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"He was my dad and I was his sunshine."

Read Lisa's story on PAGE 2 or visit alzheimer.mb.ca

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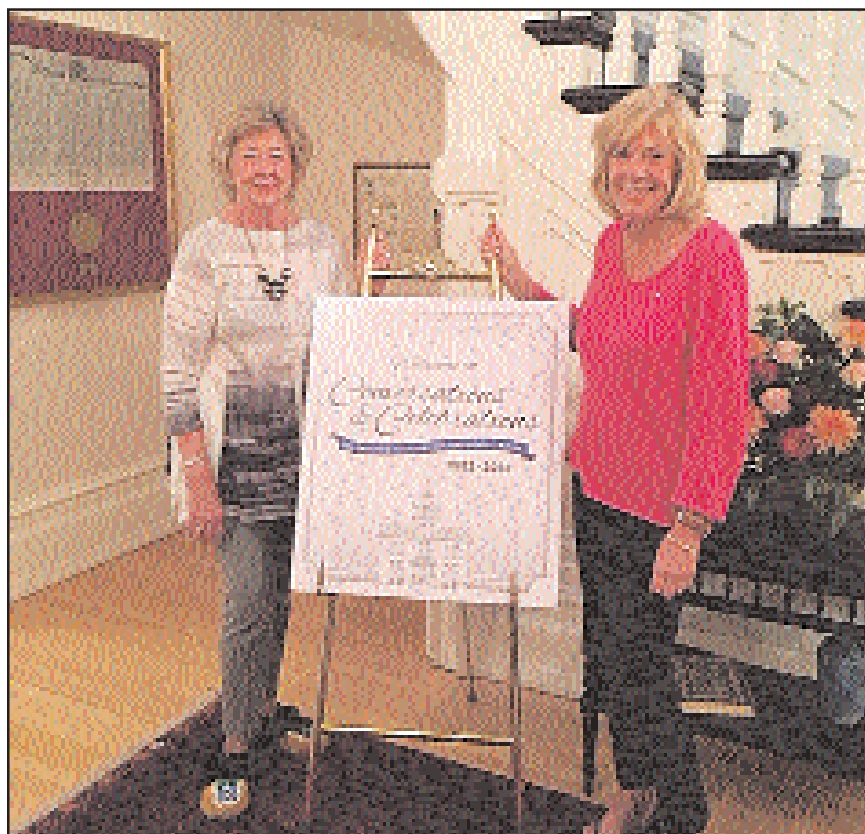
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Join Senior Scope on:

Our Queen's representative helps to honour Manitobans who volunteer

By Roger Currie



Journalist, author and human rights activist Sally Armstrong (right) was just one of many fabulous presenters at Her Honour's monthly Conversations & Celebrations series.

Janice Filmon has been Manitoba's Lieutenant Governor since June of 2015 and she has embraced her role with great enthusiasm. One of her few regrets is the fact that her busy schedule does not allow her to continue serving some of the organizations that she was heavily involved with before taking the oath and moving with her husband, former Manitoba Premier Gary Filmon, into Government House, the historic mansion on the east side of the provincial legislature.

Her Honour is a survivor of breast cancer and she and Gary

also lost their daughter Allison to cancer. She worked tirelessly as chair of the CancerCare Manitoba Foundation. Safe to say this province has no greater cheerleader for the whole notion of volunteering and right now Lt.-Gov. Filmon is encouraging Manitobans to nominate friends and neighbours for special recognition.

The 'Oscars' of volunteering locally will be presented at the Club Regent Event Centre in Winnipeg on Thursday April 11th. The late Peter Liba, who served as Manitoba's 22nd Lieutenant Governor from

1999 to 2004, created a series of awards for community volunteers in 2001 which was the International Year of Volunteers. Nominations are still being welcomed for six *Make a Difference* community awards which will be presented by the Lieutenant Governor. "We are looking for somebody in the community, anywhere in the province of Manitoba. Their efforts should try to answer the question 'If that person hadn't met an obvious need, would someone else have

Continued on page 3



Volunteer Manitoba 2018 Winners.

"I see my job as celebrating Manitobans and connecting them. It has been pure pleasure."

- Lt.-Gov. Janice Filmon

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I Was Your Sunshine, Dad. Do You Remember?

Courtesy Alzheimer Society

I was always Daddy's girl. To this day I still can't cook very well because, instead of helping my mum in the kitchen like other girls did, I would follow my dad around. I would go into his workshop and ask what all the tools were used for. When he had to make a trip to cut wood or haul things to the garbage dump, I always went. To me, these were grand adventures; I loved to see new things and explore, even if the locations weren't the most picturesque.

