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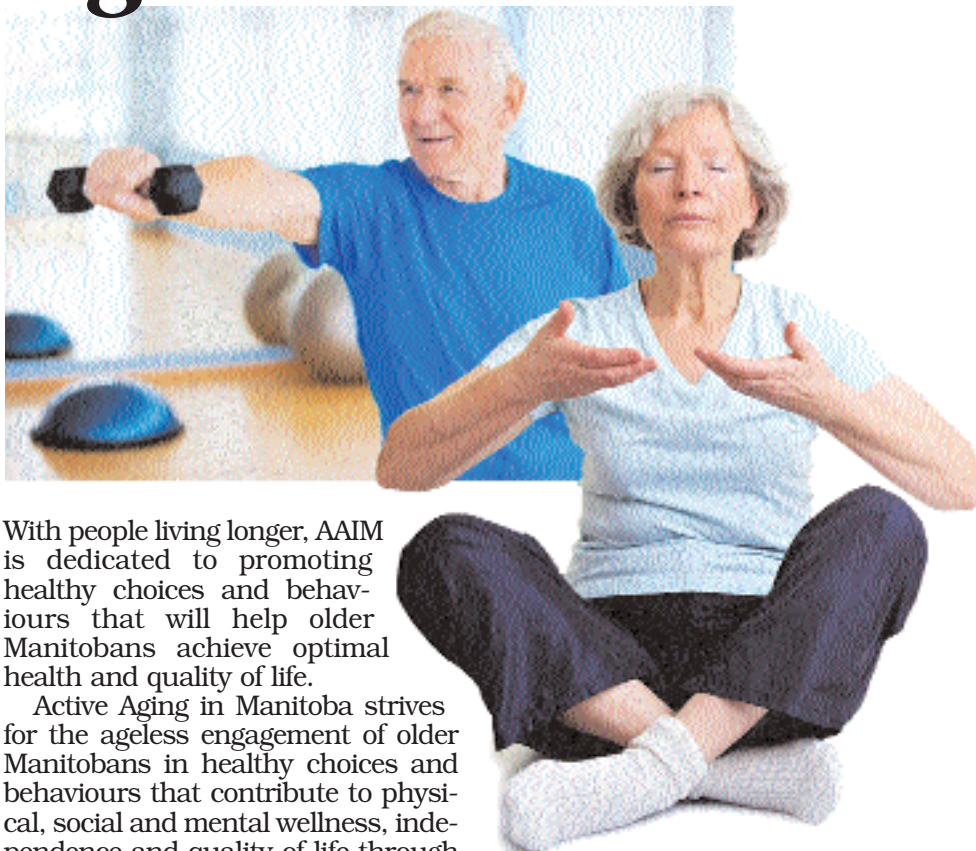
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Vol. 17 No. 2 Aug 29 - Sep 18/18

Active Aging in Manitoba – a new way of thinking about aging in Manitoba

Submitted by Active Aging in Manitoba (AAIM)



Many accomplished people including the late Baseball Hall of Famer Mickey Mantle, comedian George Burns and Eubie Blake jazz and ragtime composer were quoted as saying, "If I knew I was going to live this long, I'd have taken better care of myself". Well the fact is more people are living longer and the question becomes, how well are they living? According to University of Manitoba's Centre on Aging, "In Manitoba, a total of 198,965 Manitobans were aged 65 and over, representing 15.6% of Manitoba's total population. Since 2011, the number of seniors in Manitoba has increased, with older adults forming a large proportion of Manitoba's population".

With more Manitobans living longer, it is time to change the way we think about aging and time to create and enhance opportunities to engage the aging in Manitoba toward optimal health for all.

New Name & New Look – Promoting healthy active living for Manitobans aged 55 and over since 1999, the provincial not-for-profit organization known as the *Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)* is getting a face-lift and a "mind-lift" with a change in its look and change of name to "**Active Aging in Manitoba (AAIM)**". AAIM is making this change to positively embrace the undeniable fact that we have a growing population of older adults in this province.

With people living longer, AAIM is dedicated to promoting healthy choices and behaviours that will help older Manitobans achieve optimal health and quality of life.

Active Aging in Manitoba strives for the ageless engagement of older Manitobans in healthy choices and behaviours that contribute to physical, social and mental wellness, independence and quality of life through staying socially connected, participating in regular physical activity, eating healthy foods and reducing risk for falls.

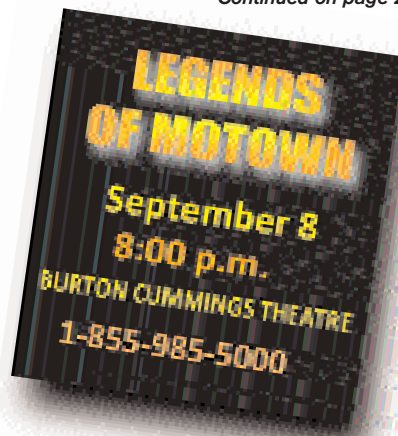
Engaging the aging requires an entirely new way of thinking about aging. For the first time in our history, there are more Canadians 65+ years of age than there are 18 years of age or younger.

