right around the corner
- Alternative to using a bullhorn, maybe?
- Flue build-up
- Poison dogwood
- Watch through the keyhole, say
- Where Xmas lights often shine
- Walking mannerism
- Get a move on, quaintly
- "Ain't ___ Sweet?"
- Something you might say to the doc
- Feeling of fury
- McNally's publishing partner
- Wired
- Sixties "trip" inducer
- Get the knots out
- Israel's Golda
- Mom's classic parental deflection
- Contemptible bouncer
- Amazon jungle vine
- Melvin Earl Combs, future rap icon's parent
- '96 Philip Kerr best selling novel
- Triangular Mid-east peninsula
- Small, reddish European deer
- Aqua's kin
- Soccer squads
- "Go on ..."

DOWN

- Poisonous stuff
- Vail's rival
- FDR's affliction
- Melancholy
- Stout cousin
- Hood's weapon
- Endangered two tonne beast
- Gone down the hatch
- Wrap-around greeting
- Bernese peak
- Letters that will stop a bout
- Uncanny sense, briefly
- ___ precedent
- Heavy burdens
- Derbies and Stetsons
- Webster, the lexicographer
- Want in the worst way
- It's summer in Paris
- Current way to apply for jobs
- What socks come in
- Emulated Bernhardt
- Apathetic gesture
- "Grand" instrument
- Yiddish gossip-monger
- More rational
- "Oh, yeah? You wish!"
- Calgary's daily paper
- About as much ice cream as you can get!
- Aussie bird you could see out back, in the outback
- Barely scraped by
- Reason for bread going up
- Any Clark Gable movie, now
- Jewel-encrusted headband
- Was wearing
- Stopped
- Singer Charles and actor Romano
- Dog or cat, usually
- "___ it or lose it!"
- US Air safety org.
- Scientific proof of paternity
- Sweet potato, familiarly
- Your dad's gal, for short

SUDOKU MEDIUM By Senior Scope

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE



MANGO'S KITCHEN & GRILL

HAVE YOU HEARD? Mango's Kitchen & Grill launched its brand new menu! Join us and enjoy Chef Richard's deliciously inspired dishes!

southbeachcasino.ca **1-877-775-8259**

SOUTH BEACH CASINO & RESORT
Simply Irresistible!

ENTER TO WIN GREAT PRIZES

with Senior Scope's Annual Birthday Contest.

Celebrating 17 Years of Publishing - July 1, 2019

1. Where do you find your **Senior Scope**? Name _____
 Address _____

2. In the name of 'deprescribing' have you reduced your number of **prescriptions**? YES | NO
 Phone _____
 Email _____

3. What term best describes individuals who are of **older age**? (ie.: senior, older adult, mature, elder, aged, etc.)
 Would you like to subscribe to **Senior Scope** by email for **FREE**? YES | NO

4. At what age do you become a **senior**? (in your opinion)
 55 | 60 | 65 | 70 | 75 | 80 |

5. What is your **age**?
 under 45 | 45-55 | 56-65 | 66-75 | over 75



MAIL ENTRIES TO: Senior Scope Contest
 Box 1806, Stonewall, MB R0C 2Z0
 OR ENTER ONLINE:
www.seniorscope.com or
 by email: kelly_goodman@shaw.ca

2 DRAWS! Next Draw Date: **JULY 7/19**. One Entry Per Person Please

Enter to Win! 2 Draw Dates

Prize #1: (Draw July 7/19)
PRIZES TO ACCUMULATE UNTIL DRAW!
 Two Passes - **Prairie Dog Central Railway**
 (Adult \$30.95 ea or Child \$23.95 ea)
 One **\$50 Gift Certificate - Assiniboia Downs**
 (Terrace Dining Room or Club West)

Prize #2: (Draw Aug. 7/19)
PRIZES TO ACCUMULATE UNTIL DRAW!
 Two Passes - **Prairie Dog Central Railway**
 (Adult \$30.95 ea or Child \$23.95 ea)
 One **\$50 Gift Certificate - Assiniboia Downs**
 (Terrace Dining Room or Club West)

Prairie Dog Central Railway
info@pdcrailway.com
www.pdcrailway.com
 204-832-5259

Assiniboia Downs
 140 VLTs open year round
 9 am - 2 am
 3975 Portage Ave., Wpg.
www.ASDowns.com



CROSSWORD - Solution

TAP	SABRE	BATE			
SOSO	ALOHA	ELKS			
EXPLODE	WITHA	POP			
TIEIN	NEAR				
ANNOUNCE	ON THE PA				
	SOOT	SUMAC			
SPY	EAVES	GAIT			
HIE	SHE	AAH	IRE		
RAND	TENSE	LSD			
UNTIE	MEIR				
GO	ASKY	OUR	FATHER		
	HEEL	LIANA			
PUFF	DADDY	S	DADDY		
ESAU	SINAI	ROES			
TEAL	TEAMS	AND			

'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB

Copyright © 2018 by Gerald Maryniuk



Snowbird Sketches comic books are available directly from Jerry & Sharon for \$20.00 plus \$5.00 shipping. snowbirdsketches@gmail.com phone/text, cell 204-981-9797. Also available in Winnipeg at: Winnipeg at Artists Emporium on St. James, McNally Robinson Booksellers (Grant Ave.), online at mcnallyrobinson.com In the Interlake at: Arborg Pharmacy, Hnausa General Store, and Tergesen's in Gimli.

