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AAIM EXPO Promotes Sport for Life

Submitted by Active Aging in Manitoba (AAIM). Photos courtesy of AAIM and Senior Scope



Centre L-R: Jeff Hnatiuk, CEO of Sport Manitoba; Cameron Friesen, Minister of Health, Seniors and Active Living; and City of Winnipeg Mayor Brian Bowman joined in with the "Drums Alive" group of older women from the RM of Springfield being led by Karen Insley. Photo courtesy of AAIM

Over 500 older adults got a taste of sport for life at the inaugural **Active Aging in Manitoba EXPO: Toward Sport for Life** event on October 1st (National Seniors and Elders Day) at the **Canada Games Sport for Life Centre** in Winnipeg.

Active Aging in Manitoba (AAIM) teamed up with Sport Manitoba for this special event that showcased the variety of programs and membership benefits of joining the Canada Games Sport for Life Fitness Centre. The EXPO also raised awareness of the importance of staying active and connected as we age.

Participants discovered the surprising number of sport for life opportunities that are available and how much fun you can have through participation with people your own age, experience and ability. The opening ceremonies featured Honourable Cameron Friesen, Minister

of Health, Seniors and Active Living; City of Winnipeg Mayor Brian Bowman and Jeff Hnatiuk, CEO of Sport Manitoba, who also joined in with the "Drums Alive" group of older women from the RM of Springfield being led by Karen Insley.

Throughout the EXPO, participants had a chance to try out a variety of sport for life activities including: floor curling, bowling, pickleball, basketball, badminton and athletics on the Canada Games Sport for Life Centre gym floor. Upstairs in the "Flex Space" visitors tried their hand at slo-pitch in a batting cage set-up. The Fitness Centre featured a cardio circuit, walk/run session and strength and conditioning session. Fitness classes were run throughout the EXPO in the Fitness Studio with a focus on Improving your posture, Active Agers program, Mobility and Stability and

Gentle Yoga. The Spin Studio showcased a Senior Spin class. While all this activity was going on, a "Brain Games" session encouraged participants to learn how to play bridge and cribbage (events that are part of the annual Manitoba 55 Plus Games).

Spread throughout both the Sport Manitoba Building and the Canada Games Sport for Life Centre were a variety of healthy active aging information booths and displays offering a wealth of information and materials on programs and services available to older adults.

Whether participants toured the state-of-the-art Canada Games Sport for Life Centre, visited the **Manitoba Sports Hall of Fame**, tried a new sport on the courts, participated in a fit-

Continued on page 2

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kelly_goodman@shaw.ca

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Contributing Submissions:

Tyrrell Mendis
Active Aging in Manitoba (AAIM)

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AAIM Expo, cont'd from front page

ness class or came to explore the community resources available for older adults, they were inspired to celebrate active aging and encouraged to participate in sport for life.

For more information on the **Canada Game Sport of Life Centre** programs contact Guest Services at **204-925-5931** or visit the website at www.sportmanitoba.ca

For more information about **Active Aging in Manitoba (AAIM)** phone: **204-632-3947** or toll-free at **1-866-202-6663** or email: info@activeagingmb.ca



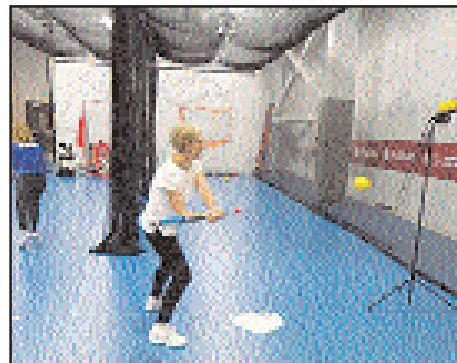
AAIM booth at the Expo.



Jim Evanchuk, Ex. Director of AAIM, formerly ALCOA-MB, opening speech.



Bowling demos - courtesy of Bowl Manitoba. - Find a bowling centre near you: www.BowlManitoba.ca



Batting cages. Softball Manitoba - 204-925-5674, www.softball.mb.ca
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Kayak exercise - Manitoba Canoe Kayak Centre (Wpg) - 204-925-5681, mpa@sportmanitoba.ca Photo courtesy of AAIM



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Exercise equipment
Photo courtesy of AAIM

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The importance of 'elders' in 2018 By Roger Currie

The front end of the *Baby Boomer* generation, to which I belong, could now rightfully be referred to as 'elders', and it's perhaps time that all of us embraced that role. It was not that long ago that Statistics Canada crunched the numbers from the last census and confirmed what many of us had already suspected. There are now more Canadians over the age of 65 than there are under the age of 16. It's a hugely dramatic shift with major implications for everything from health care to consumer goods of all kinds, and particularly to what Canada's work force will look like going forward.

At the Manitoba Legislature, Cameron Friesen recently moved from Finance to become the minister responsible for *Health, Seniors and Active Living*.

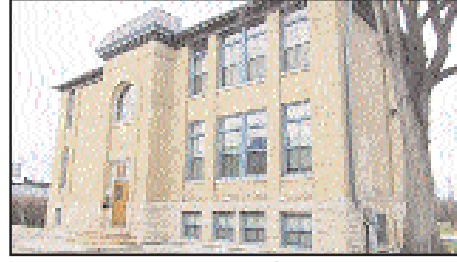
One of his first acts in his new portfolio has been to proclaim October as *Seniors and Elders Month*.

I believe it's an annual proclamation and one of the lofty phrases in it declares that "*Seniors and elders enrich all our lives by listening and sharing their extensive knowledge, wisdom and skills through working, volunteering and caregiving*". The next line in the proclamation says "*All Manitobans are encouraged to strive toward age-friendly communities, where everyone benefits from the participation of older adults in volunteer or paid work and civic activities*".

There is much we can learn about the value of *elders* from Canada's Indigenous communities. Some of you may be aware that I stand before you as a journalist whose reputation and credibility have taken a bit of a hit recently. Over the past several years I have done freelance work for a right wing think tank based in Winnipeg called *The Frontier Centre For Public Policy (FCPP)*. They take positions on a number of public issues which often run contrary to the majority view. I was contracted by FCPP to be the voice of their commentaries, on their website and social media, and on a number of small market radio stations on the prairies. On radio, the commentaries are essentially a paid commercial message. I did not create the content, and I had virtually no control over it.

For lending my voice to each commentary I was paid \$90, hardly worth the 'grief' that I created for myself and others.

The item that got me in trouble dealt with so-called '*Myths and reality*' about Residential Schools. Without question, the content of that one in particular did not represent my personal beliefs in any way, and I should have simply walked away from the assignment. Going ahead was a serious error in personal judgment which I shall regret for the rest of my days.



Assiniboia Residential School

I offered a heartfelt apology to 'survivors' and their families, and anyone else who felt offended by what happened.

The whole experience has taught me a few hard but valuable lessons. One is the need to be more aware of the power of social media. I am 71 and somewhat capable when it comes to operating in the digital world, but the speed with which this story spread was almost what standing in a prairie grass fire must feel like. It was positively scary.

A more important lesson is the need to more carefully assess financial opportunities. As the good book tells us in Matthew 16 "*It profits a man little to sell his soul for the whole world*" ..Enough said.

In an effort to make myself better informed on this issue, I attended my very first Pow Wow accompanying my daughter and 14 year old grandson who are both learning about Residential Schools also. The gathering took place on a chilly Sunday afternoon about a block from where I

grew up in the River Heights area of Winnipeg. The Pow Wow was held on the site the former Assiniboia Residential School which closed in 1971. Among those attending were several people in my age group who had been students at that school.

More than one of the speakers talked about feeling genuine *hatred* towards white people as a result of some of their bad experiences. They also said that hatred was long ago replaced by a genuine desire for reconciliation going forward. There was a mood of celebration as people in fabulous colourful costumes showed us their heritage with great joy.

My daughter and I are also looking forward to taking part in a type of healing circle at some point. It has been, and will continue to be a fascinating *teachable moment* for this white elder.

I promise to keep you posted.

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

AAIM Expo, cont'd



Pickleball - Jim Evanchuk executes a skillful ball return



Dignitaries with the "Drums Alive" group of older women from the RM of Springfield, led by Karen Insley (4th from left) Photo courtesy of AAIM



Mayor Bowman visiting booths.

