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Sep 19 - Oct 9/18

Team Manitoba successful at 2018 Canada 55+ Games

By Roger Currie



As aging 'couch potatoes' many of us marvel as the world's best elite athletes do their thing at huge events like the *Olympics*, and no doubt some of us occasionally wonder what might have happened if we had found it within ourselves in our *salad days* to commit to that kind of dedication and sacrifice to an athletic pursuit. There wasn't any international TV coverage, but I'm pleased to tell you about a group of older Manitobans who gave their all in Saint John, New Brunswick, August 21st to 24th.

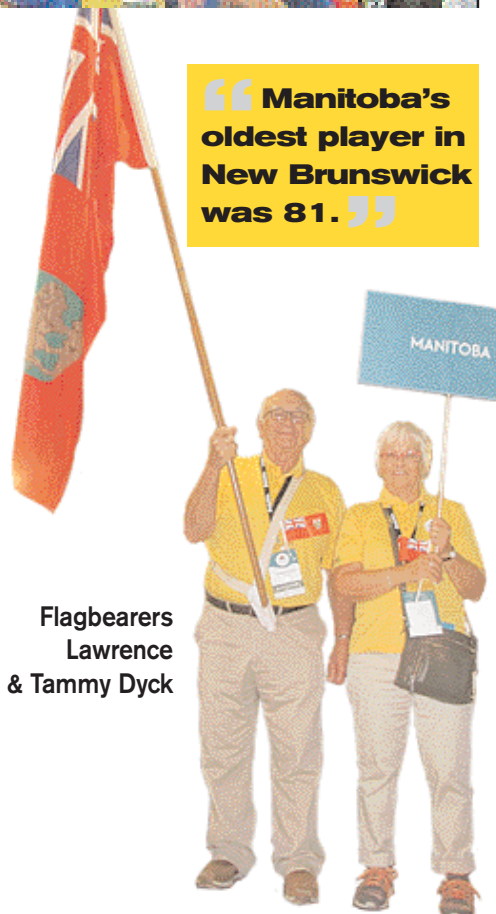
They were members of Manitoba's team at the **2018 Canada 55+ Games**. It's a national event that happens every two years. 1,875 athletes from across Canada made the trip, mostly at their own expense, to Saint John. The Manitoba team consisted of 88 competitors ranging in age from 55 to 81. Led by the husband and wife flag bearers Lawrence and Tammy Dyck

from Roland, Manitoba came home with a total of 42 medals: 17 gold, 14 silver and 11 bronze.

70 of the Manitoba team members were in the national competition for the first time. 63 year old Lois Dudgeon, a retired RCMP officer who lives in Morden has managed the Manitoba group at the nationals since 2002. She says 26 of her 'rookies' won medals this year, including all eight of our *pickleball* players.

Lois says this province has established itself as a bit of power in the sport, which is a combination of tennis, table tennis and badminton. "It is by far the fastest-growing sport in the 55 plus age group, and Manitoba's oldest player in New Brunswick was 81" she said with great pride. One of the obvious benefits of pickleball for older competitors is that bending and other flexibility challenges are minimized, but the

Continued on page 2



Manitoba's oldest player in New Brunswick was 81.

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Tyrrell Mendis
Metro Hnytko
Lois Dudgeon

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Team Manitoba at Canada 55 Plus Games, cont'd from front page



Manitoba golf participants



The MB gold-silver match in scrabble

players are moving all the time. Other competitive events include golf, badminton, candlepin bowling and darts.

The *55 Plus Games* are definitely 'friendly' competition, but Lois says the competitive aspect is a definite driver for some. "Whether you are 55 or 85, most of us like to win, but unlike the motto of the legendary Vince Lombardi, winning isn't everything" she says. "In this age group in particular, the chance to meet new people from new places is equally important". Every evening

includes social activities where lasting friendships are made that continue from one competition to the next.

One of the most remarkable aspects of all this is the fact that team members cover most if not all of their own travel expenses. Dudgeon says "We have no funding from government. Although some of the provinces do help in a small way. Some of the competitors do a bit of fundraising to help with travel". The fact that most are retired lends itself to including a *55 Plus Games* trip as part of a longer personal vacation.

The **next national Games** in **2020** will be in **Kamloops, B.C.**, and the **37th Manitoba 55 Plus Games** will be in **Swan River** in **June of 2019**.

Full details about how to get involved can be found at:

www.alcoamb.org or <http://canada55plussj.ca/>. OR by calling the Manitoba Games office at **1-855-261-9257**. ■

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

"Team Manitoba" Goes for Gold at 2018 Canada 55+ Games

By Lois Dudgeon, Canada 55 Plus Games Team Manager

Team Manitoba returned August 25th from the 2018 Canada 55+ Games in Saint John, New Brunswick. The team of 88 participants ranging in age from 55-81 experienced fun and friendly competition.

Approx. 1875 athletes from all across Canada participated in this year's parade and Games.

70 of the 88 participants were 1st-timers and 26 of them came home with medals! There were a couple events where MB battled it out for Gold & Silver - womens pickleball & scrabble. All 8 pickleball players came home with medals!

The slo-pitch team slugged it out with the home province team in the gold-silver final. The track athletes contributed 18/42 of the medal count.

Manitoba athletes participated in 12/20 events including duplicate bridge, cribbage, curling, slo-pitch and track to name a few. This was



Team Manitoba - Hockey

also the third year for pickleball players and a MB hockey team.

Special events included the Opening ceremonies/Athletes parade, a traditional "Maritime Kitchen Party" and Closing dinner & dance.

Thank you! to Homestead Manitoba, out of Winnipeg for their generous

sponsorship of this years' team shirts.

All Team Manitoba participants need to be congratulated for qualifying for and participating in the 2018 Canada 55+ Games. They're all WINNERS... for proving you're never too old for FUN & Games! ■







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Collecting Coins, 'Cont'd

By Dmetro Hnytka, Manitoba Coin Club member

LOONIE

The government wanted something to replace the \$1 paper note as they did not last long enough. They came up with the \$1 loon. It was lighter than the nickel dollar and was perfect for pocket change. The loonie was born in 1987 and 205 million were minted and soon replaced the \$1 paper note.

The mint made commemorative issues in 1992 (Canada 125)...



1994 (War Memorial)...



1995 (Peace Keepers)...

2004 (Lucky Loonie), 2005 (Terry Fox)...



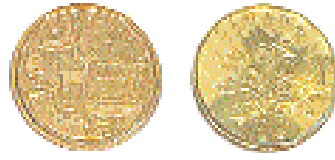
2006 (Lucky Loonie), 2008 (another Lucky Loonie), 2009 (Montreal Canadiens Centennial), 2010 (Lucky Loonie). Also, Canadian Navy Centennial...



Saskatchewan Roughriders Centennial...



in 2011, Canadian Parks Centennial.



In 2012 the Loonie got lighter, 6.27 grams compared to 7.00 grams. They made an issue commemorating the Centennial of the Grey Cup, a Lucky Loonie, 2016 Women's Right to Vote, and another Lucky Loonie.



For Canada's 150th birthday, the mint issued a Loonie named 'Connecting the Nation'. There were more Loonies made but I had just mentioned the commemoratives. There are lots to collect, so get at it!

TOONIE

The two dollar bill as replaced by a coin weighing 7.30 grams, which is now called a Toonie, in 1996. It was a bimetallic coin with a bronze center and a nickel outer ring. The mint issued 375 million of these to allow them to recall all \$2 notes.

The mint made commemorative Toonies. In 1999, a coin for the 400th anniversary of Quebec...



in 2011, the boreal forest...



in 2012, the ship call the Shannon was honored...



in 2014, Daddy Wait for Me...



in 2015, Sir John A. MacDonald and Flanders Fields...



in 2016, Battle of the Atlantic.

In 2017, for Canada's 150th anniversary, two coins were issued called the Spirits'. One was multi-coloured and glows in the dark!



