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Time to be jabbed, to hopefully avoid being laid low by the flu

By Roger Currie

As we commemorate the end of World War I, it's worth remembering that many millions died in that conflict, but more people died in the flu pandemic that followed in 1919 than were killed on the battlefields.

- Roger Currie

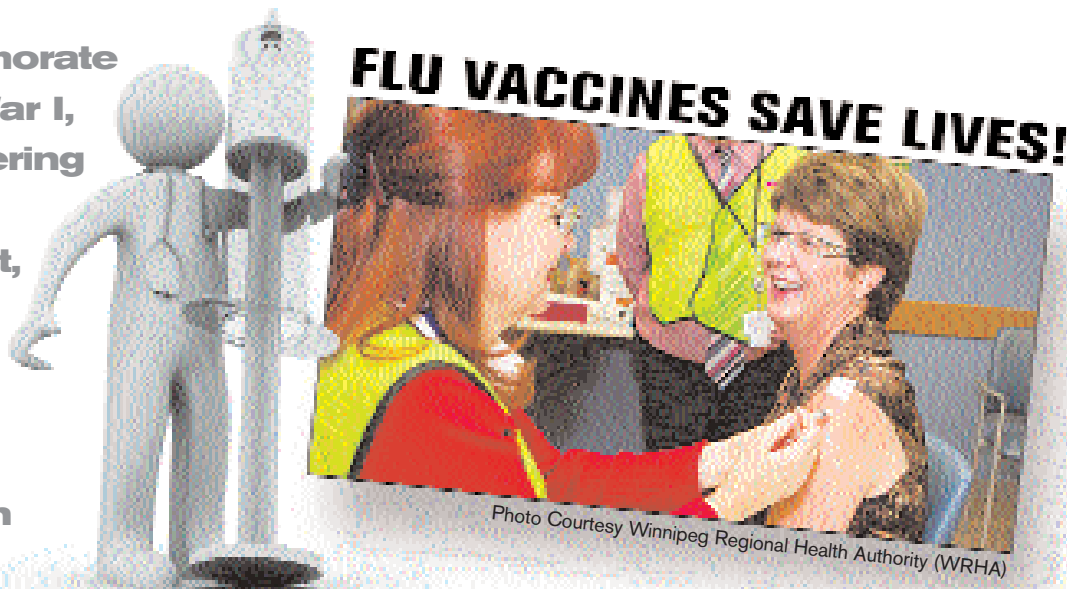


Photo Courtesy Winnipeg Regional Health Authority (WRHA)

Seasonal influenza is upon us once again, and governments and the health care system are once again involved in a major effort to not only help Canadians avoid being struck down personally by the flu, but also to try to prevent spreading the nasty bug to others. Make no mistake, this is a disease that takes hundreds of thousands of lives around the world each year. As we commemorate the end of World War I, it's worth remembering that many millions died in that conflict, but more people died in the flu pandemic that followed in 1919 than were killed on the battlefields.

My father Andrew Currie was an 8-year-old lad in Balgonie Saskatchewan who almost died of the flu. I can't help thinking that his survival then somehow helped to give me a stronger immune system to battle the flu and other serious ailments.

Fingers crossed, I have never been laid low by a major case of flu, but at 71, I'm not taking any chances.

All Canadians regardless of age are strongly urged to get the flu shot. For those who work in health care it is absolutely mandatory. The disease spreads quickly, especially in close quarters like hospitals and personal care homes. Last winter, Winnipeg and other communities in southern Manitoba were hit by one of the nastiest flu outbreaks in recent years, and the effect on health care was major.

Peggy Prendergast is a Winnipeg senior who fell in her kitchen last December and broke a hip. Her very difficult recovery over Christmas was worse than it might otherwise have been because of how the flu was affecting care at Seven Oaks Hospital where she was treated. As Peggy recalls "Patients were every-

where including hallways. Regardless of what else they were being treated for most of them also had the flu, including some who had received their regular flu shots". Peggy was one of the lucky ones because she had received the relatively new *Fluzone high dose* flu vaccine, developed by *Sanofi Pasteur*, the vaccine division of *Sanofi*, a global biopharmaceutical company based in France. The vaccine is specially designed to better protect people over 65. As a result, Mrs. Prendergast did not have the flu added to her already difficult situation.

The cost of each shot is \$70, a significant expense for seniors on fixed incomes, but the value of the shots has been proven in cases like Peggy's. In many provinces

Continued on page 2

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LETTER . . .

to the editor

re.: Roger Currie article,
The importance of Elders...

Kindly pass my comments onto Mr. Currie please.

I read with interest your article in the *Senior Scope* and found it both sincere and genuine. I have not read the article you were apologizing for because I am visiting Manitoba from Alberta, but I really don't need to. The title alone indicates it would have hit a few raw nerves.

Don't be too hard on yourself, ours is a history that has always been excluded from the annals of history and like any other lesson in life, learning it can sometimes be painful.

I am moved that you are taking

the time to participate in some cultural activities, in particular, talking to Indigenous people as each has a very different perspective, as they too try to move past this very difficult time in our history. I know we all try to move past the hatred and anger (which you probably felt as a result of the article) we learned but it is difficult. I am not a residential school survivor but I had an Indian mother and the racism she experienced and which I observed as a child, still haunts me to this day.

I used to listen to your show when I lived in Manitoba and always found you to be a thoughtful broadcaster. You need to use those same thought provoking skills as you continue to learn about our

history. Don't be burnt twice... we are all very different, some of us believe, among other things, in the pow wow trail, others have assimilated and choose not to recognize, but one thing we do have in common is our strong belief in mother earth and our desire to sustain her and therefore our own humanity.

I wish you only the best and feel confident that as you continue your journey of learning you will find many of us who will support you.

Cheers!

LaVina Gillespie

Peace River, AB

(an elder visiting my home province)

Time to be jabbed... flu, cont'd from front page

including Manitoba, governments have agreed to make the high dose shots available to all resident of personal care homes and similar facilities at no cost.

Sanofi says discussions are ongoing in all Canadian provinces to have the cost of the high dose vaccine covered for everyone 65 and older. For now, seniors can pay to be vaccinated at three locations in Winnipeg:

1. Meadowood Medical Centre at 1555 St. Mary's Road (204-255-6973)
2. Grand Medicine Health Services at 220A Cree Crescent (204-885-0768)

3. Shoppers Drug Mart at 50 Sage Creek Blvd. (204-254-7771)

Check for other locations at www.fluhd.ca

For younger Canadians, health officials say this year's regular flu vaccine appears to be more effective than last year's, but it's always a bit of an exercise in trying to hit a moving target. The dominant flu strain this year is A-H3N2, and the new standard flu shot protects against that, plus another A strain called

H1N1, as well two B strains called Victoria and Yamagata.

Last winter's flu season across Canada was a bit of an anomaly, surprising even some of the experts. Not only was there a high number of cases of H3N2 starting in the fall, but there was a late winter-early spring surge of influenza B cases.