Besides **Active Aging in Manitoba (AAIM)** and **Sport Manitoba**, many non-profit and for profit senior serving organizations and businesses, too many to mention all of them, were on hand to offer information to visitors at the **AAIM Expo** on Oct. 1st. Some were Victoria Lifeline, Manitoba Association of Senior Centres (MASC), Fédération des aînés franco-manitobains (FAFM), Transportation Options Network for Seniors (visit www.211.ca for info on transportation and other services), Diabetes Canada, Manitoba Fitness Council (Fitness Leader training), Good

Neighbours Active Living Centre (Home Maintenance Program), Right at Home Canada Home Health Care (RightAtHomeCanada.com) Wellness Institute (Get Better Together program), Winnipeg Public Library (winnipeg.ca/library), Aboriginal Sports & Recreation Council (MASRC), and *Senior Scope* was there too.

If you'd like to join an Outdoor Adventure Women's Group for fun and fitness, visit www.Meetup.com.

Info for the 2019 Manitoba 55 Plus Games was available as well. Mark your calendars for June 11-13th, in Swan River! ■

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FINANCIAL PLANNING:
How do you know if you have missed the mark?

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

Last month I mentioned that I was of two minds about what should be the subject of August's writings. Should I write about The Wharton Business School experience or "what is wealth"? I felt that the more pressing conversation to be had was "what is wealth"?

This month as we watch world events unfolding, I think it's time to write about my experience in San Francisco at The Wharton Business School. But, before we get into this, there are a few questions that need to be asked in order to preface this article.

What is considered reliable information? Is it simply information that allows for sound decision making? Can we identify what is a fad and can you tell the difference between a fad and a strategy? What are the current fads and are they profitable beyond the short term? What is different about a sustainable strategy and what is it that makes it sustainable? What is the definition of sustainable?

When do we drop the stories, myths or urban legends? How do we know if something that started out as a truth, with time changed but our ideas did not? Does old style thinking or measurement of the truth negatively affect us?

When is it the right time for the old information to simply die? Can you tell when one of your friends, relatives or colleagues share information, if is it correct for the current time or did it apply to something long ago?

These questions are important as we see this occurring often in articles and lectures from learned people. Old information being repeated over and over again as if it was relevant for today. In this era of rapid change, it is quite possible for us to be completely out of step and missing the mark.

These are the questions to bear in mind as you read the rest of the article.

My two days at the Wharton Business School was both enlightening and disappointing. I'm not really sure what I was expecting from this old prestigious school so I went in without any preconceived ideas. The school is right on the water so the setting was lovely. The facility had a mix of the old and new as far as structure and layout. The building had the usual theatre style classrooms but also, close at hand, were breakout rooms where discussion and collaboration could take place. This follows the new idea and practice for problem solving, debate and futuristic dreaming... in essence, the breaking out of a mold.

For the purpose of this article, we will focus on the day spent with Professor Marston. Marston, a graduate of Yale and MIT, a Rhodes Scholar at Oxford, has taught asset

allocation for 20 years in the CIMA Program sponsored by the Investments and Wealth Institute. He has been in the business of wealth creation and protection for many years. To reinforce the point, he has written many books, lectured at several universities and works with some of the most Uber-rich families around the world.

His Private Wealth Management Program started in 1999. It was the first academic program ever designed to cater specifically to ultra-high net worth investors (entry is \$30 million US+). Nowadays, he spends the majority of his time working with the second, third and fourth generations of these wealthy families, preparing them for the inheritance and all the responsibility that it entails. Their job is to learn well so that they can maintain the wealth for future generations.

I'll say this again because I hear these statements much too often from families who, although wealthy aren't necessarily affluent when compared to the Uber-Rich. They say they "don't care what happens after their death". If we compare this attitude to the Uber-Rich who hire Marston's expertise at any cost we notice a disconnection. Professor Marston's main focus is planning strategies designed to maintain the wealth indefinitely for future generations. To us, that makes sense, because it usually takes time, effort and sometimes great sacrifice to create a legacy so why would anyone really want it to be simply drained away? Maybe, we as Canadians need to course correct. The belief system that "my kids will have enough" and "whatever happens, happens, taxes have to be paid", needs to die a swift death.

After his bio was read during his introduction, as you can imagine, I was eager to hear what he had to say. This man had such prestige and experience. Our practice works with several very wealthy families but not anyone that would fall into Professor Marston's "Uber-Rich category". The thoughts that ran rapidly through my head were as follows:

- 1) Do these people see the world differently?
- 2) Were these clients and families up on the latest and newest?
- 3) Do they focus on fees or do they genuinely understand that nothing is free and you pay for good advice and service?
- 4) What was the Professor Marston portfolio theory?
- 5) How does he incorporate and keep abreast of all the latest trends? ETF, cheap funds, internet trading, small cap, large cap, Bitcoin, Biotechnology, Medical Research, Marijuana stock, etc.

My excitement and curiosity was peaked!
 However as the day evolved I

became more and more disappointed. He didn't talk about any of the above. ETF's... didn't address the issue. Cheap funds... he wanted sustainable. Bitcoin... not on his radar. Biotechnology, Medical Research, Marijuana stock, if he worked with any of this, it was not presented in his lectures. These "boutique/fad" type vehicles don't appear to be of any interest to his clientele.

Professor Marston did address the theory of Ashvin B. Chhabra, author of "Beyond Markowitz" who recommends wealth being divided into three "buckets."

- A) Safety Bucket - cash, insurance, and the family home
- B) Portfolio bucket - stocks, bond portfolios which may include commercial real estate
- C) "Aspirational" - higher risk or a concentrated stock portfolio - if the investor is an executive.

What Professor Marston does work with mainly are well balanced diversified pooled funds that have a proven track record. And yes there are fees. Value is expensive! He was not interested in the "latest and greatest" as presented by the pundits and news media. In his book "Investing for a Lifetime" he talked about managing wealth for the "New Normal".

He said that the Uber-Rich families want to grow wealth but more importantly they want to preserve that wealth. He mentions that investors have to make sure that the investing they do is as sure-footed as possible. The bleaker the future outlook, the more people have to pay attention to the Investment Plan. Note that he states the "Investment Plan" and NOT the investments themselves. He went on to say that unlike investors of the 1980's and 1990's, investors of today cannot afford the luxury of mistakes in savings and investing.

He mentioned that what he and his clients were looking for was a 6-7% real rate of return on growth that was sustainable. The real rate of return on bonds being around 2.5%. He told all of us to expect a lower rate of growth for the long term and that real planning was more important than ever. He also looked at the sustainability of any investment firms he works with. His concern was "Would these investment companies have the capacity to survive in an environment that sees so many of the smaller players "eaten up by the big fish?" He also felt that taxation was another really important point of focus.

If a goal of the Uber-Rich is to maintain wealth indefinitely, spending must be at a lower rate than for a typical retiree of more modest means. The Ultra High Net Worth families are told to spend only 3%

Continued on next page

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... missed the mark? *cont'd from page 4*

per year. We have typically been used to the amount someone withdraws from their investment being in the 4-5% range, even for the wealthy. He uses these figures because he said people predict they will die sooner than what statistics show.

He went on to say that the United Nations as well as other statistics agencies pay a lot of attention to demographics. **The industrial countries are aging rapidly. In Canada we had 14% of the population above age 65 in 2010 which will grow to 25% by 2031.**

Ten years ago, I had the pleasure of listening to a Harvard Professor, a demographer who said all research showed that for a couple it was not unreasonable that one partner would live to age 94. So if we don't pay attention for ourselves and our families the key question is can society pay for social programs as population ages?

Richard Marston said that people don't respect their wealth enough and therefore don't take proper council. He stated that portfolio creation and maintenance was not enough. The single most influential factor is the quality of advice and the people you surround yourself with. He said that taking advice from those who have limited experience or have no stake in anything is not a wise course of action and that their advice could possibly be suspect.

So what can we learn from this and how can we see this in our environment?

Companies/non-profit - Why are some companies sustainable on an intergenerational basis? Where can we see this in our own community? I'll try to find examples we can actually see in our everyday life so that you the reader can relate to the concepts our team presents.

