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Inside this issue...

Manitoba Baseball Hall of Fame announces 2019 inductees into provincial Hall in Morden. P12



Secret Santa buys local Winnipeg woman's groceries. Man doesn't want recognition. P2

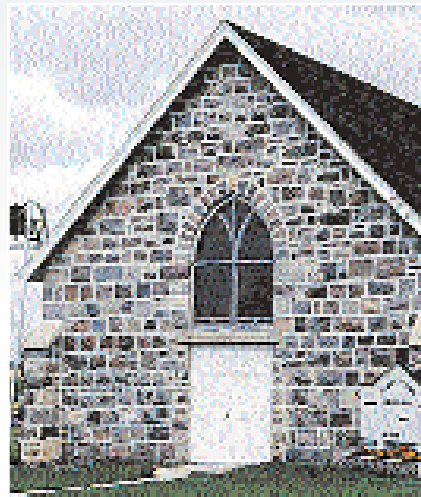
Relaxing at Temple Gardens Hotel & Spa in Moose Jaw. P8



Tips for battling Depression. P3

NEWSBITS. P4 & 5
 - Corporate welfare
 - Festive Season Checkstop Program
 - Legislation for Impaired Drivers
 - Operation Red Nose

Manitoba Churches - Kaleida - Winram Memorial Church - 1892. P17



Grandma and Grandpa Swim Program - Celebrating 35 Years. P14



Things To Do. P15-17
Travel/Leisure. P14&16
Puzzles. P18&19
Hi-Dose Flu Vaccine. P2&20

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LETTERS . . .

to the editor

Letter to the Editor

To my secret Santa Norman,

I was shopping at Safeway on Kildare Ave east on Friday Nov 30/18. While waiting in line this very special man not known to

myself took it upon himself to pay for my groceries. I thought he was joking, but no way, he paid for my items! I got so emotional, tears streamed down my cheeks.

I wish to thank you, Norman, from the bottom of my heart. In this day and age you never see, or

I never experienced it. I gave him a big hug and thanked him again.

Merry Christmas Norman and God Bless.

*Miss Katherine Gutowski
Transcona, Winnipeg*

Letter to the Editor

Save the Concordia ER

A nonpartisan citizens group working to save the Concordia Hospital ER

On April 7, 2017, the Manitoba Government announced their plan to close the Concordia Hospital ER and on May 31, 2018, they confirmed the closure date of June 2019.

What does this mean for the citizens of northeast Winnipeg and surrounding communities?

It means we will lose 24/7 access to health care within our community and at our hospital. Last year, nearly 30,000 people received emergency care at Concordia Hospital.

It means that Concordia Hospital will no longer be an acute care hospital and it will no longer be a community hospital. Instead, it will be a joint replacement surgical and geriatric health centre. Although joint replacement and geriatric

services are important to our aging population, 24 hour access to emergency medical care at our community hospital is also vital for all citizens of northeast Winnipeg, including our seniors.

On June 13, 2018, the health minister announced that a walk-in clinic will occupy part of the vacant space created when the emergency department closes. However, a walk-in clinic is not an emergency department and there are already two walk-in clinics within close vicinity of the proposed new clinic - one directly east of the hospital, on Concordia Ave at Panet Rd, and one directly south of the hospital, on Concordia Ave. We do not need another walk-in clinic within the vicinity of the hospital.

What the community does need is for the government to reverse its decision to close the Concordia ER. We all depend on emergency care to be there when we need it most.

The government in the 1990's reversed its decision to close the

Concordia Hospital when the community expressed its opposition to the closure - proof that we can impact decisions made by the government. If we did it in the 90's, we can do it again. If the government of the day listened to the community then, the government of today can listen to the community now.

Save the Concordia ER is a non-partisan citizens group that opposes the closure of the Concordia Hospital ER. Our goal is to ensure that emergency health services continue to be provided at our community's hospital and accessible to the citizens of northeast Winnipeg and surrounding communities.

Please take a few minutes to contact your MLA to make your concerns known or visit our website www.SaveTheConcordiaER.com to send your MLA an email and help Save the Concordia ER.

Find us on Facebook at **Save the Concordia ER**

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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BATTLING DEPRESSION

By Myles Shane

Every year I experience my annual spring depression when my beloved Toronto Maple Leafs are eliminated from the playoffs. For an entire week I don't want to speak to anyone. I'm cranky and vow to never watch another game. Come October I've recovered and endure another season. But seriously, having suffered from a clinical depression in my twenties, I can honestly describe it as an emotional black hole that can slowly destroy every aspect of your life. It's a scary, dark place to find yourself.

Depression is a common problem in older adults and recent studies indicate almost 15% of seniors may suffer from depression. My mother, a former social worker, spent the majority of her career helping the elderly maintain a healthy and happy quality of life in their community. Recently I asked her to share some of her wisdom with me. She indicated there are two types of depression, clinical and depression created by circumstances seniors find themselves in.

"The symptoms can affect every aspect of their lives. There may be feelings of despair, unexplained aches and pains, weight loss and loss of appetite, feelings of hopelessness, lack of energy and motivation, sleep disturbances, increased use of alcohol or other drugs, fixation on death, thoughts of suicide, memory problems and neglecting personal hygiene."

Since I have a 6 and 7 year old I'm currently experiencing aches and pain and sleeping disturbances because the kids jump on me in the middle of the night and scream that they are scared of everything. My mother tells me I'm not depressed, I just need to lock the bedroom door.

Ms. Shane explained that some of the causes of depression in seniors are due to, "health problems,

illness, decreased mobility, chronic pain, mild cognitive decline, loneliness, a dwindling social life due to deaths or relocation of friends and family, lack of purpose, loss of identity due to retirement or physical limitations or activities they used to enjoy, fear of dying,



anxiety over financial problems and the most significant, the loss of a spouse or partner." My grandfather who lived until 92, read the obituaries daily and always said he knew more people dead than alive.

Ms. Shane indicated that antidepressants should be a last resort because because the majority of the time seniors aren't necessarily experiencing a clinical depression. She suggests a myriad of solutions a caregiver, counselor or loved one

may introduce to help a senior battling depression.

1. Invite your loved one out.
2. Suggest activities to do together that your loved one used to enjoy.
3. Schedule regular social and

healthy group meals and stimulation for the mind.

8. Often talking to a counselor can make a positive difference.

If it turns out the depression is clinical, it's important that the senior is referred to a psychiatrist who may prescribe anti-depressant medication and perhaps suggest psychological therapy. ■

“ Some of the causes of depression in seniors are due to health problems, illness, decreased mobility, chronic pain, mild cognitive decline, loneliness, a dwindling social life due to deaths or relocation of friends and family, lack of purpose, loss of identity due to retirement or physical limitations or activities they used to enjoy, fear of dying, anxiety over financial problems and the most significant, the loss of a spouse or partner.”

~ Ms Shane

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NEWSBITS

December 3, 2018
Will governments ever learn their lesson on corporate welfare?
By Aaron Wudrick, Federal Director
(This column originally appeared in the Toronto Sun)

There's an old saying about the definition of insanity: doing the same thing over and over while expecting a different result. Never has this been more true than governments in Canada when it comes to wasting your money on corporate welfare.

This week, General Motors announced out of the blue that it will be mothballing its plant in Oshawa, Ont., and eliminating 2,800 jobs in one fell swoop. It's a bitter pill to swallow for thousands of GM workers and their families who had no clue whatsoever that such devastating news was coming. They're furious and so are Canadians from coast to coast.

After all, this was the same company which, together with Chrysler, begged for a bailout in 2008 at a cost of more than \$13 billion taken from taxpayers' pockets. Then-industry minister Tony Clement argued such a massive bailout was needed in order to "achieve a viable industry."

And, like kids carrying away their trick-or-treating loot and promising not to eat it too fast, GM pocketed the cash and solemnly committed "to do what it takes to get the job done so we can proceed with new investments and new production launches in Canada."

Fast forward to today, and with all of the dust settled, Canadian taxpayers lost \$2.8 billion on General Motors, even after some of the loans were repaid and shares sold.

It turns out the billions that taxpayers forked over to the corporate behemoth in the name of "stability" was really just a dressed-up protection racket that ended with GM skipping town anyway.

Ah well, live and learn, right? Governments made a multi-billion dollar blunder by giving GM a bail-

out only to see it shower its employees with pink slips a few years later. But, surely, no government could be dumb enough to do something like that again.

Just one day after GM's nasty bombshell, both the federal and Ontario governments showed they haven't learned a thing about the folly of taxpayer handouts to big business.

Maple Leaf Foods announced a new \$660 million chicken processing plant to be built in London.

At the same time, the company announced it would be closing three other plants elsewhere in Ontario which employ even more people than the future London plant. The end result: 300 fewer jobs.

Normally, when a company sheds 300 jobs, politicians are the first to protest. But in this case the Ontario and federal governments actually rewarded the highly profitable company, owned by one of Canada's richest families, with a \$62 million taxpayer handout.

Enough is enough.

When governments pick favourite companies to get free handouts, they are punishing the rest of us who are paying the bill with ever-increasing taxes and ever-increasing deficits. And in a country with a diverse economy such as Canada, giving subsidies to certain industries and companies, but not others, inevitably fuels toxic regional resentments.

Instead of lurching from handout to handout, begging and bribing companies with subsidies, our governments need to take a smarter and sustainable approach to job creation.

They can start by doing away with handouts and use that money to cut tax rates across the board – so there's no more playing favourites. And they can work harder to streamline regulation so that businesses don't get bogged down in a tangle of red tape.