What does "active aging" look like in Manitoba? The promotion of active aging: toward optimal health for life sheds the stereotypes of aging that have held people back from achieving their full potential and experiencing life to the fullest. The term active aging is not new; however, it is gaining more attention and buy-in as the benefits to health and quality of life become more apparent. "**Active aging**: is the process of optimizing opportunities for health, participation and security in order to enhance quality

of life as people age." (WHO – World Health Organization: *Active Aging – A Policy Framework 2002*).

Active aging can vary from individual to individual; however, taking a life-course approach, the common element includes older people continuing to be active and involved throughout their entire life. Within a reframed context of aging, growing older is not, in itself, something to be anxious about; on the contrary, growing

Continued on page 2



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Active Aging in Manitoba

Senior Scope

www.seniorscope.com

Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca

Circulation: 25,000 print

Printed at:
Derksen Printers, Steinbach, MB

Advertising:
204-467-9000

Regular columns / Submissions:
Scott Taylor - The BUZZ
Roger Currie - Currie's Corner
Shirley Hill - Financial News
Adrian Powell - Crosswords
Creative Journey
Humour - William Thomas

Contributing Submissions:
Tyrrell Mendis
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Active Aging in Manitoba, cont'd from front page

older can continue to be a “fully alive adventure”. Viewing aging with a more positive outlook can enrich the lives of individuals and the community in which they live.

Active Aging in Manitoba will be emphasizing the operative word “active” to encourage older Manitobans to continue to be engaged in social, economic, cultural, spiritual and civic affairs as part of their active lifestyle. The essence of active aging means continuing to be active contributors and resources to your family, peers, communities and country throughout your entire lifetime.

In launching its new brand and look, AAIM will be encouraging all older Manitobans to *move more and sit less; to continue to connect socially and contribute their time, knowledge and skills to their community; and, to strive toward optimal health for life.*

The message to all Manitobans is **“you can thrive and be fully alive beyond fifty-five; and, the longer you engage the better you will age”** says AAIM’s Executive Director Jim Evanchuk. “We are excited about our new name, new look and life-course approach that celebrates growing older in Manitoba”.

The notion of older wine in newer bottles is partially true as some of the programs and services will remain untouched except the labelling; however, moving forward, all AAIM programs will strive to promote opportu-



nities that allow older Manitobans to realize their full potential for physical, social and mental well-being throughout their life course.

AAIM will continue to promote and recruit the *Steppin’ Up With Confidence* peer volunteer leader program, which prepares older adults to lead age-friendly exercise sessions with their peers in or near the place they live. Currently, there are approximately 150 active SUWC peer volunteer leaders, who continue to inspire and support older adults in their neighbourhood be physical active on a regular basis. AAIM will provide and expand their popular peer-led presentations to older adult groups on a variety of active aging for optimal health topics, which include: *Healthy Habits for a Healthy Brain;*

Healthy Mouth: Key to a Healthy Body; and *Staying on Your Feet (falls prevention).*

AAIM will remain the lead promoters of the annual **Active Aging Week** (September 23-29, 2018) with this year’s theme being “*Inspiring Wellness*”. As well, AAIM will be joining hands with many other older adult serving organizations to promote participation in activities and events to engage older Manitobans throughout **Seniors’ and Elders’ Month** (which is recognized throughout the entire month of October).

AAIM will be introducing some innovative approaches to 55+ participation, as the lead organization for the annual **Manitoba 55 Plus Games**, (fast forward to Swan River, MB June 11-13, 2019).

Several 55+ Active Living Centers in and around Winnipeg will have the opportunity to host an AAIM for Fun and 55+ Games “How to” introductory session to encourage participation in age-friendly games throughout Manitoba.

AAIM has developed an **Active Aging resource guide** that provides ideas, information resources and contacts relating to opportunities and approaches to engaging older adults (a copy of this guide and other information resources and links can be found on the AAIM website at www.activeagingmb.ca

AAIM will continue to collaborate on special events such as the Active Aging Day being hosted by the Wellness Institute at Seven Oaks General Hospital on Tuesday, September 25th.

AAIM is teaming up with **Sport Manitoba** to promote sport for life at the **Active Aging in Manitoba EXPO** on **Monday, October 1, 2018** at the Canada Games Sport for Life Centre, 145 Pacific Avenue in Winnipeg. Explore the many sport for life opportunities awaiting you!

Discover new ways of looking at aging in Manitoba throughout the autumn of 2018 and beyond – connect with Active Aging in Manitoba (AAIM).

All of this and more can be found on the AAIM website at www.activeagingmb.ca For more information on Active Aging in Manitoba (AAIM) phone **204-632-3947** or toll-free: **1-866-202-6663**. ■

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18+ ENJOY RESPONSIBLY

Being a grandparent in 2018 .. Joy and responsibility

By Roger Currie

September 9th marks one of our lesser known special occasions, "**National Grandparents Day**". In Canada we first recognized this designation on the second Sunday in September in 1995, but according to the *Wikipedia* it was discontinued in our country in 2014, and few people seem to have noticed. The day was first proclaimed in the U.S. in 1973, thanks to the efforts of Marian McQuade who served on the Commission on Aging, and the Nursing Home Licensing Board in West Virginia. Although not a statutory holiday, it was given national status by U.S. President Jimmy Carter in 1978.