Advice - when we look at any large corporation there is almost always a board of directors. The board is usually chosen for their expertise and diversity. Because of how it's organized, a broad range of ideas are brought to the table for consideration before policy/strategies for growth, profitability, taxation, recruitment, opportunity and most importantly sustainability are implemented. Most board members come from the private sector. Why is that? Why is this important?

What can we learn from this?

It is theorized that those from the private sector may have more to lose compared to an employee. Someone who is self-employed and running a successful company usually has a wider range of experience and bigger picture thinking, along with a greater understanding of risk. They understand the true nature of multidimensional thinking. They certainly understand that the acquisition of real talent comes at a price. Someone once told me, "If you think hiring a professional is expensive, try hiring an amateur and see what that ends up costing!"

Non-profit organizations are always looking for the same thing, real talent. Again, I will ask the same question - Why is that? If you read the paper, look for a section called "Movers and Shakers". These announcements usually allow us to see names of people, with their credentials that have just been appointed to a board. If you scan this section you'll see what I mean. Talent and experience are the sought after qualities.

The real question then becomes, "How does this compare to what you are doing for your planning? Who is in your circle?"

Service and sustainability - Why do some companies survive generation after generation and others do not? Some simply close their doors and others just wait to be bought. I would like to suggest that the companies and families who own these long standing corporations have a longer term view. They are willing to invest in all the members of their families, teams and everything including equipment, education and costly expertise required to make this happen. They hire those who can help them envision the future and expertise beyond lawyers and accountants. There are shining examples in our own community; to name a few, The Chipman, Richardson and Cantor families. For full disclosure, the Chipmans' I do not know. The Richardson family, Mr. Richardson and I know each other enough to say "Hello" when we are at the same events, I've also met his aunt at a Susan Thompson event.

The Cantor family I do not know. Although their business is smaller in overall scale, they most definitely need to be congratulated as they are

celebrating a milestone. The recent article in the Winnipeg Free Press chronicling their business was heart-warming to say the least. This business demonstrates the epitome of service and what it can do. They are now on the third generation and have outgrown their space for at least the third time. They are expanding once again to capture increased demand and an expanding vision of what is desired for the family.

If you look at your own thoughts, plans and family conversations, can you say that you do the same as the families I have named? If not, why not? Can your family wealth grow and survive not only your life time but be passed on to your heirs so that the plans and strategies will outlive the second and third generation? Do you have a board of directors (trusted advisors who are not accountants and lawyers) or have you been a do it yourself/hope for the best type of person that buys the latest investments? Is there a continuation plan in place for a business? Do you know what the potential tax consequences could be? Do you personally feel your heirs are competent enough to handle an inheritance? Do they know the laws for protecting both themselves and the wealth transfer? ■

CONTINUED IN NOV. 7 ISSUE

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Advertising Feature

Planning for your surgery – important tips!

Submitted by Manitoba Institute of Patient Safety

This article in the series on patient safety is about what to expect and how to prepare for your surgery.

Deciding on surgery

At some point during your life, surgery may be suggested as a treatment option. Before you agree to the surgery, it's important you know as much as possible - it's your right to know.

Talk to your doctor about:

- the benefits and risks
- possible side effects
- other treatment options, and
- who will be performing the surgery

Discuss what you could expect if you refuse the treatment. This information will help you make an informed decision.

Making a decision about your surgery can be difficult. If you are unsure, here are some tips:

- involve your Patient Advocate early on. Bring them to appoint-

ments and ask them to take notes

- prepare questions before your appointments
- ask for written information or to speak with someone who has had the surgery
- ask about your surgeon's experience with performing this kind of surgery.

If you have additional concerns, ask for a second opinion - it's your right.

You have made the decision to have surgery – now what?

If you agree to surgery, here's what you can expect.

You will be told how to prepare for the surgery. This may include reviewing your health history and medications. You may have to answer questions about your health - answer honestly and as thoroughly as possible.

You may require lab work or other tests. Be sure you understand what is involved with these tests.

You should also be told about the benefits and risks of any sedatives you may receive, as well as who will be giving the medication to you.

It is also important that you discuss your home situation. Do you have someone who can help you when you get home? Do you think you will need home care?

At the time of surgery, before receiving a sedative, it's important that you:

- check your wristband and ensure your name and birth-date are correct
- ask staff to confirm the type of surgery you are receiving, and
- ask your surgeon if the part of your body where the surgery will be done is marked

After surgery – preparing to go home

After your surgery, your abilities can vary greatly depending on the type of surgery you received.

- If you are in pain or have concerns, speak to someone immediately.
- Before you leave, ask for written care instructions. Review them and ask questions.
- When it comes to your medications, there are five questions you should ask, these questions are available as a resources at safetoask.ca.

Surgeries can be an important part of your healthcare plan. Being informed and active in your care can help you stay safe as a patient. This includes asking questions and getting the information you need to make the decision to accept or refuse surgery. It means participating in appointments and tests before your surgery. And, it includes knowing and following your post-surgery care instructions.

For more information, see the article "Prepare for your Stay in Hospital" in the August 1st edition of this publication. For more information about these **S.A.F.E. Toolkit** topics, call **204-927-6470** or **1-866-927-6470** or visit safetoask.ca to view resources and videos.

Learn to be safe!



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

(see advertisement on page 5)

(to read the article, "Prepare for your Stay in Hospital" in the Aug. 1-Aug. 28, 2018 issue of *Senior Scope*, visit www.seniorscope.com and click on the link on the home page.

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Advertising Feature

Regaining Unclaimed Federal Tax Credit



By Peter J. Manastyrsky

Back in May of this year I wrote an article entitled **Overlooked a \$8113.00 Federal Tax Credit on Your 2017 Tax Return**, pertaining to the **Disability Tax Credit** program.

You might ask the question what is this program? This is a Federal Tax Credit which is non-refundable, it helps people with disabilities (impairment) to reduce the amount of income tax they might have to pay, lowering the tax payable (taxes paid) and by allowing some relief for disability costs.

Probably as a taxpayer you may have heard about the Disability Tax Credit or maybe not; this unclaimed tax credit can be regained. **A Step Beyond & Associates** can provide advice to you, no obligation, confidential consultation by contacting

Peter at your convenience. If you have paid taxes in previous years, you can claim the Disability Tax Credit by saving hundreds or thousands of dollars.

Some further insight about the Disability Tax Credit. This tax credit is available to all Canadians who have a qualifying severe and prolonged impairment that impacts the activities of daily living; where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months. As a successful applicant who has a physical and/or mental impairment you can benefit from the Disability Tax Credit in two ways: by adjusting your previous returns and secondly by continuing to deduct the tax credit savings on returns you file in the future.

In addition, the Disability Tax Credit is transferable to a caregiver

(spouse, common-law partner or other supporting person) if the disabled person does not have enough of an income to generate tax payable that can be reduced by this non-refundable credit. One step further, you can claim the Disability Tax Credit on behalf of a deceased person for their estate but only in the year of death; that the individual had a severe and prolonged mental and/or physical impairment in their file. There must be an Executor of the Estate.

The question arises when do I apply for this Disability Tax Credit? It is recommended not to apply during income tax filing time because processing time and priorities can vary.

What does **A Step Beyond & Associates** do? We specialize in helping people of all ages to get the benefit you deserve. We advocate on

your behalf and ensure that your application and other documents are interpreted and completed properly eliminating potential uncertainties and streamline the information so that it is accurate before submission to Canada Revenue Agency.

A Step Beyond & Associates, a member of the Better Business Bureau of Manitoba and Northwestern Ontario, in existence for over 10 years and involved within the community by conducting presentations on Disability Tax Credit. Please be aware if something is overlooked over the years, this tax credit might be the missing link. ■

A STEP BEYOND & ASSOCIATES
(see advertisement on page 5)

Peter J. Manastyrsky
204-663-4651
www.astepbeyond.cc
pmanas@mymts.net



Volunteer Manitoba's Funders Forum

Due to popular demand we are hosting a second Funders Forum!

Volunteer Manitoba's Funders Forum is an excellent opportunity to find out about funding opportunities directly from the Funders! Sign up before it is too late!

