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Vol. 17 No. 1  
Aug 1 - Aug 28/18

# At 49, Winnipeg's Folklorama is a lot more than music and food

By Roger Currie

**I**t must be August, because **Folklorama** is almost here.

For the better part of century, Winnipeg was a gathering place for people from many lands and many cultures, but it wasn't really until 1970 that our ethnic diversity was properly celebrated in all its joy and splendour for the larger world to see and enjoy. That year was the 100th anniversary of Manitoba becoming a Canadian province, and **Folklorama** was created as a once-only celebration of the culture and unique food of the many peoples who have settled here.

Through the determined efforts of the Folk Arts Council, and thousands of volunteers, it quickly became an annual summer event that attracted visitors from a long way away. In the late 1980's **Folklorama** was expanded to two weeks, with half the pavilions operating the first week, and the rest in the second week.

Winnipeg property manager Avrom Charach does not have many strong memories of the first **Folklorama** because he was only 4. "I do remember a man named Monty Hall cutting a ribbon to open the Israel pavilion at the old YMHA on Hargrave, and being told that this man was very famous" he recalled. In the early 80's after spending a year in the middle east Charach became heavily involved with the Israeli pavilion. Today, Avrom is president of **Folklorama**, and he's very passionate about the whole concept.

This year will see more than 40 pavilions open across Winnipeg between August 5th and August 18th. Returning this year is a pavilion celebrating Manitoba's Metis history and culture for the first time in several years, and another belongs to



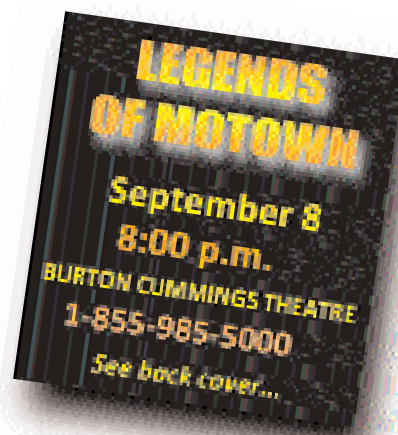
Pavilion at Folklorama

El Salvador, the only Pavilion representing part of central America.

As the festival grew over the years, it became a bit of a victim of its own success. There were long line-ups at the most popular places, and many early attenders eventually turned their back on it all out of frustration. Avrom Charach says this year, they have more fully embraced the digital world. "For the first time, you can pre-purchase tickets online at [www.folklorama.ca](http://www.folklorama.ca). You can actually buy entry to an individual pavilion at a specific time, up to one hour before the show at that location" he says.

Almost from the very beginning, bussing has been a part of the **Folklorama** story in a few different ways. There was a time when the festival was huge in putting Winnipeg on the map for seniors bus tours from the United States as well as

other parts of Canada. Charach says that business has fallen somewhat but it remains an important element when calculating the economic impact of **Folklorama**. "More than a dozen years ago, there was a study done that put the total economic impact in Manitoba at more than \$40 million. It includes everything from material for costumes, huge amounts of food that is purchased and prepared in each pavilion. Good luck trying to rent tables and chairs in August if you are not a **Folklorama** group. It's definite-



Continued on page 2

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Lois Dudgeon - Canada 55+ Games  
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Folklorama, cont'd from front page



Avrom Charach, president of Folklorama

ly time to do such a study again, and I'm sure the new figures would be dramatically higher" Charach says.

Avrom got noticeably emotional when I asked him what **Folklorama** has meant when it comes to opening the hearts and minds of people to different cultures, at a time when countries like the United States seems to be actively discouraging this kind of sharing. "We send performing groups to other countries – last year it was Indonesia that was visited by a First Nations troop. The TV show *America's Got Talent* featured two **Folklorama** performers from Winnipeg this year. *Teachings* is another year round festival outreach program. We sent people to Louisiana last year. Several high



Pavilion at Folklorama

schools there wanted to learn about different cultures".

Charach ended our conversation with a particularly special and very local story. "There was a school in Winnipeg where a number of children had come as students from another country. Several teachers and the principal noticed that the newcomers were being treated 'rudely' to say the least, because they dressed differently and ate different food. The principal asked for help from *Teachings*. Help was brought in and attitudes at the school changed

dramatically, once the students learned the stories behind those differences".

To say that our August party in Manitoba has produced a hugely positive 'ripple effect' would definitely be an understatement.

All the information you need to enjoy your visits to the pavilions can be found at [www.folklorama.ca](http://www.folklorama.ca) ■

Roger Currie is news director of CJNU, 93.7 FM, and a regular contributor to Senior Scope ..

INTRODUCING "TEAM MANITOBA 2018"  
Canada 55+ Games, Saint John, NB - Aug 21-24, 2018

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# Announcing “TEAM MANITOBA” for 2018 Canada 55+ Games

By Lois Dudgeon

These Games are these older adults 2018 (Summer) OLYMPICS! On August 20, a team of Manitoba senior athletes (88) will venture to New Brunswick to prove “you're never too old for FUN & Games!”

This year, the biennial Canada 55+ Games will be hosted by Saint John, New Brunswick from Tuesday, August 21 to Friday, August 24. The Canada 55+ Games is a first-class sporting event that brings together over 1500 senior athletes from all over the nation for healthy competition and social camaraderie. The Host NB Team will be approx. 250 strong!

The guiding mission statement of the games is to influence personal behavior and social supports that encourage healthy, active living for older adults in Canada. Manitoba's Team Manager, Lois Dudgeon of Morden, states that “fun, fitness and friendship” is the slogan both the administration and participants live by. “Athletes come to the games to reconnect with old friends or to make new ones within the spirit of friendly competition. It really is 4 FUN filled days of FRIENDLY competition.”

Familiar sports like golf, curling, ice hockey and slo-pitch are featured alongside other events like



Team MB 2016, Brampton



MB Bombers hockey team returning for their second year

card games, horseshoes and scrabble for a total of 24 events. The variety ensures that every senior,

regardless of their fitness level, will be able to participate. Pickleball which is the fastest growing sport

among the 55+ crowd is in it's third year at this years' Games.

Team Manitoba 2018 was announced following the Manitoba 55 Plus Games qualifier, held June 12 - 14 in Glenboro, MB. Nearly 850 Manitobans participated in the local event built on the same principles of the Canada 55+ Games. There may be someone from your community who participated in the Manitoba Games and may even have qualified for the Canada Games.

Team Manitoba's uniforms are generously sponsored by Homestead Manitoba out of Winnipeg.

Team Manitoba will enjoy Opening Ceremonies with an Athletes Parade, a closing banquet and awards during the Tuesday to Friday event. Participants will also be treated to additional local cultural activities including a typical Maritimes “Kitchen Party”. The next host community will also be announced at the Opening ceremonies. Manitoba last hosted the Canada 55+ Games in 2006 in the community of Portage la Prairie.

For more information on the Canada 55+ Games, visit [www.canada55plusgames.com](http://www.canada55plusgames.com) or contact: Before Aug 15: **Lois Dudgeon** at **204-822-6207** Before Aug 19: Your local “Team MB” athlete(s) ■

## “TEAM MANITOBA 2018” cont’d

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Juliette Jacobson  
Guy Jolicoeur  
Sandra Klassen  
Larry & Terry Ladyman  
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Glenboro  
Cypress River

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18-Hole Golf  
Track  
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Track  
Pickleball  
18-Hole Golf  
Track  
Horseshoes  
Pickleball  
Scrabble  
Scrabble  
18-Hole Golf  
18-Hole Golf  
Curling  
18-Hole Golf

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88

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**FINANCIAL PLANNING:**

# So you think you want to buy a cottage or already have one – what are the implications?

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

Many of us have a mental picture of what living in the country on an estate would be like. In most cases it's a Hollywood type fantasy. In our mind we have a picture of convenience and beauty with grandchildren playing in the grass and picking flowers while the birds sing. Then there's always the fresh clean air and wonderful sunsets! Yes, a completely relaxed life style with lots of friends and of course... cocktails! A place where everything feels magical and all the work and maintenance simply gets done without any real effort. Oh if only it were so, but ah well, back to reality for a moment. So what are the real issues to be aware of when purchasing, owning or transferring a cottage?

**• Physical considerations:**

Do you know what kind of person you are? Are you a beach person, a golfer, boater, water-skier or snow-mobiler? Do you like to party or are you more of a homebody that prefers to garden and cut the grass? How do you feel about bugs and biting insects? Are you mechanically inclined? Do you like variety, trying new things, festivals? Do you like packing and unpacking? Or do you just like checking into a hotel?