Grandparents Day tends to get lost in all the 'back to school' hoopla, but it undoubtedly deserves more attention that it did 45 years ago. Today's grandparents are mostly the *Baby Boomers*, and many are being hurled back into 'parenting' mode as the 'echo boomers' return home unexpectedly after divorce and other unfortunate events.

A growing number of grandparents are also becoming more 'virtual' in cyber space, as our offspring scatter to live and work in far away places. Thank heaven for digital wonders like skype to keep us connected.

I was blessed to have loving grandparents in my life until my high school years, and what a blessing it was. When Mom and Dad skipped away for a weekend of shopping in the U.S, it was Grandma and Grandpa Currie who came over to take charge of my older brother David and I. They were Scots from Glasgow who never lost their wonderful 'oatmeal' accents. Grandpa was a dedicated sports nut and Grandma loved wrestling, so the black and white TV stayed on for much of the weekend. As a 14 year old, I treasured sitting beside Grandpa as we watched Kenny Ploen and our Blue Bombers defeat Hamilton in the first overtime Grey Cup in 1961. Three years later, I was saddened that Grandpa was no longer around to see me play on a high school team that won a provincial championship in football.

An interesting contrast to the elder Curries was Grandpa Wright, the dentist who oversaw the family cottage on Lake of the Woods. He



Grandson Andrew with Roger

served in the Canadian Army's Dental Corps in World War I (pictured), and when he wasn't pulling teeth, he lived to hunt and fish , and play chess and a wide variety of card games. None of my grandparents ever spent time in front of a computer screen, but all three of them were an endless source of fascinating stories, a virtual living history lesson. I never tired of hearing their tales, which never lost anything in the telling. Such are the joys of family life that help to sustain us through difficult moments.

I had a Jewish pal named Johnny who lived across the street when we were growing up. He had a grandpa who he called *Zaida*, and he had a restaurant downtown where we always stopped for treats before hitting a movie. When Johnny's Grandpa and Grandma came to visit, which was virtually every weekend, I was fascinated to notice that they seemed to take over the house much more than my grandparents did.

I know that in other parts of our world, and particularly in Indigenous communities in Canada, grandparents tend to have a more defined role as 'elders' whose wisdom is called upon.

Ah, the things you remember. I was 57 when my grandson Andrew was born in 2004. By then I was

back to being a *bachelor*, and 18 months later I moved away to Regina to take what turned out to be my last fulltime gig in radio. Fortunately I returned to Winnipeg in 2012 to enjoy *semi-retirement*, and more frequent visits with Andrew who will soon be 14 !

If you have young grandchildren, treasures the moments. They only



Grandpa Wright

come by once and they are truly priceless. ■

Roger Currie is a regular contributor to **Senior Scope**. He is also news director of CJNU, 93.7 FM in Winnipeg .



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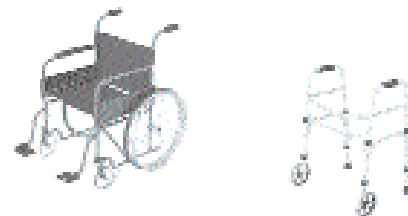
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FINANCIAL PLANNING:

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

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

CONTINUED FROM AUG. 1 ISSUE

In the previous (Aug. 1/18) issue of Senior Scope we ended the article with a discussion on Politics and how it affects your cottage ownership.

Governance:

It's best to be aware that Politics and Governance are not the same. Outside the city, perimeter life is governed by a completely different set of rules. It's essentially "out of sight out of mind". Oversight of governance is minimal at best. Media scrutiny is almost non-existent. Because of this some aspects of governance can be almost like a dictatorship. There are a hierarchy of complex laws which govern us and I'm certainly not trying to give legal advice. This is by no means a comprehensive list as there are subtleties not listed here, these are simply a few thought points to be aware of when making decisions. It would be advisable to do your own research first, "the devil is in the details" after all.

- First in line at the top of the list is the Federal Government which passes federal laws. This includes all the rules and regulations the RCMP and other municipal police forces must follow. Oceans and Fisheries also fall in under this umbrella.
- Provincial Governments – Although they pass their own laws, what they pass for the most part falls in line under Federal Law. A Provincial Law cannot supersede any Federal Law.
- Municipalities create municipal by-laws – this means the Reeve/Mayors and councillors can create their own governance to meet the needs of their specific communities but they must fall in under and defer to the Federal and Provincial laws. Once again remember there is a hierarchy.
- Planning Districts – these are an appointed body from two or more municipalities. Their role is to enforce zoning bylaws and oversee construction. Each municipality passes its own zoning bylaws. Planning boards enforce the zoning bylaws by issuing permits and doing all the inspections on work completed or work that should be completed.
- There is little or no appeal process of a dispute occurs.

Although the cost of maintenance for a vacation property may be higher than your primary residence, your elected officials are usually only there on a part time basis. Their skill level may be minimal yet they basically manage a multimillion dollar corporation which is "the municipality". Keep in mind that those who are considered permanent residents may believe they are more privileged than those who "only" have the property as a secondary residence. Dealing with municipalities can sometimes turn into "an exercise in frustration."