More details in Manitoba can be found at:

<http://www.gov.mb.ca/health/publichealth/cdc/div/manual/docs/mssiipp.pdf>

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

FLU FACTS

- In 2017, Manitoba became the first province in Canada to offer the high-dose vaccine.
- Five other provinces have since followed suit.
- Results from the first year of using the high-dose flu vaccine on Manitoba seniors in long-term care facilities showed promising results.
- The basic flu vaccine is free of charge to all Manitobans aged six months and older.
- Pneu-P-23 vaccine, which helps protect against pneumococcal disease and is offered free of charge to seniors.

Check Manitoba's seasonal influenza website or contact **Health Links-Info Santé** at 204-788-8200 in Winnipeg or 1-888-315-9257 (toll-free) for dates, times and locations for vaccines. Pharmacists can also provide immunizations to people seven years of age and older. For more information about the flu, visit www.gov.mb.ca/health/flu/index.html

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My Trip to an ER Under the New Emergency Regime in Winnipeg

By Peggy Prendergast

On December 6, 2017 I fell in my kitchen and broke my hip. After contacting my daughter and son-in-law for help an ambulance was called. It turned out that the emergency room for orthopedic surgery was at Seven Oaks Hospital which is diagonally at the opposite corner of the city from where I live in Windsor Park. A long and painful ride followed because the ambulance had no shock absorbers. Once in the hospital, on the evening of December 6, 2017, after a long and uncomfortable ambulance ride, I had to wait a couple of hours before it was determined where I would be going in the hospital and when and what surgery would be performed. A catheter was installed and I was given morphine for pain. I then was taken to a room, was told the operation would probably take place late the following afternoon. Actually, 48 hours later, with a 24 hour delay and still with a catheter and on morphine with little food, I received so called "emergency" surgery, a partial hip replacement. If the province is providing streamlined emergency care why are physicians not ready to perform emergency care in the chosen facility, often far away from where the patient actually lives when they arrive at the hospital?

The following four days saw me up and walking with a walker and help from a physiotherapist and her assistants. I accepted the offer of rehab so I could go home and manage by myself with minor Home Care when I got there. This was a much different hospital experience. Cut backs in physio and occupational therapy allowed for minimal support or help. The most frightening experience however was with the Flu epidemic that was happening coincidentally in the city. People being admitted with orthopedic emergencies were also infected or carriers of the flu strain prevalent last year or contacted it in hospital.

Some had even had the regular flu shot but were over the age of 65 and it was not enough to protect them with their diminishing levels of immunity because of their age. At one point during the following ten days I was told by staff that I was the only patient in a pod of 20 that did not have the flu. There were times when I was doing my regular walks that there were patients in recliners in the hallway gasping for breath and with terrible rasping coughs. The nurse on duty was able to keep closer watch on them this way but the air was full of their flu germs. Why did I not get the flu?

I had heard about the "high dose flu shot" that was being administered to patients in long term care facilities free of charge that were over 65 years of age. There are scientifically researched reasons for having this high dose flu shot. Although it was not free to me and not too accessible I believe it literally saved my life last year. I work with elderly seniors and am one myself with a chronic condition that warranted me paying the \$85 to have this shot. I had no idea I would fall and be in hospital at the height of the flu season but because I had the shot I was protected.

I believe THE High Dose Flu shot should be available free for adults 65 years of age and older as it is in some parts of our country. It would save many of our older adults from the complications that often ensue from the flu and all of us from the cost of the hospitalization of these unfortunate older adults. I believe:

IT IS TIME TO GET SERIOUS ABOUT THE FLU SHOT FOR OLDER PERSONS

As we age, the natural weakening of the immune system increases the chances of getting influenza (also known as the flu), which can result in serious complications older adults. For the 2018-19 season an annual flu vaccine is especially

important for those at increased risk of serious illness from the flu, their caregivers and close contacts. This includes:

People 65 years of age and older
Residents of personal care homes or long-term care facilities
Individuals with the following chronic health conditions:

- An immune system weakened by disease or medical treatment
- Cardiac or pulmonary disorders
- Neurologic or neurodevelopmental conditions
- Diabetes and other metabolic diseases
- Renal disease
- Anemia or hemoglobinopathy
- Obesity (body mass index ≥ 40)

for example
To get your free flu vaccine and/or Pneu-P-23 vaccine (pneumonia vaccine), visit your local public health office, nursing station, doctor's office,

pharmacy, Quick Care Clinic, ACCESS Centre, or the nearest immunization clinic. Remember to contact your health care provider first to check for flu and/or Pneu-P-23 vaccine availability. Your local pharmacist can provide immunization services to people 7 years of age and older.

A further option to consider is FLUZONE High-Dose Influenza Vaccine. People in long term care facilities will receive this vaccine free. There is a charge for others. Check your insurance company for coverage and check with your doctor about the vaccine that is best suited for you. Consult: www.fluzonehighdose.ca for further information about this vaccine.

Respectively submitted by
Peggy Prendergast, Chair of the
Wellness Advocacy Committee

Canada 55 Plus Games - Saint John, New Brunswick August 21st - 24, 2018



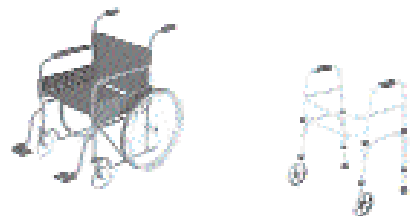
Left: Lois Dudgeon, Team Manager for the Manitoba athletes, having fun at the Canada 55 Plus Games.



Right: Manitoba Fan Club.

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FINANCIAL PLANNING:

How do you know if you have missed the mark? PART 2

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

In the previous (Oct. 10/18) issue of Senior Scope we ended the article with a discussion on keeping your wealth for generations... or not.

As people, should we do the same things over and over again? Is the past information we are using for decision making still relevant? Have you progressed in your thinking and planning? This question applies to every aspect of our lives. Below are some examples to consider: Myth or truth?

1) GIC's are safe - truth or myth? Is this a false sense of security? You decide for yourselves. They tend to produce very low earnings in so far as interest payments. If the GIC isn't sheltered as an RRSP or TFSA, then even these low earnings are 100% taxable, eroding the value even more. The most important downside is they usually don't keep up with inflation. Some people still believe they will receive an interest rate of 17%... that happened some 30 or so years ago, when lending rates were even higher. Unbelievably, some still feel that is on the horizon. If you hold these or are a POA for a family member is it time to re-examine and course correct? Whose money is it? Will all of it be spent by one family or invested to accommodate more than the next generation? Remember Marston said investors today cannot afford to make too many mistakes.

2) I need to take my CPP early at age 60 because I'm going to die

young. - Maybe, as none of us are guaranteed tomorrow. However, the current life expectancy for men is age 80 and women 87. If at age 60 you start drawing on the CPP, you make an agreement with the Federal Government to take a permanent cut in payments of approximately a third as a penalty, for as long as you live.

Another problem with taking the pension early is additional work income is added to the CPP generating more tax payable. In addition to the penalty, this additional taxation further diminishes the "spendable" amount you'd receive from the early CPP drawing.

Are there other areas in your life where you would be willing to take an income reduction of around a third? Any future indexing is calculated on the decreased amount further adding to the loss. Probably not. Is early CPP with the penalties incurred and an extended life expectancy another strategy which should no longer be followed? Again Marston said that it's the plan and not the investment that's the game changer.