2018 Funders Forum

Register at: (<https://www.volunteermanitoba.ca/workshop>)

November 28, 2018
9:00 am - 11:30 am

Cost is \$25 (breakfast included)

During the course of the morning you will have the opportunity to learn how to apply for funding, what types of projects are being funded, and get tips on how to create a successful funding proposal. The Funders Forum is also an excellent way for you to network with other non-profits and charities who will be attending.

Presenting Funders will:

- Provide an overview of their funding, grants, and sponsorships that are available
- Address what types of programs/projects they fund
- Discuss what the application process looks like
- Address their requirements and stipulations, highlight who is eligible

- Provide other tidbits of advice with regards to applying for their funding
- Keynote Speaker - Trudy Schroeder, Executive Director, Winnipeg Symphony Orchestra

Presenting Organizations/Funders:

Community Places

The Community Places Program (CPP) provides capital grant funding and planning assistance to non-profit community organizations for facility or green space construction, upgrading, expansion or acquisition projects.

Neighbourhoods Alive

Neighbourhoods Alive! (NA!) is a long-term, community-based, social and economic development strategy, which recognizes that building healthy neighbourhoods requires more than an investment in bricks and mortar.

The Winnipeg Foundation

The Winnipeg Foundation connects donors from all walks of life with local charitable organizations that help our city flourish, for all.

Service Canada

Donald Meilleur, Manager, Citizen Services and Program Delivery Branch, Government of Canada will speak about the following programs: Canada Summer Jobs, Career Focus, Homelessness Partner-

ing Strategy, New Horizons for Seniors Program, Opportunities Fund and Skills Link.

Community Support Small Grant Program

The Community Support Small Grant Program supports Manitoba's non-profit and community-led organizations in their efforts to provide avenues for Manitobans to support and sustain thriving communities with the program objectives.

For more information, please contact Tracy Douglass at **204-477-5180** or tracy.douglass@volunteermanitoba.ca

Upcoming Workshops

- Introduction to Volunteer Management Oct. 16-18, 2018
- Basics of Non-Profit Bookkeeping Oct. 23, 2018
- Leading the Way, Not Managing the Day! 2018 Volunteer Management Hybrid Conference - Oct. 24, 2018
- Develop Your Online Marketing Strategy Oct. 25, 2018
- Meeting Management and Minute Taking Nov. 1, 2018
- The Power of Story: Communicating and Connecting Stories of Impact Nov. 6, 2018
- Webinar: Leading Non-Profits into the Future - Nov. 8, 2018
- Webinar: It's All in the Pitch - Strategies for Volunteer Recruitment - Nov. 20, 2018
- Sustaining Volunteer Involvement Nov. 22, 2018



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South Winnipeg Senior Slow Pitch Winds up

Another baseball season has come to an end for the women and men of the **South Winnipeg Senior Slow Pitch** group ending their 30th season with an evening of friendship, good food and entertainment.

A wind up banquet was held September 26 at the Canad Inn on Pembina Highway in Winnipeg.

Bob Chapil received a lifetime membership for his dedication to the SWSSP organization. He volunteered as the grounds superintendent of the baseball diamonds. His friend and fellow lifetime member Grant Nerbas cleverly stated, "Bob

Chapil was awarded a lifetime membership for making a *diamond out of the rough.*"

Betty Winterhalt, past Vice Pres., emceed the event and is also credited for generously taking time out to plan many of the annual barbecues each summer for the group.

Darlene Renault has been welcomed as the new Vice President.

Martin Peach, also a lifetime member, was recognized as one of the 10 original founding members of SWSSP. He is 96, and this veteran has not missed one banquet since 1988 making this his 30th.

The entertainment – Andre Viallet and accompaniment Kevin Mazur – was enjoyed by everyone. They covered many classic country singers including Johnny Cash and Stompin' Tom, and Andre did an excellent rendition of a popular Willie Nelson song. The crowd joined in singing too.

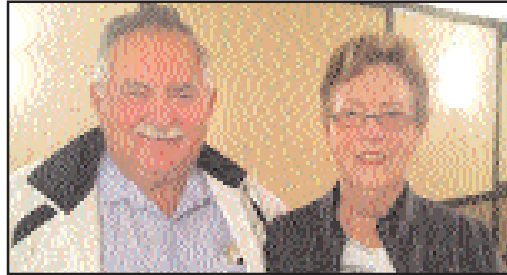
The SWSSP consists of about 70 players with a house league, A Team, B Team, and the Nightowls who mainly play in the evening. Anyone can drop by and join in a few games with the house league. If you are interested, please contact Bob Chapil - **204-261-3033**, Betty Winterhalt -

204-997-8043 or Metro Hnytka - **204-256-4074**.

Thank you to the SWSSP, once again, and especially Metro Hnytka, for inviting *Senior Scope* to share in the fun. Metro continues to help where help is needed with the team or with every organization he's involved with, and especially with making sure *Senior Scope* gets out there to the readership. Thank you, Metro! And also, thank you Will Tishinski, for helping distribute *Senior Scope* as well. Incidentally, *Senior Scope* is available at the Canad Inn desk, Pembina location. ■



Bob Chapil was awarded a lifetime membership by President Grant Nerbas on behalf of the SWSSP.



Metro Hnytka with Jennifer Ramshaw



Martin Taylor Peach, 96, lifetime member proudly shows the very first SWSSP jersey and cap - 1988.



Pam Sawatsky on stage with band members Kevin Mazur, left, and Andre Viallet, right. Andre performs at various venues including senior residences and accepts bookings at 204-233-9221.



Jennifer Ramshaw performs magic, discovering the magnetic pull between the knife and spoon. Mavis (Will) Tishinski looks on.



Betty Winterhalt, past president, and Mac Davidson, Treasurer

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Brown and Peto under BU's spotlight

~ published in The Brandon Sun

Brandon University honoured a pair of alumni at the Homecoming Dinner and Awards ceremony, Oct. 13, 2018.



Gerald R. Brown

Gerald R. Brown, who graduated from the elementary Teacher Training Certificate program in 1956 and earned a Bachelor of Arts in 1963, received the Brandon University Alumni Award for Exceptional Service.

Nathan Peto, who earned a Bachelor of Arts with honours in 2008, was the recipient of this year's BU Distinguished Young Alumni Award.

The ceremony was held at Harvest Hall on the BU Campus.

"As we celebrate our 50th year as a university, we're delighted to recognize Nathan and Gerald, who represent two different eras in BU history and have maintained strong ties with the university and community through their distinguished careers and volunteer activities," said Carla Eisler, Director of Advancement and Alumni Affairs at BU, in a news release.

After graduating from the teacher training certificate program at Brandon College, Brown began his career as an educator, teaching in Ninga 56-58, Brandon 58-59 and later Shilo 59-65.

In 1965, he joined the Winnipeg School Division as its school librarian program organizer, a position he held until his retirement in 1992. At that time, he began an independent consulting career, which gave him opportunity to champion school librarianship in 49 countries around the world. Also, all that time, he was carrying a BU banner, and counselling young people to consider BU as a campus of choice.

Brown helped establish the Dr. Wilfred McCutcheon Scholarship in Education, in recognition of the first Dean of Education at Brandon College, which has provided more than \$81,000 to more than 50 students since 1998.

He also helped fundraise for the creation of the McCutcheon Alcove, dedicated in 2016, in the Education Building.

"Brandon College helped me learn how to navigate the challenges ahead," Brown said. "I believe that is what the faculty are doing for young people for southwest Manitoba and also around the world. Brandon University is a 'wonderful gem on the Prairies'. It has the teaching staff to help aspiring students reach new dreams."

Since "Mr. Turtle" has decided to slow down on the consulting circuit, Brown has taken over responsibility for the library program at Lions Place, 610 Portage Ave. It is a project that is unrivaled in any other Seniors institution in Winnipeg. And while he is leading this team of volunteers, he is sharing the good news about scholarships, music programs, and opportunities for grand-children to go to Brandon University. Brown seems to have boundless energy. Ask him about Brandon University, and he breaks out in a big grin, and is prepared to champion its strengths on the spot.

In 2017, Peto was named city manager of Portage la Prairie, becoming one of the youngest city managers in Western Canada.