Are you the type of person that likes isolation or do you need lots of people around you? Many times new purchasers don't take into account how much recreation time they really have or how long it takes to drive to the cottage. That may make the difference to whether you can leave on Friday evening or Saturday morning. Will you sleep there for one night or two? What are the driving conditions like? If you buy in a very popular area will there be lots of road congestion going to and from your "quiet oasis?" How stressful will that be...are you going to need one day just to calm down before you have to come home again?

Do you like convenience? Are you looking for a cottage/home or simply a cabin? That can make a big difference, as silly as it sounds, is there indoor plumbing? Do you want potable water attached to your house or do you want to bring bottled water with you? Other considerations would be; do you want a cistern or a holding tank? What about a reverse osmosis water system with a UV sterilization process? Then there's the wonderful aspect of sewage. Can your area support a

grey field for your grey water or do you need a holding tank? If so, do you understand how often these holding tanks need to be emptied? What is the additional cost on a monthly basis?

Do you want cottage access year round? If so, then heating and air conditioning needs will be different. What does this mean? Well if you're building, you'll need thicker walls, better insulation, higher quality windows and better flooring. What is the extra cost going to be? Perhaps you decide to just heat with wood or a combination of wood and electricity? If you used wood, is it easily available and how do you feel about the work of sourcing, splitting, stacking and protecting it in a sheltered place? Remember that although a nice crackling wood fire may be comforting, it's also messy and a lot of work.

Do you want to set your alarm in the winter to stoke the fire so it doesn't get cold in the cottage? If it's a year round cottage and you aren't there to maintain the fire do you have a backup heat source in case of a prolonged power outage? If not then you run the risk of water pipes freezing and bursting unless you plan on draining all the water system every time you leave?

If you are planning on continual heat – do you know the cost?

**• Maintenance:**

If you have two residences, remember both will require maintenance and maintenance equals money. There is a cost to buying a second set of equipment and household appliances. Other questions are: What happens if the equipment breaks down? Does the area have good reliable repair people? If not, how will you deal with an equipment breakdown? Do you need to hire someone from Winnipeg? Will they come? At what cost? Or do you need to transport what needs to be fixed to the city? If you don't have the ability and transportation available you may need to rent something? All of these scenarios need to be considered and added to the overall cost of ownership.

Do you have a cottage care manual? If something happened to the person who does most of the care of the cottage, can someone step in to cover? Do you have a written "How to Manual?" What is the procedure for Spring/Summer/Fall/Winter? Does someone know how to operate all the equipment?

Another issue is security – who looks after your cottage when you are not there? Many owners of a property don't realize that for insurance purposes, someone needs to inspect the premises every several days. What happens if the sump pump quits and there is a rain storm? What happens if there is a power outage? Does your equipment automatically reset itself? What if your house should be broken into? How will you know? Do you hire a security company? Is there one in the area? With technology as it is now, do you set up a monitoring and surveillance system in your cottage so that it can be monitored from your house? Do you have the skill set to do so? Does all your electrical need to be updated so that you cottage can become a "smart cottage?"

**• Jurisdiction (province/country):**

Many of the issues remain the same. Who besides the primary knows about the running of this property?

If you bought a vacation property in another country –currency exchange can be an issue, not just on the initial purchase but in maintenance and utility costs. Has this been thought of and accounted for?

If the property is in another country or jurisdiction then the security aspect changes completely, maybe you would need to hire a property manager which could turn into a major expense.

Even if in another province heating and air conditioning costs vary tremendously. (In Ontario for instance hydro costs are significantly higher than Manitoba). Another often overlooked factor for out of province properties are the different inheritance and tax laws. Would the issue of inheritance be a factor for children or grandchildren?

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*Continued on next page*





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## CURRIE'S CORNER

By Roger Currie



There is a bizarre story out there right now about the *Holocaust*. Does everyone understand that the term refers to the murder of millions of Jews and others by Hitler's Nazis? I ask what might seem to be a simple-minded question because of an Alberta woman named Monika Schaefer who is behind bars in Germany, awaiting trial for “denying the Holocaust”. Specifically, she is accused of inciting people by producing or distributing several videos that basically dismiss the horrifying history as 'fake news', to put things in the vernacular of the 45th American President.

An interesting sidebar to all this is the fact that Monika ran for

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

### Jailed for denying Holocaust

Parliament as a Green Party candidate, not once but three times, in the western Alberta riding of *Yellowhead*. How soon we forget. That was Joe Clark's riding for several years, including the 27 minutes that he served as Conservative Prime Minister in 1979. There was never much of a chance that Monika would ever be elected but she did finish ahead of the Liberal candidate in 2008 and 2011.

Her video can still be found quite easily on *YouTube*. She echoes the familiar views of other more notorious Holocaust Deniers . They says places like *Bergen-Belsen* and *Buchenwald* were 'work camps', not 'death camps'. Despite a large body of documentary evidence, including testimony from thousands of survivors who were children in the

camp, the *Holocaust Denial* folks, also known as 'Truthers' are not going away. In fact the internet seems to be helping them grow in numbers as the years go by.

Many of their highly disturbing views are spread on *Facebook*, whose Jewish creator, Mark Zuckerberg, insists that the content should not be banned.

Back to Monika Schaefer. The civil liberties types are suggesting that the Canadian government has abandoned her, and thrown her 'under the bus'.

It's hard to know for sure, but I sincerely hope not. Her right to freedom of speech and protection of person should be the same as the rest of us. ■

What do you think, can the first Canadian to travel in space find a solution to our problem of finding a way to travel from town to town on the ground? Justin Trudeau shook up his cabinet a little this week, but former astronaut Marc Garneau is still the Minister of Transport. The Prime Minister has handed him the *Greyhound* file.

The bus company which has been moving us for decades, has served notice that those bus rides will no longer be offered on the prairies when Halloween rolls around. They say it's a business that is no longer 'sustainable', and it's a blow that will make life difficult for lots of people who don't drive cars. There used to be a pret-

ty good option in Saskatchewan. It was a publicly-owned bus company started decades ago by Tommy Douglas. Before he walked away from the Premier's office in Regina, Brad Wall killed off STC, saying it no longer made sense to subsidize rides for people. By that measurement, we should probably stop pro-

Continued on page 6

### Implications of a cottage? *cont'd from page 4*

**School Trustee elections** – taxes collected for schools. In the province of Manitoba municipalities are mandated to collect school taxes for the school divisions in the catchment area of the municipality that you own property in. The school taxes may be significantly higher than your property taxes but you do not have a say in what happens. You have no input into who gets elected to the positions of school trustees and you have no say in how the money gets spent. Even if you attend school board meetings you cannot voice an opinion, give suggestions or bring forth any criticism. You only have standing in the area you live in or where you registered to vote. It is truly taxation without representation.

**Reeve/mayor/councillors** – Here you have a choice. If you are the registered property owner and have multiple properties, then you can vote for the candidate in each area of local governance. However, if voting is an issue for you, check out their bylaws. In the last ten or so years, the provincial government has changed legislation so that election times can be changed to favour when the highest proportion of the population is present to vote. They

really care for your opinion. In the Province of Manitoba three or four municipalities have changed their municipal and school trustee election dates to the summer months so that more people could be present to cast their ballots. Some have even gone to the extra step of having created mail-in ballots. However not all areas are this accommodating or inclusive. Some veer to the other side of the spectrum; for instance, even though the RM of Lac du Bonnet has a high seasonal rate of taxpayers, in the last municipal cycle of meetings a motion was brought forth to change this idea in order to better accommodate the taxpayers that are considered “permanent”. The present sitting Reeve and two councillors voted against accommodating seasonal residents. This decision to not accommodate also has the potential to exclude any permanent residents considered “snowbirds” from voting. ■

Should you wish to have further discussion, or want to ask questions specific to your own situation, as always please feel free to call us.

CONTINUED IN AUG. 29 ISSUE

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Advertising Feature

# Plan ahead for your hospital stay!

Submitted by Manitoba Institute of Patient Safety

*This article in the series on patient safety is about what to expect and how to prepare for your stay in hospital. Healthcare providers do their best to ensure your stay in hospital is as comfortable as possible. However, it can be an unfamiliar experience. For example, many different people will be helping you, equipment will make strange sounds and have unfamiliar symbols, and you will likely read and hear unfamiliar medical terms. All of this can make feeling comfortable pretty challenging.*

That's why it's important to be prepared.

Before your stay, talk to your doctor and:

- make sure you understand why you need the treatment
- discuss the benefits and risks
- ask what you can do to help yourself
- discuss your home situation. Do you have someone who can help at home? Do you think you will need home care?

During your stay in hospital:

- show your up-to-date **It's Safe to Ask** Medication card, available at [safetoask.ca](http://safetoask.ca)

- tell your healthcare providers about your health, special needs and medications
- remind them what your home situation is and if you will need home care
- if you feel confused or anxious, or have questions, speak up right away
- if you find any of this challenging, ask your Patient Advocate for help

It is important that you understand your care and know what medications you are being given. Listen to people in your care team and if you don't understand, ask questions. Always ask what medications you are being given. If you notice any side effects, tell someone right away.