They should aim to create a business environment that's so attractive that we're not constantly held hostage by individual companies threatening to pick up and

leave, because they won't want to – and because we will actually have confidence that many other businesses are interested in setting up shop here too.

Canadians are becoming increasingly fed up with seeing their hard earned tax dollars funnelled into the pockets of well-connected corporate executives.

Our governments would be wise to put a stop to it pronto, or they may soon be feeling Canadians' wrath at the ballot box. ■

November 30, 2018
2018 Festive Season Checkstop Program

The 2018 Festive Season Checkstop program will be in operation every day for the month of December.

The recent legalization of Cannabis has brought forward further concerns surrounding drug-impaired driving. Driving while impaired by Cannabis, is a crime. The Winnipeg Police Service increased the number of officers trained to detect and arrest drug-impaired drivers and will be utilizing newly approved drug screening equipment to help detect drivers under the influence of Cannabis or Cocaine.

If you're under the influence of alcohol or drugs, DON'T DRIVE. Take advantage of the various transportation options available - cab, bus, Operation Red Nose or have a designated driver.

This program is made possible through our supporting partner, Manitoba Liquor and Lotteries.

November 29, 2018
Manitoba Introduces Legislation for Tough Sanctions for Drunk Drivers

The Manitoba government has introduced amendments to The Highway Traffic Act that would adopt more serious sanctions for drunk drivers, Justice Minister Cliff Cullen announced.

"If you drink and drive, you will lose your licence, you will lose your

Continued on next page

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NEWSBITS *Cont'd*

vehicle and you will lose a lot of money," said Cullen.

Under the proposed new law, drivers under the influence of alcohol who register a 'warn' on an approved screening device, suggesting a blood alcohol content (BAC) between .05 and .08 would face a new monetary penalty of at least \$200 for a first offence, escalating to at least \$400 for a third or subsequent offence, to be established by regulation. They would also face a vehicle impoundment of between three days for a first offence and 30 days for a third or subsequent offence. Those drivers caught a third or subsequent time would also be required to drive with an ignition interlock for a year. These new sanctions would be on top of existing licence suspensions and other sanctions for 'warn' range drivers.

For first time drunk drivers that 'fail' (over .08) on an approved device, who cause no bodily injury or death, police could impose a new monetary penalty of at least \$500 as well as a mandatory ignition interlock of one year rather than proceeding with a criminal charge. The new sanctions would be comparable to those applied post-conviction and would be applied on top of the existing pre-conviction 90-day licence suspension, 30-day vehicle impoundment and mandatory Addictions Foundation of MB assessment or remedial program required for all first-time drunk drivers failing the breathalyzer.

Adding up all the administrative sanctions and penalties, the minimum cost for a 'warn' range driver would be \$2,600 for a first offence to about \$3,200 for a third or subsequent offence. The minimum cost for a 'fail' would be over \$3,300.

Under the new approach, testing could take as little as six minutes, which is significantly less than the time required to administer a breathalyzer and process a drunk driver criminally, which is often up to four hours. Police officers would get back on the road sooner to catch more drunk drivers.

In 2017, 73 people were killed and 442 were seriously injured in traffic collisions in Manitoba. Drunk driving accounted for 32 per cent of those killed and six per cent of those injured. This year, 28 people have lost their lives because of a drunk driver.

This new approach to drunk driving was implemented in British Columbia in 2010. Alcohol-related motor vehicle fatalities have decreased by 50 per cent and injuries have decreased by nearly 25 per cent. Mothers Against Drunk Driving Canada supports this model. ■

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The new up and coming social event – Death Café conversations

By Elizabeth Redston and Kay Gardiner - recent organizers of two Death Café events

Aside from birth, dying is the only other experience we all share. So why do many of us find it hard to talk about death, and why is it important that we do?

Despite widespread reluctance to discuss death and dying, it has been proven possible and useful to bring groups of strangers together in discussions around the topic. The subject is death but there is no particular agenda or objective beyond sharing and listening. Recently two Death Café events were hosted by the First Unitarian Universalist Church of Winnipeg with more than 45 people attending and ranging in age from early twenties and well upwards.

Death Café events are an international movement to help foster greater openness for talking about an often uncomfortable subject. A social franchise that started in 2011 by Jon Underwood based on the work of sociologist Benard Crettaz, to date there has been more than 7300 Death Café events around the world. The

website DeathCafe.com shares information about the café style discussion events which anyone can organize easily with the directions offered on the site.

A Death Café offers an intimate forum for small group discussion. People gather at tables and enjoy a free flowing conversation. The events are for listening and sharing although not offering a therapeutic or bereavement forum.

Sample questions are shared as possible conversation prompts and groups are free to continue on their own creative directions. Halfway through the event there is a break with simple refreshments and then people have the opportunity to join a new table group and carry on with discussion and conversation.

People who attended the recent events at the Unitarian Church shared comments about their experience and used words like: relaxing, informative, touching, friendly, thoughtful, moving and "bring your family". The facilitators

of these recent November events came from "Community Deathcare Manitoba" which is a social movement group dedicated to the cultural reclamation of community centred care for the dying, dead and bereaved and can be found on a Facebook group page of the same name.

What is apparent is that there is a growing interest and desire to talk openly about death, dying, burial options, end of life health care and options and people are keen to share ideas.

There are so many new resources and information available via podcasts, TED talks, You-Tube, online courses, workshops, Death Doula training and much more with content readily available from around the world.

Interest in talking and learning about death as a very human experience is healthy and can help people avoid unnecessary anguish and regret.

If you want to find a Death Café event, go to deathcafe.com. ■

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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.

Prevent falls at home

Begin by ensuring your home is a “fall-free” area.

Start by removing clutter from hallways, entrances and other high-traffic areas. Remove throw rugs. Repair broken railings, replace worn steps and install bright strips of tape on the edge of steps. In bathrooms, install hand and guard rails for extra support.

Improve lighting in dimly lit areas by installing nightlights, and keep a flashlight by your bed.

Make sure all items that you need on a daily basis are easily accessible. Avoid over-extending or reaching for high places.

And lastly, always wipe up spills right way!

Prevent falls in the hospital

Now that your home is ready, let’s talk about preventing falls if you are in the hospital.

When you arrive at the hospital, take a moment to look around and familiarize yourself with your new environment.

Let staff know if you have fallen in the past and if you need help. Ask if the medications you are receiving could affect your vision, hearing, or balance.

Your hospital bed likely has many adjustment options. Lower it so your feet touch the floor when getting out of bed. Always use handrails when they’re available, including in the bathroom.

There are some extra measures you can take to prevent falls.

- Exercise daily. This will improve your balance and coordination.

Speak with your healthcare provider about safe exercises that you can do.

- Talk with your pharmacist if you find your medications make you sleepy or dizzy.
- Have your eyes checked regularly and take extra care when wearing bifocal and multifocal glasses, especially on stairs.
- Wear supportive footwear with solid grip. And if you have a cane or walker, use it.
- Eat healthy. Good nutrition will boost your energy and help you feel strong.

Preventing falls is important to your safety:

- make your home a “fall-free” area.
- be vocal and ask for help while you’re at the hospital.
- take extra measures to reduce the likelihood of you falling.

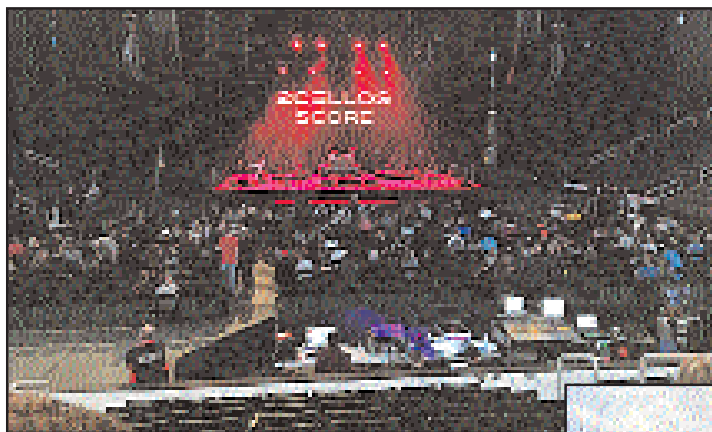
For more information about falls and other patient safety topics, call **204-927-6477** or **1-866-927-6477** or visit **safetoask.ca** to view resources and videos.

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)

Some memories of 2018. Music was in the air!



Clockwise from left: 1) 84 year old Charley Pride is still going strong and sounded as good as ever at Club Regent, Nov. 10/18. 2) 2Cellos (a Croatia cellist duo) played covers of old and new favourites including AC/DC at Bell MTS Place, Apr. 19/18. 3) Lucky fan gets her picture taken with Harlequin at the Grotto in Cooks Creek. Burton Cummings headlined this outdoor concert on Sept. 2/18. 4) The stage for the Burton Cummings/Harlequin concert behind the Grotto facing west.



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Aging Gracefully – Or Not!

By Anna Olson

Let's deal with the subject of aging. I'm in my seventies, on my way to Heaven (or the Other Place) but not yet at the "gate." Here is a motley mix of thoughts about aging.

I had my third child when I was 40 years old, some 19 years after my second child. Instead of working towards retirement, I was trying to keep up with a two-year-old. Having a young 'un around definitely affects your sense of aging. It took years off my life in a good way!

We are programmed to die. It may happen in the "death zone" of the eighties, as David Suzuki says, or earlier or later – but it will happen. Our body systems are wearing out, our resilience is less, we need more sleep, our bones are more brittle, and our sight and hearing struggle to keep up.

Growing older is about loss. The longer we live, the more friends, relatives, neighbours, and partners we lose. We can accept our new reality gracefully or complain 'til the day we die. Think of an aging computer whose circuits are wearing out. That's us.