3) A new and rather concerning pattern is also starting to emerge. We are starting to see families who have held managed money for years; (and that's how they've created and preserved their wealth, along with pertinent and valuable advice) are now selling their long held investments incurring large tax positions because fees on

investments are now being shown on their statements. These fees have always been there but embedded. The sticker shock is occurring and some of them are questioning the tried and true methodologies that made them successful.

These elderly families are beginning to consider the latest unproven but cheaper "fad". And investment but not a plan. The advantage is in the plan.

If they are willing, once things are explained fully with all the correct information it doesn't tend to be an issue. But it was just the consideration of "throwing everything out the window to follow something else" that is worrisome. How many times have we heard "If it ain't broke, don't fix it!"

Well unfortunately some people may decide to make a shift, then our concern turns to "what happens if the "new strategy" fails?" We could perhaps see years of growth in wealth disappear if incorrect choices, outside of someone's risk tolerance are made. In a nutshell, we find that decisions of how money is being invested and managed is changing sometimes to the detriment of family wealth retention.

4) Communities may make mistakes in planning if they do not understand social trends and demographical shifts. A decision that's made on wrong or incomplete information or just because of politics is usually not in the best interest for

Continued on next page

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RELATIVELY SPEAKING:

Several years ago, I learned of an intriguing event in my wife's family - circumstances that strain credulity. It seems a 50-ish widow (my wife's grandfather's half-sister) had moved into a Chicago apartment with her young adult daughter. Every night around 9 pm the lights in her apartment went dark, and none of her appliances would work. After several weeks of this, and following numerous complaints to the building caretaker, she was directed to take her concerns to the owner of the building. Going to the address she was given, she entered the office and was introduced to her landlord - one Alphonse Capone. He listened patiently to her complaint, then said, "Listen, lady, I'm sorry for your situation but let me explain. From 6 am to 9 pm you can have all the electricity you want, but from 9 at night until 6 in the morning, the power is all mine and there's nothing more that can be done."

Not knowing what further action she could take, she accepted it as an unfortunate fact of life, and lived in the apartment under these conditions for many years. Only later did she learn that her apartment

“ Going to the address she was given, she entered the office and was introduced to her landlord - one Alphonse Capone. ”

building was part of a vast power grid that Capone owned and used to operate a network of underground stills - and to power speak-easies - in defiance of Prohibition.

This leads to another story relating to the same family. The young daughter worked at a major department store in Chicago. One day she came home and said she had made a new friend at work. She asked if she could bring her home for dinner. Her mother agreed and a few days later they prepared to have dinner together. The guest was asked about her background and said she had immigrated from South America. Further small talk ensued, when the mother impulsively asked, "What is your mother's name?" The girl's response caused the mother's jaw to drop ... as she said, "You're not going to believe this, but your mother is my sister."

Decades earlier, the two sisters announced their intention to marry and convert to Catholicism (they were raised as Lutherans.) Their father forbade their marriage, so they eloped - one sister to Argentina, the other to America. They lost touch with one another until this serendipitous meeting led to their

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How do you know... ? - cont'd from previous page

society. Please bear in mind that these are just observations and there may be further information that I have not taken into consideration.

a) Glen Murray, the former mayor of Winnipeg, many years ago told the citizens and decisions makers of Winnipeg to turn the city into a thriving artistic community. I don't believe more budgetary funds were to be allocated for this to occur just a change in focus and strategies. Winnipeg rejected the idea. Was that a correct decision? You decide?

When I talk to family, friends and clients who fly to New York, the end decision is to go to the theatre. Vegas besides gambling? - You go to shows. Did Winnipeg miss the mark in its decision making because the decision makers misread the signs and what the future was calling?

Those who did not listen to the nay Sayers, but gave tax credits to the film industry, can now be credited with the fact that we have a prosperous movie industry which employs many people. The Software Industry - we have artists who create video games and animation.

b) Demographics - We have an aging community and our immigrant population may have different ideas for recreation. In the RM of Lac Du Bonnet for instance, the Reeve and certain factions state that the snowmobile community should have special privileges because the industry brings in a lot of tourist dollars. Is that a truth or a myth? Is this still a thriving industry? In an aging population, with its large

immigrant population are the old measurements still correct? The old measurements may be relative to what?

Could this one activity prevent others from investing in several others that could benefit the whole community...and has that been measured? Is there a hidden cost and could we develop something else that could be even more profitable?

Our client base is older and in 30 years we have never had a client ask for money to buy a snowmobile. We have however been asked for redemptions to fund things like travel, sports cars and pad fees for trailers in other countries. Perhaps peoples' interests are evolving and we could look in other areas for "tourist investments?"

c) At one time golf was the activity of choice for many. Through the years several golf courses have been developed adding to a growing inventory. Was that a wise decision? The question which needs to be asked when capital expenditures are made or public policy implemented, is by what criteria or data are decisions made? If the correct futurists were consulted, what trends may they have seen? Would they have encouraged the expansion of golf course development or would they have course corrected thereby decreasing the numbers of golf courses who are now in financial trouble.

In conclusion, we've tried to marry our everyday activities and how we make decisions to the information that an esteemed professor

of wealth creation and protection showed. Are we as one of the wealthiest overall population making the right decisions? Are we looking forward far enough? Are we engaging competent advisors? Are we missing the mark in value because of our ever increasing concern for decreased cost? Are we missing the "main point" by not engaging in heartfelt conversations about family wealth planning?

Should you or your family wish help with these conversations, this is one of our specialties. ■

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What is in your family history?

reunion. They later moved to Nebraska as a family unit.

Coincidentally, the earlier-mentioned grandfather was a promi-

“... the earlier-mentioned grandfather was a prominent building contractor who was engaged by the Bronfman family to build a major distillery in Moose Jaw, SK... Bronfman (Seagrams) was a major supplier for Capone's lucrative U.S. bootlegging operation.”

nent building contractor who was engaged by the Bronfman family to

build a major distillery in Moose Jaw, SK (a facility that has since become an historic site and can be visited to this day.) Search online for "Moose Jaw bootleggers".

Bronfman (Seagrams) was a major supplier for Capone's lucrative U.S. bootlegging operation, but it was illegal to transport liquor across the U.S. border. This led to the Canadian version of "rum-runners" who transported truckloads of booze to waiting trucks in North Dakota and Montana, operating without lights to avoid detection. This was during the Great Depression, and several relatives drove these illegal trucks, risking arrest to earn a living.

Bob Strong has been involved in genealogical research for over 20 years and has compiled a personal

database of more than 475,000 individuals, mostly of Central European descent (Germany, Switzerland, Poland, Ukraine, Netherlands and Russia, and their predecessors). He is willing to offer professional support to people interested in their own family history. In future issues, he will answer selected questions from readers about genealogy, or their personal ancestry.

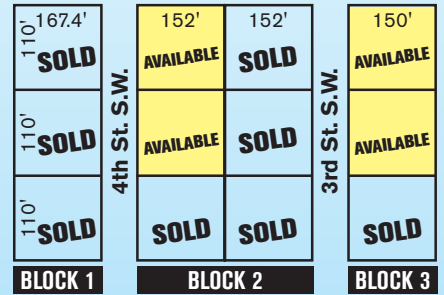
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THE BUZZ

Honoured Member



Story by Scott Taylor
Editor, Game On Magazine

Photos by James Carey Lauder
and courtesy the Daley Family

The greatest moment in Joe Daley's hockey career didn't take place on the ice. It didn't arrive in front of a huge crowd of adoring fans. It didn't happen while stopping the shots of some of the greatest players in the game's history.