What happens if permanent residents believe they should have more rights and privileges than other property owners who are also tax payers? In a recent council meeting in the RM of Lac du Bonnet several of these permanent residents made exactly that case before the Reeve; both the Reeve and two council members did not disagree with the idea. So if that is really the case, should there be a two tier property tax system? If the people that have their cottage property as a permanent residence require more goods and services, should their property tax bill reflect this? Should they be the only ones who pay school taxes for that catchment area?

These same residents also lobbied that they should be exempted from certain municipal bylaws; that they should be allowed to snowmobile wherever they wished and at whatever time they wished. One member of the lobby group in her delegation to council said that if you were not a snowmobiler then you shouldn't even own cottage property in this municipality! The question then becomes is this an environment which would be conducive to you and your family? What are the implications if you have young children or grandchildren that you are trying to put to bed? Motocross biking also seems to be an issue. Do you want to tolerate all the noise, dust etc.? What about ATV's racing up and down the roadways? How does this impact that idyllic picture we have of cottage life?

So if you have a problem who do you go to?

AMM – Association of Manitoba Municipalities – they are a lobby group that those who are elected outside of the provincial system belong to. When I tried to call the AMM for information and to inquire if they had a code of conduct handbook or

process for complaints against the governance of a RM, their communications officer referred me to the Local Government department **Local Government** – This is a department that acts as a resource for Reeves/councillors CAO's and possibly Mayors. This Provincial Department falls under the Minister of Municipal Relations. The challenge here is that this department only looks at municipal bylaws and ignores any zoning implemented by Planning Districts. It's my experience that their information is often incomplete or inaccurate and those inaccuracies cause confusion.

Provincial Ombudsman - The ombudsman can investigate complaints about access to information, privacy matters, the fairness of government actions or decisions, or serious 'wrongdoings' that you believe may have occurred. The Manitoba Ombudsman is an independent office of the Legislative Assembly and is not part of any government department or agency. The Ombudsman conducts an independent, impartial, and non-partisan investigation. The findings are then reported to the Provincial assembly through the Office of the Speaker. A matter of note however is that they can only report their findings. They cannot actually impose any corrective action.

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As you can see, the ownership of a secondary residence brings with it many levels of complexity. Cost and governance issues are only a few. I have only named a few types of issues, the ones that I am aware of. I am sure if we opened up the dialogue many more would be brought to our attention. But what happens if you are property owners in a municipality such as the example

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CURRIE'S CORNER
By Roger Currie



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

Sorry chapter - Residential Schools

I have not spent a lot of time in Victoria. I did have tea at the Empress one afternoon, along with a few dozen American and Japanese tourists. All told, I've spent a lot less time in the city than John A. Macdonald did in the 19th century.

He represented Kingston when he served as Canada's first Prime Minister in 1867, but he later took refuge as an MP for Victoria when the Ontario voters gave him the boot. He died in office in 1891, but Sir John is still in Victoria, now tucked away in a closet at city hall.

Mayor Lisa Helps says he will remain there until they figure out a more appropriate way to remember him. There are those who seem to think it's time to forget Macdonald

because of his role in that sorry chapter of our history called residential schools. Sir John was affectionately referred to as 'old tomorrow' by his political opponents like George Brown. He was a firm believer in the maxim that said 'never do today what can wait until the next day'.

It was a wonder that this land of ours ever became a nation, but guys like George and Sir John thought it was preferable to joining the United States. Through sheer will and the art of compromise they made it happen. Mayor Helps has a masters degree in history, and part of a PhD, although I'm not sure which part.

The list of Canadians who stood by and did nothing while Indigenous children were sent to those schools

is a very long one. John William Dann, the sculptor who created the statue says it should include most of the prime ministers who followed Macdonald, with names like Laurier, Mackenzie King, Diefenbaker and Trudeau the first.

Maybe it should include people like me since I grew up in Winnipeg about 200 yards from a residential school.

I have great respect for the people like Murray Sinclair who produced the final report of the *Truth and Reconciliation Commission*.

However, it's hard to envision a better future, if we continue to insist on rewriting the story of our past. ■

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Happy Grandparents Day - September 9, 2018

"It is my belief that grandparenting is the most important family role of the new century."

~ Roma Hanks, Ph.D

Implications of a cottage? - PART II cont'd from page 4

illustrated? What if you are looking to buy? Besides the aesthetics what else should you consider? Once again we are back to the original question: "Do you know what kind of person you are?" It may be worth a second look because a cottage property is a major investment and in some cases forms the largest part of a person's portfolio or estate. What are the monetary implications based on cost of building and maintaining? Are we overbuilding our "vacation homes"? Are we overpaying for land? Although we may be able to afford the property and the costs, and we fell we want this property to stay in the family as an inheritance, will the children and

grandchildren be able to afford it or are we setting ourselves up for failure? Are we actually imposing our ideas on family with unrealistic expectations? If we are planning these scenarios without discussing fully with our heirs, could we end up with estate issues? Maybe we need to look at this in a different way, and perhaps the old way of settling inheritance is no longer appropriate?