There are many coins available in your change now, but as time goes by, these coins will be harder to get so get them now. There are 34 different Toonies made to date. ■

"TEAM MANITOBA 2018" - Medalists

Willie Anseeuw	Oak Bluff	Track	Bronze - 2
Bev Atkins, Lynn Sandercock, Kathy Isaac, Mardie Newton	Manitou	Curling	Bronze
Ray Baker, Rae Kujanpaa, Keith Pottle, Dwight Bottrell	Dauphin	Curling	Silver
Dieter Bonas	Winnipeg	8-Ball Pool	Silver
Leon Clegg	Seven Sisters	Track	Gold - 3
Andre Dacquay	Notre Dame	18-Hole Golf	Gold
Tammy Dyck	Roland	18-Hole Golf	Bronze
Brenda Granger & Beth Last	Warren/Argyle	Pickleball	Silver
Peter Hildebrand & Judi Reid	Morden/Matlock	Pickleball	Gold
Betty Jean Hill	Glenboro	18-Hole Golf	Gold
Juliette Jacobson	Winnipeg	Track	Gold - 3
Sandra Klassen	Niverville	Track & Field	Silver
Larry & Terry Ladyman	Winnipeg	Pickleball	Gold - 1
Lana Martin	Killarney	18-Hole Golf	Silver
Nancy McMahon	The Pas	Track	Gold - 2
Shawn McMahon	The Pas	Track	Bronze - 2
Barry Nelson	Boissevain	Horseshoes	Silver
Judi Reid & Lisa Bergson	Matlock	Pickleball	Gold
Blair Rutter	Winnipeg	Scrabble	Gold
Dave Smith	Gimli	Scrabble	Silver
Southwest Maulers	Brandon/Virden	Slo-Pitch	Silver
Ken Strand	Winnipeg	18-Hole Golf	Silver
Bill Young	Glenboro	18-Hole Golf	Silver
John Vertz	Glenboro	18-Hole Golf	Bronze
Len Victor & Lisa Bergson	Morden/Matlock	Pickleball	Bronze

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FINANCIAL PLANNING:

What is Wealth? Who Defines it and How do we Use it?

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

As usual I am of two minds what to write for this month's article. My first thought was to write about the two days I spent this spring at the Wharton Business School in San Francisco with Professors Richard Marston and Patti Williams. The second idea was to write about attitudes and the value of good friends in times of trouble. It looks like the Wharton School experience will have to wait till another time.

I've written about "what is wealth" before but I can see it may be time for a revisit. As a society we have a hard time learning this lesson so we repeatedly make the same mistakes over and over again. Is Wealth an attitude? Does wealth come in many forms? Is gratitude for what we have come with wealth? Or was gratitude there before wealth came? Did wealth come because of the gracious attitude and the belief that you can? All psychological issues.

Are we very short sighted if we think of wealth just in terms of money? What drives our choices? Is it fear or is it an inner knowing that we are safe and that we have enough therefore we can share? Is there enough good will that we graciously give back to our family and community? Do we give back to our community as a thank you for what we have and what we have accomplished?

What happens if we do not have this feeling of safety? Having millions of dollars does not translate into the belief and confidence that there is enough. Does fear and uncertainty create this feeling of "lack off" so we become hoarders or controllers where we lose our sense of judgement or direction? Hoarders or controllers show themselves in behaviours in many ways. Things, money, judgement, blaming others for everything, nothing is good enough or too expensive.

I'm sure there are many other attributes and questions to be asked by those who study behaviour. I know over they years I have heard and practiced some of what Mitch Anthony and Bill Bacharach have taught as guidelines in determining what a person's values and goals are. Also those of their family. This information would give us some insight in how to work with these families. It's amazing how much you may forget until something occurs which brings all of this information and skill to the surface again. I know what I am about to share is just the tip of the iceberg and I am not qualified to have an in-depth discussion on this subject. But these are a few situations

which have occurred in my personal life recently, plus what I see professionally that are common and increasing in frequency.

Two of my friends have just recently been diagnosed with Cancer in two different provinces. Both live some distance from a treatment centre. One has money and one does not. One had an advisor and one did not. As an observer, I watch the emotional struggles both of these women are going through but one has an additional level of anxiety. She has been told for her treatment, she must be in Winnipeg yet she lives out of town with no family in the city. The pressing issue of where does she live before treatment can start, plus how is the family going to pay for the expense weighs heavily on the families' mind and adds additional stress to an already stressful situation. I see the woman who has no money more often as she lives close to where we have our cottage. As a result of the close proximity I am more familiar with her day to day struggles.

As a wealth source, I see is who has a generous heart and who does not. Both women have a wide circle of friends so they are very supported. Both women have friends and neighbours who drop by with food and acts of service. The grass is being cut, the laundry done, grocery shopping is done, the house cleaned etc.

Even though all of this help was present locally, that did not solve the problem of where to live while treatment was being given. What occurred next during the problem solving exercises is incredible acts of generosity. Two people have stepped forward in helping to find this woman with no money a place to live during her treatment period. A house was offered in Winnipeg to live with a family. The house was not ideal as there was a lack of private space if she was not feeling well but the living accommodations was offered free of charge.

As another option, this couple found a hotel which has kitchen facilities but the cost was three thousand a month. An extra \$3,000/month they could not afford. Out of the blue, a woman from the community steps forward offering to pay her first months rent. A second woman also steps forward to pay the second months rent. I know of both of these women. They are sort of part of the community but not really. I know them because of circumstances which have presented themselves through the years in our local cottage politics. Both women

keep an eye on the elected RM council and on many occasions question the decision making of the Reeve and two of the councillors who vote as a block. The RM is not their primary residence but their summer cottage yet they care enough to be involved (an attitude of caring and service).

Even though they are not really part of the community both have stepped forward to offer money to help out. Why is that? I'm back to the question I started out with in this article, is generosity an attitude? Is this one way of defining wealth? Does selflessness show itself in many ways? Is looking after how a community is run part of that same attitude? Is how you look after yourself, family and friends' part of that same type of attitude? Is age part of the factor on decision making or was it an attitude which drove the decisions made through out someone's life which influenced how their life developed? Is money just a mirror of what is underneath?

I'm also recognizing that wealth does not necessarily contribute to someone's quality of life. I am increasingly seeing that as age increases, if proper decisions are made wealth will follow. The other more disturbing part I see, is an attitudinal shift. Maybe that attitude was there all along but now it's more pronounced. What I am seeing is an attitude of cheapness. Not frugality but cheapness. Frugality and cheapness are not the same. For some, I see their world shrinking, closing in, isolation, which is not a good thing. Hoarding!

Even though there is excess money, I see the quality of clothing decreasing. Also the care of their person decreases or is stopping. They move into the mode "of what I have is good enough". The care of their home is also decreasing, it now starts to look junky, not as well kept and dated. The yard is also not as neat and tidy.

So, what has changed or contributed to this behaviour. Is it that with aging the emotions which were hidden are now more open? If fear is driving this "lack of care" or "it's good enough" what is the solution? Uncertainty can be a large driver. Fear that their children or grandchildren may not have enough so the parents start economizing, or hoarding. This fear may not be communicated to their children or grandchildren as older generations are not as open about their feelings and vulnerabilities.

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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

Booze Bandits

Before we are totally inundated with stories about the problems that will result from legal cannabis in Canada, a fascinating tale from Winnipeg about remarkably free access to a much older drug of choice, that would be alcohol.

The booze business in Manitoba now comes under a major crown corporation called *Liquor and Lotteries*.

Unlike Saskatchewan where the private sector is gradually getting a foothold in the business, hard liquor in Manitoba can only be bought at government liquor stores.

The elders among us in both provinces can recall the days when you had to line up and fill out a form,

then wait while someone went to the warehouse at the back and found the bottles of hooch that you wanted.

Sales increased rather dramatically when one day we were allowed to wander the aisles of the store and serve ourselves. But recently the 'self serve' concept has been going too far.

In the past 12 months, Liquor and Lotteries says \$1.6 million worth of alcohol products has walked away from the stores without being paid for. 1,277 times, someone has picked up a bottle and walked out without making any effort to pay for it. They call it 'product loss' or 'shrinkage'. Really? I remember when we used to call it *stealing*.

There are private security types at the liquor stores. It seems they

are trained to keep an eye out for theft, but not to really challenge the thieves if they see it happening. Given the widely-reported crisis that the real Winnipeg Police are having in dealing with criminals who are high on crystal meth, it's not surprising the *rent-a-cops* don't do anything.

What happens to the stolen booze? Quite often apparently, the thieves turn around and sell it online. Surely there must be opportunities here for the young entrepreneurs who are involved with *Uber* and *Skip The Dishes*.

Add in home delivered marijuana and you can see why everyone is excited about the *Gig economy* in 2018. ■

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Happy Seniors' and Elders' Day - October 1, 2018

Thank you for paving the way and being role models for generations to come.

What is Wealth? cont'd from page 4

On the flip side, I do know is that some children are concerned about their parent's behaviour. I have had children of wealthy parents come to see me because as they read my articles they are recognizing another way. They are recognizing that you can have many things.

I have mentioned in previous articles that we hold family conferences where a third party can moderate the conversations between the generations. We also have software which can stress test the family's wealth under different circumstances. "What if" questions can be posed and the end results seen. This can build confidence lessening fear for the parents while helping children and grandchildren reinforce safety concerns to their parents who have built up the family wealth.