Here are some additional steps you can take to ensure your safety:

- take notes, or have your Patient Advocate take notes for you
- ask healthcare providers to check your wristband before giving you medications

- wash your hands and ask visitors/providers to wash their hands in order to prevent infections
- keep your bed low, use handrails and wear non-slip footwear in order to prevent falls

We've covered how to prepare for your stay in hospital and what you can do during your stay, here are some things to consider when it comes time to leave the hospital. You may feel excited or concerned to leave. Either way, being prepared to go home is just as important as preparing for your stay in hospital.

- ask for written instructions for your care at home. Review them and ask questions
- if you require home care services, confirm arrangements have been made
- understand your care and know the medications you're receiving. When it comes to your medications, there are five questions you should ask, these questions are available as a resources at [safetoask.ca](http://safetoask.ca).

- update your healthcare plan when you get home

Remember, it's OK to feel nervous about your stay in hospital. The best thing you can do to ensure your safety and feel comfortable is to be prepared, and to be upfront and active in conversations with the healthcare providers you meet.

For more information about these **S.A.F.E. Toolkit** topics, call **204-927-6477** or **1-866-927-6477**, or visit [safetoask.ca](http://safetoask.ca) to view resources and videos.

## Learn to be safe!

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 advertisement on page 5)

## Currie's Corner, cont'd from page 5

viding water and electricity to small neighbourhoods where the money coming in is no where near what's needed to cover the costs. Maybe we should shut down police departments that don't write enough tickets to pay for themselves.

In addition to ending passenger service before the snow flies, Greyhound is also scrapping its freight service on the prairies. They have presented very little in the way of detailed evidence to justify either move and it really makes you wonder.

Led by Manitoba, all four western provinces are asking the American-owned company to extend service by at least two more months while possible solutions are explored. That's appropriate because Manitoba manufactures more buses than just about any other jurisdiction in North America. Buses are part of the 'green energy' solution to climate change. Were the folks at Greyhound just not paying attention ?

Go for it *spaceman!* We're counting on you. ■

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**Where:** Canada Games Sport for Life Centre, 145 Pacific Avenue, Winnipeg

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This event is a part of a national celebration of aging as Canadians from coast to coast to coast celebrate National Seniors' & Elders' Day to kick-off Seniors' and Elders' Month in October.

**Admission is FREE and open to EVERYONE!**



Advertising Feature

# Saperavi, one of a kind (First and only Georgian restaurant in the Prairies)

By Landis Henry, owner of Saperavi

The questions I am most frequently asked are: **1. Why would an internationally recognised scientist start a restaurant? 2. Why would a Canadian start a Georgian restaurant in Winnipeg?** In this article, I will attempt to answer these questions as well as introduce the reader to Georgian culture and cuisine. Furthermore, I will extend an invitation to the reader to visit **Saperavi**, the first and only Georgian Restaurant in the Canadian prairies. After obtaining my PhD from the University of London King's College, I worked as a scientist in Switzerland and Denmark before moving to Winnipeg in 1991. In Winnipeg, I worked as the Technology Commercialization Officer at the University of Manitoba before moving onto the National Research Council in 1994 where I worked as an Industrial Technology Advisor. In this capacity I worked primarily with biotechnology and medical devices companies. In 2004, I had the opportunity to move to Ukraine as Canada's representative and Deputy Executive Director at the Science and Technology Centre in Ukraine (STCU). The STCU is an intergovernmental organization with diplomatic accreditation and together with the United States, the European Union and Ukraine is engaged in redirecting former Soviet scientists that were engaged in the development and / or deployment of nuclear, biological and chemical weapons of mass destruction. In my 8 years and 3 months as Canada's representative, living in Kiev, I travelled and worked extensively in other Soviet Republics, including Georgia, Azerbaijan and Moldova. I quickly fell in love with the Georgian culture and cuisine. This tiny country has made its mark across human civilization, for example:

1. Georgia, is at the intersection of Europe and Asia. Archeological investigations have confirmed that the first Europeans were found in Dmanisi, Georgia.
2. Ushguli a community of four villages, is a UNESCO World Heritage site and is Europe's highest settlement of 2,100 metres above sea level. Other UNESCO World Heritage Sites in Georgia include: the ancient capital city of Mtskheta and the cathedral complex of Bagratin which was built in the early 11th century.
3. The Krubera cave at 7,200 feet deep is the world's deepest cave.

4. Georgia is one of the most ecologically diverse countries in the world with numerous climate zones ranging from alpine to subtropical and to semi desert.
5. The capital, Tbilisi, is known for the diverse architecture and cobblestone streets of its old town.
6. Georgia is the birthplace of wine dating back more than 8,000 years.
7. The Georgian language is unique (it has its own alphabet) and is one of the oldest languages in the world.
8. Vardzia, a sprawling cave monastery excavated from the Erusheti mountain and dates back to the 12th century. The underground fortress has 13 levels and 6000 apartments.

Georgians are incredibly friendly and generous. Given its geographic location (at the cross-roads between Europe and Asia) there can be no doubt that the surrounding countries (Armenia, Azerbaijan, Iran, Russia and Turkey) played a significant role in shaping Georgian culture and cuisine. Owing to the lack of space, I cannot do the cuisine justice in this article. That said, the food is amongst the best I have experienced during my extensive travels; on vacation, as a scientist or whilst working in Eastern Europe. Some notable favourites are schmeruli chicken, a delightful chicken roast in a rich garlic and cream sauce. Like a number of Georgian dishes, the chicken is cooked in a clay pot. Everyone's favourite kachapuri Imeruli (a cheese filled flat-bread) is mouth-wateringly good. The kinkali (giant Georgian dumplings) is a must on any visit to a Georgian restaurant. In Georgia, I would travel to remote mountain villages to eat the khinkali and the shashlik (skewers of meat cooked over charcoal).

Approximately half way through my posting I made the decision that upon my return to Canada, I would make every attempt to open a Georgian restaurant. Family and friends were alarmed. They could not comprehend why I would give up a very successful scientific career to open a restaurant. I was reminded daily of the high failure rate of new restaurants. I wanted the people of Winnipeg to try the new cuisine. Together with my son, Christer, who has also travelled extensively in Georgia, we doubled down and took the plunge. I had

no experience with operating a restaurant and Christer had limited experience in a restaurant setting only having worked at Boston pizza, whilst a student. With my MBA as a management tool, we doubled down and launched **Saperavi**. We chose Corydon Avenue as the area is well known for its cuisine, atmosphere and dining al fresco.

in Manitoba. We believe Georgian wine is exciting. Not only is Georgia the birthplace of wine making but the wine is often made using technologies that are unique to Georgia. The time honoured practice of using Qvevri (an egg-shaped earthenware vessel) for wine making is practiced throughout Georgia especially in village communities where unique vari-



Launching **Saperavi** proved to be easier said than done. First and foremost, in 2013, there were only 3 Georgian restaurants in Canada. Second there are only a few Georgians in the Province of Manitoba. It was a major obstacle getting qualified chefs. Although we were successful in bringing to Canada a Georgian chef with the Temporary Foreign Workers Program, the process was long and arduous. Unbelievably it took more than a year. That, however, is another story. Currently our kitchen staff include a Georgian, an Armenian and an Iranian. We believe we have the perfect balance of culinary expertise which represents Georgia and the surrounding countries. At **Saperavi**, you will experience the best of Georgian cuisine, as well as signature dishes from Armenia, Iran and Uzbekistan. **Saperavi** is located in the heart of Little Italy and we offer dining in our elegant restaurant, our spacious and modern lounge or on our large patio. We offer Georgian and Moldovan wine with our exciting menu options. We are the only establishment selling Georgian and Moldovan wine

eties of grape are grown. The process involves pressing the grapes and then pouring the juice, grape skins, stalks and pips into the Qvevri, which is sealed and buried in the ground so that the wine can ferment for approximately six months before being drunk. In essence slow fermentation at low temperatures. We encourage you to try the Kindzmarauli wine as it is an excellent example of this ancient process of wine making.

In conclusion, on behalf of all the staff, we would like to extend an invitation to you to visit us at 709 Corydon Avenue. You will find a warm atmosphere, excellent food and wine and outstanding staff. ■

**Saperavi**  
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See our advertisement on page 11

## Manitoba Churches - Chain Lakes Friends Meeting House - 1899 / Dand United Church - 1925

**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](mailto:tymendis@shaw.ca).  
(204) 774-0677 / (204) 794-1909 / [www.theimpressionists.ca](http://www.theimpressionists.ca) (Seen Things) / [www.theimpressionists.ca/ManitobaChurches/](http://www.theimpressionists.ca/ManitobaChurches/) (Testaments of Faith)  
<http://ozimages.com.au/portfolio/tmendis.asp> / <http://www.portfolios.com/TyrrellMendis>

The first meeting of Quakers (or Friends) in western Canada was at Chain Lakes, Manitoba, in 1898. This was effected primarily by Rev. Alma G. Dale, Minister of the Uxbridge Meeting House.