In fact, it happened in his kitchen. "I think the biggest moment of my career was the day that I was at home listening to the radio in 1966, at the time of the first expansion," Daley recalled with a quiet smile. "I heard that the Pittsburgh Penguins had selected Joe Daley in the NHL expansion draft while I was hearing names like Glenn Hall, Terry Sawchuk and Jacques Plante. I think then, something registered with me. 'Maybe now there are some people who feel I might have a chance to be a player,' I thought. That day was pretty special for me."

Joe Daley had plenty of wonderful moments in a 16-year professional hockey career that ended with a World Hockey Association championship in front of his family and friends at the old Winnipeg Arena.

And this year, the 75-year-old Daley received the ultimate honour. Already an honoured member of the Manitoba Hockey Hall of Fame (1995) and the WHA Hall of Fame (2010), Daley was formally inducted into the Manitoba Sports Hall of Fame on Nov. 3, 2018 at the induction dinner at Winnipeg's Victoria Inn.

Born and raised in Winnipeg, Daley played more than 100 NHL games with Pittsburgh, Buffalo and Detroit before coming back home to play for the World Hockey Association's Winnipeg Jets in the new outlaw World Hockey Association in 1972.

The All-Time WHA leader in games played (308) by a goaltender, in wins (167), and play-off wins (30), Daley was a three-time all-star and one of only a handful of players to win the AVCO Cup three times in the seven years of the league's existence.

Coming home to play in Winnipeg turned out to be one the highlights of his career.

"Coming home to play in Winnipeg also turned out to be a special moment for me," he recalled. "I never regretted that decision to leave the NHL and jump to Winnipeg in the WHA. I played with some wonderful players.



Joe Daley, goalie Bronx Park Tom Thumb hockey, about 1954. His coat was his chest protector, but at least he wasn't the one kid who had to wear that Maple Leafs sweater.

"I look back on it now and I appreciate the quality of the guys we had playing in Winnipeg over the seven years of the WHA. We had Bobby (Hull) and obviously, for me, Bobby coming to Winnipeg meant the survival of the league for seven years. He was the most important factor for me and for hockey and for all of us who certainly got a pay raise by jumping from the NHL to the WHA. I think there are a lot of players who owe a debt of gratitude to Bobby."

When Daley got word of his induction into the Manitoba Sports Hall of Fame back in May, he added another highlight to his list.

"The day I got notified that there were other people who believe that I should join the likes of Turk Broda, Sugar Jim Henry, Eddie Belfour, Terry Sawchuk and Chuck Gardner in the Manitoba Sports Hall of Fame, that was special," he said. "I was thrilled that our three teams went into the Hall and I spoke on behalf of our teams that day and it was pretty neat for me. But this is bigger. To be going into the Hall as an individual is so much bigger. Somebody said 'You're being recognized for your efforts as an athlete,' so that's pretty special."

Daley joined four other athletes who were inducted into the Hall on Nov. 3: Swimmer Kirby Cote, speed-skater Donna (McCannell) Keating, curler Jeff Stoughton and basketball star Joey Vickery.

It was the culmination of an extraordinary life in hockey. And it

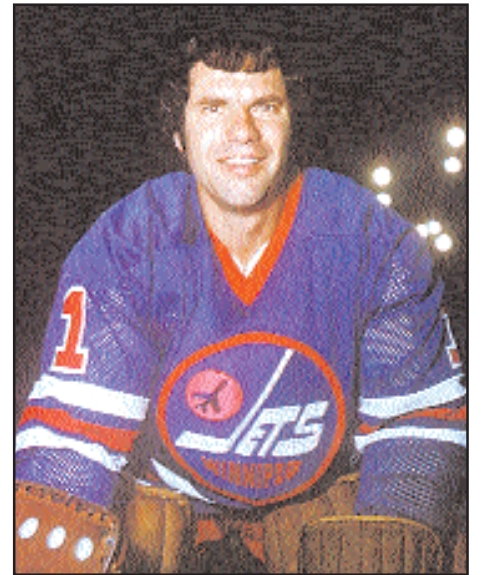
all started at Bronx Park Community Centre.

"I had a lot of fun playing minor hockey in Winnipeg," he said. "I was eight-years-old when I first walked down the highway to Bronx Park from Leighton Ave., in East Kildonan. I went to the community club because I'd heard there was a sign up for Tom Thumb Hockey. I looked at the sheet and there were no names down for a goalie so I put my name down to be a goalie.

"I went home and told mum and dad that I'd signed up for community club hockey, and they asked me, 'What position did you sign up for?' and I said, 'Goalie,' and they said, 'Why?' and I said, 'Because nobody else put their name down and I think I'm going to have a pretty good chance to play.'

That was the start of a long career in a game that Daley quickly learned to love. He got so good, so quickly that on any Saturday in the Bronx house league, he'd play for his team while other teams prayed their goalie wouldn't show up so they could ask Joe to play for them, too.

"I might get in a couple or three games on a Saturday when I was only supposed to play one," he said. "And before you knew it, there was a fellow coming around the community club, standing in the snow bank and watching me play on weekends and he called me over one day and said, 'We want you to come over to East End Barons and play in our playground hockey team. We think you're going to be



The last season, 36-year-old Joe Daley in net for Winnipeg in 1979.



Joe Daley today in his shop on St. Mary's, Joe Daley Sports and Framing.

pretty good.' So I left Bronx and went to East End Barons to play playground hockey and we had a pretty good team.

"But by the time I reached Bantam, I went back to Bronx and played out my minor hockey at Bronx, winning the provincial juvenile championship in my last year and that was special because no team had won a championship out of Bronx since Terry Sawchuk did it."

After being property of the Boston Bruins as a 16-year-old, he became property of the New York Rangers as a 17-year-old. However, after attending the Rangers' Winnipeg training camp, he played his final year of juvenile at Bronx Park. In between, the Rangers signed a veteran goaltender and Daley was left unprotected long enough to be signed by Jimmy Skinner and the Detroit Red Wings.

Continued on next page

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Honoured Member, cont'd from page 6



Vladislav Tretiak and Joe Daley after Daley and the Jets beat the Soviet National Team 5-3 on Jan. 5, 1978 at Winnipeg Arena.



Daley making a big save for the Buffalo Sabres against the Boston Bruins in 1971.



The Jets and their first AVCO Cup in 1976. From left: Freeman (Duke) Asmundson, Norm Beaudin, Bobby Hull, founder and co-owner Ben Hatskin, the AVCO World Trophy, Joe Daley, co-woner Jim Burns, Larry Hornung and co-owner Jack McKeag.

So in 1961, the Red Wings sent Daley and a group of other Manitoba players out to Weyburn to play for the first-year Red Wings of the Saskatchewan Junior League. In Weyburn's inaugural season, the Red Wings finished seventh, but Daley was so good, he won the SJHL's Rookie of the Year and Most Valuable Player Awards.