I know about this plan. We're not supposed to stay here on Earth forever. Think how crowded it would be. We're here to learn some lessons, have some fun, pass on our genes to the younger generation, and make as graceful an exit as we can.

Life is what happens to us while we're busy making other plans! We may intend to live a long life but there may be other forces at work to determine our exit date. We shouldn't judge a life by its length. Maybe the person who died young didn't need to be here any longer than their transition date. (I like using the word transition instead of death as the former implies going from one state to another rather than ceasing to exist. We don't die; our spirit continues on another plane of existence. That's my belief.)

I have a mantra: If I jog every day, I'll stay young and never die! Ha! I know I'm fooling myself. I also like to think that if I look after myself, I'll be a good-looking corpse!

I heard a story about a Chinese emperor from long ago who asked

his physician to make him a longevity pill. The problem was that in those days, people didn't realize the danger of ingesting mercury. The physician innocently included mercury as one of the ingredients. The emperor weakened and died. The moral of the story is that we can hurt ourselves by doing artificial things to stay longer than our spirit wants to.

I read a book on elderly athletes. It was impressive to see wrinkled but strong bodies capable of skiing, swimming, and doing all kinds of athletics. It inspired me to keep trying to be healthy and strong.

Tom Delaney, a famous jazz musician said, "Everyone wants to go to Heaven, but no one wants to die to get there." Everything I've read and heard about heaven makes me want to go there, but I'm attached to this body and this life. It's hard to give up.

Elizabeth Kubler-Ross was a groundbreaking physician dealing with death and dying. I was at a workshop with her many years ago when she described her health "make-over." One night she was awakened by spirits who helped her spirit to leave her body and float nearby. The helpers "reconditioned" her body, repairing what was needed to help her continue her work.

Now that I'm getting old and creaky, I'm jealous. "Can I have a make-over, too?" I ask. Hasn't happened yet, so I just keep plodding along.

I know a woman who is 93 and still a yoga teacher. Maybe I should take yoga classes, I tell myself. I don't really want to do the work, but I recommend yoga for everyone else!

So, is there a point to all this rambling? Yes. I like the idea of aging gracefully and dying a peaceful death when the time comes. I think it's good to think about how we want our death to be since it appears to be inevitable at some point – darn it!

Anna Olson is a Winnipeg writer and editor. She can be reached at annols@mts.net.



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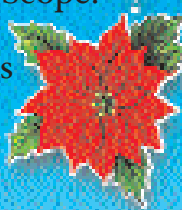
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Manitoba 

Merry Christmas!

Thank you to all those who enjoy reading Senior Scope. We're glad our efforts do not go unnoticed. Our team works hard to bring you every issue 14 times each year. We wish you All the Best throughout the Holiday Season and long into the New Year! The next issue will be out starting January 16th.



A 'footnote' on flu shots, and a delightful place to escape in the middle of the Canadian prairies

By Roger Currie

As we move deeper into flu season, I must begin with an important correction to an article I wrote in the last issue of *Senior Scope*. Flu shots are strongly encouraged for all health care workers in this country, especially for nurses and others who provide care in hospitals and personal care homes. But with rare exception, the shots are not mandatory. Health care workers have the right to refuse to be vaccinated. The notion that shots were mandatory seems to have been planted in my brain when I worked in Kenora from 2000 to early 2003. The shots were compulsory then under orders from Dr. Pete Sarsfield who was head of the Northwest Health Region. When Sarsfield retired in 2007, his successor in the job reversed the policy.

Now I move on to tell you about a special visit to what has become a very popular destination for relaxation and rejuvenation in Moose Jaw, Saskatchewan.

The favourite movie of many of us who are past the age of 60 is *Casablanca*, even though few of us were even born when it was first projected onto a screen when the world was at war in 1942. It includes a scene where Claude Rains as the local crooked police chief has this exchange with nightclub owner Rick, played by the legendary Humphrey Bogart.

Rains.. "What on earth brought you to Casablanca?"

Bogart .. "My health. I came for the waters."

Rains .. "What waters. We're in the desert."

Bogart .. "I was misinformed."

There's no desert in Moose Jaw, but there are wonderful healing waters that can be enjoyed by those who visit the *Temple Gardens Hotel and Spa*. In the 1950's, a young

Temple Gardens mineral spa - Moose Jaw, Saskatchewan - just a bus trip away with Red-White & Blue Get-A-Ways



Relaxing in the outdoor pool.

journalist named Peter Gzowski worked at the Moose Jaw Times-Herald, and after the paper was put to bed, Peter and his colleagues would relax over cool ones at the *Harewood Inn*. Many years later it became Temple Gardens and in May of 1997, Gzowski helped to make it a 'destination' for all Canadians when he used it as the venue for his very last *Morningside* show on CBC Radio. The story is told right by the mineral springs pool in the area known as *Morningside Cafe*. As a broadcaster for whom Gzowski was definitely a

personal hero, I have no problem saying that the connection to him was one of the things that first drew me to sample 'the waters' of Moose Jaw more than a decade ago.

Recently, my wife Janice and me made our third visit there but this experience was different in a most delightful way. We were part of a group of 40 people who made the trip from Winnipeg by bus. Our guide was *Alison McDonald* of Clandeboye Manitoba, who owns and operates **Red-White & Blue Get-A-Ways**. She does bus excursions to a variety of destinations

including Nashville and Branson Missouri, as well as a 14-day jaunt to Newfoundland that involves flying to St. John's. But her closest destination is Temple Gardens, and it's not hard to see why some of our fellow travellers have made the journey many times over the 15 years that her company has been taking people there.

<http://www.rwbgetaways.com/moose-jaw-mineral-spa.html>

Continued on next page

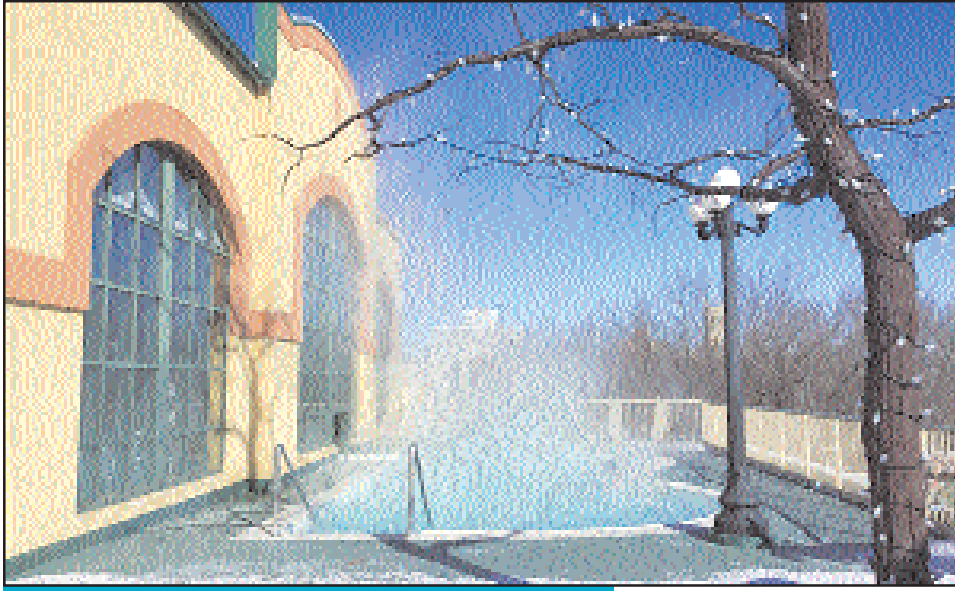
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Escape to Moose Jaw mineral waters, cont'd from page 8



Temple Gardens Hotel & Spa - outdoor pool.

We left Winnipeg shortly after 8:00 a.m. on Sunday morning, stopping for lunch at the Red Barn in Moosomin, arriving at our destination in the late afternoon. Alison helped us pass the time, showing off her skills as a bingo caller. We came home on Wednesday, and the word 'relaxed' describes just about every aspect of our journey.

Our stay began with a delicious three course meal at *Harwoods*, the very comfortable dining room at Temple Gardens. Guest rooms are spacious and comfortable, and the spa facilities near the pool offer

a variety of extras such as massages and pedicures. The tour package also includes vouchers for trying your luck at Casino Moose Jaw which is fully connected to the hotel. Not far away are the famous tunnel tours. Legend has it that mob boss Al Capone rode the rails north and took refuge in Moose Jaw when the heat was rising on him in Chicago back in the day.

But for most, the main attraction of the Temple Gardens excursion is the luxury of the water. It is piped in from a geothermal well just a quarter of a mile from the



Alison McDonald treating her family to a relaxing stay at Temple Gardens.

hotel, and it includes a variety of natural healing components that offer relief for a range of problems that many of us experience in our 60 plus years. Alison McDonald is youthful by comparison, and has children who enjoy the experience every bit as much as the seniors. "Our 11 year old twin daughters travel with us each year on the 4-day Mothers Day trip, and repeat passengers on that journey look forward to seeing them," says the proud mother.

I was one of three people on our bus who relies on a walker most of

the time, and there was also another passenger who needs a wheelchair part of the time. I felt very 'included' in everything, and after my first hour in the water almost about everything felt better.

If an exotic holiday in the tropics is beyond your means, you should seriously consider taking in the waters in Moose Jaw. ■

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

Let's listen to seniors on health, housing, pensions

Seniors want their concerns to be heard. That message came through loud and clear when the independent Kildonan-St. Paul Senior Council held a series of public meetings this year to create a report on the needs of seniors.