Subsequently she helped to organise the building of the Quaker church (together with a stable) on land donated by John M. Hodgson, which was also sufficient for a cemetery.

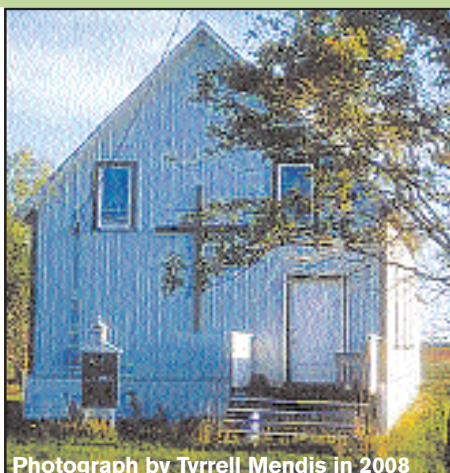
The church was dedicated as Chain Lakes Friends Meeting House on October 15th 1899 when \$195.00 was raised. However, most of the building costs were covered by contributions from Friends in Ontario and Great Britain.

For the next five years Mrs. Dale served as minister, arriving every Sunday in a pony buggy from her home in Hartney.

In 1923 the congregation - known as Chain Lakes and Dand Union Church - joined the Lauder Pastoral Charge, and shortened its name to Dand United Church. In 1925 it became Dand United Church. The pastoral field then consisted of Lauder, Dand, Chain Lakes and Melgund.

Improvements were made to the church as the congregation grew. Pews were installed. A Sunday School was begun in 1921 that required the building of two new classrooms in 1927.

But then came the Depression. The minister at the time, Rev. H. C. Harris, voluntarily



Photograph by Tyrrell Mendis in 2008

reduced his salary to a token amount to help his neighbours.

In 1949 the church was moved two miles south to Dand. In 1952 ownership was legally transferred from Chain Lakes Friends to Dand United Church. In 1965 the Hartney-Lauder Pastoral Charge was formed to include Lauder, Dand, Hartney and Melgund.

In 1958, after a succession of male incumbents, the church had its second female minister in Rev. Carole Palmer. However, she married a local gentleman and relinquished her position not long after.

The Dand United Church was closed for good in 2005.



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# THE BUZZ



Story by Scott Taylor

Photos by Jeff Miller

As my old friend, Roy Rosmus and I work on Book 3 in our Winnipeg Blue Bombers history series, the Bombers themselves remain Manitoba's summer pastime.

Crowds have been solid, if not overwhelming, at Investors Group Field this season, but fans have certainly had plenty to talk about through the first seven weeks of the season.

It might be a good time to catch up with football's Boys of Summer...

I am always fascinated by CFL fans who get their knickers in a pinch in the middle of the summer.

Make no mistake, I understand what it's like to be a real fan. You ride the highs and mourn the lows and you have every right to criticize your team. It's part of the fun. But when it comes to the Canadian Football League, I can't help but laugh when I see these kinds of Tweets before the first of September...

"Worst Defense Ever!!!! They're done!!!!"

"The offence is OK, but it's very inconsistent."

"FIRE RICHIE HALL!!!!!!"

I love all caps and six exclamation points.

It's the first week of August and while the mood has improved somewhat after that stinking mid-July loss to B.C., it's still hard to understand why dedicated fans get all hot and bothered, not by the weather, but by their team losing a road game on the coast before Labour Day?

This is the Canadian Football League. There is an eternity left on the schedule and the Bombers defense needs some tweaking – and a few new players after the NFL cuts are announced – but there is no reason to be concerned at this stage of the season.

Heck, there are still four months remaining for true depression to set in.

I understand why Winnipeg fans get nervous. After all, when your favorite team hasn't won a championship in 27 years and your favorite team plays in a nine-team league (sometimes there have been only eight teams), it's pretty understandable. In a nine-team league, you should just trip over the goal-line at least once in 27 years and win a Grey Cup.

Sadly, here in Winnipeg, the Blue Bombers have never been that

# It's a Blue Bombers Summer

lucky. They've had some good seasons and they got to the big game in 1992, 1993, 2001, 2007 and 2011, but for different reasons – all of them disappointing and unfortunate – they've never been able to hoist the Cup.

So yeah, I get it. I understand when Blue Bomber fans believe one mistake in the middle of July is probably the mistake that ends another dream. I get it when the defense struggles and that means somebody must be fired – right freaking now! I truly understand that the fear of having their starting quarterback suffer a near-fatal injury right before the playoffs runs so deep in Winnipeg, that it's created a situation in which the most important athlete in the city is always the Winnipeg Blue Bombers' backup quarterback. I get all of that.

I just don't understand why everybody worries about it so much in July. Yeah, maybe get itchy after Labor Day, but right now?

The Bombers have just gone 3-3 early in the season and played half those games with their No. 2 quarterback. And to put that into even greater perspective, they lost Game 1 by three points on a crazy, stormy night that produced two delays and a five-hour game; they won Game 2 on the road by a 56-10 score; they lost Game 3 in Hamilton to a solid Ti-Cats team that had just lost a road game 18-13 despite putting up 400-yards of offence, they whipped B.C. at home, lost to B.C. on the road and clobbered Toronto in the Argos building.

And, you know, .500 seems to be pretty good these days. After all, the 9-9 Toronto Argonauts are the defending Grey Cup champions; Ottawa, the 2016 champs, were 8-9-1; and in the 27 years in which the Bombers have failed to win a CFL championship, three teams with records below .500 have won the title.

So stop worrying. For one thing, after 27 years, it really can't get worse. And for another, maybe a solid 8-10 record will be good enough to cross over and win the Cup. Think about it. The last two champions are from the East, both times Western teams crossed over and in total, the champions' record is 17-18-1. It's long been claimed by league veterans that the CFL doesn't even start to get serious until Labour Day weekend. Between now



Sparse crowds in Toronto.



The great Andrew Harris take a hand-off from QB Matt Nichols.

and then, why don't we all just sit back and enjoy.

## Hard Times in Toronto

After their shocking collapse in Vancouver on July 14, the Winnipeg Blue Bombers got back on track in Toronto just one week later.

Led by 31-year-old Winnipeg-born-and-raised RB Andrew Harris, who carried 27 times for 161 yards and a touchdown and caught two passes for 16 more yards and another TD, the Bombers blasted the defending Grey Cup champion Toronto Argonauts 38-20 at BMO Field on the CNE Grounds. Harris was named the CFL's Offensive Player of the Week and the Bombers were all set to challenge in the Western Conference.

The attendance for the game was announced as 10,844. That was quite flattering and probably reflected the number of tickets that were in circulation. Obviously, those tickets weren't used.

There are 25,000-seats set aside for professional football at MBO Field and on Saturday a large number of those seats were shut off when the North side upper deck was closed to spectators. The remaining seats were barely half used.

It appears that the Canadian Football League is either dead or painfully dying in the largest sports market in Canada. In a city that has experienced an obvious change in demographics over the last 40 years, Canadian football has given way to soccer and basketball.

Young Torontonians are playing different games these days and in a recent discussion with Mike Richards and David Bastl on the Raw Mike Richards Show in Toronto, it became clear to me that old fashioned, three-down Canadian football is not only being dropped by many Toronto high schools, but it's also being ignored by young people

who have fallen in love with other sporting endeavours.

In a city that currently lays claim to a team that is the champion of the Canadian Football League, the Argos have become professional sport's sisters of the poor. Toronto fans will part with their hard-earned dollars to purchase NBA, NHL and MLB tickets, but when it comes to supporting a nine-team Canadian house league, those same fans seem to have no interest. To them, it's minor league football and they aren't going.

For a long time, the question has been asked: Can the CFL survive without Toronto? Many fans in places such as Winnipeg, Regina and Calgary believe it can, but you can bet, if Toronto was not part of the CFL, TSN would have no interest and in Canada, if your league isn't on television, you are not part of the public conversation.

It would be nice to think that putting a team on the East Coast while losing a team in Toronto could balance things out, but it won't. Without the largest sports and entertainment market in the country, you just won't make the type of money required to run a league like the CFL. You could be the Goldeyes and the American Association, I suppose, but you wouldn't attract the quality of player required to compete with a handful of other minor football leagues popping up in North America.

Unless something happens in the Centre of the Universe, the Canadian Football League will remain nothing more than a novelty, although, I don't suspect it will fold up its tent. We've been in this mess before and there is always somebody in Toronto who is prepared to try something new to save the Argos.