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. ■

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Grandparents Day - 2nd Sunday in Sept. - Sept. 9, 2018

Phillip & Bella

By Myles Shane

My great grandparents Philip and Bella grew up in Odessa. Bella was the daughter of a wealthy grain broker and was able to attend Odessa University where she graduated as a dentist. Philip, also a student, graduated with a degree in pharmacy. Today Odessa is the third most populous city of the Ukraine and a major tourism center. However in 1905 it wasn't a place where Jews felt safe. The 1905 Revolution in Russia ushered in an unprecedented period of social and political freedom in the Russian Empire. Unfortunately, it also unleashed anti-Semitism in the shape of pogroms (anti Jewish violence in the Russian empire) leaving an estimated 2,500 Jews dead and many more wounded. During this wave of violence, Bella and Philip met in university as fellow radicals supporting communism. Realizing their safety was in jeopardy the couple fled the czar's secret police and bribed their way onto a boat bound for Canada and eventually they settled in the multi-cultural city of Winnipeg.

If it weren't for their bravery and incredible resourcefulness, and of course falling in love and procreating, I would never have been born. Genetically I think I've inherited a

touch of their audaciousness but the majority of the time I'm fleeing at the sight of a spider. Regretfully Bella never practiced dentistry in Canada but eventually Philip went on to own his own business, a pharmacy, on Winnipeg's famous Selkirk Avenue. Due to Phillip's communist belief system he often gave away medicine to the sick at no cost, and as result Bella and Phillip lived a modest lifestyle in the North end of Winnipeg where they raised three children.

Many grandparents and great grandparents endured incredible sacrifices and suffering in order to provide us with the freedom and choices we have today. From those who survived the holocaust to fighting in World 1, World War 11, the Korean War and the Vietnam War, etc, their perseverance and determination to live their lives within in 'the great democratic experiment' has shaped the lives of most of us in the western world. However our acknowledgment and appreciation for grandparents wasn't truly celebrated until a West Virginia mother fought for a holiday called **Grandparents Day**.

The origin of Grandparents Day takes us back to 1956 when West Virginia mother, Marian McQuade,



Bella



Phillip & Bella and family

while assisting in the organization of a community celebration for seniors over 80, became cognizant that a myriad of nursing home residents had been forgotten by their families. Marian became passionate about creating a holiday to focus attention on these forgotten individuals and to honor all grandparents. In 1973 West Virginia emerged as the first state to celebrate Grandparents Day. McQuade and others then shifted their attention to the national level, achieving success in 1978. Today, Grandparents Day is a national holiday celebrated around the world. In Canada, it's on the second Sunday in September, this year making it on September 9th.

Here are a few interesting facts about Grandparents Day. Brazil celebrates a version of Grandparents Day which reflects the feast day of the Christian Saints Anne and Joachim, the grandparents of Jesus Christ. In France this holiday was originally launched by coffee brand Café

Grand-Mere, and is now a national holiday. In Poland, "Grandma's Day" was created in 1964 by the *Kobieta i zycie* magazine, and popularized from 1965 onwards.

Famous people who were raised by their grandparents include Oprah Winfrey, President Barack Obama, Jack Nicholson, Willie Nelson, Eric Clapton and Carol Burnett.

Today my children are 6 and 7 years old and the world is their oyster. At such a young age they obviously don't understand the sacrifices, the determination and resilience their grandparents and great grandparents endured. However because of Grandparents Day, my children will celebrate the incredible journeys their grandparents endured and in the future perhaps they'll share their own legacies and their family's rich history with their own grandchildren on Grandparents Day. ■

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Active Aging in Manitoba **Sport MANITOBA**

Collecting Coins for Fun & Profit - PART II

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

CONTINUED FROM AUG. 1 ISSUE

Coin Collectors: Who Are They?

As noted, those who collect coins come in all shapes and sizes (and motivations); all have some interest in the mystique of assembling sets to retain, or dispose of at a later time, hopefully at a profit.

There are four basic types of collector. First there is the "accumulator" who usually has a bunch of coins, kept loosely in a Mason jar or comparable container with no organization or attempt to prevent damage by being bumped around. Usually (but not invariably) the accumulation doesn't contain much of numismatic interest or value. Next there is the true "collector". He or she is organized, as is the collection, with sets assembled logically and properly housed for protection. This collector is numismatically alert. Then there is the coin "investor". As the term implies this collector is not a true collector at all but rather a business person with a view to acquiring (coins) for resale at a profit. His interest is purely pecuniary with little or no numismatic interest involved. There are varying levels of success with this approach. Finally there is the "collector-investor" who has numismatic orientation but collects coins with a view to potential resale. This collector considers value when adding to his/her collection and is usually looking to "buy right!" High precious metal content coins (gold, platinum, silver) are frequently of interest to the collector-investor. Many learn, ex post facto, that unless you really know what you're doing this is a hard way to make money.

Getting Started

We've seen why people collect coins, what they collect and the economics of collecting but one question remains: How do they get started? This is the really interesting part. My investigating has yielded different answers-there are several routes that I have found.

The most common introduction to coin collecting is clearly inheritance, usually of an "accumulation" of coins (in a mason jar) built up by a grandparent or parent-an assortment, usually just odd or unusual stuff and with little economic or numismatic value-but interesting and fun to sort through-an assortment with no cohesive theme or organization.