In September, those concerns went right to the top when Prime Minister Justin Trudeau visited Winnipeg to receive the council's report.

I invited the Prime Minister to meet with council members and local seniors and discuss their recommendations and observations regarding pensions, health costs, housing availability and other issues.

I sponsored the senior council, which gathered input from more than 150 seniors in a series of public meetings. Among the council's recommendations: that the Government of Canada allocate a portion of its \$40-billion National Housing Strategy to affordable seniors' housing, that base levels of Old Age Security and Canada Pension Plan be increased and that a National Pharmacare program be developed by 2020. Copies of the report are available at my constituency offices and on my website at <http://mmihychuk.liberal.ca>.

During his meeting with local seniors, Prime Minister Trudeau said the federal government's housing strategy will create 12,000 units of affordable housing for seniors, discussed development of Pharmacare, and pledged support for homecare and family caregivers.

In my own work, I have been focusing attention on National Pharmacare in particular, because I believe that your access to life-saving medication should not depend

on your bank account. I don't believe that it's right for seniors in Canada to have to choose between buying food and buying their medications. The creation of national, publicly funded health care by the Lester Pearson government in 1966 was one of the great steps in building a just and healthy Canada. National Pharmacare would help to make that accomplishment complete.

I am collecting signatures for a petition in support of a National Pharmacare program. I also have prepared a petition opposing the closing of the emergency rooms at the Seven Oaks and Concordia hospitals, which has left north Winnipeg without an ER. Both petitions are available to be signed at my offices at 1575 Main Street and 1215 Henderson Highway.

Improving the lives of Canadian seniors has been a priority for the Trudeau government from the beginning. One of the government's first actions on taking office was to return the age of eligibility for Old Age Security to 65, reversing the action of the Harper Conservatives, who had increased it to 67. The Trudeau government has also increased the Guaranteed Income Supplement for the lowest-income seniors by 10 per cent, introduced the Accessible Canada Act to remove barriers faced by people with disabilities, and established a Ministry for Seniors. I discussed the issues raised in the Senior Council report with the new seniors' minister, the Honourable Filomena Tassi, when she visited Winnipeg this fall.

After spending their lives building the nation we love, seniors want a chance to be heard. And more importantly, they want action. It's up to us to provide both. ■

By Hon. MaryAnn Mihychuk, Member of Parliament, Kildonan-St. Paul

Happy holidays and best wishes
in the new year!



Hon. MaryAnn Mihychuk

MP for Kildonan-St. Paul
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CURRIE'S CORNER

Roger Currie is a Winnipeg writer and broadcaster.

By Roger Currie



When Bobby Gimby sang 'Ca-Na-Da' during our centennial in 1967, one of the lines proclaimed "now we are 20 million". 51 years later, we are now a little over 36 million, not even a doubling of the population in half a century. The majority of Canadians live no more than a 90 minute drive away from the U.S. border. When Bobby was doing his *pied piper* routine, the thought was that a lot of the future belonged to northern Canada, an enormous territory with only small handfuls of people scattered about, and unbelievable riches in terms of natural resources.

There were visions of Canada supplying much of the world with a variety of energy sources, and precious minerals that were just waiting to be pulled from the ground providing much-needed jobs and wealth for northerners. On the prairies, it was nickel in Thompson, zinc in Flin Flon and uranium in several rich deposits in northern Saskatchewan.

These days, many might well be asking the question 'What the hell happened?'. Unlike the Bobby Gimby days when rugged prospectors still had a shot at striking it rich by digging a hole in the ground, today's mining business is mostly controlled by huge multi-nationals like Vale of Brazil. They took over the

What happened?

operations of *Inco* in Thompson a few years ago, and they have already served notice that the mine and mill in northern Manitoba will soon be gone, along with thousands of jobs, both underground and on the surface.

In Flin Flon, where mining was started by the Whitneys of New York almost a century ago, Hudbay Minerals has served notice that their zinc mining activity will be finished less than 4 years from now. There's lots of that precious metal to be found in other parts of the world where just about everything, especially the labour, is much cheaper.

If you follow the news, I don't need to tell you that forestry and oil

and gas are also continuing to decline. *Hydro*, Manitoba's ace in the hole has become a nightmare of growing debt and lack of growth in export markets. Who would have ever dreamed that oil in Alberta would have difficulty finding markets, while Canada continues to import millions of barrels from those champions of human rights in Saudi Arabia.

On the other hand, as I search for some happier news, the trains are running to Churchill for the first time in a year and a half. You have to wonder though, is there a reason to go there aside from watching whales and polar bears?

I repeat, *what the hell happened?* ■

Sri Lankan 55+ Group - Fall Season - Get Together

By Senaka A. Samarasinghe

The Committee of the Sri Lankan 55+ Group conducted a meeting a few months ago to finalize indoor and outdoor full-day fellowship programs. It was decided to identify a venue closer to Sri Lankan community living in Winnipeg. For this the Committee checked with the Winnipeg Regional Health Authority (WRHA) and they informed the availability of a few Access Centres.

Out of which, the Access Centre on Pembina Highway, 135, Plaza Drive, is the closest to us. Bookings were made until the end of 2019 for a room that can accommodate forty with a screen and projector, and a fully equipped kitchen adjacent to this room. Out of these bookings our first event was conducted on Thursday, Nov. 15th, 2018, 10.00 am to 4.00 pm. Because it was a weekday, some were unable to come as their children were at work. Rides were arranged for some members to send their elderly parents for this event. Thirty-five members participated.

A group (Sunimal, Sumana, Indra & Shrima) agreed to take over the kitchen to prepare tea/coffee, snacks and lunch (vegetable-fried rice, lentil & chicken curry with coconut sambol).

As the 55+ Group is affiliated with Sri Lankan Association of Manitoba (SLAM), we invited the

President of SLAM. They nominated a Board Member, Tharanga, and he helped us to handle all audio visual

presentation to provide information on referral and community outreach opportunities for older adults

and meal/grocery programs.

Our member, Hemasiri, organized a mini library, allowing members to borrow books and return them at the next gathering of our Group. He requested members to donate their books to increase the number of books in the library. He selected old Sinhala movie songs with the original scenery of the movie to project intermittently and the movie was also selected by Hemasiri.

Our member, Nieva Embuldeniya, had done a presentation about her experiences as a national boxing judge from 1986 - 1997. Nieva reached the international level in 1999, during the Pan Am Games in Winnipeg. She also served as a judge in the 2012 Olympics in London.

Sahra Shire, a Neighborhood Immigrant Settlement Worker from Family Dynamics was invited to explain her services such as English classes, employment, health and care/recreation to develop a better understanding of Canadian culture and skills to strengthen family institute.

The last items of the agenda was to watch a movie released in 2003 produced by National Film Corp. One of the main actors, Jayalath Manoratne, was, at the moment, in hospital after a surgery. All wished him a speedy recovery. ■



activities during the whole day.

Invited was Patty Berube (Senior Resource Coordinator) to conduct a

such as social and recreation programs, transportation options, home maintenance referrals, housing options

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THE BUZZ



Story by Scott Taylor
Editor, Game On Magazine

Photos courtesy
Baseball Manitoba

The former voice of the Winnipeg Goldeyes, a baseball-mad family from Morden, three remarkable teams and a pitcher from the Golden Years of the 1940s will lead nine individuals, a family, and four teams into the 2019 Manitoba Baseball Hall of Fame and Museum.

Earlier this month, the Manitoba Baseball Hall of Fame announced the 2019 inductees into the provincial Hall in Morden. The 23rd Annual induction banquet will be held on Saturday, June 1, 2019, at 5:00 pm, at the Morden Event Access Centre where the Hall of Fame is located.

The individuals to be inducted are Greg Cameron from Boissevain, Armin Gitzel from Carman, Dean McBride from Brandon, John Robbins from Winnipeg (who now lives in Richmond, B.C.), Randy Robertson from Hamiota (who now lives in Stouffville, Ont.), Bruce Stephens from Brandon, the late Chuck Lindsay from Brandon, umpire Bob Senff from Virden and broadcaster Paul Edmonds from Winnipeg.

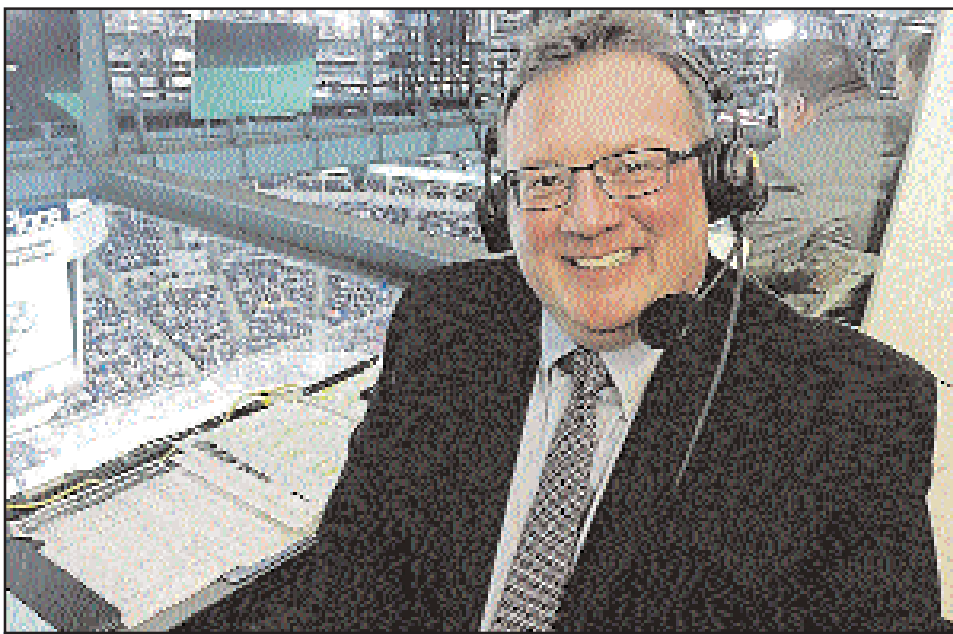
The 2006-2012 Brandon Cloverleafs (Major Teams Category), the 1996-2003 Carillon Sultans (Major Teams Category), the 2007-11 Springfield Juniors (Small Teams Category) and the 1968 Coulter Red Sox (Special Category). As well, the Sager Family from Morden will be honoured in the Special Category.