It's just too bad that a league like the CFL still needs saving in its most important market. ■

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# Collecting Coins for Fun & Profit - PART I

By Barré w. Hall B.Sc, J.D., LL. M. (Northwestern)



## Introductory Note

Many of the areas covered in this article can be experienced, first hand, at the Manitoba Coin Club's **65th annual COIN, STAMP and COLLECTIBLES show** which will be held Saturday, Sept. 29th, (10 am-5 pm) and Sunday, Sept. 30th (10 am-4 pm) at the Sunova Centre just North of the Perimeter route at Main Street. Feel free to call Barré Hall @ **204-296-6498** or Howard R. Engel @ **204-253-0419** for further details of the show or if you have any questions.

## Overview: The Hobby of Coin Collecting

Coin collecting is a very interesting hobby – unique even – since, unlike most hobbies, the costs involved are recovered (more or less) as the collection is built into a liquid asset. Most hobbies cost the participants cash with virtually no recovery prospects (e.g. golf, boating etc). So, there are important economic and investment aspects to the hobby but most collectors do not collect for profit but rather because of interest. There are historical and artistic components to collecting and the mystique of assembling sets (by date, type, geography or otherwise).

In addition, coin collecting attracts people from all walks of life, with a variety of backgrounds and interests. And there are no rules as to what to collect or even what a collection is. It is all up to the individual collector. It is what he or she wants it to be. The common denominator, though, is the collection is an artistic creation and an asset that will have value to the collector both psychologically and as an investment.

## The Attractions of Coin Collecting

Coin collectors are a varied bunch – large, small, young, old, male, female, basic, advanced and so on, but they all have something in common: curiosity and an innate interest in collecting and particularly coins (and frequently banknotes as well).

While the interest is common the underlying reasons will vary. They may be historical in nature – after all, a country's coinage is in large part also a history of that country. Or, the basis of the interest may be artistic. Many coins are striking in appearance, especially "proof coins" (i.e. Specially designed and struck for collectors, not for commercial usage). Or the interest could be economic in nature. Prior to 1968 Canadian coins were produced in copper, nickel, silver and gold. Coins with high precious metal content are valuable based on metal (gold or silver) content alone. Finally the interest may simply be based on "collecting mystique" – i.e. the desire to creatively assemble a set of coins in a logical and probably chronological order. Of course the interest could be based on any combination of the foregoing.

To illustrate, consider the 1967 "centennial set" issued by Canada to celebrate Canada's 100th birthday. It consisted of a 1¢ (copper-seagull), 5¢ (nickel-rabbit) 10¢ (silver-mackerel), 25¢ (silver-cougar), 50¢ (silver-wolf), \$1 (silver-Canada Goose) and \$20 (gold-Canada coat of arms).

These coins are tastefully rendered and are miniature pieces of art and history. Thus they are historical and artistic. The silver and gold coins have greatly increased in value over the last 50 years (i.e. to the 150th or "sesquicentennial"). The gold coin,

issued around \$50 now contains about \$850 worth of gold alone. And, the set is a sequence in and of itself being 1 cent to 20 dollars all in 1967 so it is a set that is artistic, historical and with significant economic value.

Perhaps the best thing about coin collecting is the chance to realize significant economic gain, either by gold or silver value content, or "collector demand" (i.e. numismatic value). ■

[CONTINUED IN AUG. 29 ISSUE](#)

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# Six hundred Catholic women to gather at National Convention in Winnipeg

Six hundred Catholic women of faith will gather at the Delta Hotels by Marriot Winnipeg, August 12-15, 2018, for The Catholic Women's League of Canada's 98th annual national convention with the theme *Inspired by the Spirit: Women Respond to God's Call*.

Keynote speaker Most Rev. Murray Chatlain, Archbishop of Keewatin-Le Pas, will speak Tuesday, August 14th on *Listen slowly: Women guided by the Spirit*. Six workshops have been arranged for members and guests on topics related to mental health, homelessness, human

trafficking, pornography, Indigenous issues and the environment.

Attendees will be given ample time to reflect on the League's theme *Inspired by the Spirit: Women Respond to God's Call* through the celebration of daily mass, prayer services and encounters with sister delegates.

Updates throughout the convention will be available on the League's national website ([www.cwl.ca](http://www.cwl.ca)), Facebook page and Twitter (@CWLNational).

The Catholic Women's League of Canada is one of the largest organizations of women in Canada with

over 80,000 members represented in every province and territory and in the military. With a membership representing a wide cross-section of Canadian society, the League has received the commendation and keen appreciation of federal, provincial and municipal authorities for the voluntary services ably performed by its nationwide membership.

National President Margaret Ann Jacobs of Elmvale, Ontario, will be available for interviews prior to and during the convention.

For further information, contact Eva Arsenault at (204) 895-4108 or [evaarsenault@mts.net](mailto:evaarsenault@mts.net).



Margaret Ann Jacobs - National President, Catholic Women's League

## 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](mailto:kelly_goodman@shaw.ca) for details.

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Things To Do

IN WINNIPEG

MISC EVENTS

**65th Annual Coin, Stamp & Collectibles Show** - Sat & Sun, Sep. 29 & Sep. 30 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold. Doors open 10 am. For info: Barré W. Hall, **204-296-6498**

**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**

**Beyond Belief AA** - 1 hr. closed meeting, 6:30 pm. Blue doors open by 6:10, basement of United Church, 623 St. Mary's Rd. We welcome agnostics, freethinkers, atheists and others for anonymous, alcoholism/recovery support. Call Cathy M. for info: **204-981-5055**

**St. James Cemetery** - welcomes people to visit this historic site any time - gate at 525 Tylehurst St. (off Portage) is always open. The old church is open for Sunday services 9:30-10:30 am until end of Aug. All welcome. Contact Friends of Cemetery, Hazel Birt: **204-470-1917**, [hgbirt@shaw.ca](mailto:hgbirt@shaw.ca)

**55+ Dance Club** - Mondays, 1-3 pm, in Legion Hall, 134 Marion St. Old-time live band resumes Sept. 10. **204-233-5892**.

**St. Matthews Maryland Community Ministry** - Seniors Art Workshop Wednesdays, 12:30-2:30 pm, instruction and supplies provided, no experience necessary. Seniors Health and Wellness program Fridays, 11 am-1 pm. Different wellness activities ea. week. Healthy snacks provided. All welcome. **365 McGee St., www.stmatthewsmaryland.ca, 204-774-3957**

**Forum Art Centre** - Art in the Park at the Swords & Sabres Festival & Open House & Registration. Free Family event, activities for all ages, Sat. Aug. 18, 11-5. Artists will be at the Festival in Coronation Park, St. Boniface, sponsored by the Sons of Lugh & Friends. Performers, Live Demonstrations and Merchants with all things Viking, Renaissance, Medieval, Steampunk & Pirates. Free Art activity for all ages, Caricatures by Winnipeg Artist Jon Ljungberg. Open House & Reg. at Forum Art Centre, 120 Eugene St., Sat., Aug. 18, 1-4. **204-235-1069** or [www.forumartcentre.com](http://www.forumartcentre.com)

**Art from the Attic** - Grands 'n' More Winnipeg has volunteers standing by to take calls for donations. Beginning June 1, volunteers will pick up any art donations. Also, 2 drop off sites. **Giant Art Sale**, Sun. Sept. 30, 10:30 am-4 pm, at Norwood Community Centre, 87 Walmer St. off St. Mary's Rd. All proceeds go to the Grandmothers to Grandmothers Campaign, part of the Stephen Lewis Foundation. Info: **204-599-8787** or email: [gnmAFTA@gmail.com](mailto:gnmAFTA@gmail.com)

**SALES/MARKETS/SHOPS**

**Nearly New Shop of the Children's Hospital Guild of MB** - 961 Portage Ave. Hrs: Mon-Sat, 10 am-4 pm. SUMMER SALE - 50% OFF Clothes, Shoes, etc. Run by volunteers. Proceeds to the Children's Hospital Foundation of MB in support of the Children's Hospital. **204-772-3629**

**MUSIC**

**Discover Modern Square Dancing** - For young and old. For couples & singles. It keeps you Young & Fit. Meet new people. (Inexpensive). Starts Sept. 10, 7 pm. 3 Free sessions for Beginners. At the Norberry-Glenlee Comm. Centre. St Vital, 26 Molgate Ave. Call Kerry **204-663-0646** for more info.