In conclusion, why can two families step forward and contribute generously to a member of their community and others fall into

"cheapness" and living less? Which is a better life? The emotional security that all is looked after or one where there is fear and uncertainty? A life where you can be generous in both time and money to the community which also provided for you. That we are our neighbour's keeper. That we really are made up of more than ourselves. In the time of behaviour that is not inclusive it is more important than ever to have family value conversations. Maybe conversations about what wealth really is. Maybe it is even more important in an age of technology to have people in your life who can help steer the course in our decision making so that we don't blow up what we have taken a life time to build.

If you wish to have help in reviewing your family wealth so that everyone knows that all is well please feel free to call our office for a free consultation. We can be reached at 204 257-9100. ■

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Advertising Feature

Book Launch: *JUS' PLAIN HARRY* by Pat Pattan

What was it like growing up in the days when going to the movies cost twenty-five cents, the Model-T Ford had to be cranked up to get it started, and the streets were dark until the lamplighter lit the gas lamps?

When We Were Growing Up takes the reader back to those days. It is historical nonfiction seen through the eyes of children who grew up between 1914 and 1960. Award-winning cartoonist David Byrne captures the essence of the stories with his illustrations. The following are some of the highlights of the fifteen interviews from

North America and Europe:

Twelve-year-old Abe tells us how he stole potatoes while in a concentration camp.

Portia, a coalminer's daughter, tells about growing up in a 'wild west town' in the Kentucky Appalachians.

George went from a segregated school to being chosen for the Army Air Corps' first all Negro fighting squadron, the Tuskegee Airmen.

The idea for the book came to author Pat Pattan when a little girl asked her, "What was it like when you were growing up?" Everyone at the gathering was so fascinated

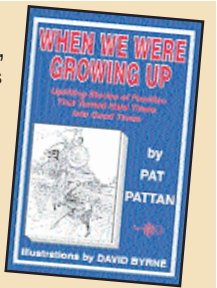
with her stories that she began interviewing people that were older than she was.

Pat Pattan (Yeo) was born in Winnipeg in 1943. Marriage took her to New Jersey where she raised two sons. Recently coming back home to Winnipeg where she now lives, she has discovered a flourishing arts community. She became a member of the Manitoba Writers' Guild, the Manitoba Editors' Association, and the Women's Film Group.

Pattan has been a writer since her elementary school days. Several of her poems were printed in her Daniel McIntyre yearbooks. She has written several plays. One of them, *HARRY*, was such a success that she

expanded it into a book, *JUS' PLAIN HARRY*. It is a dramedy about a homeless man who changes everything when he moves in with his rich relatives. It is published by Pen It! Publications. Both books are available at Amazon.com.

JUS' PLAIN HARRY will debut at McNally Robinson at Grant Park Shopping Mall on Oct. 16, 7:30 PM. Refreshments will be served. Come and meet the author!



Advertising Feature

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Camerata Nova's 2018-19 Season

Camerata Nova's 2018-2019 season provides a thrilling range of music that highlights Manitoba performers and composers. Artistic Director Andrew Balfour and the Camerata Nova team continue to innovate and celebrate choral music from the Renaissance to present day in all its forms.

Major concerts

• **Fallen:** November 3, 2018 at 7:30 pm and November 4, 2018 at 3:00 pm at Crescent Fort Rouge United Church (Pre-concert talks at 6:45 pm on Saturday and 2:45 pm on Sunday)

Fallen is the second concert in a series dedicated to truth and reconciliation. In 2020, look for our third concert, *Captive*, expressing the power and sadness of Indigenous incarceration.

• **The Prairie Songbook:** March 9, 2019 at 7:00 pm and 10:00 pm and March 10, 2019 at 3:00 pm at the Park Theatre

Led by Mel Braun and Vic Pankratz and featuring a 4-piece house band of talented musicians, Camerata Nova will turn the Park Theatre into your favourite coffee house with great folk and pop standards as well as recent tunes by cool, local artists. From the Wailin' Jennys to The Guess Who, from Joni Mitchell to Royal Canoe, from KD Lang to JP Hoe.

• **Death by Chocolate:** The Life and Death of Henry Purcell - May 4, 2019 at 7:30 pm and May 5, 2019 at 3:00 pm at Crescent Fort Rouge United Church (Pre-concert talks at 6:45 pm on Saturday and 2:45 pm on Sunday)

In this concert curated and conducted by John Wiens, Camerata Nova seeks to showcase choral works by Henry Purcell (1659-1695), arguably the greatest of the English Baroque period.

Death by Chocolate offers top quality performers and powerful repertoire - a rare musical treat. Four Winnipeg vocal soloists: Dayna Lamothe,

soprano, Jane Fingler, soprano, James Magnus-Johnson, tenor, and Jereme Wall, bass will be joined by early music instrumentalists

Other highlights:

• **Santa Claus Parade Day Concert:** Saturday, November 17, 2018 at 2:30 pm in the Atrium of the Manitoba Hydro Building.

A light holiday concert with Camerata Nova. The free performance features Christmas classics, Camerata Nova originals, as well as some sing-alongs.

• **Support for Sistema:** Sunday, November 18, 2018 at 2:00 pm, at St John's College Chapel

Celebrate the holiday season with the kids of Sistema Winnipeg and Camerata Nova! All proceeds will go to support the Winnipeg Symphony Orchestra's Sistema Winnipeg inner-city music education program, offered in partnership with Seven Oaks School Division and Winnipeg School Division. For more info and to purchase tickets, please visit wso.ca/sistema.

Tickets for individual concerts are available at McNally Robinson Booksellers, by phone (204-918-4947), at cameratanova.com, or at the door. Subscriptions (three concerts) are \$65 (adults), \$55 (seniors) and \$35 (under 30), with a subscriptions-for-two offering at \$125, \$105 and \$65 respectively. This season, two-concert mini-packages are also available (\$35, \$30, \$20, or for two, \$65, \$55, \$35). Individual ticket prices available at cameratanova.com

Camerata Nova is a vocal group without fear, performing Renaissance, contemporary, and Indigenous-infused music. Often singing a cappella, the group also enjoys innovative collaborations and accompaniment from all kinds of instruments and soundscapes. Since 1996, the group has continually accented the unusual, offering authentic early music performances, premières of Manitoba compositions, and an eclectic array in between. ■

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doylep/wlwk@mtsml.ca

Rochelle SQUIRES
MLA for Riel
rochelle@rochellesquires.ca



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MLA for St. James
st.jamesmla@johnston@outlook.com

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Advertising Feature

Saperavi, Georgian cuisine - delicious, one-of-a-kind

By Landis Henry, owner of Saperavi

As mentioned in the August 1, 2018 edition of *Senior Scope*, Georgian food is delicious and wholesome and truly one of a kind. The cuisine has absorbed some of the best culinary traditions of the Caucasus, Middle East, and the Black Sea region. We are the only Georgian restaurant in the Canadian prairies. Not only are we serving authentic Georgian dishes, we are also the only establishment in Manitoba where you can buy Georgian wine. In this regard, it is noteworthy that Georgia is the birthplace of wine making. In this article, I would like to write about some of the time-honoured Georgian dishes that you can enjoy at our restaurant.

As Georgian food is meant to be shared, we respectfully suggest you invite a few friends and drop by Saperavi restaurant. We will tantalize your taste buds with a multisensory dining experience. The sharing concept is exemplified by our signature Georgian supper which is available for a minimum of four persons and consists of a minimum of 10 different dishes.

One of our most coveted dish is "schmeruli" chicken, a traditional Georgian dish. The name comes from the village where the recipe originated and consists of pieces of perfectly roasted chicken smothered in a special creamy, spicy garlic sauce and cooked in a clay pot "ketsi". The rich flavour of crispy roasted chicken paired with the creamy garlic sauce is just perfect. The chicken is served with new potatoes or Persian steamed rice made using long grained basmati rice that hold their shape during the steaming process and don't stick together.

Khinkali are a specialty of the Caucasus which originated in the Georgian mountain regions of Pshavi. The filling varies with the area but the original recipe consists of minced meat beef and pork (mixed in equal proportions). We also serve a vegan option filled with mushroom and potatoes. Both versions are seasoned with Georgian spices. In Georgia, the dumplings are finger food and sprinkled with black pepper and garnished with dill. Tradition has it that you can judge a good khinkali by the number of folds it has. Anything less than 20 is considered amateurish. Khinkali is typically consumed by grabbing

hold of the topknot and biting a small hole in the side to slurp out the broth before sinking your teeth into the meat (pork and beef) filling. Discard the topknot.

Ajapsandali a thick vegetable stew that bears some resemblance to ratatouille. This Georgian dish, however, contains copious amount of garlic, parsley, cilantro, basil and



pepper which brings to life the oven roasted medley of eggplant, carrots, potatoes, onions, tomato, bell peppers.