"I played that year on the Saskatchewan Junior League All-Star team against the Manitoba Junior League All-Stars and that was fun," Daley said. "That's when I got to know Normie Beaudin (the first player ever signed by the WHA's Winnipeg Jets), who was playing in Regina at the time."

After a great year in Weyburn, he went to the Red Wings' training camp and had to beat out 10 other goaltenders for a job. That wasn't going to happen, but he didn't quit. He accepted an assignment to play for the Johnstown Jets in the Eastern Hockey League.

"We used to get our cash envelope every Monday," Daley said with a laugh. "I don't think it was a pro league at the time, but I got paid. We had one goalie and 15 players. It was unbelievable."

He played there for two full seasons and then ended up playing for Coach Vic Stasiuk and the Memphis Wings in the Central League in 1965. He spent two seasons in Memphis, playing 16 games for the American Hockey League's Pittsburgh Hornets, and got onto the radar of a number of NHL teams.

"In Memphis, Red Sullivan noticed me," Daley said. "Red was going to be the head coach of the new Pittsburgh Penguins of the expanded NHL and he fell in love with my play and that's why I got drafted by the Penguins. I like to say I was the first player chosen by the Penguins, but in the expansion draft, they took goalies first, so there's that."

He was up and down between Pittsburgh and the AHL's Baltimore Clippers for three seasons and then, in 1970, the NHL decided to expand again.

"Punch (Imlach) was the GM of the new Buffalo Sabres," Daley explained. "Punch obviously saw something in me and he made a deal with Pittsburgh so that he could get me before the draft so that's why I can rightfully say, I was the first member of the Buffalo Sabres."

Daley spent a year in Buffalo, but Imlach had a chance to get Mike Robitaille and Don Luce from Detroit. The Wings wanted a goalie so while Imlach offered Dave Dryden to the Red Wings, Detroit wanted Daley back.

After an up-and-down (mostly down) year in Detroit in 1971-72, Daley wasn't certain about his

future until the rumour surfaced that there might be a new professional league forming.

"That's about the time I got a call from Billy Robinson of the new Winnipeg Jets," Daley recalled with a wide smile. "He said, 'What do you think of the opportunity to come home and play in Winnipeg?' And I'm thinking, 'This has to be something coming from heaven because I wanted no part of the Red Wings anymore,' so I said to Billy, 'Yeah, I'm interested,' and we worked out a deal on the phone. It was that quick. The season was still going in the NHL and I'd already cut a deal with Billy. The Red Wings called me in at the end of the year and Ned Harkness, the GM, said, 'We'd like to discuss a two-or-three-year contract and I said, 'I don't think that's gonna happen,' and I went and packed up my gear, came home with a brand new set of equipment and with no intentions of ever going back to Detroit."

"The rest, as they say, is history." Daley had a wonderful seven years in Winnipeg and while he played on three Avco Cup championship teams, he also beat the greatest team in the world.

On Jan. 5, 1978, after the Soviet National Team had won three straight games from the Jets in Tokyo, the Russians took a quick 2-0 lead, but with Daley in goal, the Jets battled back and beat the best team on the planet in front of a full house at Winnipeg Arena, 5-3.

"Well, I was supposed to play the third game against the Russians in Japan, but in warm-up, I got hit in the ankle and could hardly stand up," Daley said. "Unfortunately, for my goaltending partner, Gary Bromley, who enjoyed himself a little more than normal the night before, he had to play again. He was some upset. So I didn't get a chance to play against them over there but when we came home, we played against them at Winnipeg Arena and we were very fortunate to beat them."

"When Anders (Hedberg) stood up in the locker room after the game and said, 'Boys, I hope you know what we accomplished tonight,' it really set in for all of us. Anders, a guy who played against the Russian National Team many times and probably never beat them (with Team Sweden) and yet here we were, a club team, that took them to task that night. It's a memory that many fans in Winnipeg will cherish forever."

"An exhibition game or not, we beat one of the best teams in the world in Winnipeg that night. Of course, for most of my career, I treated exhibition games with respect because exhibition games were important to me. I was usually

trying to win a job and I needed to play well in those games. Beating the Russians was sure fun."

It's always interesting to note that Daley was one of the last goaltenders to wear a mask. In fact, he never wore one until his third season in Winnipeg.

"I never wore one for any length of time until my last five years in Winnipeg," he said. "That was due to my goaltending partner, Ernie Wakely. Ernie, who is still a great friend, suggested that maybe I should get one made so my evening in the net would be a long one and he wouldn't have to come in and replace me after I got hit in the face."

After he retired, he coached the Penticton Knights for a while, but returned to Winnipeg and opened up Joe Daley's Sports Cards which is now, Joe Daley's Sports and

Framing. You can find him in the store every day.

"I played the game because I wanted to play the game," he said with a smile. "At the end of the day, somebody paid me for doing something I loved to do. I think the game was very good to me. I hope that I gave enough back to the game that I don't feel I cheated anybody. We had a lot of fun. Maybe more than we should have."

"As I will say at the induction dinner, I have to thank Billy Robinson, Ben Hatskin, Barry Shenkarow and Michael Gobuty and all the people who made my last seven years as a member of the Winnipeg Jets the greatest years of my life. I'm 75 now and I can look back and be very proud of my career. Being inducted into the Manitoba Sports Hall of Fame will be a very special moment." ■



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Lest we forget...



Winnipeg wartime firefighter - John "Jack" Stewart Coull (1980-1944)

(Killed in action on July 3, 1944)

As we remember all the military personnel who served and lost their lives in the world wars, there are civilians who also served overseas and deserve to be remembered and honoured.

One such person is John "Jack" Stewart Coull, a Winnipeg firefighter who began his career with the Winnipeg Fire Department in 1932.

He signed up with the Corps of Canadian (Volunteer) Firefighters in May, 1942 to serve overseas to supplement Britain's National Fire Service.

The idea to form this national corps of 500 civilian men from across Canada was born right here

in Winnipeg by firefighter David S. Dunnett who worked at the No. 3 Fire Hall on Maple Street, now the Fire Service Museum of Winnipeg.

September 7, 1940 saw 300 German bombers fly over London - the first of 76 long days of bombings and eight months of targeting British cities which became known as the Blitz.

Coull was one of three Canadians who died from this effort. He left his wife Erna and six-year-old daughter Joyce to mourn his death.

A plaque erected near Wimbledon close to the site of his death remains to honour him: "Fireman J.S. Coull

(Winnipeg) who died as a result of enemy action when a V1 flying bomb fell on part of Wildcroft Manor, adjacent to this site on 3rd July 1944."

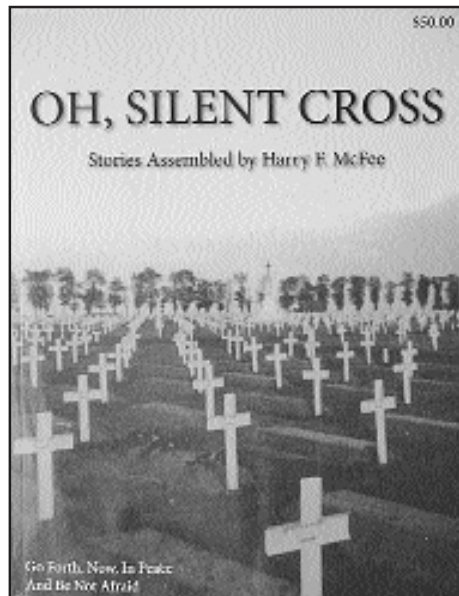
Another local firefighter, Robert Legree, was seriously injured in this same attack but survived.