He has been noted for spearheading efforts on Indigenous inclusion



Nathan Peto

and supporting community mobilization efforts and municipal partnerships.

Peto served on the Brandon University Students' Union for four years and served as president in

2007-08.

He was active on the BU Foundation for 10 years following his graduation and served as president.

"My time at Brandon University had a profound impact on the course of my life," he said. "The friendships made, learning opportunities provid-

ed and overall experience created an outstanding foundation from which to build my career."

Homecoming was Oct. 11 to 14. Nathan Peto Gerald Brown



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■ ■ ■

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 www.carmanalc.com

CRANBERRY PORTAGE

Jubilee Recreation of Cranberry Portage
 Highway #10 (Legion Hall)
 204-472-3031
 dmbrewer44@hotmail.com

DAUPHIN

Dauphin Multi-Purpose Senior Centre
 55 1st Avenue SE
 204-638-6485
 dsc_admin@mymts.net
 www.dauphinseniorens.com

ERICKSON

Comfort Drop In Centre
 31 Main Street
 areas@mymts.net

FLIN FLON

Flin Flon Seniors
 2 North Avenue
 204-687-7081

GIMLI

New Horizons 55 Plus
 17 North Colonization Road
 204-642-7909 / gimli55@mts.net
 www.gimlinewhorizons.com

GRAND MARAIS

Grand Marais & District Seniors
 204-754-3839
 berudolph@highspeedcrow.ca

GRANDVIEW

Grandview Drop In
 432 Main Street

MINNEDOSA

Fifty Plus Senior's Centre
 31 Main Street S
 204-867-1956 / seniors@mymts.net

MORDEN

Morden 55+ Activity Centre
 306 N Railway Street
 204-822-3555 / mordeneniorens@mymts.net
 www.mordeneniorens.ca

NEEPAWA

Neepawa Drop In Centre
 310 Davidson Street
 204-476-5103

PILOT MOUND

Pilot Mound Fellowship Centre
 219 Broadway Avenue

PLUMAS

Plumas Seniors Club
 102 White Street
 204-386-2029

PORTAGE LA PRAIRIE

Herman Prior Senior Services Centre
 40 Royal Road N
 204-857-6951 / hp55plus@mymts.net
 www.hermanpriorcentre.com

*** Portage Services for Seniors**
 165 Saskatchewan Avenue E
 204-239-6312
 psfsed@shaw.ca

RIVERTON

Riverton Seniors Activity Centre
 24 Main Street
 204-378-2800 / rdfc@mymts.net
 www.rivertonfc.com

SELKIRK

Gordon Howard Centre
 384 Eveline Street
 204-785-2092
 executive.director@gordonhoward.ca
 www.gordonhoward.ca

SNOW LAKE

Snow Lake Senior Centre
 71 Balsam Street
 204-358-2151 / gelo@mymts.net

STEINBACH

Pat Porter Active Living Centre
 10 Chrysler Gate
 204-320-4600 / ed@patporteralc.com
 www.patporteralc.com

STONEWALL

South Interlake 55 Plus
 374 1st Street West - Oddfellows Hall
 204-467-2582 / si55plus@mymts.net
 www.si55plus.org

THE PAS

The Pas Golden Agers
 324 Ross Avenue
 204-623-3663 / elmer6@mymts.net

TREHERNE

Treherne Friendship Centre
 204-723-2559 / jstate@mts.net

VICTORIA BEACH

3 Ateah Road
 www.ebseniorensca.ca

*** East Beaches Resource Centre**
 204-756-6471
 ebhelp@mymts.net

Senior Scene
 204-756-6468
 ssinc1@mymts.net

WINKLER

Winkler & District MP Senior Centre
 650 South Railway Avenue
 204-325-8964 / wsc@mymts.net
 www.winkler55plus.com

** denotes Associate Member*



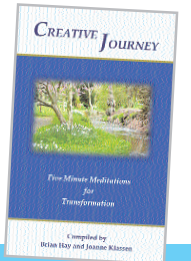
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Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes,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

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Excerpts from CREATIVE JOURNEY:

WATCH

(Anne Harding)

I am a watcher; and the things I watch are birds and love.
(U.A. Fanthorpe)

I too love to watch. I watch the goldfinches in my garden. They sit each side of the niger seed feeder for five minutes or so, daintily picking out the tasty seeds and throwing the tasteless ones onto the lawn. I watch the buzzard as it spirals above the house until it disappears in the clouds. At Woodbrooke, I watch and wait for the kingfisher. I have only seen it twice, but it is worth it when I catch a flash of turquoise and orange.

This week I have been watching love. The niece of a friend brought her toddler to see me. He is fifteen months old. The love between mother and son was wonderful. It shone from their eyes and faces as she dangled him on her knee.

The very next day, my niece and her partner arrived with their fourteen-month-old toddler. The three of them were smiling at each other with love and happiness and he giggled each time one of them swung him up in the air and down again. These are the precious moments in life for which to watch. (AH)

I give time for watching and waiting.

Anne Harding (AH)

Anne was a Primary teacher and worked with pupils with English as an Additional Language. Since retirement she has joined a Poetry Society and short story writing group. After attending a Transformative Writing™ course at Woodbrooke in 2009 she has returned for the Alumni Retreats every year since. The Tools of Transformation support her writing development. Anne is a member of the Religious Society of Friends (Quakers) and attends meetings in Telford. ■



FEED

(Brian Hay)

If you don't know the kind of person I am, and I don't know the kind of person you are, a pattern that others made may prevail in the world, and following the wrong god home we may miss our star.
(William Stafford)

She's feeding the fish, something I have never done. I joined my new love on the dock and realized the quiet communion that she had developed with those fish, dozens of them, schooling into groups, seeming to wait their turns to nibble at the bread crumbs that were tossed onto the water's surface. That said, the bigger fish seemed to hog the big crumbs, and so I joined her to toss some smaller bits to the side, so the small fish could get some too.

And what about the seagulls? They hovered far away at first, hundreds of yards off shore, yet were aware that some kind of feeding was going on. They swooped closer and closer, to take a look, yet remained at a safe distance, even though we threw the

bread crumbs as far out and away from the dock as we could. Then one brave seagull came even closer, but unfortunately I scared it away again when I threw a piece of bread too high and far out of its way.

I moved away from the dock and watched as she tried to entice the bird back into range. Then her quiet voice, the only words she spoke during the entire hour of feeding, "Here you go; it's all right. Come and get it—it's for you." The bird swooped in closer, suspended in air. (BHH)

I pay attention to love and practice quiet communion with nature.

Brian Hay (BHH)

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

This December Mary Poppins is flying back into a theatre near you!

- North Kildonan Community Players

Just in time to get you warmed up for the release of the film sequel, North Kildonan Community Players is proud to present the original Broadway Disney and Cameron McIntosh Musical, "Mary Poppins".

North Kildonan Community Players was founded in 1997 by Laurie & Cathie Fischer along with family friend Dennis Marand with the mandate of having Manitoba families perform together in well-known

family-oriented Broadway musicals.

"Mary Poppins" will be NKCP's 23rd Production having also presented "Joseph and the Amazing Technicolor Dreamcoat", "Oliver", "Fiddler on the Roof", "Annie" "The Secret Garden" and "Anne of Green Gables", to name just a few crowd favourites.

Over the years, NKCP shows have become synonymous with high quality musical theatre productions;



with a cast and production team of 35 people, "Mary Poppins" will be another great show!

The show runs November 28th to December 2nd (Wednesday, Thursday and Friday evenings at 7pm, 2pm Matinees on Saturday and Sunday) at St Boniface University Theatre, 200 De la Cathedrale Ave., Winnipeg.

Join us for the story, the music and the dancing you remember so well from the 1964 movie including

"Supercalifragilisticexpialidocious", "Chim Chim Cheree" and "Let's Go Fly a Kite" along with several new and exciting songs written specifically for the Disney and Cameron McIntosh much-loved musical.

Tickets are only \$20 and can be purchased by emailing northkildonancommunityplayers@gmail.com.

Don't wait too long as tickets are selling fast for this popular show!