Let's meet the inductees:

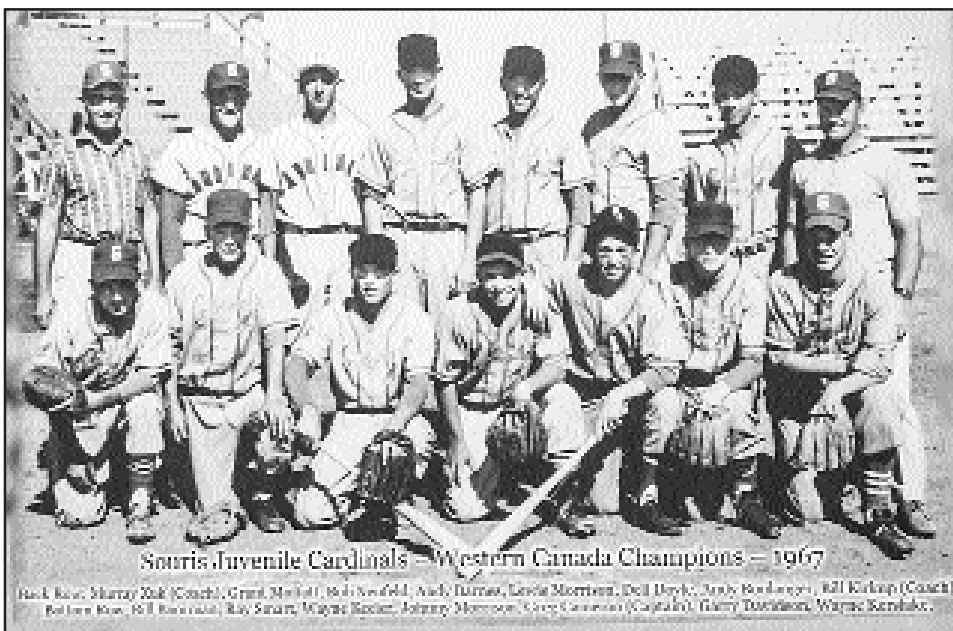
Greg Cameron (1949---) Boissevain

Greg Cameron achieved success on the ball diamond very early as his Souris Little League team won the 1961 Manitoba Championships and he is still involved with base-

The 2019 Class of Baseball's Best



Former Goldeyes radio voice Paul Edmonds.



Greg Cameron (bottom row, third from right) and the Souris Juvenile Cardinals 1967

ball nearly 60 years later. Greg played in four Canadian Senior AAA tournaments and upon retiring took up coaching minor ball in Boissevain and at provincial tournaments. In 1994 he co-coached the Oildome Pee Wee Stars to the Manitoba title which earned them a trip to the National finals in North Bay, Ont.

Armin Gitzel (1936---) Carman

Armin Gitzel was an outstanding pitcher, outfielder, infielder, clutch hitter, and base stealer. He was a key force in helping Miami win six consecutive Provincial titles from 1950-55. He continued his career playing Senior baseball in the South Central Border League from 1954-61 for the Carman Cardinals and then for Graysville in 1962 and 1963 where they won two consecutive championships.

Dean McBride (1970---) Brandon

To play 24 seasons, 1987-2010, at the highly competitive Senior AAA level is Hall of Fame worthy in itself but to record a .371 lifetime batting average for that length of time is truly outstanding. Originally from Gladstone he got his start in Senior ball at a young age with the Plumias Pirates. Dean's many achievements were accomplished in 11 seasons each with the Neepawa Farmers and Brandon Cloverleafs and two with the Elmwood Giants. Dean was MSBL 1988 Rookie of the

Year, won the 1990 batting title with a .507 average and was named the 1997 Playoff MVP.

Jon Robbins (1981---) Richmond, B.C.

Jon Robbins of Winnipeg was such a dominant pitcher that he was named the tournament's top right handed pitcher at the 2002 Junior Nationals in Newfoundland for leading Manitoba to a bronze medal. He also helped pitch the Carillon Juniors representing Manitoba to a gold medal at the Western Canadian title in 2001. He was named Rookie of the Year in the Winnipeg Senior League. He then went on to twice being named the top pitcher and overall most valuable player in the league.

Randy Robertson (1966---) Stouffville, Ont.

Hamiota's Randy Robertson compiled a Hall of Fame resume by the time he completed his minor ball career. As a Junior in 1985 his Manitoba Summer Games team earned a Silver Medal. Randy also started coaching very young as he ran an elite MBA program for young players from Western Manitoba in 1985-86 and also coached in Hamiota Minor Baseball from 1985-88. While his career in the MSBL was relatively short from 1984-89 it was also outstanding as he compiled a .352 career batting average.

Bruce Stephens (1951---) Brandon

Bruce Stephens has had two Hall of Fame careers-one as a player and a second as a builder through his coaching and executive contribution. Bruce led his small hometown Cardale team to the Manitoba and Western Canada Midget championships in 1968. He was a perennial SWBL all-star and five time batting champ while playing and coaching the Deloraine Royals. He led the Royals to several provincial championships and the 1983 Western Canadian title. Bruce coached minor baseball during and after his playing career, including Deloraine's first Peewee Provincial championship team.

Major Team: Brandon Cloverleafs -2006-2012

The Brandon Cloverleafs had a long and successful run in the Manitoba Senior Baseball League as the only team to compete every year in more than 50 years of the league's existence starting in 1961. However, no era may have been more dominant for the Cloverleafs than that of their 2006-2012 teams. In those seven years the Cloverleafs won two league pennants and really came through in the playoffs with five MSBL and provincial championships.

Major Team: Carillon Sultans - 1996-2003

The Sultans consisted mainly of players that came up through the ranks of the Carillon Sultan Junior team and played their home games out of Friedensfeld. Competing in the highly competitive Winnipeg Senior League the Sultans dominated with league championships in 1998, 1999, 2001, and 2002. They earned a Western Canadian AA silver Medal in 1999. Provincially the Sultans were 2003 Senior AA champions, the 2000 Senior AA finalist, 1999 and 2002 Senior AA semi-finalists.

Small Community Team: Springfield Juniors -2007-2011

The Springfield Braves were a rural Junior AA team with their home diamond in Dugald playing in the Winnipeg Junior Baseball League. During the five-year period from 2008-2012 they dominated their city opponents by making the league final all five years. They won the league championship three of those five years and went on to be awarded the provincial Junior title three of four times.

Special Category: Coulter Red Sox 1968

The 1968 season of the Cinderella Coulter Red Sox almost didn't happen. The team seemed likely to fold before the season due to lack of players. But it was reinforced by a trio of players from nearby Elva and they decided to carry on in the Southwest League. Against all odds, they reached the Provincial Final against a decided-

Continued on next page

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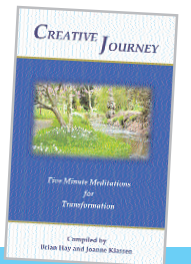
Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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Excerpts from CREATIVE JOURNEY:

HUG

(Joanne Klassen)

We all need a hug in the morning, and one at the end of the day, as many as possible squeezed in between, just to keep life's troubles at bay.

(Ben Sands)

Ray was an older gentleman I met in my twenties when I was facilitating a training program in his community, a two-hour drive from where I lived. He never knew his mother and spent many years in hospitals as a child and an adult.

When Ray brought me a rose from his garden, I gave him a spontaneous hug. He wrote in a note that this was the first hug he had received in fifty years, since his father's death. Each week Ray helped clean up after class and waited for a hug.

In our electronic age, "pseudo" contact—by e-mail, internet, and texting—is on the rise, while physical contact decreases. Whether a handshake, a hug or a touch, respectful touch between people affirms our bond in the human family.

Although he was thirty years my senior, Ray sent me a Mother's Day card each year for over twenty years. He wrote, "When you hugged me, I felt accepted and loved. I think that's what a mother does." I miss Ray and need the reminder he gave me of the importance of hugs. (JK)

I open my arms and my heart to embrace others in appropriate, respectful ways, remembering that family can be anyone.

Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada.

E-mail: jklassen@write-away.net

PEEK

(Sallie Cooper)

The first fall of snow is not only an event; it is a magical event. You go to bed in one kind of a world and wake up in another quite different, and if this is not enchantment then where is it to be found?

(J.B. Priestley)

One sparkling, frosty morning with the bitter bite of winter in the air, I sat up in bed and gazed through the window in utter amazement and wonder. The whole world was white, from the treetops to the housetops and the ground to the sky. I quickly donned my winter layers of warmth and wellies and went for a walk in the deep fresh fallen snow to the village pond, which had been frozen solid.

In front of me was a lamppost of the old-fashioned variety which I had never before noticed. The only footprints in front of me were those of the early morning adventurers of the bird and animal world. My footprints lay behind me, and spread out in front, with the sun rising over the trees, was the pond bejewelled and bedazzled by the sun

light and unmarked by footprints of any sort.