Kachapuri is an integral part of Georgian cuisine and our most popular appetizers. Each region of Georgia has its own version of kachapuri that can be distinguished by the shape and or the ingredients used. Traditionally, the leavened dough contains a mixture of imeruli and sulguni cheese. We have created the exquisite taste using a combination of cheeses available in Canada. One of the most popular kachapuri comes from the region of Ajara. Kachapuri Ajaruli is boat-shaped, heaped with cheese and topped with a runny egg. The kachapuri is best eaten hot. When it arrives at your table, stir the egg yolk and melting butter into the molten cheese, then tear off a piece of the fluffy crust to dunk into the cheese-mix and enjoy. **Kachapuri Imeruli** from the Imereti region in Western

Georgia bears a passing resemblance to a pizza. The flatbread is stuffed with cheese then baked. Our kachapuri always comes straight from the oven to the table.

Walnut-Stuffed Eggplant Rolls make for a very satisfying appetizer. Enjoy the perfect balance between ground walnuts, cheese, fresh herbs and spices and wrapped in eggplants.

with the addition of onions, Svanetian salt, herbs and spices. The cooked meat is tender and full of flavour. Our shashlik is garnished with marinated red onion, parsley, chopped peppers and salad.

In addition to our broad selection of Georgian dishes we have some specialty dishes from the surrounding countries. **Tolma** is an Armenian traditional dish that is made from ground spiced meats (beef and pork mixed in equal proportions) rice and herbs, mixed together and wrapped in grape vine leaves. Mouthwatering. We plan to introduce the vegetarian option shortly. **Lagman** is a signature Uzbek dish made from lamb, vegetables (carrots, daikon, green beans, garlic stems, bell peppers, soft cabbage) and pasta. The dish is garnished with fresh herbs. Each mouthful is an explosion of flavours.

We are often asked about Georgian spices, at Saperavi, we use the Georgian seasoning mix "Khmeli Suneli" in numerous recipes. The mix reflects the essence of flavours of Georgian cuisine. It is a mixture of herbs and spices such as coriander, marigold, fenugreek, dill, mint, parsley and marjoram. We also use Svanetian salt which is a mixture of sea salt, garlic, fenugreek, coriander, chili pepper, dill and several other herbs.

From my eight plus years living in Georgia and the surrounding countries, I have developed a deep appreciation for Georgian food which is incredibly diverse and hailed by food writers as one of the most appealing in the world. There is an emphasis on fresh local ingredients. Spices and herbs are an inevitable part of Georgian cuisine. The healthy benefits of cooking in unglazed clay pots are immense. As an example, clay is alkaline and thus acts to neutralize the acidity in some foods making them easier to digest. ■



Saperavi

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THE BUZZ



Story by Scott Taylor
Editor, Game On Magazine

Photo by James Carey Lauder

It was the type of play that has made Blake Wheeler a beloved figure on his team and also with the fans of the National Hockey League's Winnipeg Jets.

The Jets were in Denver, trailing the Colorado Avalanche 2-1 late in the third period. The Avs had taken a 2-0 lead after two periods, but Wheeler scored at the 47-second mark of the third to cut Colorado's lead to one.

In the dying seconds, it appeared as if Colorado would hold on, but Wheeler did what Wheeler tends to do. Nikolaj Ehlers dumped the puck in from the blueline and it went around the boards onto Wheeler's stick. Wheeler was going hard to the net and he had a good shot at

The Jets Leader Gets Closer to the Ring

The Captain of the Winnipeg Jets almost willed his team to the Stanley Cup final this past spring. We all know his Jets didn't get past the Vegas Golden Knights, but there is little doubt now that Blake Wheeler and his mates are fully aware of what it takes to raise hockey's Holy Grail. With training camp less than a month away, the Jets will once again turn to Blake Wheeler for the leadership required by a championship team.

Jonathan Bernier, but the Avs netminder kicked it out. However, the Jets captain never gave up on the puck. With two defensemen between him and Bernier, Wheeler jumped on the rebound and banged it high to the back of the net.

With 32 seconds left, Wheeler had his 13th goal and 47th point in the first 41 games of the 2017-18. He also sent the game into overtime.

After the game, Wheeler did another thing that Jets fans have come to know and love. He gave all the credit for the goal to Ehlers, the player who got the assist. For Wheeler, the 31-year-old Jets captain, it's always about the team even when he's the hero.

"Last year was Blake's first year as captain of our hockey club," said



Blake Wheeler

Jets head coach Paul Maurice earlier this season. "I can't overstate the quality of the job he did last year. We had a young team that was devastated by injuries and we're playing in a Canadian market where the hockey team's success or failure means everything to the community. There's lots of frustration through the whole year, and Blake didn't show it in his play and he didn't show it in the locker room.

"He is one of finest captains that I've ever had. His consistency on a

daily basis, his ability to drive, the impact he's had on our young players — our whole team — is invaluable for their development for the next 15 years."

This spring Blake Wheeler did everything he possibly could to will his team to a Stanley Cup victory. It would be easy to say he "failed," but that would also be untrue. When the Jets were eliminated from the post-season in five games in the Western Conference final by the Vegas Golden

Continued on next page



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Jets - Blake Wheeler

cont'd from page 8

Knights, Wheeler was fifth in playoff scoring with 21 points on three goals and a league-high 18 assists in 17 games. He had made his team a legitimate contender for the Cup and truly played his heart out along the way. The Jets did well. Just not well enough.

After it was over, Wheeler knew exactly what his team had accomplished, finishing second overall in the NHL and reaching the Western Conference championship round.

"The day in and day out is what makes a good team, a great team," he said. "We learned how to do that. We learned how to practice each day with the intention and goal of getting better every day.

"I'll take only positives away from this year. The progression of our group, obviously qualifying for the playoffs was a huge step for us. This organization never won a playoff game before this year. That Game 7 in Nashville will probably always be what stands out for our group, what we're made of. Winning a game like that is obviously something we can build on going forward."

It hasn't been particularly easy for Wheeler. Not just as captain, but as a member of a hockey team that moved from Atlanta to Winnipeg. The Thrashers weren't very good in Atlanta and, until this year at least, the Jets hadn't been particularly good in Winnipeg. In fact, the Thrashers made the playoffs once in 11 seasons and didn't win a playoff game. Heading into this season, the Jets had been in Winnipeg for six full years and had reached the playoffs only once. And they didn't win a game.

So in 18 years as an NHL franchise, the Thrashers/Jets had made the playoffs twice and never, ever won a single post-season game. That is until they won 52 games this season, finished with an impressive 114 points and beat Minnesota and Nashville to reach the Western Conference final.

For Wheeler, it was a satisfying year. Originally drafted by the Phoenix Coyotes in the first round (fifth overall) in the 2004 NHL Entry Draft, the big rightwinger eventually started his NHL career with the Boston Bruins in 2008. Now, in his eighth year with this franchise and his second as captain, he's won two playoff rounds.

Still, at a luncheon in honor of the great Dale Hawerchuk's induction into the Jets Hall of Fame, Wheeler was one of the afternoon's speakers. Although he's a native Minnesotan, he understood exactly what the game and the team meant in a hockey city like Winnipeg.

"I remember coming here, seeing how passionate this community was about hockey," Wheeler said. "But I don't think our group really understood everything the Jets meant to the community. And to be honest with you I don't really think it hit home until last year at the Heritage Classic.

"I grew up in Minneapolis and I know the feeling of what it's like to get a hockey team taken away. I was a North Stars fan growing up. They were taken away from us when I was pretty young. So I remember going through that."

Born in Plymouth, Minn., (this Jets team has two other Minnesota products, Dustin Byfuglien from Roseau and Matt Hendricks from Blaine) he grew up in Robbinsdale and attended the Breck School for three years. His father, Jim, was an outstanding athlete and Blake is obviously pretty outstanding himself. In his 2003-04 high school season, he had 45 goals and 100 points and led his team to a State Class A Championship. He was also drafted

by the Coyotes at the end of that year.

In his senior year of high school, he jumped to the Green Bay Gamblers of the United States Hockey League and then accepted a scholarship to the University of Minnesota. In 2007, he scored the winning goal against the University of North Dakota in the NCAA Championship game.

A year later, he decided to become a free agent and was signed by the Bruins. He played his first 2 -1/2 NHL seasons in Boston before being dealt to Atlanta. In 2011, he showed up in Winnipeg. He still believes that his move to Atlanta was the best thing that ever happened to him.

"In Boston, I was an inconsistent player who had an inconsistent role on the team," Wheeler said earlier this season. "When I got traded, it really didn't matter how I played, I got 20 minutes of ice-time a night in Atlanta and I think that helped me figure out the NHL a little bit. It helped me figure out what I'm good at and what I need to work on.

"I got traded from a team that won the Stanley Cup, and it was a bit of a slap in the face. But I played

so much in Atlanta that it made me a better player."