Coull is buried in Lossiemouth, Scotland - his birth place. Daughter Joyce Hiebert and her son Dave Stanko has since visited London for a plaque dedication for their beloved father and grandfather, and on to Scotland to visit his grave and family members. ■

Oh, Silent Cross (by Harry McFee, recently launched at McNally Robinson Booksellers on Wednesday, November 7th.



Harry McFee



Oh, Silent Cross is a historical compilation that features the first-hand stories of 22 Canadian Forces Army veterans, as well as an impressive array of photos, documents, maps and other related materials. Harry McFee spent several decades amassing the information in an effort to keep these important stories alive through this 725-page book. He has also published a previous book called *For We Were Young and We Had Wings*, which shares the stories of 15 Canadian Air Force veterans.

Winnipeg-based writer Harry McFee has had a lifelong interest in the Second World War and the ripple effects it created for the following generations. He witnessed the impacts of war on the people who served, including his only two uncles, as well as on the families waiting at home. As a result, he felt compelled to preserve their stories so that their experiences will never be forgotten.

Both books are available at McNally Robinson Booksellers - www.mcnallyrobinson.com or call 204-897-1441 (Harry McFee). ■

In Flanders Fields by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

List of wars involving Canada (Wikipedia)

- | | | |
|---------------------------------------|---|---|
| Fenian Raids
(1866–1871) | Boxer Rebellion
(1900–1901) | Persian Gulf War
(1990–1991) |
| Wolseley Expedition
(1870) | First World War
(1914–1918) | Somali Civil War
(1992–1995) |
| Mahdist War
(1881–1899) | Russian Civil War
(1918–1920) | Bosnian War
(1992–1995) |
| North-West Rebellion
(1885) | Second World War
(1939–1945) | Operation Medak Pocket
(September 9–17, 1993) |
| Second Boer War
(1899–1902) | Korean War
(1950–1953) | Kosovo War
(1998–1999) |





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Excerpts from CREATIVE JOURNEY:

DREAM

(Margaret Harms)

Great things are not done by impulse, but by a series of small things brought together.

(George Eliot)

Imagine having the power to be able to do anything I want to do.

I would create a safe haven for all the poor, disadvantaged children in the world. I dream of granting a carefree childhood to those in war-torn countries, young ones who have never known peace in their land. I envision having enough money to build homes for the homeless, jobs for adults who need work, and adequate healthcare for everyone. What if these things could actually occur?

I can only dream of these incredible things taking place. What if I do a series of small deeds to help others in need? I believe that if added together, these small acts of kindness could become something much greater. (MH)

Today I dream of a world at peace, where everyone has a suitable place to live and enough food to eat. I take small steps to realize this dream.

Margaret Harms (MH)

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

E-mail: mjharms60@gmail.com ■



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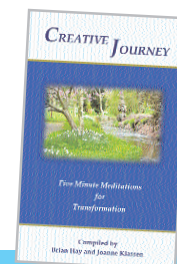
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LIGHT

(Moira Fitt)

Don't tell me the moon is shining; show me the glint of the light on broken glass.

(Anton Chekhov)

It is November, and the light here at Woodbrooke is diffused through the surrounding trees, yet I know it is there. The cool lake shimmers softly.

At home in west Cornwall, light comes across Mount's Bay, shining over the sea, casting rippled pathways of gold towards me over the water as dawn spreads across the wide open sky. The clouds lift their dark skirts to show more colour, emerging to warm my first gaze of the morning, bringing me to life for another day.

Each dawn is different. In contrast, the next is grey and misty, the light struggling to break through the gloomy drizzle that completely shrouds St. Michael's Mount, which had glowed so majestically the morning before.

At night, the wide beam of the full moon lights up the room with an eerie intensity that calls me to lean on my windowsill and watch in fascination. The "light of the world" is knocking at my door—dare I open it? (MF)

A sense of enormous gratitude comes so easily amid a connectedness of light and being.

Moira Fitt (MF)

Moira is a Quaker and feels that her Life Writing for Transformation™ skills, poetry and healing are all inspired by the inner creative spirit to help her and others to discover their potential. In 1986, she began designing and facilitating personal development courses for "women returners", alongside her education guidance role in Cornwall. She retired to enjoy her grandchildren, swimming, and relaxing in the New Zealand sunshine.

E-mail: mandt@phonecoop.coop ■

LIEUTENANT-GOVERNOR'S NEXT CONVERSATIONS AND CELEBRATIONS EVENT:

A LIFE OF SERVICE – AN INSIDE LOOK AT MILITARY LIFE

- Series of Free Public Events

Celebrating 135 Years of Government House - Lt.-Gov. Janice C. Filmon invites Manitobans to join her in engaging in Conversations and Celebrations – a monthly gathering of fascinating and entertaining people from across this great province and beyond. Lt.-Gov. Filmon is hosting a series of monthly free public events throughout 2018 to honour the 135th birthday of Government House. The next event will be held on Tuesday, Nov. 13 at 6:30 p.m. at Government House.

In recognition of Remembrance Week, the theme of the November event will be 'A Life of Service – An Inside Look at Military Life, an informative and interactive evening with Colonel (Retired) Andy Cook'. Cook will engage the audience in presenting similarities and differences between military and civilian life, sharing stories of experiences unique to military life and touching on how the role of the military has evolved throughout the years. Entertainment by Royal Canadian Air Force quartet MACH 4 will round out the evening.

In her role as lieutenant-governor,

as well as in her private life, Lt.-Gov. Filmon embraces the role of community connector. Her vision for Conversations and Celebrations is to continue to find meaningful ways to bring Manitobans together to learn, and celebrate unique talents, abilities and perspectives by embracing the rich diversity of this province and its people.

"The 135th anniversary of Government House is the perfect time to launch this program and welcome Manitobans into their ceremonial home," said Lt.-Gov. Filmon. "I want people to leave Government House at the end of the evening with their hearts and minds full, eyes wide open to the great things happening in our province and inspired to make a difference."

Events will run from 6:30 to 8:30 p.m. on the second Tuesday of each month, with the exception of December. Those wishing to attend must register in advance with the Office of the Lieutenant Governor by calling **204-945-2753**. Registration is now open and is limited to 90 guests. There is no cost to attend. ■

KEEP THE MEMORY ALIVE HONOUR THE 100TH ANNIVERSARY OF THE ARMISTICE

On November 11, 1918, Allied and German forces met in France to sign the Armistice, paving the way for peace and ending the First World War. This year, the Royal Canadian Mint is honouring the 100th Anniversary of the Armistice and the sacrifices of our Canadian and Newfoundland men and women who served in a military capacity with the release of new \$2 commemorative and collector coins.