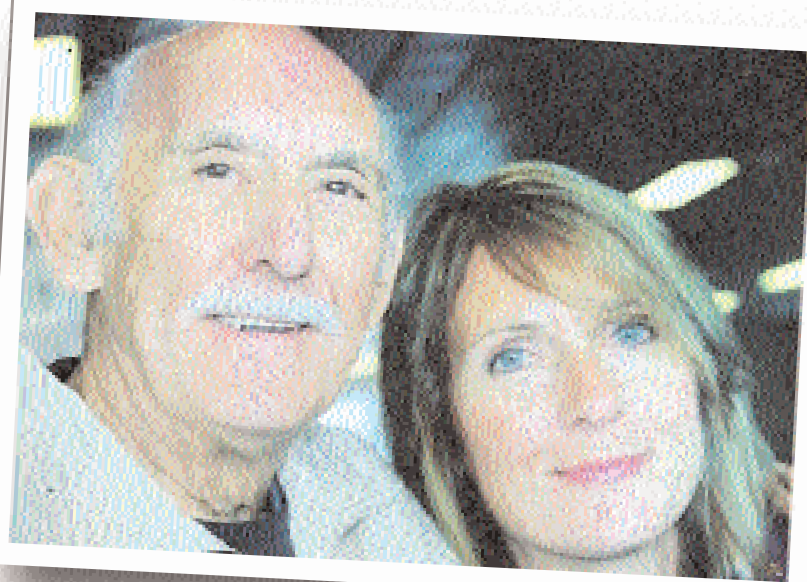
My dad was my friend, and he was always the calm one. When I would fight with Mum, which happened more and more in my teenage years, I could go for a walk with Dad and he would give me peace and a calmer viewpoint on things. My dad and I walked many miles when I was growing up.

Dad was also a singer. No one really knew this outside of our home, but he was always singing, whistling or humming a tune. He loved country music and knew the words to many songs. I didn't realize how happy that made me feel until I went back through my memories and realized that the house was almost lit up with his singing. It was a happy time; we had a normal, happy home growing up. Middle class Canadian.

The years passed, and I grew up, got married and moved away. I didn't see Dad as much anymore because we lived several provinces away, but when we came to visit, I always joined him for his walks.

Tiny Little Flickers of Change

It was when he was in his late sixties that I noticed slight changes. His memory wasn't as good, and he would repeat things he said. My mum reported that he did odd things, like making cereal with water instead of milk, as he had done all his life. Tiny little flickers of change had begun. When my husband, Andrew, and I visited with our family, the patience Dad once had with our children seemed to be ebbing away, and his temper was becoming shorter.



Lisa Jane with her dad who suffers with Alzheimers.

My mum began to cover up for my dad. She was, I believe, embarrassed and scared. When we would direct questions at my dad, my mum would answer for him. He began to follow her around like a lost puppy, unsure of himself and lacking any confidence.

As things progressed, he started to treat me like a neighbour or a care worker. I realized why afterwards: he was already beginning to forget who I was in his life. Once, I told him I was his daughter. He said, no, his daughter was much younger than I was. He was going back in time. I adjusted to this fact slowly and painfully. I had tears along the way, but no regrets, as Dad and I had always shared a bond and I knew he truly loved me. Now I had to take care of him as best as I could.

At this point, Mum and Dad moved into assisted living - an apartment-style home with meals made for you and served in a general eating area. It's a good place to be if there are any health issues, as others are around to keep an eye out. Also, my parents found good company in other seniors who lived there. Within the year, Dad's

Alzheimer's grew rapidly worse. I remember getting a call from my mum that Dad had been at the front desk of the building asking when the boat was coming to take him to his family. It now appeared that, in his mind, he was living at the 20-year-old stage.

Around this time, my mum was hospitalized for dehydration. What I haven't told you yet is she was battling ovarian cancer. She was the kind of person who didn't let others know her feelings and fears. My mum was stoic and strong until the end.

When she was in the hospital, I said I would take my dad home. Well, we came in the door and, within minutes, he started asking me where Mum was. I told him, and he got very angry at me. He thought I was lying, and for the first time, I was scared of my dad. This gentle person, who had

Continued on next page

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Her Honour Janice Filmon..., cont'd from front page

stepped up?. It may well be someone who worked on a particular community program for 35 years without receiving the recognition they deserve” Her Honour says. She honestly believes that when such recognition is given, everyone in that same community walk a little taller.