In Winnipeg, he's become a star. He finished the 2017-18 season as the ninth leading scorer in the NHL with 23 goals and 91 points. He was tied with Claude Giroux of the Flyers for the league lead in assists.

He's also the captain -- the go-to guy -- and he continues to impress his coach every time he takes a shift. And not just because he's 6-foot-5, 225 pounds, although that certainly helps.

"Since coming to Winnipeg, I've been able to develop in a lot of different ways," Wheeler said. "My kids were born while Sam (his wife) and I have been here. I've developed as a person, as a father and as a hockey player, as well. To become the team captain, I can't really explain what it means to me and my wife to have this honor. We look forward to leading on the ice and in the community, and trying to be an example and role model, not only for my teammates, but for the kids and everyone in this community."

It isn't quite Mission Accomplished, but it's getting close. ■

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Congratulations Frances Bodnar of Winnipeg for winning the 2nd and Grand Prize for the Senior Scope contest!

The Prize consisted of:

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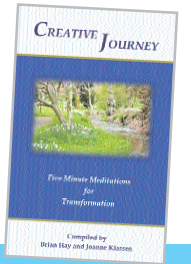
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Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes,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

CREATIVE JOURNEY

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- Compiled by Brian Hay and Joanne Klassen
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Excerpts from CREATIVE JOURNEY:

POISE (Astrid Schuhmann)

*We are never deceived;
we deceive ourselves.*
(Johann Wolfgang von Goethe)

One of my first jobs as a twenty-something almost ended in my dismissal after the three-months' probation period. My performance was found to be inadequate and had to improve if I wanted to remain employed. After replaying the conversation with my supervisor in my mind, it occurred to me that it was not the quality of the performance of my tasks that was lacking, but another kind of performance—the one in the role as employee. I had been too quiet, had not advertised and marketed my accomplishments enough.

I took the "stage directions" to heart and refined my performance during the following three months, after which the quality of my work was found to have greatly improved and my employment was made permanent.

In my life I occupy different roles: I am a daughter, a sister, a neighbour, a wife, an aunt. Every role draws on different facets of my character, gives me opportunities to

learn and grow, explore and adapt. However, just beneath, there always remains the danger of moving from being present in a particular role to playing it according to real or perceived expectations. A conscious performance may at times be a necessity, but I must remain aware, always, that should I let it turn into a permanent state of being, I risk losing myself. (AS)

*I accept the challenges
of the roles I am offered.
I let myself be known through them
and strive to be my authentic best.*

Astrid Schuhmann (AS)

Astrid's adventuresome spirit led her from her native Germany to Winnipeg, where she has applied her passion for organizational systems in several settings. After completing a Transformative WritingTM program, she was trained as a facilitator and has led groups for seniors. Astrid has coordinated two training manuals and three books, including this one. Her passion for language led her to transcribe her father-in-law's journals and translate them from their original German into English.

E-mail: astrid.schuhmann@mtsmail.ca ■

NOTICE (Bertha Fontaine)

*Row, row, row your boat, gently
down the stream...*
(Childhood song)

This little song came to my mind as I watched three men paddle their outrigger canoe down a serene canal. A clear, placid reflection of both sky and land looked like a picture in the water. The only ripple came from the three men and their boat.

I envisioned the scene a few times in my mind's eye, comparing it to my own life. I can row my boat as gently as the rest of mother nature's plan, or I can make big waves and upset a lot of the scenery in my world.

However, I can also notice opportunities to be gentle even when a storm is brewing and threatens the earth and sky around

me. My environment is directly affected by my reactions to life.

What is that saying again? "Whatever I put out there directly returns to me?" (BJF)

*Today I choose to be gentle.
I choose gentle words, gentle actions
and interactions, with myself,
people, and nature.*

Bertha Fontaine (BJF)

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative WritingTM program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors. ■

PROVINCIAL GOVERNMENT PLANNING TO ADDRESS POSSIBLE POSTAL DISRUPTION

September 18, 2018 - The Manitoba government is mailing employment and income assistance cheques for October early to avoid being delayed by a possible postal service disruption on Sept. 26.

Manitobans who currently receive payments or benefits by direct deposit will not be affected. It is strongly recommended that individuals consider signing up to have benefits or cheques deposited directly.

In addition, due dates for provincial tax returns will remain the same. Taxpayers are encouraged to use the online service TAXcess, to file, pay and

view business tax accounts. Visit www.manitoba.ca/TAXcess for more information.

Individuals can call **1-866-626-4862** (toll-free) or visit www.manitoba.ca/notice with questions about the Manitoba government's plan if there is a postal disruption.

The Manitoba government mails approximately 50,000 cheques every month. Regular government mail will continue until a postal strike or lockout occurs.

If a postal disruption occurs, distribution centres will be opened and information on how to pick up a cheque will be made available. ■

Can coconut Nourish and Queen Garnet plum maintain healthy ageing?

The University of Manitoba is conducting a study to investigate the benefits of consuming fruit products during ageing.

The study is open to men and women who :

- Are aged 65 years and older
- Have a body mass index of ≥ 30 kg/m²
- Have normal blood pressure, blood lipids and blood glucose, and
- Have drug treatments that have not been changed for at least 3 months as confirmed by family physician

Participants will be compensated for their contribution to this study.

For more information:

Dr. Peter Jones, Principal Investigator
Phone: 204-474-9989
Email: healthysageing@umanitoba.ca
Website: www.rcffn.ca

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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 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**

Manitoba Genealogical Society - Culture Days, Sat. Sept. 29, 10 am-4 pm, at Unit E - 1045 St. James St. at Ellice (enter off the Brick parking lot). Explore your genealogy with lots of free assistance, tour of library resources with 1.5 million records of Manitoba names, a family tree art project for the younger visitors. **204-783-9139** or www.mbgenealogy.com

Forum Art Centre - Culture Days Manitoba, Free activities, International artist exhibitions, reception Fri. Sept. 28, 7-10 pm, Sat. Sept. 29, 4-8 pm. Visit <https://culture-days.ca/en/2018-activities>. Click on 'Events', in Event Organizer put 'Forum Art Centre.'

Canadian Celiac Assoc. MB - AGM, Oct. 20, 11 am-1 pm, at the Maranatha Church, 910 Sturgeon Road. Gluten Free session for newly diagnosed, 9:15-10:30 am. Pot Luck lunch - bring a GF dish to share. You're welcome to bring a GF item for Winnipeg Harvest. (guest speaker). Info: www.manitobaceliac.com

University of Women's Club - Fundraiser, Sand Hills Casino trip, near Carberry, MB, Mon. Sept. 24. Board bus near Cdn Tire, Grant Park, 9:30 am, return by 6 pm. Lots of perks. Tickets \$50 avail. at UWC, 54 Westgate. **204-954-7880** or uwc@mymts.net.

Hull's Haven Border Collie Rescue - Fundraiser, Fubuki Daiko drum group, with guest John Hindle, Thur. Oct. 11, 7 pm at Franco-Manitoban Cultural Centre, 340 Provencher Blvd. Silent Auction, Munchies. Tickets \$20, call Joy **204-292-4290**

Prairie Rivers Cohousing - Planning Wpg's first cohousing community. Info night Sept. 25, 7 pm, at 170 St. Mary's Rd. (Church of Christ). Maximize your community, minimize your footprint. **204-488-0875**, info@prairieriverscohousing.com, or prairieriverscohousing.com

Gwen Sector Creative Living Centre - Seniors' Services Expo, Mon. Oct. 29, 9 am-2:30 pm, at 1588 Main St. Info on Health, Recreation, Travel, free svcs, etc. Free adm. Continental breakfast, door prizes, etc.

Bleak House Senior Centre - Celebrates 40 Years! Sat. Oct. 13, 1-3 pm, 1637 Main. A come-and-go event with light refreshments.

Knights of Columbus, Father Filipow Council #8944 - Charity Meat Bingo, Sun. Sept. 30, 12:30-5:30 pm, St. Nicholas Ukrainian Church, 737 Bannerman Ave. Tickets \$7 at door, Extra cards \$1. Advance tickets: **204-339-3837** or **204-430-0153**

IODE Jon Sigurdsson Chapter - Bridge & Whist Fundraising Luncheon, Sat. Sept. 29, Betelsdatur Housing Co-operative, 1061 Sargent Ave. Home baking table 11 am, Luncheon 11:45 am, Card playing 1 pm, Tickets \$20 at door.

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

HEALTH/WEELLBEING

Alzheimer Society of Manitoba - Every three seconds someone in the world develops dementia. September is World Alzheimer's Month, take the opportunity to talk about dementia. If you are affected, know that you are not alone. Call the Alzheimer Society at **204-943-6622** or **1-800-378-6699**, or visit alzheimer.mb.ca. We are here to help.