**La chorale des Intrépides** - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: [intrepides.manitoba@gmail.com](mailto:intrepides.manitoba@gmail.com)

**Seniors' Choral Society** - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas.

Will perform at local seniors complexes and PCH's. Info: Gerda or John: **204-669-5570** or [www.seniorschoralsociety.ca](http://www.seniorschoralsociety.ca)

**The Happy Homesteaders** - Senior men singing a capella barbershop harmony. Perform in various senior complexes. Recruiting for tenors, leads, baritones, and basses. Rehearsals Mondays, 1:30-3:30 pm in Legion (lower level), 426 Osborne, Sept. thru May. Just show up or call Joe: **204-888-4214**

**SPORTS/FITNESS/GAMES**

**The Pembina Oldtimers Men's Curling League** - In-person Registration on Wed. Sept. 5, 1-3 pm at the Pembina Curling Club, 1341 Pembina Hwy. Season consists of 4 rounds with each round consisting of 10 games. Two games/week, alternating btw Mon., Wed. & Fri. at 1 pm, Oct-Mar. Teams established using random selection before start of ea. round. Various options: play only one, two, three, or all four rounds. Or, start off by Sparing. More info: [pembinaoldtimerscurling.com](http://pembinaoldtimerscurling.com), [contact@pembinaoldtimerscurling.com](mailto:contact@pembinaoldtimerscurling.com) or call Herman Adrian: **204-253-7633** or Murray Ballance: **204-269-6259**

**Tuesday Ladies Who Bowl** - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface Tuesdays until end of April. Contact: Lynne Ducharme **204-231-0279** or [lducharm@live.ca](mailto:lducharm@live.ca)

**Three ladies golf leagues** - Now accepting new members, all ages, all levels of play. Kildonan Park Ladies Who Golf, Mondays, 0800-0900 tee offs. Windsor Park Ladies Golf, Wednesdays, 0730-0900 tee offs. Southside Friday Ladies, Fridays, 0800-0900 tee offs. To join, or for info, contact: Lynne: **204-298-9600**, [lducharm@live.ca](mailto:lducharm@live.ca)

**Winnipeg South Senior Slow Pitch Club** (mixed) - invites you to join one of our 3 scheduled teams and the informality of Tue. and Thur. House league play - all on grade AAA diamonds, in Fort Garry at Clarence and Hamelin, just off Waverley. Grant **204-477-1050**, Bobby **204-261-3033**

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

**VOLUNTEERING**

**The Canadian Red Cross** - Volunteer positions available: Personal Disaster Assistance (PDA) Responder, Emergency Response Team (ERT) Supervisor, Support to Evacuation and Repatriation Team (SERT) Responder. Call **1-844-818-2155** or email [vrs@redcross.ca](mailto:vrs@redcross.ca)

**Caregiving with Confidence** - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Male Respite Volunteers needed Tue. afternoons for Caregivers Program in W. Kildonan. **204-452-9491**

**Deer Lodge Centre, 2109 Portage Ave** - Volunteers needed for daytime recreation programs, physiotherapy dept., cafeteria, coffee program, PRIME and Get-a-way community programs, daytime medical escorts (no driving required). Joy: **204-831-2912** or email: [jtanchuk@deerlodge.mb.ca](mailto:jtanchuk@deerlodge.mb.ca)

**Misericordia Health Centre** - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Call **204-788-8132**, or online at [www.misericordia.mb.ca/volunteer](http://www.misericordia.mb.ca/volunteer) or apply in person. Free parking provided.

**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. Melissa: **204-956-6773** or email [msitter@vgh.mb.ca](mailto:msitter@vgh.mb.ca)

**Meals on Wheels** - We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or [www.mealswinnipeg.com](http://www.mealswinnipeg.com)

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: [meaganvarndell.kmts@gmail.com](mailto:meaganvarndell.kmts@gmail.com) and **204-668-0967**

**The Bereavement Care Program of Concordia Hospital** - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counseling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, [bmilks@concordiahospital.mb.ca](mailto:bmilks@concordiahospital.mb.ca)

**Manitoba Institute for Patient Safety** -

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

**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

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

**HSC Winnipeg** - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: [volunteer@hsc.mb.ca](mailto:volunteer@hsc.mb.ca)

**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**

**Pembina Active Living (PAL) 55+** - Summer activities continue: Mondays - PAL putters (golf), Tuesdays - Yogalates (yoga and pilates), Wednesdays - PAL pedallers (cycling), Thursdays - Yoga in the Park, Fridays - LunchPALS. **Special event:** Community Picnic and Membership Drive, St. Norbert Market, Tue. Aug. 21, 11 am-3 pm. Everyone welcome: program demos, entertainment, flea market, BBQ items for sale, vendors' tables. PAL memberships available. Register for fall activities beginning Sept. 10. Info: [www.pal55plus.com](http://www.pal55plus.com), [office@pal55plus.com](mailto:office@pal55plus.com) or **204-946-0839**

**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 Gerry: **204-257-1475**

**Elmwood EK active Living Centre** - Café: Wed. 10:30-noon. Coffee and treats \$1. Come and see what other events and activities the Centre has to offer. ie: Community Woodshop (including a Ladies at 10:30 Fridays), Hand & Foot Canasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. **204-669-0750**

**South Winnipeg Family Info Centre** - Seniors Connecting, Wednesdays, July 18-Aug. 23, 9:30 am-noon for conversation, coffee/tea, snacks and activities. Info: **204-284-9311** or [outreach@swfic.org](mailto:outreach@swfic.org).

**Sturgeon Creek United Church** - Fellowship gatherings to meet new people, connect with previous neighbours. We offer games, cards, conversation and serve light refreshments. Every 2nd Thur. of the month, 1:30-3 pm except during July and August. Free of charge. All welcome. **204-895-7410**

**The Salvation Army Barbara Mitchell Family Resource Centre** - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S.

9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc. Wednesday - Steppin' Up FREE Exercise Class 10:00-11:30 am, Thursday - Pickle Ball 9:30-12 noon. Coffee/Tea and snacks provided with each program. For more info, call Sheila: **204-990-2339**

**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.

**Charleswood Adult Day Program** - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

**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.

**Wpg Polish Legion Br 246**, 1335 Main St. - Happy Hour: Mon-Thurs 3-6 pm, Fri/Sat, 3-7 pm. Senior Lunch & Dance: Weds, 12:30-3 pm, \$10. Fri. Meat Draws: 4-8 pm. Kareoke: Fri/Sat, 8-midnite. Chase the Ace: Sat, 10 pm. Call Branch: **204-589-5493** for more info.

**Winnipeg Bladder Cancer Support Group** - Bladder Cancer Support Group. Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

**Seine River Seniors** - in Southdale CC. Activities include travel to Moose Jaw spa and the Maritimes, local tours and workshops, monthly birthday lunches, brunches, Celebrations matinees, South Beach casino trips, Assiniboia Downs bingo, Folklorama tours, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, spring tea, and much more. To register, please call **204-253-4599**, membership \$12

**A&O: Support Services for Older Adults** - Senior Centre Without Walls (SCWW). Telephone Group Activities For Manitobans providing educational and recreational programming in a fun and interactive atmosphere. Register for programs anytime. Programming is free of charge. Participants call into a toll-free line. Info: **204-956-6400**

**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 12:30 pm Quilting. **204-338-4723**

**Golden Rule Seniors** - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am.

Continued on page 12

Travel / Leisure / Activities

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Things To Do

IN WINNIPEG

Cont'd from page 11

Please mention Senior Scope when contacting our advertisers.

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**

**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**

**Gwen Sectar Creative Living Centre** - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

**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**

**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**

**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. 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** for info.

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

**Dakota 55+ Lazars 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.

**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.

**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. **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.

**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** - 55+: Tues.: Quilting, 9-2 pm; cribbage; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Bridge players needed: **204-334-0432**. House 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**

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

**Fibromyalgia Support Group of**

**Winnipeg** - For info: **204-975-3037**

**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**

**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**

**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**

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

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

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Things To Do

IN RURAL MANITOBA

PROGRAMS / SERVICES / VOLUNTEERING

Please mention Senior Scope when contacting our advertisers.

**Komarno** - Harvest Dance, Sun. Aug. 19, 1-5 pm, Komarno Community Hall. Music: Canadian Rhythm Masters. Tickets \$20 ea., call Mona: **204-886-2994**. Proceeds go to the Komarno Hall renos.