The *Make a Difference* awards provide the six finalists for the Lieutenant Governor's Vice Regal Volunteer Award. The winner of that prize will also have a tree planted in their name in a place of honour. “Years ago I said that if I ever got the chance to bestow such an honour, I would like it to be something that would beautify our province and be sustainable, such as a tree” Her

Honour says. She went on to say “By sheer coincidence, when my term began in 2015, I heard about a tree which had been in development for some 20 years at Jeffries Nurseries in Portage La Prairie. It's a cross between a silver maple and the red leaf maple that is native to Atlantic Canada”. Now known as the *Regal Celebration Maple*, she herself planted the first one on the grounds of Government House in May of 2016, the first of hundreds planted across the province as part of her Lieutenant Governor's Tree Project. “It's about everything related to a genuine legacy. It's about putting the roots down and letting the sun shine and bringing on a team of



Janice Filmon planting first Regal Celebration Maple acquired from Jeffries Nurseries at the Government House in 2016.

people, and getting the job done” Her Honour says with growing enthusiasm.

A new regular event at Government House has been '*Conversations and Celebrations*'. Held the second Tuesday evening of each month in the ballroom at Government House, these free public events have both an educational and entertainment component. The speaker for February's event is Gordon Goldsborough, a popular local historian.

Her Honour is amazed how quickly her time as the Queen's representative is passing. “I see my job as celebrating Manitobans and connecting them. It is pure pleasure”.

For more information:
www.manitobalg.ca 204-945-2753

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

I Was Your Sunshine, Dad..., cont'd from page 2

never hit me in my whole life, looked like he was going to hurt me. I kept the kitchen island between us until he calmed down, and then I took him straight back to the hospital. He did not take comfort in the love of his daughter; he didn't recognize me.

The Turning Point

Then one evening my mum asked my dad to drive to the corner to get a newspaper.... my dad did not return. It was an evening in the middle of March in Manitoba. There is still snow on the ground and the temperatures can vary from quite cold to just plain cold. We drove around looking for my dad and calling him. I remember my brother and me driving country roads in the dark yelling his name out the car window. My husband was also driv-

ing and looking for him in the opposite direction.

I don't know what my mum was thinking at this time. I think she was tired and overwhelmed. She never told me if she broke down and cried, but I imagine the truth was beginning to set in with her.

We contacted the police, and then at 1 am we had no choice but to return home and wait for news. At 7 am it came! Dad had been found in a farmer's field about 40 minutes away. The farmer had been quite nervous about him, as my dad was found walking around and saying he had to get home for dinner with the family. The farmer had armed himself with an axe because my dad was displaying odd behaviour. Dad had somehow driven 25 kilometres in the wrong direction onto a dirt road,

eventually ending up in the farmer's field in the grass. He had no coat – just the shirt he was wearing. It was lucky he was found alive and that he hadn't hit anyone with his car. It was clear to me at this point that I had to take over the decision-making for Dad, as Mum could not do it. I handed the RCMP his keys and called the emergency social worker.

Adjusting to a Care Environment

Dad was placed into temporary housing within the week. This was hard, but the funny thing was, he didn't seem to even understand. He adjusted very quickly and started helping to push other patients around in their wheelchairs. We would go and visit him; he seemed to enjoy the visits, but I don't think he really knew who we were. He began to whistle

again, so I knew he was somewhat happy inside. I did feel guilty, but his safety and the safety of others became paramount. Dad lived the last year of his life in a nice, small nursing home near my house, so I could visit him often. These visits weren't for my dad anymore, as he did not recognize me at all. They were for me to love him and spend time with him, just as I knew he had done for me all those years when I was young.

Dad eventually passed away later that year from the natural progression of Alzheimer's disease. The battle was over, and it was time to let him go. I prefer to remember my dad as the vibrant, creative, happy, loving person he was before Alzheimer's affected his brain and personality.

He was my dad, and I was his sunshine.

- Lisa Jane

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PART TWO - continued
from Jan. 16/19 issue.
PART ONE highlighted Questions for High Net Worth to ask financial advisors

So what are my concerns with High Net Worth Families?