As I trudged home, my boots squeaked against the walls of snowdrifts and settled snow. I caught the fluffy, frozen flakes, all feathery in my open mouth, and felt them cold on my warm tongue. I noticed the flakes landing on my bright red fleecy jacket, gradually melting to glistening droplets. As I return home, I remind myself to peek around corners wherever I am, to find magic. (SC)

I discover the enchantment that awaits me as I enter the natural world.

Sallie Cooper (SC)

Sallie is a proud mother and grandmother and firm believer in lifelong learning. A keen writer and reader, she is also a cellist and trained facilitator of Life Writing for Transformation™ which occupies regular slots of time in the area around her home in North Yorkshire, UK. A lot of Sallie's work is done in the field of Mental Health, an area which she is passionate about and experienced in. E-mail: salliecooper@hotmail.com ■

THE BUZZ, cont'd from page 12

ly superior home team assembled by Red Sangster in Thompson and ended their dream season losing in three games to one of the best clubs ever assembled in Manitoba.

Special Category: Sager Family – Morden

The Sager family has made significant contributions as dedicated and skilled performers, leaders and builders of baseball and fastball in southern Manitoba. Father, Howie, is best known for chairing the Elks July 1 Minor ball tournament in Morden for 20 years. Mom, Oddney worked along with Howie in Minor ball as a coach and executive. Oldest son Steve had an outstanding career as an all-star third baseman and pitcher in Junior and Senior ball. Son Wayne was a talented lefthanded pitcher and powerful home run hitter. Daughter Jennifer might have been the most talented ball player in the family but was denied the chance for a baseball career, settled for fastball where she excelled.

Special Category: Bob Senff (1945---) Umpire

Bob Senff was a Winnipegger who moved to Virden in 1971 and

became a highly respected umpire on Westman diamonds for 30 years. He spent all of those seasons in the Manitoba Senior Baseball League along with two years working in the short-lived Prairie League of Professional Baseball. He once umpired a Senior game in which his two sons competed against each other in 1996 and sang both the Canadian and American National anthems prior to some Prairie League games before putting on the mask to umpire behind the plate.

Special Category: Paul Edmonds (1966---) Media

For 19 years, 1995-2013, Winnipeg's Paul Edmonds was the voice of the Winnipeg Goldeyes. During his broadcasts Paul consistently promoted amateur baseball within Manitoba. His dedication to the game has been a huge benefit to baseball in our province. Baseball's loss has been hockey's gain as Paul is currently the radio voice of the NHL's Winnipeg Jets.

Special Category: Chuck Lindsay (1920-2007) – Pre-1950

Harold (Chuck) Lindsay pitched both baseball and fastball at a very high level of competition. Chuck



Randy Robertson (top row, third from left) with the Hamiota Red Sox.

pitched baseball for Hamiota, Reston, Virden, and Belleview. Prior to WWII, Hamiota had an undefeated softball team with Chuck as the main pitcher for four years. Stationed in New Brunswick during his WWII service he was voted the best pitcher to ever play baseball and fastball in the Maritimes. The respect he had from his peers during and following his pitching career is that everybody continued to call him Chuck even though his given

name was Harold. To his peers and fans he was always a "chucker."

Tickets for the evening are \$70 for adults and \$20 for children and are available through Baseball Manitoba and the Hall of Fame in Morden. ■

With notes from the Manitoba Baseball Hall of Fame and Museum

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North Centennial Seniors Association of Winnipeg Grandma and Grandpa Swim Program Celebrates 35 Years

Sergeant Tommy Prince Place, 86 Sinclair Street, Winnipeg MB, (204) 582-0066, Email - ncsc@shaw.ca, Website - NCseniors.ca

The North Centennial Seniors Association of Winnipeg Inc. (NCSA) is celebrating 35 years of volunteer service from its Grandma and Grandpa Swim Program. Operating within Sergeant Tommy Prince Place, NCSA members have been volunteering to spend pool time with preschoolers from participating inner city daycares. This inter-generational activity provides physical activity and develops confidence in a fun and safe pool environment.

The Grandma and Grandpa Swim Program has been the recipient of provincial and national recognition. Funding has been provided in part through grants from the Winnipeg

Foundation and the North End Revitalization Incorporated. The pool time and life guards are provided by the City of Winnipeg.

The seniors have donated thousands of volunteer hours over the years - one day each week from October to June for the past 35 years. Our Grandmas and Grandpas range in age from 55+, with the eldest being 98 years old. Countless preschoolers have benefitted and enjoyed the swim and play time, developing trusted relationships across generations within a diverse neighbourhood. In addition, the grandma and grandpa volunteers host an annual Christmas party

with Santa handing out personalized gifts and also put on an annual spring carnival complete with face painting, games and prizes.

The NCSA is extremely proud of the Grandma and Grandpa Swim



Program. To celebrate this milestone achievement a celebratory luncheon attended by invited guests will be held on November 22, 2018. ■

Volunteers (2016). Photos courtesy - North Centennial Seniors Association of Winnipeg



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

MISC EVENTS

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**

The ALS Society of Manitoba - LITE UP A LIFE CAMPAIGN, Dec. 1-Jan. 31, raises funds to support the Brumitt-Feasby ALS House, the only home with care and support for people living with ALS/MND in North America. Help light the 12 Holiday trees in the front yard. \$35/15 bulbs, \$50/25 bulbs, \$100/75 bulbs, \$150/whole tree. Info and donations: **204-831-1510 Ext. 20** or www.alsmb.ca.

First Baptist Church - Ring in the Holidays Concert, Sat. Dec. 15, 7:30 pm at Broadway - First Baptist Church, 790 Honeyman Ave. @ Walnut. With Rochester Ringers, community handbell group (direction of Stuart Sladden), Broadway - First Baptist Handbells (direction of Susan Stevenson), and The Ring Out Quartet (with members of Rochester Ringers). Admission by donation. Accessible facility. Info: **204-269-0208**.

Carman, MB - Garden Club of Carman - hosts 121st Manitoba Horticultural Assoc. Convention, Thu, Fri & Sat, Jan. 31, Feb. 1 & 2, 9 am-4 pm at Carman Community Hall. Various presenters, vendors, contests, auctions, door prizes and more! Info and to pre-register for all days, one day or half day (includes lunch): FB page @MHAoffice, or **204-256-2745** or m.h.a@shaw.ca. Walk-ins welcome (without meals). Friday banquet included with some pkgs.

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 or www.TolIsraelWithLove.com

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

Centre on Aging Workshops - Jan. 23, at Holiday Inn South. Registration starts 9 am. 1) Reframing our views on aging, 9:30-10:30; 2) Strategizing on how to combat ageism in Manitoba, 1-3:30 pm. Pre-registration required by Jan. 17. Light lunch provided for participants, 12-1 pm. Call **204-474-8754** for info. Must have an email address to register.

DINNERS/LUNCHES

The Women's Canadian Club of Winnipeg - Luncheon, Dec. 18, 12 noon, RBC Convention Centre, featuring Shoestring Players presenting two staged readings, Countown by Alan Ayckbourn, and The Dear Departed by Stanley Houghton. Turkey dinner and trimmings. \$33. Info and to register: **204-663-5657** or wccwinnipeg@gmail.com.

MUSIC

St. Amant - Musical items needed for music group supporting two ladies in a Day Program. Community members welcome. Needed are tambourines, shakers, maracas, bells, triangles, drums, xylophones, chimes, rain sticks and hand cymbals and any spare children's CD's or sing-a-long CD's. Please email kstefanyshyn@stamant.ca. We can pick up in Wpg. Your donations are greatly appreciated.

SALES/CRAFT SHOWS

St. Andrew's Anglican Church - Christmas Craft & Vendor Sale, Sat. Dec. 8, 10-3 pm, in Church hall, 2700 Portage Ave. Vendors, craft tables, baking and more!

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**

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

Wildwood 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

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 Bob: **204-261-3033**, Herman: **204-253-7633** or Murray: **204-269-6259**

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

Manitoba Provincial Rifle Assoc. (MPRA) - The MPRA Senior's Air Gun program, Wednesdays, 11 am, at the indoor air gun range at 711 Leola St. Rifles and Pistols are supplied. Our range is one of the best in North America with "State of the Art" electronic targets (SIUS). This is a sport that can be enjoyed your whole life. Gord: **204-415-7919** or **204-771-1987**

VOLUNTEERING

The Canadian Red Cross Society - seeking Emergency Response Team Site Manager Volunteer. Understanding of the Red Cross' role in disaster response, relief and recovery as well as computer literacy are mandatory. Email VRS@redcross.ca or call **1-844-818-2155** for info.