**Interlake - Lakeside Quilters** - Quilt Show, Sat. Aug. 11, 10 am-6 pm, Sun. Aug. 12, 10 am-4 pm. Adm - 1 day \$5, two days \$8. Curling Rink, Gimli Rec Centre, 45 Centennial Road, Gimli, MB. Vendors, Raffle, Lunch, Boutique Table, Demos, Silent Auction, Make and Take Workshops, Fred Frost Trunk Shows. More info: Janice: **204-376-2649**

**Interlake** - Barn Quilt Trail - Now over 40 barn quilts to view in the Interlake. More info: **info@interlakebarnquilts.com**, **www.interlakebarnquilts.com**, **www.facebook.com/lakeside.quilters.54**. Entry forms at **interlakebarnquilts.com**

**LaRiviere - WWI Museum** - 5th annual Heritage Day, "A Day in the Trenches," Sun. Aug. 12, 1-4 pm, at the WWI Museum, 3 miles west of LaRiviere, MB, on Hwy. 3 and 1 mi. north on Rd. 58 W. GPS coords: 49 14 5N 98 45 59W. Come experience 100 years of history brought to life. Actual artifacts collected worldwide. Info, Bruce Tascona: **204 825-2961** or **tasconab@mts.net**

**Springfield Seniors** - Let's Talk Some More, Laughing, learning and living with hearing loss. Fridays, Sept. 14-Nov. 2, 1-3 pm, at Springfield Library, 60 024 Hwy 206, Dugald, MB. \$40/8 wks. Contact: Gladys Nielsen, **g.nielsen9@icloud.com**, **204-975-3037**; or Diane Dumas **204-853-7582**, **springfieldseniors@mymts.net**

**St. Andrews - Old St. Andrews-on-the-Red Anglican Church** - Flower Show, Sat. Aug. 11, 1-3 pm. Bring your arrangements, single flowers or potted plants to the church btw. 11 am and noon. Fun-filled event, no experience necessary. Flowers judged by visitors, prizes in each category. Rainbow auction, refreshments, produce for sale, and Mick Manfield, Master Gardener, will discuss composting and Square Foot Gardening. Adm. by donation. Call **204-338-7483** for info.

**Stonewall - si55Plus** - Oddfellows Hall, 374-1st St. W., Stonewall. **204-467-2582**

**Summer Yoga** (at Odd Fellows Hall) Wed's. 10:15 am/10 am luncheon days. Drop-ins welcome; **Pickleball** - Mondays & Thursdays, 7 pm, Sunova Curling Rink, Stonewall. Drop-ins welcome; **Monthly Luncheon** Wed. Aug. 8, 12 noon, Odd Fellows Hall, \$10 at door; **Folklorama Folklorama Bus Trip**, Registration - Call for availability on bus; **Afternoon Cribbage Tourn.** Mon. Aug. 13, 1 pm, Odd Fellows Hall. No advance registration, Individual Play, \$5/person at door; **Quilter's Corner**, Fri. Aug. 3,17, 31, 10:15-3:30, Odd Fellows Hall; **Casino Bus Trip**, Thur. Aug. 16, departing from Odd Fellows Hall 10 am. FREE. Reg. Deadline Aug. 14; **Celebrations Mamma Mio**, Bus trip to Celebrations Dinner Theaer, Tue. Sept. 25, departing from Odd Fellows Hall 10 am. Reg. Deadline Thur. Sept. 6; **Prairie Theatre Exchange**, Bus trip to see 'Prairie Nurse', Sun. Oct. 14,

2 pm, departing from Odd Fellows Hall 12 noon. Reg. Deadline Wed. Sept. 12; **Save the Date:** Fri. Sept. 7, 1:30 pm - 55 Plus 25th Anniversary!

**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 House 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**

**Springfield - Service to Seniors** - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call **204-853-7582** or email: **springfieldseniors@mymts.net** to arrange to pick up an application package.

**PROGRAMS / SERVICES**

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

**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 house-

keeping, 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** - We provide a pleasant place for recreation, relaxation and companionship and encourage all members to remain active and socially connected while maintaining their physical and mental health. 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 **Whitemouth/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**. Our goal is to assist seniors and the disabled to maintain their independence. 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 and Floor Shuffleboard. Low

income tax return filing assistance, regular Blood Pressure Clinics, and Stroke Survivors, Book Club, Geneology and Natural History meetings. Special events (trips to RMTc, Celebrations Dinner Theatre, etc.). 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**.

**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**.

**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**

**Springfield Seniors** - offers many programs: Pickleball, Zumba Gold, Bingo, Canasta, Board Games, Chair yoga, Strides walking programs, Seniors exercises, Shopping trips, Pancake Breakfasts, etc. Call **204-853-7582** or **springfieldseniors@mymts.net** for info.

**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**

**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@alzheimer.mb.ca** to register

**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**

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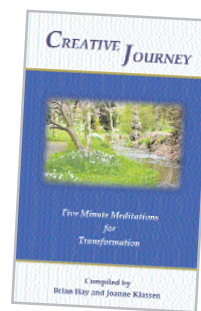
**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net)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

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### Excerpts from CREATIVE JOURNEY:

#### READ

Margaret Harms

**The man who does not read good books has no advantage over the man who cannot read.**

(Mark Twain)

I love to read. I learned to read even before attending school. In Grade One, I met "Jerry and Jane" in our first readers and this series started me on a lifetime addiction to the world of words. Through the books in our classroom library, I was captivated by the intriguing stories of adventure, pioneer families, mystery, and even romance. The information in the books of science and history were fascinating. I was introduced to poetry and memorized many of the poems in our readers. Reading became a passion for me.

I grew up in a large family and learned to concentrate on my studies, or reading for enjoyment, surrounded by the noise of talking and laughter. There were times, however, when I sought refuge in other places to immerse myself in my reading. I would take a good book, climb a huge maple tree, and sit comfortably in the fork of the tree

trunk, hidden from view by the thick foliage. At other times I scrambled onto the slanted roof of the bunkhouse, shaded by a massive poplar. Another secluded spot was the large hayloft of the barn where I could nestle into the hay and read undisturbed while the pigeons cooed on their high perch and the pigs grunted below me.

Now in my retirement, I'm still passionate about reading. When I find an exceptionally good book, I treat myself to a day in which I read, exclusively.

#### Books are my friends.

#### Margaret Harms

Margaret Harms is a retired teacher. After retirement she has travelled to Burkina Faso, Africa, completed a Life Writing course at CMU, and has taken up painting. Margaret writes poetry, memories of her childhood, and stories of her family and her teaching experiences. Her passion is reading. Margaret and her husband live on a small acreage near Lowe Farm, Manitoba, Canada, where they enjoy gardening in summer. She lovingly tends her roses.

E-mail: [mjharms60@gmail.com](mailto:mjharms60@gmail.com) ■

#### SWIM

Brian Hay

**Faith allows you to keep going in the absence of information.**

(David Sloan Wilson)

Every summer at the cottage I swim out half a kilometre to the middle of the lake to the "table top rock." That's a large house-sized flat rock, submerged about two feet under water, surrounded all around by very deep water. Each summer someone at the lake goes out to mark that rock with a buoy, so that the boats can go around it without wrecking their propellers.

For my first swim this year there was no buoy. There was no way to know with certainty where the rock was. I'm a strong swimmer for distance, but in previous years the thought of swimming out there and searching for the rock, not finding it and growing too tired to make it all the way back has always deterred me from trying.

Except this year, on a warm evening, the water warm and smooth as glass, I felt willing to take the risk. I would swim in the direction of where I remembered the rock to be and I would trust that I'd find

it. And so I began: strong strokes, rhythmic breathing, sun setting, it will be there. Part way out I had doubts, insecurities, and worries.

But I swam on and soon saw something just under the surface of the water. It was the old buoy, from last year, submerged but visible from up close. I had faith that the rock would be there, that it would support my feet to stand and rest, to turn around and swim back. And it did.

**I have faith that the solid rock will be there beneath my feet to stand and rest when I need it.**

#### Brian Hay

Brian Hay is a retired lawyer and a writer. He completed Transformative Writing™ studies at Canadian Mennonite University and received facilitator certification at Woodbrooke Quaker Study Center, European Centre for Life Writing for Transformation™, in Birmingham, England. Brian took motorcycle lessons after he turned 60, consistent with Michelangelo's motto: "I'm always learning ..." He loves reading books about writing and daily personal/spiritual reflection. Since 2012, he has envisioned and helped guide this book to completion. E-mail: [brianh171@mymts.net](mailto:brianh171@mymts.net) ■

**Congratulations to the Winnipeg South Seniors Night Owls slo-pitch team who entered the *Batting Against Breast Cancer* baseball tournament at the Little Mountain Sports Complex on July 7, 2018, raising \$1535.00 for this worthy cause. Great showing guys and gals!**



Back Row: Grant Nerbas, Mac Davidson, Rich McClinton, Gary Hamilton, Metro Hnytko. Front Row: Ken Watanabe, Darlene Renaud, Pam Sawatzky, Ben Heibert, Debbie Wiebe, Fred Hnytko.