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Pre-concert talk: Saturday at 6:45 pm / Sunday at 2:15 pm
Cautionne avant-concert: samedi à 13 h 45 et dimanche à 14 h 15

Saturday, November 3, 2018 at 7:30 pm
& Sunday, November 4, 2018 at 3:00 pm
Le samedi 3 novembre 2018 à 19 h 30
et le dimanche 4 novembre 2018 à 15 h

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SUN: 2 pm-10:30 pm

Things To Do

WINNIPEG

Listings available at www.seniorscope.com (Events page)

MISC EVENTS

Alzheimer Society of Manitoba - Care4u Family Conference, Sat. Oct. 27, 9 am-3:30 pm (exhibition hall opens at 8 am), at Canadian Mennonite University, 500 Shaftesbury Blvd. \$40 includes lunch. Reg. deadline Oct. 19. Info: 204-943-6622

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

Broadway Seniors Resource Council - Resource Fairs - Tue, Oct. 16, 1-4 pm, 2nd Floor Auditorium, Lions Place, 610 Portage Ave. Presentations: Transportation Option Network for Seniors presenting on Ride Hailing Services & Community Financial Counselling Services on the programs and services they offer older adults; Thu, Oct. 25, 1-4 pm, Robert A. Steen Community Centre, 980 Palmerston Ave. Presentation: A&O Support Services for Older Adults on Falls Prevention and Victim Services & Winnipeg Police Service on Senior Safety. Free admission. Info booths, refreshments and door prize.

Equality (Manitoba) Inc. - WISE Manitoba Inc. Equality Breakfast, Fri. Oct. 26, 7:15-9 am, RBC Convention Centre. Speaker: law professor Joanne St. Lewis. Theme: "Beyond Black History Month: Contributions and Challenges." Tickets \$30 avail. at McNally's 1-800-561-1833, Manitoba Status of Women: 204 945-6281, 204-453-1379 or wisemanitoba@mymts.net

North Kildonan Community Players - Presents Disney and Cameron Mackintosh's 'Mary Poppins', Wed. Nov. 28 to Sun. Dec. 2, St. B. University Theatre, 200 De la Cathedrale Ave. Tickets \$20. Cash/C.C. northkildonancommunityplayers@gmail.com

Lions Place - Visiting author: Karen Emilson, Mon. Oct. 15, 1 pm. Public Welcome.

The Alzheimer Society of Manitoba - 8th Annual Care4u® Family Conference. Sat. Oct. 27, 9 am-3:30 pm, Canadian Mennonite University, 500 Shaftesbury Blvd. About caring for a person with dementia. To register and info: 204-943-6622 or www.alzheimer.mb.ca/care4u2018

Bible Land Israel Tour - Tour The Land of Eternal Promise, Feb. 5-14, 2019. Great value price out of Wpg - approx. total \$3566. Deadline Nov. 3/18. For info, Ken: 204-942-5433, k4mcghie@gmail.com www.TolIsraelWithLove.com

Prince of Peace Senior Social Centre Volunteers - present Sisters of the Holy Rock concert, in support of the High

Steppers Seniors Club, Sat. Nov. 10, 2:30 pm, doors open 2 pm, at Bethel Community Church in Southdale, 430 Lakewood Blvd. Tickets Adults \$20, 12 & under \$10. Rush seating. Tickets & info: 204-253-3903 or 204-619-8477 leave msg

Book Launch - 'Memories of the Moonlight Special & Grand Beach Train Era,' Sun. Oct. 21, 2 pm, McNally's Atrium, Grant Park mall. Author Barbara Lange, grew up in a railway family in England. Her love of trains continued after she moved to Canada. Her first anthology 'Through the Window of a Train: A Canadian Railway Anthology' was published in 2010.

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 cold lunch - bring a GF dish to share. You're welcome to bring a GF item for Winnipeg Harvest. (guest speaker). Info: www.manitobaceliac.com

Gwen Sectar 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.

St. James Cemetery - welcomes people to visit this historic site any time - gate at 525 Tylehurst St. (off Portage) is always open. Contact Friends of Cemetery, Hazel Birt: 204-470-1917, hgbirt@shaw.ca

HEALTH/WELLBEING

Manitoba Lung Assoc. - Sign up for ManitobaQuits Cold Turkey 2018! Receive a free Quit Kit plus a month of support and quit tips. Stay smoke free for entire month of Nov. and get a FREE turkey courtesy of Granny's Poultry. Sign up at mb.lung.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

McBeth House Centre - Fall Dinner, Fri. Oct. 26, 4 pm and 6:30 pm sittings. 31 McBeth St. Tickets, Members \$25, non-members \$30 avail. at 204-339-0432 or mcbethhousecentre@shaw.ca

The Women's Canadian Club of Wpg - Luncheon, Thur. Oct. 25, 12 noon, RBC Convention Centre. Speaker: Dr. Lisa Reid, on Hearing and Health. Cost \$28. Reservations and info: 204-663-5657 or wccwinnipeg@gmail.com.

St. Nicholas Ukrainian Catholic Church - Fall Dinner, Sun. Oct 28, 12:30 pm (4:30 pm sold out), 737 Bannerman Ave. Adults: \$18, 6-12: \$5, 5 & under free. Advance tickets only. Theresa: 204-586-7587 or Doreen: 204-582-2187

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

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

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, fixings, pies. www.mmoc.ca

SALES/CRAFT SHOWS

Deer Lodge Centre Auxiliary - Christmas Craft Sale, Sat. Nov. 3, 10-3 pm, at the Centre, 2109 Portage Ave. Handicrafts, baked goods for sale, silent auction. Free adm. Proceeds to make lives better.

The Friends of the Library - Annual Fall Book Sale, Sat. Oct. 20, 10-6 pm & Sun. Oct. 21, 11-4 pm, at Grant Park High School, Grant at Nathaniel. 60 tables of gently used books. Plus CDs, DVDs, LPs, Art Prints, Posters. Cash, Debit, Visa, MC. Donations still welcome: label box or bag 'FRIENDS' and drop off at any Wpg Library Branch. Info: www.friendswpl.ca or Aviva 204-801-8056. Friends raises funds for Writer in Residence programs, children's reading programs, and more.

St. Andrew's Anglican Church - Bazaar, Sat. Nov. 3, 10 am-2 pm, 2700 Portage Ave. Crafts, baking, quilt raffle, lunch

St Andrew's Anglican - Church Bazaar, Sat. Nov. 3, 10 am-2 pm, 2700 Portage Ave. Crafts, baking, quilt raffle, lunch.

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

MUSIC

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 at local seniors complexes and PCH's. Info: 204-669-5570 or www.seniorschoralsociety.ca

The Happy Homesteaders - Senior men sing a capella barbershop harmony. Perform in various senior venues, afternoons only. Recruiting for tenors, leads, baritones, & basses. Rehearsals Mon's, 1:30-3:30 pm in Legion (lower level), 426 Osborne, Sept.-May. 204-888-4214

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. 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. New bowlers welcome. \$10/wk includes Christmas luncheon & 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 bbrandell@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

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 Rec Complex, 999 Sargent Ave (To Register: 204-940-8140); A&O Programs, Foot care, dance exercises, Oct. 23, 24, 25, 11 am (info session) & 12 pm (Fitness demo). No registration required. 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

Continued on page 12

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Manitoba Churches - Erinview - All Saints Anglican - 1884 Manitoba Municipal Heritage Site No. 212

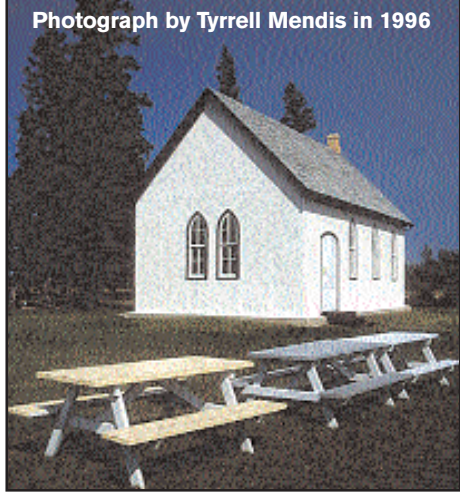
Tyrrell Mendis has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, **Testaments of Faith**, Manitoba's Heritage Churches is now available for booking. 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>

All Saints Anglican Church stands on the shores of East Shoal Lake, west of Teulon, in the Rural Municipality of Woodlands. It was built on the property of Fred Robertson, a settler, and funded by his aunt, a Mrs. MacIntosh, in England, who was concerned about the lack of religious facilities in her nephew's new homestead. The church was completed in 1884. Bishop Machray presided at the inaugural service.