Transcona Council for Seniors - Annual Health Fair, Thur. Oct. 4, 9-3, at Kildonan Place. Theme Life and Legacy. Free adm. Door prizes!

Manitoba Sjögren's Support Group - meeting Sept. 26, 5:30-7:30 pm at Access Fort Garry Center, 135 Plaza Drive. Guest speaker Dr. Catalena Birek. Info: Phyllis Hirota **204-477-5158** or phirot@shaw.ca

Alzheimer Society of MB - Care4u Family Conference, Oct. 27, 9-3:30 at Canadian Mennonite University. Cost \$40 includes lunch. Limited space. Register: **204-943-6622**, alzheimer.mb.ca/care4u2018

FALL DINNERS/LUNCHES

The Women's Canadian Club of Wpg - Luncheon, Sept. 26, 12 noon, RBC Convention Centre. Speaker: Len Andrusiak, President and CEO of the Better Business Bureau of Winnipeg will speak on scams and how to protect yourself. Cost \$28. Reservations and info: **204-663-5657** or wccwinnipeg@gmail.com.

St Michael's Parish - Ukrainian Cuisine Fall Supper, Sun. Sept. 30, 3-6 pm, 400 Day St., Transcona. Adults \$15, 6-12 yrs \$5, 5 and under Free. No take-outs on free tickets. Advance tickets only. **204-222-9003**

Brooklands Active Living Centre - Harvest Dinner, Oct. 13, 5 pm, 1960 William Ave. **204-632-8367**

Mary, Mother of the Church - Annual Parish Fall Supper on Sun. Oct. 21, 4-7 pm, 85 Kirkbridge Dr. Adults \$15, 6-12 \$5,

under 6 free. Serving turkey with dressing, ham, mashed potatoes with gravy, carrots, peas, corn, coleslaw, pies. www.mmoc.ca

Kildonan Community Church - A Desserts at Kildonan afternoon, Sat. Oct. 14, 2-4 pm, at 2373 Main St. Home baking, crafts and silent auction.

ALS Society of MB - Bud, Spud & Steak, Fri. Sept. 28, 6-9 pm, at Canad Inns Polo Park, 1405 St. Matthews Ave. Tickets \$25, call **204-831-1510**, Ext. 20. Info: www.alsmb.ca / HOPE@alsmb.ca

SALES/CRAFT SHOWS

Mary, Mother of the Church - Fall Garage & Rummage Sale, Sat. Sept. 29, 8 am-1 pm, at 85 Kirkbridge Drive. Toys, books, household items, quality used furniture and furniture, etc. Sponsored by the Knights of Columbus and Catholic Women's League with all proceeds to charity. Lunch available.

Grand Trunk Nostalgia Club - Manitoba's Big Fall & Collectibles Sale, Fri. Sept. 28, 4-9 pm, & Sat. Sept. 29, 10 am-4 pm, at Assiniboia Downs. Adm \$5. Info: **204-478-1057**

Brooklands Active Living Centre - Craft & Bake Sale, Nov. 17, 1960 William Ave. **204-632-8367**

Riverbend Seniors Group - Fall Garage Sale, Sat. Sept. 22, 10 am-1 pm, at 400 Osborne St.

St. Andrew's Church - Christmas Craft & Vendor Sale, Sat. Dec. 8, 10 am-3 pm, Parish Hall, 2700 Portage Ave. Adm. \$2. Under 10 Free. Table rentals, call Sue: **204-795-0824**

Manitoba's Big Fall & Collectibles Sale - Fri. Sept.28, 4-9 pm, Sat. Sept. 29, 10 am-4 pm, at Assiniboia Downs. Adm \$5. **204-478-1057**

Art from the Attic - 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. Free adm.

MUSIC

Harrow United Church - Saskia & Darrel, The Great Plains musicians, Tue. Sept. 25, 7 pm, 955 Mulvey Ave. Tickets \$15. **204-284-0079**. www.thegreatplains.ca

Whirlaway Westerners Square Dance Club - Learn Modern Square Dancing Fridays at the Kirkfield-Westwood C.C., 165 Sansome Ave in St. James. 7-9:30 pm. Singles, couples & new dancers welcome. First 3 dances are free. **204-831-8954**

Seniors' Choral Society - Inviting new members. Practice Mondays, 10 am-12 noon, at McClure Place, 533 Greenwood Place. No auditions. Concerts held in spring and several weeks before Christmas. Perform at local seniors complexes and PCH's. Info: **204-669-5570** or www.seniorschoralsociety.ca

Discover Modern Square Dancing - For young and old, couples and singles. (Inexpensive). Started Sept. 10, 7 pm, at Norberry-Glenlee CC, St Vital, 26 Molgate Ave. 3 Free sessions for beginners. 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

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

SPORTS/FITNESS/GAMES

Fort Garry Senior Men's Curling - requires curlers 50 yrs & up. We curl 2 games/wk, Mon & Wed, 1 pm. All levels, individuals, teams, stick curlers, beginners - we will teach you. Various participation options. Fee \$195/36 games, includes two banquets. Info and registration, Richard: **204-256-5886**

Tuesday Ladies Who Bowl 10-pin bowling league - is accepting new members, all ages, all levels of play. Bowl once/wk, or drop in. Starts Oct. 9. Contact: Lynne **204-298-9600** or lducharm@live.ca

Lady Bowlers - Fridays, 12:45 pm at Polo Park. Ladies of all ages and levels welcome. If you've never bowled before, come give us a try. We play for fun. If you can't come every week, come spare with us. \$10/week includes Christmas luncheon, and April wind-up includes lunch and prizes. Call/Text **204-770-3903**

Deer Lodge Antlers Senior Men's Curling - Mon., Wed. or Fri., 10 am at Deer Lodge. Spare or full time positions available. More info contact Bryan at **204-889-6577** or bcrandell@mts.net

Pembina Oldtimers Curling Club - 1341 Pembina Hwy. Two games/wk - Mon., Wed., or Fri. @ 1 pm. Fee \$200 for 40 games. Call Bob: **204-261-3033** or Herman: **204-253-7633**, www.pembinaoldtimerscurling.com

Wildewood Senior Men's Curling - New curlers and spares are invited to join us every Mon. and Wed., 1-3 pm at Granite Curling Club. For info and applications: Charlie **204-269-7998**.

Deer Lodge Wednesday Ladies Curling - Wednesdays, 1 pm, at Deer Lodge. New curlers, intermediate curlers and Skips needed for our League. Full- or part-time or 1/2 year spots avail. and a Spare List too. **204-837-6679** or pthgehb@yahoo.ca

Deer Lodge Community Centre - Gentle Yoga with Doreen Wuckert, Mondays, Sept. 10-Dec. 3, 323 Bruce Ave. E. \$8 for registered, \$10 drop-in. To register or for info: **204-837-9613** or dwuckert@shaw.ca

Continued on page 12

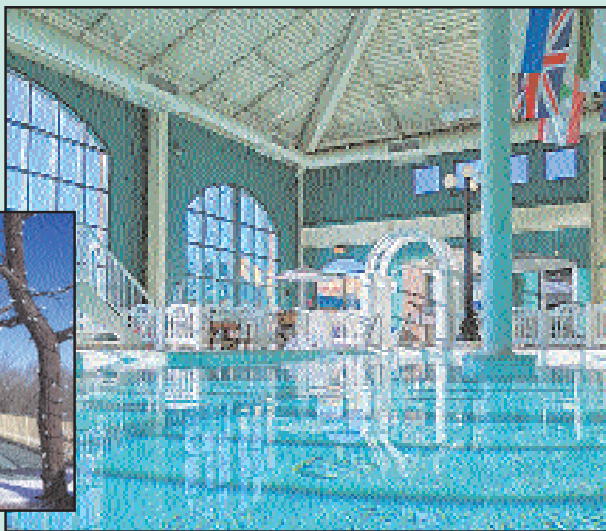
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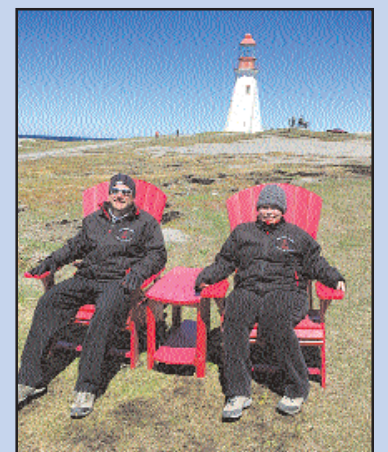
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Request an information booklet!