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. Mon-Fri, Sun AM's. Volunteer Services **204-235-2111**; service@actionmarguerite.ca

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, outings (shopping), Mass, transport residents in wheelchairs to in-house appointments. Mon-Sat. Volunteer Services **204-235-2111**; service@actionmarguerite.ca

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

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

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

Victoria Lifeline - Home Service Representative - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or email msitter@vgh.mb.ca

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

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

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

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

Southeast Personal Care Home - Volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

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

Parkview Place, Long Term Care by Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

PROGRAMS/SERVICES

McBeth house (a non-profit organization for seniors and community) - Various activities. Mon. morning drop in rsvp, Yoga, 50+ 2-3 pm, 6-7:30 pm, 204-479-4857; Tue. Cribbage 6:30-8:30; 1st Wed. of mo. Book Club, **204-654-1109**; Thu., Painting/crafts 10-2, Quilting 6:30-9 pm; Sat. Bridge 1-4 pm. Info: **204-339-0432** or mcbethhousecentre@shaw.ca

Together Time Drop in - Get Together, 2nd Thur. of mo. Next: Dec. 13, 1:30-3 pm, 207 Thompson Dr. (Prairie Spirit United Church). Christmas theme. Cards, table games, conversation, light refreshments, door prizes. Free. All welcome. Info: **Christine: 204-895-7410**

Pembina Active Living (PAL) 55+ - Join us for: a) 10 week classes (winter, spring, fall), b) drop-in activities, and c) special events. Winter classes begin Jan. 7/19: Yoga, fitness, strength/resistance training, line dance, Zumba Gold, painting, writing. Registrations accepted at office (closed Dec. 14 for holidays) or online. Drop-in activities resume in January: bowling, men's breakfast, bridge, movies, LunchPALS. Special events: Coffee PALs, Fri. Dec. 7, 1 pm, at Access Fort Garry South; Computer class 'Buying online' Thur. Jan. 10, 1 pm. For info: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

Senior Achievers - Meet 3rd Thur. 1-3 pm at 618 Selkirk Ave. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

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

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

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

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

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

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

Bleak House Senior Centre - 1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 12:30 pm Quilting. **204-338-4723**

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

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Gerry: **204-257-1475**

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

Continued on page 16

Things To Do

WINNIPEG Cont'd from page 15

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

PROGRAMS / SERVICES cont'd

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.

Please mention Senior Scope when contacting our advertisers.

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

Please mention Senior Scope when contacting our advertisers.

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

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.

Please mention Senior Scope when contacting our advertisers.

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**

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Include duration for listing to run. **Submit by Jan. 9th for Jan. 16th issue.**

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our aquatic and recreation service areas. Recreation Gift Cards can be used towards the purchase of Leisure Guide activities, memberships (including facility and active living passes), single admissions, merchandise, equipment rentals and facility rental permits.

Recreation Gift Cards can be purchased or reloaded with any denomination between \$5 and \$500. Cards are available for purchase at select City of Winnipeg aquatic and recreation facilities and the main floor, 395 Main Street. For a full list of locations and to learn

more about the Recreation Gift Card, visit winnipeg.ca/giftcards or contact **311**. Terms and conditions apply.

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Contact: Senaka Samarasinghe
204-888-8253
Email: senaka24@yahoo.com

Manitoba Churches - Kaleida - Winram Memorial Church - 1892 St. Mary's and St. Albans Anglican Church

Manitoba Municipal Heritage Site No. 361

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 tyrmendis@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>

Kaleida, south of Manitou, is an unincorporated community southwest of Morden. In 2015 it had a population of eight.

In 1892 this church was built near Kaleida by Harry Bowler and Richard Steward, with Samuel Magee as the carpenter. It cost around \$6,500.

The church was designed by Winnipeg architect Charles Wheeler and named Winram Memorial in memory of the Hon. William Winram. Originally from Olverston, England, he had settled in the Riverdale district. First elected to the Manitoba Legislature in 1878, he was a Member for 13 years, and the Speaker for three. He died in 1891.

Winram Memorial is constructed of fieldstone from the Pembina Valley. The effective placement of these red, black and grey stones results in a refined building. With the buttresses

at each corner and other features it resembles a typical small English country church.

However, at 28 x 44 feet it is larger than many similar earlier ones.

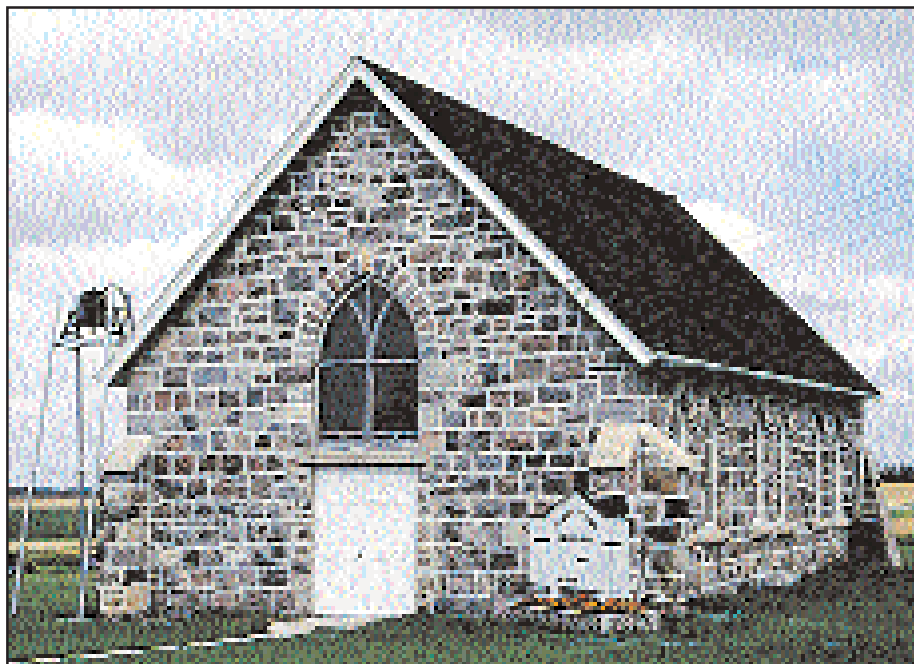
The interior's wooden Gothic Revival details are lit through coloured glass windows. These were supplied by the Winnipeg firm of Ernest Edgell.

Information about those involved with the church over the years is on a plaque in front.

Regular services are no longer held but the building is open.

The church's present name comes from the amalgamation of the parish of St. Mary's with the congregation of St. Alban in Snowflake.

The church and cemetery were designated as a Manitoba Municipal Heritage Site on March 28th 2011.



Photographed by Tyrrell Mendis in 1990

Things To Do

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

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

Carman, MB - Garden Club of Carman - hosts 121st Manitoba Horticultural Assoc. Convention, Thu, Fri & Sat, Jan. 31, Feb. 1 & 2, 9 am-4 pm at Carman Community Hall. Various presenters, vendors, contests, auctions, door prizes and more! Info and to pre-register for all days, one day or half day (includes lunch): FB page @MHAoffice, or 204-256-2745 or m.h.a@shaw.ca. Walk-ins welcome (without meals). Friday banquet included with some pkgs.

Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate) - We offer Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. 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** Extra classes: Dec. 10-Step 4:30 pm, Dec. 12-Body Blast 5:30 pm, Dec. 17-Step 4:30 pm, Dec. 19-Yoga 10:15 am, Body Blast 5:30 pm, \$5 drop in. Winter session starts Jan. 7. NEW classes-Yoga Dance Fusion and Pilates & Barre. Drop in welcome. Call for info; **IPad Club** Tue's, 1-3 pm. Call to register.; **Pickleball**, Tue's 7 pm Stonewall Collegiate, Thur's 7:15 pm, Stonewall Centennial School. Drop in welcome. No play Dec. 23-Jan. 6, resumes Jan. 8. Call for info; **Steppin' Up** Free moderate level exercise program for men and women. Call for info; **Casino Bus Trip**, Dec. 13, departing O.F. Hall 10 am. FREE. Call to register by Dec. 11 noon; **Quilter's Corner**, Fri., Jan. 11 & 25, 10:15-3:30, at O.F. Hall. Call for info; **Monthly Luncheon**, Wed. Jan. 9, 12 pm, O.F. Hall. \$10 at door, Hot Roast Beef; **Bus trip: Cribbage Tournament**, Mon. Jan. 7, 1 pm, O.F. Hall, no reg. required, individual play, \$5/person at door. Call for info; **Presentation: Disability Tax Credit & Income Tax Program** - What you need to know. Tues. Jan. 15, 1:30 pm, O.F. Hall; **WSO Guys & Dolls**, Bus trip, Sun. Mar. 24, 2 pm, departing O.F. Hall 12:30 pm. Deadline extended. 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 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 Centre - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour 204-268-2444, beauhead@mymts.net

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

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent* www.dauphinseniors.com, 204-638-6485

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/ Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including house-keeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), 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 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 RMTCC, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: 204-857-6951, hp55plus@mymts.net

Seine River Services for Seniors - The Philips Lifeline Medical Alert Service - fast access to highly trained, caring Response Associates at the push of a button, 24 hrs/day, 365 days/yr. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping. Juliette Rowan: 204-424-5285.

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau spécial. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au 204-424-5285.

Selkirk - Gordon Howard Centre (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit www.gordonhoward.ca or call 204-785-2092

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.patportercalc.com

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: 204-756-6468, email: ssinc1@mts.net, www.ebseniorscene.ca

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B*** - Knitting / Crochet Group. Info: Sunova Centre: 204-336-0294, or recreation@weststpaul.com

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Today's Recipe

www.PeakMarket.com

Cranberry Cracker Spread

Metric	Ingredients:	Imperial
250 ml	fresh cranberries, finely chopped	1 cup
2	green onions, thinly sliced	2
5 ml	jalapeno pepper, seeded & minced	1 tsp
10 ml	fresh cilantro, minced	2 tsp
7 ml	fresh ginger, grated	1 1/2 tsp
115 g	cream cheese, softened	4 oz
30 ml	sugar	2 tbsp
10 ml	fresh orange juice	2 tsp
5 ml	orange zest, grated	1 tsp
30 ml	walnuts, chopped	2 tbsp

In a large bowl; mix cranberries, onions, pepper, cilantro and ginger. Chill 2 to 3 hours.

Stir in softened cream cheese, sugar, orange juice and zest. Fold in the walnuts. Serve with assorted crackers.