Known also as Erinview Church, it is in a picturesque setting beside the historic Erinview Cemetery where several of the area's pioneers rest.

All Saints Anglican Church is in the Gothic Revival style of parish churches in Great Britain. In North America the style is known as Carpenter Gothic or Rural Gothic, where the original Gothic features carved in stone are improvised in wood. Two of the Carpenter Gothic elements of the church are its pitched roof and lancet windows.

Displayed inside the church are photographs of those from the municipality who served in the world wars of 1914-1918 and 1939-1945, together with several other commemorative artifacts. Some features inside are the layout of centre-aisle nave and raised chancel



Photograph by Tyrrell Mendis in 1996

and altar, the informal seating of fixed pews and moveable chairs, the wood-burning stove and the oil lamp chandelier.

This well-preserved single-storey one-roomed log-and-wood-frame church is a fine, but albeit plain, example of the early box-like religious structures of the pioneers. It was designated as a Manitoba Municipal Heritage Site on March 13th, 2001. The church continues to host services and special events. Its present owner is the Church of England.

Photographed 1996

Things To Do **RURAL MANITOBA** PROGRAMS / SERVICES / VOLUNTEERING

Listings available at www.seniorscope.com (Events page)

Manitoba Lung Assoc. - Sign up for ManitobaQuits Cold Turkey 2018! Receive a free Quit Kit plus a month of support and quit tips. Stay smoke free for entire month of Nov. and get a FREE turkey courtesy of Granny's Poultry. Sign up at mb.lung.ca

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

Headingley - St. Charles Headingley United Church - Fall Supper, Sun. Nov. 4, Headingley C.C., 5353 Portage Ave. Seatings 4, 5 & 6 pm. Advance tickets only, Adult \$15, 6-12 \$8, 5 & under Free. Call 204-222-5402.

Interlake-Eastern RHA - Springfield Flu Clinic Schedule: Oakbank Kin Place Health Complex.: Mon. Oct. 29 10-3 Door C. Sat. Nov. 17 10-1 Door A. Tue. Nov. 20 1-7 Door C. Dugald C.C.: Thu. Nov. 8 9:30-12. Anola C.C.: Wed. Oct. 31 9:30-12. Cooks Creek C.C.: Wed. Oct. 31 2-3:30.

Komarno - Western Dance, Sun. Oct. 28, 1-5 pm. Music: Canadian Rhythm Masters. Tickets \$20, lunch incl. Call 204-886-2994. Proceeds to the Komarno Hall renovations.

Seine River Services for Seniors - Meat Pie Sale fundraiser. Pork and beef traditional recipe - 9"-\$12, 6"-\$6. Deadline to order Nov. 1. **Les services rivière seine pour aînés - Tourtière - Levée de fonds.** Demi porc et demi bœuf - recette traditionnelle. 12\$ pour 9 pouces et 6\$ pour 6 pouces. Date limite pour commander: le 1 novembre. Juliette Rowan: 204-424-5285

Selkirk - Betel Home - Fall Harvest Fundraiser, Oct. 21, 1:30-3 pm, 212 Manchester Ave. Silent auction, bake sale, fall dessert, entertainment.

Selkirk - Manitoba MultiFaith Council - "Exploring Compassion; Accompanying Suffering" one day workshop, Wed. Nov. 14, at the new Selkirk Health Centre. Registration and details: Peter at kcdjrtp@mymts.net

Springfield Seniors - Halloween Pancake Breakfast, Sun. Oct. 28, 9-11 am at Dugald C.C., 544 Holland St. Many activities. Tickets \$10, 4-10 \$5, 3 & under Free, avail. at the SPACE, 573 Main St. Oakbank, at door or call 204-444-3567.

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). 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 (O.F. Hall), 374-1st St. W., Stonewall. 204-467-2582 **Active Wellness Club Classes** (offerred til Nov. 26). Call for info; **IPad Club** Tue's, 1-3 pm. Call to register.; **Pickleball**, Tue's and Thur's. Call for info; **Steppin' Up** Free moderate level exercise program for men and women. Call for info; **Yoga-Dance Fusion**, starts Oct. 4, 8 wks at Warren Hall. Call for info; **Quilter's Corner**, Oct. 26, 10:15-3:30. Call for info.; **Quiz Night** (fundraiser), Fri. Oct. 26, 7 pm, Parochial Hall, 435 1st Ave. N. Stonewall. \$15/person or \$120/team. Call to register teams by Oct. 24; **Casino Bus Trip**, Oct. 18, departing O.F. Hall 10 am. FREE. Call to register by Oct. 16; **Pumpkin Carving Demo** by Peter Symchuk, Oct. 24, 1 pm. Refreshments,

coinc collection. Call or info; **Drive Safe Presentation**, Nov. 5, 10 am. Call for info; **Caricatures & Cartooning with Ralph**, Nov. 6, 1 pm, 55+ members \$40 non members \$50. Call to register; **Cribbage Tournament**, begins Wed. Nov. 14, 7 pm, 4 wks. Call to register team; **Needle Felting Class**, Nov. 16, 10:30 am. 55+ members \$25 non members \$35. Call to register; **Parkinsons Presentation**, Nov. 20, 1:30 pm. Call for info; **Christmas Dinner**, Dec. 12, 12 noon. Advance tickets only at 55 Plus Office; **Bus trip: WSO Christmas with the Celtic Tenors**, Sun. Dec. 16, 2 pm, departing O.F. Hall at 12:30 pm. Register deadline Nov. 1. Call for info.; **Bus trip: RWB The Nutcracker**, Sat. Dec. 29, 1 pm, departing O.F. Hall, 11 am. Register deadline Nov. 1. Call for info.; **Bus trip: WSO Guys & Dolls**, Sun. Mar. 24/19, 2 pm, departing O.F. Hall, 12:30 pm. Register deadline Nov. 1. Call for info.

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

PROGRAMS / SERVICES

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

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

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

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal

program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent.* www.dauphinseniors.com, 204-638-6485

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

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

Gimli - New Horizons 55+ Activity Centre - We provide a pleasant place for recreation, relaxation and companionship and encourage all members to remain active and socially connected while maintaining their physical and mental health. 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit www.gimlinewhorizons.com for monthly newsletter. Info: 204-642-7909

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg and District Seniors Resource Council** 376-3494; **Ashern Living Independence for Elders** 768-2187; **Brokenhead/Beausejour Outreach for Seniors** at 268-7300; **East Beaches Resource Center (Victoria Beach)** 756-6471; **Eriksdale Community Resource Council** 739-2697; **Fisher Branch Seniors Resource Council** 372-8703; **Gimli Seniors Resource Council** 642-7297; **Lundar Community Resource Council** 762-5378; **Riverton & District Seniors Resource** 378-2460; **St. Laurent Senior Resource Council** 646-2504; **Selkirk - Selkirk & District Senior Resource Council Inc.** 785-2737; **Stonewall - South Interlake Seniors Resource Council** 467-2719; **Springfield Services to Seniors** 853-7582; **Teulon and District Seniors Resource Council** 886-2570; **Two Rivers Senior Resource Council, Lac du Bonnet** 345-1227, Pinawa 753-2962 or **Whitemouth/Reynolds** 348-4610 or **Winnipeg River Resource Council** 367-9128

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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: 204-248-7291 or [**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 \(trips to RMTCC, Celebrations Dinner Theatre, etc.\). Contact Hope or Chris: 204-857-6951, \[hp55plus@mymts.net\]\(mailto:hp55plus@mymts.net\)

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 \[www.gordonhoward.ca\]\(http://www.gordonhoward.ca\) or call 204-785-2092

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: \[www.patporteralc.com\]\(http://www.patporteralc.com\)

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: \[ssinct@mts.net\]\(mailto:ssinct@mts.net\), \[www.ebseniorensce.ca\]\(http://www.ebseniorensce.ca\)