Next comes boredom! One collector got started when he got a hernia in his summer holidays (at age 7) which laid him up recovering. His dad gave him his accumulation to review and he dug right in. Now 63 years later he is an accomplished "vest pocket dealer" right here in Winnipeg. His inventory is his collection.



1967 Centennial Coin Set

Another collector started out when his grandmother gave him a "proof" silver (1oz) maple leaf. Within a couple of years he observed rising prices for goods and services-inflation was setting in-but his silver leaf was rising in value to offset the price increases. This was a valuable lesson in (self-taught) economics and he promptly started coin collecting focusing on high metal content gold and silver coins. 10 years later he has built a solid collection and is an established vest pocket coin dealer enjoying substantial success.

Finally there is yours truly. I got started when I noticed a couple of advertisements in "Mechanics Illustrated Magazine" for an "Indian head cent" for a dime. I sent in my 10 cents to the Garcelon Coin Co. and waited for a couple of weeks-when I received the coin - one 1904 Indian head cent in "very good" con-

dition. This was an unusual coin to me as I didn't even know what it was before but my curiosity had launched me into the great hobby of coin collecting.

60 years later I am still at it.

Conclusion

Many have not detected it yet but governments, at all levels, are heavily over-indebted. This is a result of unrelenting mismanagement and incompetence and, ipso facto, will lead to currency stress and hyperinflation. What better asset to deal with this unwelcome outcome than a solid collection of gold or silver coins?

We have now seen why people collect, how they collect, what they collect and how to get started. But it is much better to experience some of this activity first hand and you can by coming to Manitoba's signature event of the year, the 65th

annual **Manitoba Coin Club Coin, Stamp and Collectables Show**.

The show is on **Saturday Sept 29**, 10 to 5 pm and **Sunday Sept 30** from 10 to 4 pm at the **SUNOVA CENTRE**, just North of The North Perimeter on Main Street.

Take first left on Kapelus Drive and follow it about 1 kilometer to the Sunova Centre. Questions or comments call Barre Hall @ **204-296-6498** or Howard R. Engel @ **204-253-0419**.

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Manitoba Churches - Alexander United Church - 1887

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.
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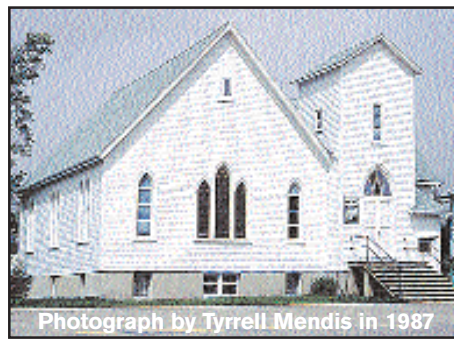
Alexander is a community west of Brandon in the Rural Municipality of Whitehead.

The predecessor of Alexander United Church was Alexander Presbyterian (built in 1887) which together with Alexander Methodist (built in 1886) formed a Local Union in 1919. Rev. Hyslop Dickson was the minister at the time. After Church Union in 1926 the Methodist church became a Masonic Temple. The Presbyterian became Alexander United with Rev.

H.T. Reynolds as its first minister.

Before these churches were built the Presbyterian services were at the Alexander railway station with Rev. William Hodnett officiating. Methodist services were held in the home of G. M. Yeoma by Thomas Lawson, a student from Brandon, who also conducted services in Griswold in 1881.

Ministers at Alexander Presbyterian Church included Rev. George Lockhart (1891-1895), Rev. C. Mc Diarmid (1895-1897) and Rev. John



Photograph by Tyrrell Mendis in 1987

Calder (1898). Rev. Lockhart returned in 1907 with his wife. She took on the

roles of orchestra conductor and Sunday School teacher.

In 1908 an annex and spire were added to the building. This enlarged the space for Sunday School. A special service on October 23rd 1929 celebrated the addition of a base-ment. The spire was removed in 1955.

From 1925 to 1969 the Alexander Pastoral Charge included Kemnay. From 1952 to 1968 it included Roseland.

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Metric	Ingredients:	Imperial
175 ml	flour	3/4 cup
7 ml	sugar	1 1/2 tsp
10 ml	baking powder	2 tsp
7 ml	seasoning salt	1 1/2 tsp
.5 ml	cayenne pepper	1/8 tsp
2 ml	garlic powder	1/2 tsp
175 ml	milk	3/4 cup
625 ml	onions, finely diced	2 1/2 cup
1	green onion, finely chopped	1
-	oil for frying	-

In a large bowl; mix together flour, sugar, baking powder, seasoning salt, cayenne pepper and garlic powder. Combine well.

Add in milk and whisk until thoroughly combined (the batter will be thick). Add chopped onions and green onions; mixing with a wooden spoon until combined.