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Lest We Forget



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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

It is not a great time right now for Canadians who have travelled in space. Our first astronaut, federal Transport minister Marc Garneau, has failed miserably in helping to replace *Greyhound* as a means of basic transportation between communities on the prairies. Former high flyer Julie Payette has been Canada's 29th Governor General for just over a year, and most of the prairies are still waiting to see her, although I rather doubt that anyone is holding their breath. The situation is apparently so bad that it's prompting renewed sugges-

tions that we should seriously consider doing away with this vestige of our colonial past. But leave it to the *National Post* to uncover deliciously disgusting news about the Right Honourable Adrienne Clarkson who has not lived at Rideau Hall for 13 long years. Turns out the lady whom many came to regard as Canada's version of "the Queen of Mean", and someone who gave a whole new meaning to the word *entitlements* has never really left the public trough, and probably never will. It was hardly what you would describe as investigative journalism by a media platform that Ottawa

Just say No

has described as "no longer viable". A close analysis of the public accounts by the Post shows that since her term as Governor General ended in 2005, Clarkson has collected more than a million dollars from the taxpayer to cover a range of expenses, all of which are subject to almost no public scrutiny. This is in addition to the \$140,000 annual pension she receives as a former Queen's representative. The newspaper article pointed out that our Governors General are subject to even less scrutiny over what this money is for than the 92 year old Queen herself. While she was on her throne at Rideau Hall, with

philosopher hubby John Ralston Saul by her side, Madame Clarkson spent more than any other Governor General in the history of our great Dominion. I was one of many troublesome journalists who sent questioning e-mails to her office, curious to see what kind of defence she might offer for her lavish spending. Through an aide, she sent out what seemed to be almost a form letter. It declared that she was subject to such criticism 'because she is Chinese' .. You don't say. Some people grab entitlements .. because they can it seems. Isn't it perhaps time to .. just say No? ■

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Red - White & Blue Get-A-Ways Request an information booklet! **1-866-846-3795** www.rwbgetaways.com

Things To Do

WINNIPEG Cont'd from page 11

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

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 \$17.70/day. Referrals made through WRHA. 204-889-4608 or call your Case Coordinator

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

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

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

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

Southdale 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.

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

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. 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.

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

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.

The Friendly Settlers Senior Citizens Club - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. 204-222-7504 or ganyadel4@mymts.net

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

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

Good Neighbours Active Living Centre - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: 204-996-0750

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FAST FACTS ABOUT MENTAL ILLNESS

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- By age 40, about 50% of the population will have or have had a mental illness.
- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age

The Canadian Mental Health Association (CMHA), founded in 1918, provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive. For more information, visit cmha.ca

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Manitoba Churches - Rapid City - St. Thomas Anglican - 1881

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 1872 the Dominion Government granted land in the valley of the Rapid River (now Little Saskatchewan River) to John Ralston "on which to bring in and establish settlers." The first arrived in 1874, along with the missionaries.

Services of the Church of England were at the home of J. G. Whellams, also the place of worship for the Anglicans. But by 1880 there was need for a resident priest. Subsequently, from January 1880, baptisms and marriages were recorded by successive priests, Rev. J. B. Sargent, Rev. Lorenzo Shepherd and Rev. George Turnbull.

The first baptism in the Parish was of George Norman Hindson, son of John George and Elizabeth Hindson, on August 1st 1880. The first wedding was of Charles Freeman and Sarah Cousins on November 9th 1880. The first wedding in the church was of J. H. Priestley and Thursa Mary Pascoe on

June 17th 1882. The first funeral was of the infant daughter of Thomas and Mrs. McClune on May 27th 1880.

When St. Thomas was completed in the fall of 1881 the Parish included Tanner's Crossing (Minnedosa), Marney (Strathclair), Shoal Lake, Roseville (Rivers) and Moore Park.

The church was enlarged in 1906 with the addition of a chancel and a vestry, mainly through the efforts of J. G. Hindson and G. W. Milner, and a supportive congregation.

Donations to the church over the years include the cross (Mrs. Fred Pike), Bishops's chair (George Lindsay), chancel chair (Mrs. A. McIvride), altar vases (Mrs. Sarah East), communion silver and alms basin (Mrs. George Balkwill), communion bread box and baptismal font (Mrs. E. S. Gardiner) and the pulpit (Hindson family).



St. Thomas Anglican church was in active use until the mid 2000s when the dioceses could no longer maintain it. The church remained open, though, but fell into disrepair. Considering its deterioration through age and the

extensive vandalism, the intent recently was to demolish the church. However, moves are afoot to keep it standing as a church.

Photographed by Tyrrell Mendis in 1991

Things To Do

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

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

Clandeboye - Dance - 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.

Interlake-Eastern RHA - Springfield Flu Clinic Schedule: **Oakbank Kin Place Health Complex**: Sat. Nov. 17 10-1 Door A. Tue. Nov. 20 1-7 Door C.

Headingley - St. Charles Headingley United Church - UCW - Christmas Craft & Bake Sale, Sat. Nov. 17, 9 am-3 pm, 110 Bridge Road.

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 - Springfield Seniors - Mondays: **Dugald Seniors Exercise Program**, 10 am, at Dugald Estates; **Pickle Ball**, 6 pm, Oakbank Elementary; **204-853-7582**, springfieldseniors@mymts.net. **Aquafit for Seniors**, Thursdays, Nov. 8-Dec. 6, 9 am-12 pm. Info: **204-444-6166**, jchubaty@rmofspringfield.ca

Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate) - **Craft & Bake Sale**, Nov 23, 9-5 pm. Vendors needed \$25 a table. Call Lynda: 204-320-4603. **RCMP Fraud & Scams Information Session**, Nov 29, 1-2 pm. **FREE** Presentation. **RSVP 204-320-4600** by Nov 22. **We offer Programs**, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits to name only a few. Reception **204-320-4600**, Lynda (Program + Volunteer Coordinator) **204-320-4603**.

Stonewall - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582**. **Active Wellness Club Classes** (offered til Nov. 26). Call for info; **IPad Club** Tue's, 1-3 pm. Call to register; **Pickleball**, Tue's, Thur's 7 pm. Call for info; **Steppin' Up** Free moderate level exercise program for men and women. Call for info; **Casino Bus Trip**, Nov. 15, departing O.F. Hall 10 am. **FREE**. Call to register by Nov. 14 noon; **Quilter's Corner**, Fri. Nov. 23, 10:15-3:30, at O.F. Hall. Call for info; **Monthly Luncheon**, Wed. Nov. 14, 12 pm, O.F. Hall. \$10 at door; **Yoga-Dance Fusion**, Warren Hall, Thur's. starts Oct. 4, 8 wks. Drop-ins welcome. Call for info; Call for info; **Bus trip: Accumulative Cribbage Tournament**, Begins Wed. Nov. 14, 7 pm, 4 wks. Team reg. only. Call for info; **Needle Felting Class**, Fri. Nov. 16, 10:30 am. 55+ members \$25 non members \$35. Call to register; **Parkinsons Disease Presentation**, Tues. Nov. 20, 1:30 pm. Call for info; **Christmas Dinner**, Wed. Dec. 12, 12 noon. Advance tickets only at 55 Plus Office.