Serves 4

www.PeakMarket.com

WORDSEARCH - CHRISTMAS By Senior Scope

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

CROSSWORD

Ghost of Christmas Yet to Come By Adrian Powell

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
				20					21				
		22	23	24				25	26				
27							28			29	30	31	
						32						34	
35					36	37			38			39	
40					41				42			43	
44					45				46	47			
					48				49				
50	51	52					53						
54							55	56		57	58	59	60
61					62				63				
64					65				66				

ACROSS

- Speakers' platforms
- Where the y found Tut
- Spill the beans
- Challenger's problem part of '86
- Zeus' jealous wife
- Raspy breathing sound
- Dickens' "squeezing, wrenching, grasping, scraping, clutching, covetous old sinner!"
- Basketball target
- Where Oz isn't
- Clerk who was initially, grudgingly allowed Christmas Day off with pay
- Dry gully
- Slackened the stays
- Tiny block of sugar
- Canadian ambassador to the UN 2006-11, John _____
- Manhattan's Fifth, e.g.
- Yoko who loved John
- Blue whale'souz.
- Switchback shape
- Commandment number
- Conger
- Packing heat
- Go after game
- More poorly ventilated
- Cultured gems
- One whose ghost wanders the Earth entwined by heavy chains and money boxes
- Interior designs
- Clark, Marilyn and Montgomery's "The Misfits" co-star
- Seasonal tale that was a best seller in 1843

DOWN

- Macabre writer Edgar
- Big ball
- Conk out
- Dick Newhart's TV establishment
- CIA component
- Eta's follower
- Above it all, poetically
- 1947's "The Ghost and _____ Muir"
- Excavating
- machines
- "Jane Eyre" author
- Landlocked Asian nation
- Sign of stagnation
- Honey producers
- It's nothing
- Elevates
- Dark-haired guy
- Imitation gold leaf
- Conk on the noggin
- Pampering, briefly
- Like many volcanoes
- Medicinal lilies
- Outdoorsman's love
- In a uniform way
- Depressions
- Copier of yore
- Trip across the Serengeti, maybe
- Stockholm-based
- multinational commun. co.
- Gent who created Tarzan, initially "Barney Miller" star Linden
- Norwegian coast features
- Close friends
- Heath plants
- Capability
- Where the tach is
- Abat listens to it
- Piece of pork
- Love seat's capacity
- Million bytes, for short
- Parabolic path
- Name on many '40s farm trucks
- Raptors' prov.
- _____ Palmas, Canary Is.

SOLUTION ON NEXT PAGE

Advent	Cedar	Gloria	Inn	Myrrh	Sales	Tinsel
Angel	Child	Gold	Ivy	Nativity	Sauce	Toast
Baby	Comet	Gravy	Jolly	New Year	Sausage	Toys
Bells	Crib	Green	Joseph	Noel	Sherry	Turkey
Brandy	December	Ham	Joy	Party	Sing	Vixen
Bread	Divine	Happy	Lights	Pie	Sled	Wassail
Brussels sprouts	Dolls	Holiday	Lord	Pine	Sleigh	Worship
Camel	Donkey	Holly	Magi	Port	Spirit	Xmas
Candy	Eggnog	Holy	Manger	Potato	St. Nick	Yule
Candy	Elves	Icicle	Mary	Present	Stable	
Card	Fir	In the Bleak	Mass	Punch	Star	
Carol	Gift	Midwinter	Merry	Red	Tidings	

Canadian CyberQuotes - Adrian Powell

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

TODAY'S QUOTE: **IDM LNJPI IDEKA BRNWI RMUNOEKA GJMOEMJ LBP DBTEKA IN JMPEAK CJNO OQ PMKPM NC DWONWJ. — MSLBJS PUDJMQMJ**

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

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

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

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

50 PLUS CLUB

50 Plus Members Get Great Discounts At Mango's & Blue Dolphin Lounge!

SAVE 50%

EVERY SUNDAY

SAVE 20%

MONDAY TO SATURDAY

southbeachcasino.ca | 1-877-775-8259 | Always Free Valet Service! 30 Minutes North Of Winnipeg On HWY59



LAUGH A LITTLE!

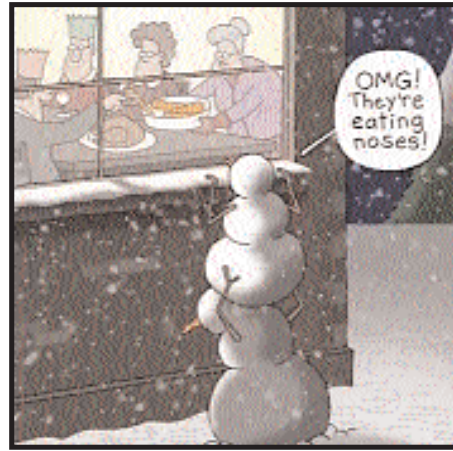
Be careful about drinking and driving as we are getting close to Christmas and police are out checking on people. Last night I was out for a few drinks and one thing led to another and I had a few too many. Not a good idea. Knowing I was over the limit I decided to leave my car at the bar and took a bus home. I passed a

police checkstop where they were pulling over drivers and performing breath tests. Because I was in a bus they just waved it past. I arrived home safely with no accidents, which was a real surprise because I have never driven a bus before. I'm not even sure where I got it from!

Enjoy the giggle above and the upcoming Festive Season but please take the topic of Driving Impaired seriously. **DO NOT DRIVE IMPAIRED! EVER!** Keep the roads safe for **EVERYONE** at all times! If you must go out, take a cab, a bus, call Operation Red Nose, have a designated driver or spend the night.

Operation Red Nose - Winnipeg - 204-947-6673
Operation Red Nose/Safety Services Manitoba:
 Brandon - 204-728-6673 | La Broquerie/Steinbach and area - 204-424-9555
 Gimli and area - 204-642-9000 | Flin Flon and area - 204-687-7331
 See page 5 for more details.

FACEBOOK FINDS



My wife just stopped and said, "You weren't even listening, were you?"
 I thought... "That's a pretty weird way to start a conversation."



Word of advice: Don't wear headphones while you're vacuuming.
 I just finished the whole house and realized the vacuum wasn't plugged in.



Sign in Steinbach, MB

CROSSWORD - Solution

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

Solution to **Canadian CyberQuotes** :

Solution to Cyberquote: The worst thing about becoming premier was having to resign from my sense of humour.

~ Edward Schreyer (b. 1935, Beausejour, MB. Manitoba premier 1969-77; Governor General 1979-84)

SUDOKU - Solution

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

WORDSEARCH - Solution

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

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FOR SALE: 1984 Chevy van equipped totally for a handicapped person - wheelchair lift, hand controls, interior propane heater. Mileage 71,719 km. Good condition. Has to be seen to be appreciated. Asking \$5,900. Call 204-663-3567.

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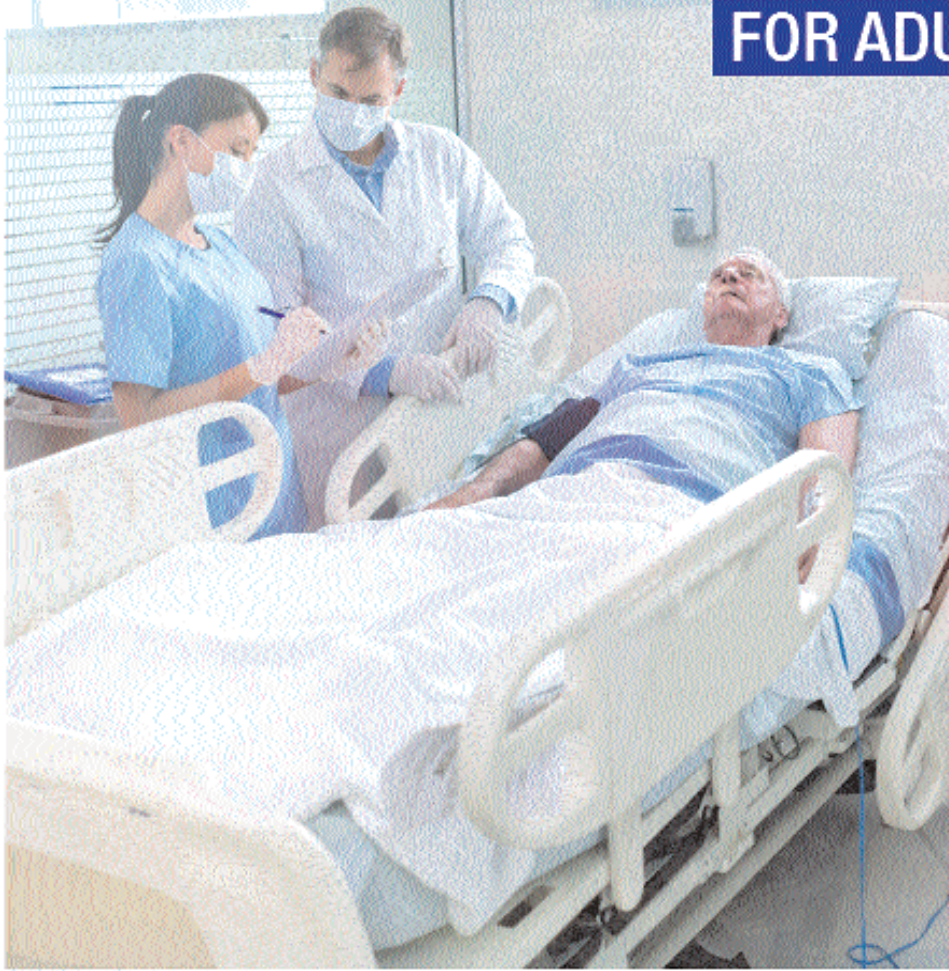
WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

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