In a large non-stick skillet; heat a small amount of oil to medium-hot, adding in more oil as needed. Drop batter from a tablespoon (no more than about a tablespoon) into hot oil. Flatten slightly with spoon or spatula. Fry until crispy and brown on both sides. Drain well on paper towels. **Serves 4**

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CROSSWORD
Isn't it Grand? By Adrian Powell

ACROSS

1 Irish instrument
 5 Defeated exhalation
 9 Narrow canyon
 14 Start of an invention
 15 "Hava Nagila" dance
 16 Cambodian coins
 17 Silently accedes
 18 Airport postings, for short
 19 Chalmers' farm equipment partner
 20 "Peer Gynt" composer
 22 Dramatist Chekhov
 24 Syst. the Red Cross once used
 25 Tabitha's "Be-witched" grandma
 27 Lethal
 29 Massachusetts witch trials town
 31 Thinly populated
 34 Pony's cousin
 37 Onetime Indian viceroy
 39 Make use of
 40 Full of steroids, maybe
 42 Something that runs in Australia
 43 Richler's Two-Two
 44 REM event
 45 Three to one, e.g.
 47 Paris-to-Berlin dir.
 48 Vacillate
 50 Make up (for)
 52 Insist on
 54 Really big name in chocolate
 58 John-Boy's gramps
 60 Rust, basically
 62 Strait-laced
 63 African medicinal shrubs
 65 Squirrel away
 67 Put up a picture
 68 Something to eat off
 69 House of Saud member

DOWN

1 Reason a door swings open
 2 Gussy up
 3 Tried again from scratch
 4 Toyota coupes of the '90s
 5 "That's all ___ wrote!"
 6 Tiny scintilla
 7 Gomez's mom and Morticia's mother-in-law
 8 Cause of much waste?

9 "Old time" country and gospel singer and banjo player
 10 "Black gold"
 11 Baton-passing event
 12 Like snake oil salesmen
 13 Big petroleum brand
 21 Famed folk artist who started painting at 78
 23 Wf. Hemisphere gp. since '48
 26 ___ mode
 28 Volcanic outpouring
 30 Big, fancy, ceramic jug
 32 "The Da Vinci Code" priority
 33 Long Central European river
 34 Does sums

35 Tender
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 41 Move really gently
 46 It's tiny but always charged
 49 Crayola inventory
 51 Grandma Walton
 53 Canadian whose dad was Japanese
 55 Pantyhose shade
 56 White sale fabric
 57 Beat by a hair
 58 Hits with a ray gun
 59 Huge name in scat singing
 61 The Devil's work
 64 Cannes high season
 66 Common poetic preposition

SOLUTION ON NEXT PAGE

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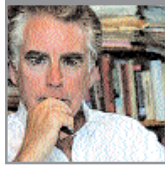


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HUMOUR

By William J. Thomas



So I'm cruising through my morning paper when I spot one of those headlines you need to go back and read twice: "Church to hold kidney clinic." And I thought ... really?!? I received my last flu shot at the local drug store so I understand pharmacists will soon be performing more and more small tasks doctors normally do. At least there is a medical connection between a drug store and a doctor's office.

But churches offering to check your kidneys? And what church? I'm mostly of Irish descent and used to be a Catholic. (The deal breaker was the story about the Virgin Mary having a baby. I didn't believe it in the Bible and I didn't believe it when it happened in Dain City and I was a kid struggling with that 'birds and bees' thing.) So as a failed Catholic, if I show up at a Protestant church for a kidney check-up, do I risk setting off some sort of sectarian violence? I mean I don't want to start a violent rock-throwing Orange Parade only to find out there was nothing wrong with my kidneys in the first place!

So now I'm confused - which church and which kidney? I've got two so just to keep everybody happy, I could have one examined at St. Theresa's and the other at the Central United Church.

Still, I'm against places of worship doubling as examination rooms and if asked, I will refuse to attend church wearing one of those hospital gowns that have been designed by a

The Organized Religions Want Your Organs. Beware!

flasher. All religions are in a constant state of membership drives so if a church is going after the well-being of my kidney, how long do you think it'll be before a mosque is offering to give my liver a good going-over.

Pretty soon the Buddhists will be inviting me into their temple and offering to calm my nerves and enrich my spirit. This will prompt the Hindus to invite me into their temple offering me karma, dharma and a vegan alternative to my taste for a well done BBQ'd steak.

Pretty soon the Taoists will want to show me how my lower colon can live in harmony with my spleen and the Shintoists will have me doing a series of Japanese morning rituals which will pump more blood to my heart and give my legs better mileage.

Next thing you know I'll be so confused I'll have no choice but to seek answers about my health from Confucius himself. "Man who eats many prunes get good run for his money." My last resort would be the atheists who would only be too happy to solve the entire situation by replacing all churches with hospitals.

Where will it end? Am I going to open my newspaper one morning and discover that the rabbi of the local synagogue is offering to perform circumcisions!!! Oh wait, they already do that. It's called a Bar Mitzvah ... or maybe it's a Bar Milah. I may be unclear on the name but I do know it's the kind of ceremony that makes most men cross their legs.

Memo to churches everywhere: multi-tasking is heresy. Remember

the words of Martin Luther King when he urged us all to do just one thing well: "Even if it falls to your lot to be a street sweeper, go on out and sweep streets like Michelangelo painted pictures; sweep streets like Handel and Beethoven composed music, sweep streets like Shakespeare wrote poetry ..."