WORDSEARCH - Solution

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

SUDOKU - Solution

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

DAVE'S MUSIC

D.J. SERVICE

Music for any occasion

Socials • Weddings • Parties • Bar music

PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up

New Laser Light Show Available - Professional Equipment
 Excellent Sound - 25 Years Experience - Special Rates

NEW, FREE LASER SHOW with all booked Parties!
 Book for your events now!

SPECIAL OFFER:
 Book a Social and get \$100 OFF your wedding.

Bookings and info, call 1-204-746-4318 (Morris, MB)

THE CLASSIFIEDS

Downsizing? Sell those unused items!!! Call for details.

For personal items / private sales OR for existing paying advertisers of Senior Scope.

All listings must be pre-paid: cash, cheque, money order. No credit cards.

Listings and payment must be received min. 7 days prior to printing.

GARAGE SALE ITEMS ACCEPTED

For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE

POP-UP



AVAILABLE TO SET UP AT YOUR EVENT OR IN YOUR PARKING LOT in Winnipeg or Rural Manitoba (Great attraction - Brings people in)

AMAZING SELECTION - 20 TABLES

EVERYTHING GUARANTEED IN WORKING ORDER

(Collectibles, One-of-a-kind items)

Call for Details:

MR. ODDS & ENDS
 1-204-746-4318

Percentage of profit to charity of your choice.

Fraturdays, Saturdays & Sundays at Mohawk Gas in Morris, MB, across from Tim Hortons (formerly 3 blocks south) - weather permitting

MISCELLANEOUS

FOR SALE:

Power Chair - Like New. Purchased in 2018 and used for 1 month. Battery charger incl. \$1900.00. Call or text Ingrid at 204-890-1641.



WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

Sell those unused items!!!
 Make some extra cash!!!

Call for details. 204-467-9000

MAIL LISTINGS with payment payable to: Senior Scope. Box 1806 Stonewall MB R0C 2Z0. NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

Visible in 25,000 printed copies in over 700 locations in Winnipeg and in over 65 rural Manitoba communities and online at www.seniorscope.com.



Affordable seniors housing throughout Winnipeg



**Haven II –
1 & 21 Boulton Bay**
Bachelor - \$451
Enhanced Bachelor - \$480
One-Bedroom - \$608
Rent Includes all utilities.
Parking is \$22 monthly.



**Hamilton House –
475 Hamilton Avenue**
Bachelor - \$471.00 - \$595.00
One-Bedroom - \$579.00 - \$721.00
Rent includes heat, hydro and water.



**St. James Legion Lodge –
2730 Ness Avenue**
As per Manitoba Housing, rent is 30% of your monthly income.
Rent includes all utilities.
Parking \$25 a month.



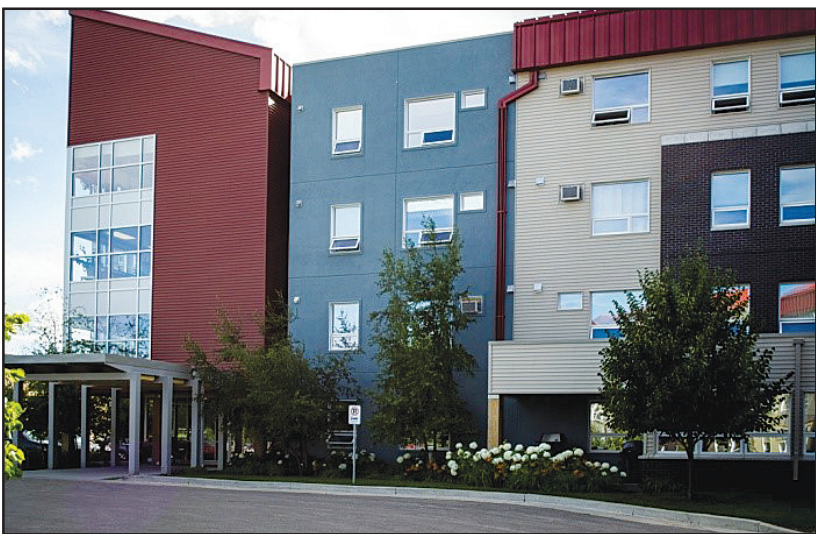
**Monash Manor –
865 Sinclair Street**
As per Manitoba Housing, rent is 30% of your monthly income.
Rent includes all utilities and laundry.
Parking \$25 a month.



**Fred Douglas Apartments/
Courts – 1280 & 1290
Aberdeen Avenue**
Bachelor Suite (300 sq. ft.) - \$420.00
Bachelor Suite (Renovated - 300 sq. ft.) - \$534.00
One-Bedroom (440 sq. ft.) - \$560.00
One-Bedroom (Renovated - 440 sq. ft.) - \$658.00
Rent includes all utilities and laundry. Parking \$38.40.



**Anavet Lodge –
166 Beliveau Road**
Bachelor - \$436.00
1 Bed - \$560.00
All utilities included plus basic cable.



Seine River Haven – 571 St. Anne's Road
1 Bedroom - \$974.00
1 Bedroom (Pet Friendly) - \$974.00
2 Bedroom - \$1071.00
2 Bedroom (Pet Friendly) - \$1071.00
Rent includes water.
Tenant pays Hydro, Cable, Parking and Laundry.
Parking - \$35.00.

PHONE 204-942-0991 TO FIND YOUR NEW HOME

1080 PORTAGE AVE, 2ND FLOOR, WINNIPEG

sam.mb.ca