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 activi-

ties 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 Mutcherson for info: **204-482-5469** ext. 20956 or mmutcherson@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 642-7297**; **Ashern Living Independence for Elders 768-2187**; **Brokenhead/Beausejour Outreach for Seniors at 268-7300**; **East Beaches Resource Center (Victoria Beach) 756-6471**; **Eriksdale Community Resource Council 739-2697**; **Fisher Branch Seniors Resource Council 372-8703**; **Gimli Seniors Resource Council 642-7297**; **Lundar Community Resource Council 762-5378**; **Riverton & District Seniors Resource 378-2460**; **St. Laurent Senior Resource Council 646-2504**; **Selkirk - Selkirk & District Senior Resource Council Inc. 785-2737**; **Stonewall - South Interlake Seniors Resource Council 467-2719**; **Springfield Services to Seniors 853-7582**; **Teulon and District Seniors Resource Council 886-2570**; **Two Rivers Senior Resource Council, Lac du Bonnet 345-1227**, **Pinawa 753-2962** or **Whitemouth/Reynolds 348-4610** or **Winnipeg River Resource Council 367-9128**

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

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

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 RMT, 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 télé-surveillant 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**

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

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, 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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- Specialize in Diabetics
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Today's Recipe

www.PeakMarket.com

Avocado Cilantro Bagel Spread

Metric	Ingredients:	Imperial
1	fresh ripe avocado	1
30 g	goat cheese	1 oz
1 ml	onion powder	1/4 tsp
10 ml	fresh cilantro, chopped	2 tsp
.5 ml	black pepper	1/8 tsp
-	dash cayenne pepper	-
-	salt to taste	-
15 ml	fresh squeezed lime juice	1 tbsp

In a medium bowl; combine avocado with goat cheese, mixing until well blended.

Add onion powder, cilantro, black pepper, cayenne pepper, salt and lime juice; mixing well. Let stand for 1 hour at room temperature to let flavours blend. Serve with fresh plain or toasted bagels. Garnish with fresh lime slices and a sprig of cilantro. **Serves 4**

www.PeakMarket.com

WORDSEARCH - AUTHORS

By Senior Scope

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

CROSSWORD

The larks, still bravely singing... By Adrian Powell

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
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51					52				53	54	55	
56					57	58			59			
60					61				62			
63					64				65			

ACROSS

1 Lovable rascal

6 Like speed skating tracks

10 A sloop has one

14 Monastic leader

15 Hugh Hefner used to wear one

16 Political supporter

17 Symbols that were first seen in Canada on Nov. 11, 1921

19 Pinot ___ wine

20 "___, verily!"

21 Work like a dog

22 Ordinary Joe

23 First person (from the US Overseas YMCA) to use the poppy as a symbol of remembrance

26 Gradually reach maturity

29 Pantyhose hue

30 Actor Ed ___ of "Mister Ed"

31 Archie's daughter

34 Noise Bo-Peep responded to

37 Veterans' centres and poppy distributors since 1925

40 Middle of summer?

41 One who tends to carry on

42 Bead of sweat

43 "Stormy Weather" singer Home

44 Canine irritants

45 Nov. 11, before '31

51 House sections

52 Verbal exam

53 Pangolin's treat

56 Large swallow

57 Famed poet who died on January 28, 1918 in Wimereux, France

60 Gawk

61 Amorous deity

62 Make a keynote

speech

63 Weaverbird's weaving

64 Small exam

65 Fishing-line material

DOWN

1 Pretty agile for one's age

2 Gordon Tootoosis was one

3 Verdi's best known opera

4 Janitorial need

5 Positive particle

6 Purple-flowered sedum

7 Parisian's "Ta-dah!"

8 Tad Lincoln's dad

9 Survivorman Stroud

10 Fu ___ moustache

11 Hula dancer's

welcome

12 "Ghostbusters" goo

13 Innsbruck's area

18 Food for a party on the lanai

22 Skeletal fellow

23 Badland plateau

24 Haggard of country

25 More frigid

26 Triathlon, for one

27 Mosque's leader

28 Ballpoints

31 Jolly green fellow?

32 Hawaiian veranda

33 Doug Ford's bailiwick, briefly

34 Drill a hole

35 Miniature Indonesian buffalo

36 Saharan vipers

38 Lady's garment

39 In an offhand way

43 Clingy mollusc

44 Han Solo's "Millennium ___"

45 Fluorescent bulb gas

46 This will make you blush

47 Gangster's gals

48 Small Pacific salmon

49 Accountants ___ & Young

50 It could be across the river

53 Salty, shallow, Asian sea

54 W. alliance with a Brussels HQ.

55 New driver, often

57 Winnipeg NHLer

58 Cinnabar or cuprite

59 Weep

SOLUTION ON NEXT PAGE

SUDOKU EASY

By Senior Scope

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

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

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LAUGH A LITTLE!

I am a guitarist and play at many functions and events.

I was asked recently by a funeral director friend to play at a graveside service for a homeless man.

He had no family or friends, so the service was to be at a cemetery out in the country. I was not familiar with the back roads and I got lost.

When I finally arrived an hour late I saw the funeral director had already left. Only the digging crew were still there and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. In great despair,

I started to play.

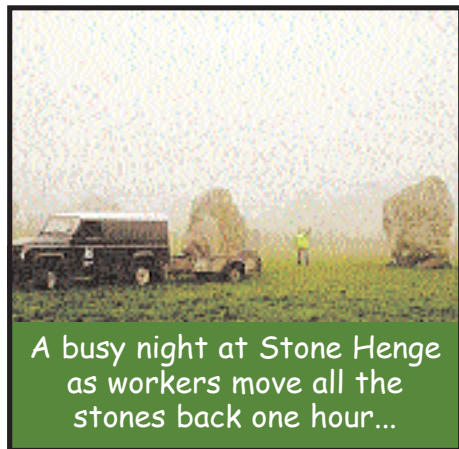
The workers put down their lunches and began to gather around. I played my heart and soul out for this man with no family or friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together.

When I finished I packed up my guitar and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

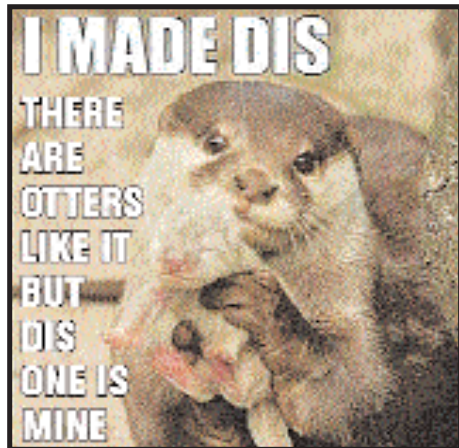
FACEBOOK FINDS



1998:
"Don't get in a vehicle with strangers."

2008:
"Don't meet up with people alone that you met online."

2018:
"UBER... Get into a vehicle with a stranger alone that you met online."



HAVE YOU EVER NOTICED THAT A WOMAN'S "I'LL BE READY IN 5 MINUTES" AND A MAN'S "I'LL BE HOME IN 5 MINUTES" ARE EXACTLY THE SAME?



CROSSWORD - Solution

SCAMP	OV	AL	MA	ST
PRIOR	RO	BE	AL	LY
RED	PO	PI	ES	NO
YEA	TO	IL	SCH	MO
	MO	IN	MI	CH
RIP	EN		EC	RU
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GUL	P		JO	H
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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

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

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