1-866-846-3795 www.rwbgetaways.com

Things To Do

IN WINNIPEG Cont'd from page 11

Downtown Connection 55+ Resource - Free info and fitness sessions: Healthy Aging on a Budget, Studio Central Art Class, etc., Oct. 16, 17, 18, 10 am at Cindy Klassen Recreation Complex, 999 Sargent Ave (Call To Register: 204-940-8140); A&O Programs, Foot care, dancing exercises, Oct. 23, 24, 25, 11 am (info session) & 12 pm (Fitness demo). No registration required. Call the Healthy Aging Resource Team **204-940-8140**

The Pembina Oldtimers Men's Curling League - 1341 Pembina Hwy. Season consists of 4 rounds, each round 10 games. Two games/wk, alternating btw Mon., Wed. & Fri. at 1 pm, Oct-Mar. More info: pembinaoldtimerscurling.com, contact@pembinaoldtimerscurling.com or call Herman Adrian: **204-253-7633** or Murray Ballance: **204-269-6259**

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

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

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 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

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

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: 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

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. 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

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

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

Brooklands Active Living Centre - Floor Curling, Carpet Bowling, Whist - Wed's, 7 pm; Harvest Dinner, Oct. 13, 5 pm; Craft & Bake Sale, Nov. 17, 1960 William Ave. **204-632-8367**

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**

Beyond Belief AA - 1 hr. closed meeting, Wed. nights, 6:30 pm. Blue doors open by 6:10; basement of United Church, 613 St. Mary's Rd. We welcome agnostics, free-thinkers, atheists and others for anonymous, alcoholism/recovery support. Call Cathy M. for info: **204-981-5055**

MB Christian Writer's Assoc. (MCWA) - Meets 10 Sat. afternoons/yr. Writers of all levels welcome. Annual membership \$25. Drop-in \$3/mtg. Meetings: 1:30-4 pm, Oct. 6, Nov. 3, Dec. 1, Jan. 5, Feb. 9, Mar. 2, Apr. 5, May 4, June 1, at Bleak House Centre, 1637 Main St. Info: Frieda **204-256-3642**, Bev **1-204-326-7286**

Meadowood United Church - Handiworks Crafters Group, 2nd and 4th Tuesdays of mo, 2 pm. Started Sept. 11. **Quilter's Group**, every Thur., noon at Meadowood Church, 1111 Dakota St. \$35 fee/year. **204-256-7002**

South Winnipeg Family Community Drop-In - Seniors meet Wed's, 9:30-11:30 am at 800 Point Rd. Includes coffee, snacks, conversation, activities. Call **204-284-9311**

Pembina Active Living (PAL) 55+ - Fall 10-wk classes began Sept 10: yoga, fitness, strength/resistance training, line

dance, Zumba Gold, painting, writing. Registrations still avail. in some classes. Drop-in: Bowling, PAL Putters, PAL Pedallers, etc. Special events: Still Bloomin' Garden Club "Cacti in the Garden" by Ernie Brown, Thur. Sept. 27, 1 pm; Computer Basics class, Thur. Oct. 4, 1 pm. www.pal55plus.com, **204-946-0839** or office@pal55plus.com

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**

Assiniboia Wood Carvers Association - Woodcarving every Fri. 1-3 pm at Valour CC- Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

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**

Sturgeon Creek United Church - Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm except July and Aug. Free. **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. Wed. Steppin' Up FREE Exercise Class 10-11:30 am, Thur. - Pickle Ball 9:30-12 pm. Coffee/Tea/snacks provided. 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 \$1770/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 \$1770/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. Karaoke: 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 Maritimes, local tours and workshops, monthly birthday lunches, Celebrations matinees, casino trips, ASD bingo, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. To register, call **204-253-4599**, membership \$12

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

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

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

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 winnipegprobuss85@gmail.com

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

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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Manitoba Churches - Victoria All Saints Anglican - 1877 Manitoba Provincial Heritage Site No. 97

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

In the mid 19th century when the pioneers were looking for better places to farm outside the Red River Settlement, the Victoria district near present-day **Stonewall** was one of the first to be chosen. And, until a communal place of worship could be built they conducted religious services in their homes.

Samuel Matheson, then a divinity student taking services in the district, worked on the building fund. In 1876, while in England, he raised funds for a church to be named **All Saints** after a parish church in Shrewsbury, England. His efforts were successful: a church was built in Victoria.

All Saints was officially opened on 23rd December 1877, the first

Anglican church outside the Red River Settlement. Rev. Samuel Matheson was its first minister. He subsequently distinguished himself by becoming Canon of St. John's Cathedral, Professor of Theology at St. John's College, Archbishop of Rupert's Land, and Primate of All Canada in 1909.

The parish of All Saints, Victoria, was formed by the Rt. Rev. Machray on July 5th 1886. During its existence it received service from the Church of the Ascension in Stonewall, and St. Cyprian in **Teulon**. All Saints was consecrated



by the Rt. Rev. Matheson on 13th February 1918. The cemetery was consecrated on 7th July 1918.

When All Saints was closed in 1954 the building remained standing. Over

the years it fell into disrepair and was vandalised. So demolition was a serious consideration. However, those whose ancestors were early parishioners saved the church, and celebrated its restoration with a service in September 1971. Renovations continued during the 1980s and in 1997.

All Saints Anglican Church is an early example of dovetail log construction, a building technology that replaced the wood frame method. This historic feature, together with other building elements and its age, determined the church's designation as a Manitoba Provincial Heritage Site on 13th February 1997.

Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Clandeboyne - Dances - Oct. 19 & Nov. 16, 1-4 pm, lunch to follow, at Clandeboyne Hall. With 'Ed's group 4' band. Tickets \$12.50, **204-482-4843**. Proceeds to local charities.

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.

Springfield Seniors - Art, Music & Wine, presented by SPL & Springfield Signature Artists, Sept. 28, 6:30-10 pm. Tickets \$15 includes glass of wine. springfieldseniors@mymts.net

St. Adolphe - Fall Supper, Sun. Oct. 14, 4-7 pm, at St. Adolphe Parish, Pioneer Hall, 327 St. Adolphe Road, (at the St. Adolphe arena). Turkey with trimmings, meatballs, gravy, veggies, desserts, etc. Tickets at door. Adults \$14, 6-12 yrs \$6, 5 & under Free. Take-outs \$15 (pickup at 4:30 pm). No reservations. Monica **204-299-9396**, Roger **204-688-3057**

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W., Stonewall. **204-467-2582** Fundraising **25th Anniversary 55 Plus Calendar** avail. for sale at 55 Plus Centre and Korner Kuts. Limited Quantity; **Active Wellness Club Classes** (offered til Nov. 26): Step, Yoga, Dancefit & Cardio/Strength; Drop Ins Welcome. Call for info.; **iPad Club** to become familiar with the use of an iPad. iPads available or bring own, Tue's, 1-3 pm, Odd Fellows Hall. Call to register;

Pickleball, Tue.'s at Stonewall Collegiate, Thur.'s at Stonewall Centennial School, 7-9 pm. Call for info.; **Steppin' Up** Free moderate level exercise program for men and women. Call for info.; **Quilter's Corner**, Fri.'s Sept. 28 and Oct. 12 & 26, 10:15-3:30, Odd Fellows Hall. Call for info.; **Cribbage Tournament**, Mon. Oct. 1, 1 pm, Odd Fellows Hall. No advance registration, individual play, \$5 at door. Call for info.; **Facebook Safety Workshop**, Tue. Oct. 2, 1 pm, Odd Fellows Hall. Registration required. \$5 for members, \$10 non members. Call to register.; **Monthly Luncheon**, Wed. Oct. 10, 12 noon, Odd Fellows Hall. \$10 at door.; New - **Yoga-Dance Fusion** class. Thu.'s starting Oct. 4, 8 wks at Warren Hall. Call to register by Sept. 27.; **Quiz Night** (fundraiser), Fri. Oct. 26, 7 pm, Parochial Hall, 435 1st Ave. N. Stonewall. Call to register table.

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.

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 Centre - 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), congregare 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**; **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 **Whitmouth/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, congregare 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, Genealogy and Natural History meetings. Special events (trips to RMTTC, 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

Steinbach - Pat Porter Active Living Centre - Programs, activities, services and volunteer opportunities, striving to promote healthy and active living for mature adults of the southeast region. Programs/Activities \$2 fee, non-members \$4. Some free programs avail. Memberships \$30. Hrs: Mon-Fri, 8:30-4 pm. **204-320-4603** or **320-4600**. More info: www.patporterale.com

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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Today's Recipe

Pumpkin Fudge

Metric	Ingredients:	Imperial
1750 ml	white sugar	3 cup
250 ml	milk	1 cup
40 ml	corn syrup	3 tbsp
125 ml	pumpkin puree	1/2 cup
1 ml	salt	1/4 tsp
5 ml	pumpkin pie spice	1 tsp
7 ml	vanilla	1 1/2 tsp
125 ml	butter or margarine	1/2 cup
125 ml	walnuts, chopped	1/2 cup

In a large pot; mix sugar, milk, corn syrup, pumpkin and salt. Bring to a boil over high heat, stirring constantly. Reduce heat to medium and continue boiling. Do not stir!