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B**** - Knitting / Crochet Group. Info: Sunova Centre: 204-336-0294, or \[recreation@weststpaul.com\]\(mailto:recreation@weststpaul.com\)](mailto:ensemble@</p></div>
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Today's Recipe

Larry Molinski www.PeakMarket.com

Crockpot Potatoes

Metric	Ingredients:	Imperial
1.4 kg	small potatoes, unpeeled	3 lb
30 ml	vegetable oil	2 tbsp
1	package zesty italian dry salad dressing mix	1

Leave potatoes whole or cut any larger ones in half so they are all about the same size. In a large bowl; lightly coat potatoes with vegetable oil. Stir in dry salad dressing mix to coat evenly. Place potatoes into crockpot and cover. Cook on low for 7 to 8 hours. **Serves 6**

Curried Corn

Metric	Ingredients:	Imperial
30 ml	butter	2 tbsp
1	small onion, finely chopped	1
500 ml	corn kernels	2 cup
2 ml	curry powder	1/2 tsp
125 ml	sour cream	1/2 cup
-	salt & pepper to taste	-

In a medium saucepan; melt butter. Add onion. Saute until translucent. Add corn and curry powder. Cover and simmer for about 10 minutes until tender, stirring often. Add sour cream, salt and pepper. Continue to heat thoroughly. **Serves 4**

www.PeakMarket.com

WORDSEARCH - BOOKS

By Senior Scope

V	S	F	E	T	K	E	M	M	A	T	T	H	E	I	D	I	O	T	I	V
T	H	E	C	H	O	S	E	N	Z	N	H	H	E	N	R	Y	V	I	N	F
S	Z	A	H	E	B	O	R	N	F	R	E	E	E	J	D	F	Q	B	V	G
O	Y	R	R	B	H	M	O	T	H	E	R	O	F	P	E	A	R	L	I	A
F	H	N	I	E	C	E	K	X	W	P	A	D	H	I	R	O	O	T	S	L
H	M	O	S	L	S	D	T	C	N	A	E	Z	W	A	R	I	L	D	I	H
U	A	E	T	L	T	W	O	H	A	N	L	R	F	Q	M	M	N	B	B	A
M	N	V	I	S	A	H	M	N	A	R	A	D	S	D	I	L	S	C	L	R
A	S	I	N	F	I	D	E	L	Q	N	R	G	E	U	V	L	E	M	E	R
N	F	L	E	L	M	L	H	S	N	U	F	I	R	N	A	R	P	T	M	Y
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E	K	T	H	E	O	D	Y	S	S	E	Y	Q	P	E	F	I	N	S	I	1
T	A	S	Y	O	U	L	I	K	E	I	T	F	E	N	G	A	I	E	V	9
M	A	C	B	E	T	H	V	C	H	N	L	D	G	T	Y	D	C	N	E	8
J	A	N	E	Y	R	E	D	K	I	N	G	L	E	A	R	E	D	R	4	

CROSSWORD

Running Scared

By Adrian Powell

ACROSS

1 Big tussle

6 Picket line crosser

10 Retained for oneself

14 Perp's iron dad defence

15 Life of leisure

16 Tiny Celebes buffalo

17 Ceases to operate, especially on Halloween

20 Lowland gorilla, e.g.

21 1863 invention that exploded onto the scene

22 Wimbledon errors

23 Polynesian food staple

24 Dine at home

26 Spectral title of the first Star Wars episode (with "The")

31 Try to lose some weight

32 Immature monarchs, e.g.

33 Baseball official

35 Two ladies' bowling teams

38 Large, rambling properties

40 Water from Lourdes

41 More endangered

43 Very short dress

44 Opined about Halloween?

48 Incur bills

49 Bean holder

50 Spotted from afar

53 Switzerland's longest river

54 Flyer's contents, often

57 Misplaces the haunted house attraction, say?

61 Putin was born here

62 Not strong

63 Like a sasquatch

64 Oodles and oodles

13 Skin pics?

18 Basic blood transfusion amount

19 Opposed to, poetically

23 Chopped liver, e.g.

24 Big omnivorous Australian bird

25 Current quantity

26 Typesetting measurements

27 Hopping mad

28 Coordinated gene cluster

29 Rudely intrude

30 Change for the better

31 Bunny's mom

34 Trident-shaped Greek consonant

36 Figures of speech

37 Dismantle, as a

39 In the thick of

42 Where you join the line, usually

45 Basketry willows

46 Hot Springs attractions

47 Changes shape, in a way

50 One month in Tel Aviv

51 Mediocre

52 Attention-getting hiss

53 Submits a request

54 Dramatic solo song

55 Highland dagger

56 Detriment to a wink

58 Maiden name intro

59 Break a fast

60 Novelist Fleming




SOLUTION ON NEXT PAGE

1984	Dracula	Henry VI	Little Men	Roots
As You Like It	Dune	Howard's End	Macbeth	Shiver
Berenice	Emma	Infidel	Mansfield Park	The Bells
Born Free	Ethan Frome	Invisible Man	Midwives	The Chosen
Carrie	Fear No Evil	Ivanhoe	Moby Dick	The Firm
Christine	Hamlet	Jane Eyre	Mother of Pearl	The Idiot
Deenie	Harry Potter	Jo's Boys	Of Human Bondage	The Iliad
Don Quixote	Henry IV	King Lear	Othello	The Odyssey
			Pandora	The Prince
			Persuasion	The Raven
			Pollyanna	The Secret
				Walden

SUDOKU EASY

By Senior Scope

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



Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

DAVE'S MUSIC

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LAUGH A LITTLE!

The local newspaper was interviewing an elderly woman because she had just gotten married for the fourth time. She was asked about her life and what it was like marrying again at her age and what her new husband did for a living.

"He's a funeral director," she answered.

"Interesting," the reporter thought. He then asked her if she'd mind telling him about her first three husbands and what their occupations were.

After pausing a moment reflecting on all the years that passed, she said she didn't mind at all.

A smile came to her face and she explained that she married a banker in her 20's, then a circus ringmaster in her 30's,

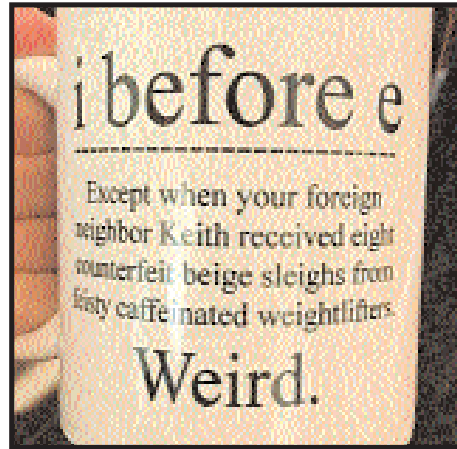
a preacher in her 50's and now a funeral director in her 80's.

The reporter was astonished and asked her why she married these four men with such diverse careers.

She replied, "I married one for the money, two for the show, three to get ready, and four to go."



FACEBOOK FINDS



When cannabis becomes legalized, taxes on it should go to road repairs and the program should be called "Operation Pot Holes."



SHE SAID:
 "I just baked some synonym buns."
HE SAID:
 "You mean just like the ones grammar used to make?"



CROSSWORD - Solution

SCRAP	SCAB	KEPT
ALIBI	EASE	ANOVA
GIVESUP	THEGHOST	
APE	TNT	FAULTS
	POI	EATIN
PHANTOM	MENACE	
DIET	PUPAS	UMP
OCTETTE	ESTATES	
EAU	RARER	MINI
SPOOKES	SMIND	
	SPEND	POD
ESPIED	AAR	ADS
LOSESONE	SSPIRIT	
USSR	WEAK	HAIRY
LOTS	NETS	SNAKE

SUDOKU - Solution

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

WORDSEARCH - Solution

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

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MISCELLANEOUS

FOR SALE: 1984 Chevy van equipped totally for a handicapped person - wheelchair lift, hand controls, interior propane heater. Mileage 71,7190 km. Good condition. Has to be seen to be appreciated. Asking \$5,900. Call 204-663-3567.

WANTED: Military medals. I am not a collector or a seller. Lots of my medals were stolen. Call with what you have. State price. Leave msg: 204-866-3633

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

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