**Congratulations Wes Powell of Winnipeg for winning the 1st of two Senior Scope contest draws! Mr. Powell won:**

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Today's Recipe  
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Oriental Cabbage Salad

Metric	Ingredients:	Imperial
1	large suey choy, chopped	1
2	bunches green onions, chopped	2
1	red pepper, seeded & diced	1
50 ml	butter	1/4 cup
250 ml	almonds, slivered	1 cup
2	packages chicken flavoured oriental soup noodles with seasoning	2
-	<b>Dressing:</b>	-
250 ml	vegetable oil	1 cup
125 ml	red wine vinegar	1/2 cup
2	garlic cloves, minced	2
10 ml	soy sauce	2 tsp
75 ml	sugar	1/3 cup

In a large bowl, mix cabbage, onions and pepper.  
In a frying pan, melt butter and saute almonds, broken noodles and seasonings until golden. Add to cabbage mixture and toss.

DRESSING: In a jar with lid, shake oil, vinegar, cloves, soy sauce and sugar together. Pour desired amount over salad and toss. Refrigerate at least 30 minutes before serving. **Serves 10**

www.PeakMarket.com

WORDSEARCH - LINGUISTICS By Senior Scope

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15 Something Spaniards spend

16 Scarf material

17 Napoleon Solo's TV show

20 She's a real pig

21 Thousandths of an inch

22 Store fodder

23 Just average

24 George's "Rumble in the Jungle" foe

25 400 metres on the track

26 Thomas D'Arcy McGee or John A. Macdonald

31 Forearm bones

32 The rajah's lady

33 Bring in the sheaves

34 Pottery fragment

36 Speed "The Enterprise" might travel at

40 Career crowning points

42 Aladdin's benefactor

43 Lady with two dozen brilliant, well-behaved children, perhaps?

47 Toothpaste tube top

48 U.N. agcy. dealing with working conditions

49 Deep voiced fellow

50 "Long Day's Journey Into Night" writer

52 France's \_\_\_\_\_ Blanc

53 House of Usher's creator

56 Blood donation

DOWN

1 Takes a movie role

2 Silvery Pacific salmon

3 Galleon's complement

4 Smash the portcullis

5 One way to serve pie

6 Non-stick coating

7 Yours and mine

8 "No seats left" theatre sign

9 US \_\_\_\_\_ Security

10 Holds title to

11 Compliant

12 Buck

13 Insomniac's craving

18 Decree \_\_\_\_\_

19 Amalgamate

23 Gettesty with

24 At some distance

26 Stole material

27 "Grand \_\_\_\_\_ Opry"

28 Heroine of Spenser's "The Faerie Queene"

29 Snake's place?

30 Axe handlers

34 Schnozzes

35 Victoria Cross recipient, often

37 The young Vader

38 Site of the last

39 \_\_\_\_\_ diem

41 Spicy bean-based dish

42 Hand-waving or finger-pointing

43 Natural fertilizer

44 Handy kitchen device

45 WWII comvo threats

46 Hunger pain

47 Work jointly

51 List entry

52 More than 50 %

53 Time gone by

54 "I think we're \_\_\_\_\_ something!"

55 Shorthand for unnamed others

57 Stick in a poolroom

58 Not very strict

SOLUTION ON NEXT PAGE

Canadian CyberQuotes - Adrian Powell

In the following quotation, each letter is uniquely coded. In the example, P is used for the three As, T for the Rs, etc. The code changes each time. Example: P P T X B P T Q A A R D V A R K

TODAY'S QUOTE

K D M C O F X Q F M N F Q V Q G Q F E P E O B N F - V P X P K R

Q G Q F F Q N B B R B P G Q K N V N B N F H I B P I Z D V

N I C D P V - V P H N C C Q F Y P T U F N C Q W O B C Y Q R

H N R Y N G Q X Q Q V N W C Q F T N F K M W P F D C M

Z D V K M Q F G D I Q . - V Q B B D Q H I B O V U

HINTS

Hints: Single letters usually stand for an "A" or an "I". Fill all those in first. Apostrophes are usually followed by an "S" or a "T". If you have found the "A", a coded word like "Axx" is often the word "and", giving you the "N" and "D". Coded words ending in two similar letters - "xxxxFF" for example - will often have those letters being "S" or "L". Two letter words that are not abbreviations almost always have a vowel or end in a "Y".

SOLUTION ON NEXT PAGE

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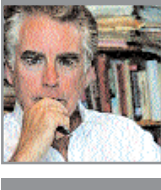
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# HUMOUR



By William J. Thomas

When I was trying to buy a new car a few years back, it was a mission that turned out to be nearly impossible. Most guys looking for a car are keen on things like acceleration, man handling, wrap-around sound bites, ABCD brakes and V-neck engines. Not me. I'm not a car guy. My needs are very simple - a great colour, leather interior and a standard transmission. If it comes with a roof and a radio I consider that a bonus.

However as soon as I mentioned I want a stick shift - the fact is I never learned how to drive an automatic - they tell me all the options and accessories I can't have because they're making less and less models of cars with standard transmissions these days. The driving schools that teach our kids how to drive don't even own training cars with standard shifts. This is a big mistake because one day one of those kids will grow up to be a bank robber. Fleeing from the scene of the crime he will hijack a car with a standard transmission and ... and lurch and stall his way down the street until he's finally arrested by a cop on horseback. My point is - car manufacturers have no regard for the future of our children.

So I wanted a stick shift and I'm one of those people who only need glasses to drive so I also require a car with a prescription windshield ... in case I misplace my glasses. When I made that request at the car dealership they escorted me off the lot. But you're starting to think about this option. Am I right? A prescription windshield - no need to wear glasses, tinted like a pair of cool shades and boy, is that guy who just stole my car in for a big surprise!

Not to further complicate my car needs but I hate wearing a seat belt which is why I require the driver's seat be custom-covered with Velcro ... to attach to my Velcro jeans.

Also, I wouldn't mind one of those passenger ejection seats I saw in a James Bond movie for a certain

## How Not to Buy a Car These Days

special someone who keeps telling me how to drive.

So there I was every weekend for months, test driving cars. Big and small, I drove them all. I drove one car that was so big it was advertised as a "two-bedroom home away from home with a fully furnished hatchback." The sign outside the dealership read: "C'mon in! They're big and they last forever." And I did. And they are. And they do. The payments, not the cars.

I drove small cars too. I drove one car that was so small it had a special compartment to hold a map, sun glasses, cell phone and a pack of Kleenex." Turns out it was the trunk.

And fast? Why are they making faster cars these days when the speed limits are staying the same? I drove one car that went from zero to sixty in less than six seconds and I think the "sixty" was measured in feet! They advertise "Fast And Fully Loaded." Fast and loaded! Wasn't that Mel Gibson's problem?

And quiet! Every jogger in this country should be afraid of the new breed of nearly silent cars. And the electric cars make no noise whatsoever. What the manufacturers need to do for safety sake is remove grills from the fronts of their cars and replace them with padded cow catchers.

After driving a couple of new SUV's I became totally confused by all the new accessories. I mean Bluetooth? Back-up cameras? Mileage range? Push button start? This stuff is not only unnecessary, it's dangerous. I was cruising down the QEW near St. Catharines in a new minivan and I damn near broke my neck trying to watch CNN on the TV in the back seat.

As if the new and mostly unnecessary gadgets were not confusing enough, then along came the warranty. "We are proud of the highly-skilled workmanship of our vehicles and proud to stand behind them with a comprehensive warranty." Really? I mean if the car was so well made in the first place, why would we need a warranty?!?

The new cars with all these crazy bells and whistles are way too expensive but they do come with some fun. For instance when the dealer trying to sell you the warranty says he "proudly stands behind the car" you can actually see him with the back-up camera!

At great risk of dating myself, I swear the first four cars I ever owned cost a total of \$4,000. Today that's less than the sales tax on most of the new cars I drove. So now I'm thinking "pre-owned." The

last time I owned a used car, it was an indestructible little red tank called the Mazda 323. I bought it planning to drive it for two years but it was still going strong after seven. I gave it to my brother-in-law Dan and told him to "treat it as if it were your own." And he did. He sold it. And no, I'm not making that up.

For comments, ideas and copies of The Legend of Zippy Chippy, go to [www.williamthomas.ca](http://www.williamthomas.ca)

Solution to **Canadian CyberQuotes** :

**Disturbers are never popular – nobody ever really loved an alarm clock in action – no matter how grateful they may have been afterwards for its kind service.**

~ Nellie McClung (1873-1951, Chatsworth, ON. Feminist, politician, social activist, Alberta MLA, 1921-26)

### CROSSWORD - Solution

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CORAL	EURO	WOOL
THEMAN	FROM	MUNCLE
SOW	MILS	ENSILE
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FOUNDING	FATHER	
ULNAE	RANEE	
REAP	SHARD	WARP
ACMES	GENIE	
MOTHERS	SUPERIOR	
CAP	ILO	BASS
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AUNTIE	COAGULANT	
CREE	RUST	RASTA
TERM	SETS	EXTOL

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