Place candy thermometer in pot being careful that it doesn't sit on the bottom of the pot. When mixture reaches 232 F (110 C); remove from heat.

Stir in pumpkin pie spice, vanilla, butter and walnuts. Let sit and cool to about 110 F (45 C) on thermometer. Quickly beat mixture with electric mixer until quite thick and loses some of the gloss. Pour into greased 8 x 8 inch (20.5 x 20.5 cm) pan. **Serves 12**

www.PeakMarket.com

WORDSEARCH - PHOTOGRAPHY

By Senior Scope

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CROSSWORD

This'll Give You the Bird!

By Adrian Powell

ACROSS

1 Kirk Douglas chin feature

6 Twirled around

10 Yell from a kid in a white sheet, maybe

13 Migraine precursors

14 Micronesian veggie

15 "Hey Jude," for one

16 Behaved as if you got up on the wrong side of the henhouse?

19 Winter chickadee treat

20 Far from the pinnacle of health

21 Hot Lips Houlihan, e.g.

22 Own

24 Pennsylvania's Bryn college

26 Big turkey that swears a blue streak?

31 Cockygait

33 Vinegar, essentially

34 Shaft of light

35 One type of history

36 Stared bug-eyed

38 Playful prank

39 In the peak of condition

40 Ginza fashion accessories

41 Wheel alignment feature

42 Pet duck named Sergio that cuddles with you at night, maybe?

46 Colorado tribe members

47 Be a breadwinner

48 Big blunder

51 How "Avatar" effects were created

52 Corner, in a way

56 Go "Cluck" or "Gobble, gobble" for instance?

60 Feels poorly

61 What mothers



DOWN

1 Cries like a crow

2 Waikiki beach wing-ding

3 Thane's tongue, long ago

4 True to one's word

5 Z's Scrabble value

6 Destined for a fence

7 Ratchet wheel engager

8 Web page's unique ID

9 Masked drama in Yokohama

10 Crude dude

11 Daunting burden

12 "Shrek," for one

15 Blue toon from Belgium

17 Quitting time, for many

18 Still single

23 Rearwards, on a cruise ship

24 Mickey and Minnie, notably

25 Enthusiastic

26 Pontificate on a soapbox

27 Tortilla chip dip

28 Protruding bay window

29 Dry Saharan stream bed

30 French silk centre

31 Pretty big couch

32 Stumble

36 Crumhorn's descendant

37 Beefeater and

38 Decline

40 Specialist in casting, for short

41 Big publisher of sci-fi books

43 Elizabethan collars

44 Smoothly, to

45 Willingly, old-style

48 US Pacific isle since 1898

49 China setting?

50 Fan your fingers over

51 Ai, before he was

53 Ravi Shankar speciality

54 Visibly wowed

55 Bic products

57 "Explain yourself"

58 Name of 13 popes

59 Radon, for one

SOLUTION ON NEXT PAGE

Acetic acid	Cobra	Fine	Iris	Mode	Prism	Snap
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Battery	Dupe	Gold	Lowe pro	Panther	Screw	Tri-X
Blue	Durst	Grain	Lumen	Paper	Sepia	TTL
Blur	Ektar	Green	Macro	Photo	Shot	Yellow
Body	EOS	Hide	Mask	micrography	Shutter	Zenit
Brandt	Fast	IF lens	Matt	Postcard	Sigma	
Celluloid	Film	Ilford	Meter	Praktica	SLR	

Canadian CyberQuotes

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

PAS'Y OKJAKVB EMB GS MYYMDFVSO,
 LMAOMFKISO MAO UHDSFFB EPUWSO,
 GDV UMAAPV GS VMWSA MNMB DAFSYY
 KY KY YDHHS AOSH SO. — EKUTMSF X. ZPC

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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HUMOUR

By William J. Thomas



A Postie Returns to Portugal - But Why?

It's been over 22 years ago since the European Road Trip From Hell and ... we're going back! I took my brother-in-law Dan on his first trip to Europe. Portugal to be exact and it turned out to be more of an overland military mission than a holiday.

As the organizer of the trip I made one serious strategic error in travelling with my brother-in-law in that, after I agreed to go, I ... okay, make that two serious strategic errors ... put Dan in charge of the driving. As the official navigator, translator and sightseeing guide, I was deeply disappointed in not being able to use my talents because as the official driver, Dan did not stop. Except to sleep and even then, sometimes at the wheel. After landing in Lisbon from Toronto, we drove south to Alentejo, north to Garda, east to Spain through Malaga, then south-east to Africa and Morocco, then we did stop because Dan felt that was enough driving for the first day.

Early in the trip we had several disagreements about the daily itinerary, but Dan stuck to his claim that during all the preparation sessions, no mention was ever made of stopping.

Roaring north out of Lisbon, we passed through the picturesque mountain village of Belem, where I pointed out for Dan the famed tomb of Portugal's greatest explorer, Vasco da Gama, who sailed from here in 1497 and returned in triumph having discovered the passage to India. Without even slowing down, Dan said "India?" and asked me to pass him the map.

We went to Seville, the heartbeat of Spain with its mysterious winding alleys, secluded, sun-drenched patios and jasmine-scented gardens. At least that's what the guidebook claimed. I didn't actually see any of this because we went to and through Seville, as Dan likes to say, "like ripe grain through a loose goose!" We did Seville in less than thirty minutes and if it wasn't for "a bunch of noon-hour geeks and gawkers," Dan feels we could have done much better. All

I saw was a man with an overturned bread cart in the rear-view mirror, shaking his fist at us near the Cathedral de Seville.

All told, we passed by, but did not visit, the tomb of Vasco da Gama, the mausoleum of Henry the Navigator in Sagres and even the shrine to Christopher Columbus in Seville, because as Dan said (and he does have a point here), these were all just dead guys who couldn't pump gas or clean windshields.

So for Dan, Europe was strictly a matter of speed and mileage. For me - not that I mind sitting in a car for fourteen or fifteen long, hot, sweaty hours at a time - it was a little tiring.

I shouldn't say we never stopped. Near Badajoz, Spain, he stopped and had me take a photo of him beside an old man on a donkey so he could tell all the guys back at the post office he'd met Juan Valdez on his holidays.

Our European motor tour became our ultimate bonding experience in the sense that we spent so much time driving on oppressively hot days, a few times we actually stuck together. But we did a lot of European-type things too. For instance after evening meals I explained to Dan the quaint continental custom of "taking the air." Dan enjoyed this and we did it a lot. He preferred to call it "bar-hoppin'."

And I think Dan learned a lot on his first trip abroad. Like you can't wash your hands with chicken and noodles even though the words sopa and soup have a similar sound to them. Dan learned the hard way that if a toilet doesn't have a toilet seat, it's probably not a toilet. He also learned that a herd of goats in the road has the right of way unless you want your licence plate butted clean off.

Dan has that insightful curiosity critical to a traveller of the world. For instance, after leaving the Spanish town of Moron (we had our picture taken in front of the sign after we added an "s" to the word with a magic marker), we were cruising down a four-lane Spanish autopista when

Dan said, "Ah, Bill, this autopista thing - does that mean everybody on this highway is drunk?" Is it any wonder I love this guy?

I hope this account of my travels with Dan doesn't give you the wrong impression. I had a terrific time. I really did. In only three weeks, I got to see every town in Portugal, Spain, the northern part of Africa and I think once while I was asleep in the back seat, we went through France and Germany.

And yes we're going back because as guys we are not only destined to repeat the mistakes of the past, we rejoice in them. Plus now, with all

the advances in automobile technology over the last twenty years ... Dan thinks we can make better time on this trip.

I keep telling him he needs to bring clothes and toiletries but he insists he'll buy that stuff when we get there. He's already hit the maximum weight of 110 lbs for his check-in bag with motor oil, windshield wiper fluid, air fresheners and turtle wax. I'll keep you posted.

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

Solution to **Canadian CyberQuotes** :

One's dignity may be assaulted, vandalized and cruelly mocked, but cannot be taken away unless it is surrendered.

~ Michael J. Fox (b. 1961, Edmonton. Actor, author, producer and advocate)

CROSSWORD - Solution

CLEFT	SPUN	BOO
AURAE	TARO	SONG
WASIN	FOWL	HUMOUR
SUET	ILL	NURSE
	HAVE	MAWR
	OFFENSIVE	FOWL
STRUT	ACID	RAY
ORAL	OGLED	DIDO
FIT	OBIS	TOEIN
APERSONAL	FOWL	
	UTES	EARN
GAFFE	CGI	TRAP
USEFOWL	LANGUAGE	
AILS	HEAT	ARGON
MAT	YOYO	SNAGS

WORDSEARCH - Solution

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

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