You know who started all this crazy crossover multi-tasking mess? The world-renowned Shouldice Hospital in Thornhill, Ontario. It wasn't enough that they have been performing a unique and successful hernia repair operation for decades. No, they had to go and combine pain with pleasure by offering follow-up examinations of hernia operations during their reunion ballroom dinner dances. One such hernia hop attracted 1,500 former patients. I'm not making this up. I would have called it "The Strangled Sac Hop" but that's just me. Yeah, strut your stuff on the dance floor and then go cough in the corner.

Imagine that? Dancing to Abnormal Slim And The Abdominal Wall? "Come

on baby, let's do the (cough! cough!) Crouch! Come on baby, now don't say (cough! cough!) Ouch!"

The Shouldice doctors use the metal mesh of restoring the bulged wall so it's easy to keep out gate crashers at the ball. You have to set off the metal detectors at the front door in order to get in. And of course, it's very popular. I mean where else can you drop your pants at a party without fear of being arrested?

This nonsense of churches assuming responsibility of our body parts just naturally has to stop. And now, because I for one do not want to pick up the paper and be tempted to attend "a free nondenominational and spiritual bonfire exchange." Oh yeah, that would be Satanism and they're coming for my soul. Sorry, but I once voted for Stephen Harper and the Conservatives so my soul has already been sold.

For comments, ideas and copies of *The Legend of Zippy Chippy*, go to www.williamthomas.ca

CROSSWORD - Solution

HARP	SIGH	GORGE
IDEA	HORA	RIELS
NODS	ETAS	ALLIS
GRIEG	ANTON	ABO
ENDORA	DEADLY	
	SALEM	SPARSE
ASS	NAWAB	AVAIL
DOPED	EMU	JACOB
DREAM	RATIO	ENE
SEESAW	ATONE	
	DEMAND	NESTLE
ZEB	OXIDE	STALD
ALOES	SAVE	HUNG
PLATE	EMIR	EPEE
SATES	ISLE	REND

WORDSEARCH - Solution

J	A	P	A	N	E	S	E	C	E	A	D	A	R	G	B	O	L	E	A			
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D	O	E	L	V	B	H	P	E	C	A	T	O	D	O	R	U	M					
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S	Z	A	L	E	D	R	E	R	E	L	L	S	T	O	A	G	N					
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Things To Do IN WINNIPEG Cont'd from page 9

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

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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+ Lazercs Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: 204-254-1010 ext. 206.

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.

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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

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Things To Do IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Gimli - Fall Craft & Trade Show - Sept. 22, 10 am-3 pm, Gimli Recreation Centre, 45 Centennial Rd. Free adm. Gimli - Farmers Hall Old Time Dance - Wed's, Sept. 26: Country Pride, Oct. 24: The Mosaics. Hwy 231 and Rd 17 east, 3 miles west of Gimli. Doors open 1 pm, lunch at 4 pm, included. Advance tickets only \$15 avail. at Tergeesen's in Gimli or klymdesk@gmail.com, 204-296-0540 Komarno - Community Fall Supper and Dance, Sat. Sept. 29, Refreshments 5:30 pm, Supper 6 pm. Music by: Gem Stars. Tickets \$25, call 204-886-2994. All Proceeds to the Komarno Hall renovations. South East Artists Group - Show & Sale, Sep. 22, 10 am-3 pm, at Club Jovial, 157 Central Ave. in Ste Anne, MB. See artists at work. Paintings avail. for sale. 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 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 - Call for schedule. Drop-ins welcome; Monthly Luncheons - Odd Fellows Hall, \$10 at door; Afternoon Cribbage Tournaments No advance registration, Individual Play, \$5/person at door; Celebrations Mamma Mio, Bus trip to Celebrations Dinner Theater, 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! Stonewall Kinettes Club - A great way for women to 'Grow, Learn, Make Friends, and Have Fun.' Kinettes meet 3rd Thur. of mo., except July & Aug. Help plan fun events, such as Ladies Night Out, and other activities to help raise funds to serve the community's greatest needs in Stonewall and surrounding communities in the Interlake. Call Marilyn Kenney at 204-467-2728 for info. Warren United Church - Fall Supper & Bake Sale, Sun. Sept. 16, 3-6 pm, Warren Memorial Hall (15 min. north of Perimeter on #6 Hwy). Adults \$15, (6-10) \$6. Wheelchair acces. No reservations required.

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drivers, friendly visitors, housekeepers etc. Call Janice: 204-883-2880 or email: Ritshoteniors@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.

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: Arbog and District Seniors Resource Council 376-3494; Ashern Living Independence for Elders 768-2187; Brokenhead/Beausejour Outreach for Seniors at 268-7300; East Beaches Resource Center (Victoria Beach) 756-6471; Eriksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource Council 372-8703; Gimli Seniors Resource Council 642-7297; Lundar Community Resource Council 762-5378; Riverton & District Seniors Resource 378-2460; St. Laurent Senior Resource Council 646-2504; Selkirk - Selkirk & District Senior Resource Council Inc. 785-2737; Stonewall - South Interlake Seniors Resource Council 467-2719; Springfield Services to Seniors 853-7582; Teulon and District Seniors Resource Council 886-2570; Two Rivers Senior Resource Council, Lac du Bonnet 345-1227, Pinawa 753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128

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.

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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

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 special. 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: ssincl1@mts.net, www.ebseniorescene.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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