- Decision Making within my Wealthy Families. My greatest concern is when I have not met the children, grandchildren, executors and POA's. I get really worried when I know there are family issues and I am told the lawyer or accountant will look after things. Most families do not tell the lawyers all the family issues so how can they adequately represent them? Accountants deal with historical data and not family strategic family wealth planning. They work magic with businesses but smaller family tax issues, not so much. That is not what they do best.
- Inertia - Because there can be competing interests - no decisions are made. Many times families wait too long and then what would have been a good plan is not completed. There tends to be family politics - so decisions are put off until it's too late.
- Asset concentration - we see a lot of this when families come to see us. If the investments are held in stock then there is a very high concentration in Canadian companies. The research on foreign holdings is harder to come by plus

the cost is higher because of currency. The problem with having a high concentration in Canada is that we are a small market. Canada is only approximately 4% of the whole world market with a large concentration in financials and energy. Anyone who has held energy stock has been on a wild roller coaster ride over the last few years with the drop of oil prices. Much of previously made profit has now been wiped out. This makes the reliability of stable income challenging.

- Client focus on short term issues - market volatility is a perfect example. Over time the market will outperform debt securities plus investment in the market tends to be more tax efficient.

In my client base, families tend to focus on those events which impact them the most like who has passed in their immediate circle of friend, co-workers and family. They use these close connection deaths in making retirement and spending decisions ignoring all the documented evidence that life expectancy is increasing especially for women. They also tend to ignore all the medical advancements which is also contributing to an increase life expectancy. In my client base, in making investment and life decisions, men tend to focus more on the age their father's died. It can be a challenge to get them to focus on taking a longer term view particularly as their spouses may have many years of life post their husband's death.

- Over and under insurance - most of my experience lies in people being under insured and not having the right type of insurance. Too many people count on their work group coverage. Contingency plans are not made. What hap-

pens if you lost your job or became disabled? Being under insured places families in vulnerable positions.

Are you a High Net Worth Family? Have any of these identified statements caught your attention? Have you examined your plan for dealing with these issues? Have you had a conversation with your family regarding the family wealth? Is it time to re-examine? Should you schedule an appointee with an experienced practice to examine your affairs?

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NEWSBITS

January 23, 2019

Canadian Taxpayers Federation going to court to stand up for taxpayers and beer drinkers

OTTAWA, ON: The Canadian Taxpayers Federation is going to court to defend taxpayers (and beer drinkers) as an intervener in the appeal of Steam Whistle v. Alberta Gaming and Liquor Commission, in which two out-of-province beer companies successfully challenged unconstitutional legislation imposed by the Alberta government.

"The Alberta government collected \$2 million in beer taxes based on an unconstitutional law, but it doesn't want to give the money back even after the legislation has been struck down," said CTF Federal Director Aaron Wudrick. "When Canadians get overcharged by government, the government should have to give back the money and we're going to court to defend that principle."

The CTF is intervening on appeal to ensure that the correct remedy is applied, namely that the Alberta government is required to return the money it taxed using an unconstitutional law.

In June 2018, the Alberta Court of Queen's Bench ruled that two changes to mark-up rates on craft beer produced outside Alberta were unconstitutional. The mark-up regime had different rates applied to different regions, along with a grant for Alberta brewers to offset the mark-up they would otherwise pay. As a result, brewers from outside Alberta were charged more than \$2 million in taxes that the court deemed unconstitutional. Despite losing the case, the Alberta government is refusing to repay the money and the case is now before the appeal court as a result.

“Taxpayers deserve the certainty that if they face an unlawful tax, they will get their money back.”

"When governments take money they are not entitled to take, they cannot simply keep the proceeds after the law is struck down," said

Wudrick. "Taxpayers deserve the certainty that if they face an unlawful tax, they will get their money back."

- CTF Federal Director Aaron Wudrick
Cell: 613-295-8409
awudrick@taxpayer.com

January 31, 2019 Manitobans reminded of their rights when dealing with creditors

Manitoba Justice's Consumer Protection Office (CPO) reminds Manitobans of their rights related to debt collection and encourages individuals to make arrangements for repayment of money owed.

If you fall behind on a payment, your creditor may hire a collection agent to contact you. In Manitoba, collection agents and their collectors must be licensed by the CPO. With the Consumer Protection Act, collectors cannot:

- phone or visit before 7 a.m. or after 9 p.m. Mon.-Sat., or on Sundays and statutory holidays;
- threaten you with any action for which they do not have authority;
- deliberately mislead you with documents that look like court or legal documents when they are not;
- seize or attempt to seize property you own, unless it is specifically pledged as collateral for your loan; or
- harass you, your family, neighbours or friends.

If a collector contacts you, write down their name and the name of the collection agent they represent. You can contact the CPO to confirm they are a registered collector or licensed collection agent. A collector cannot make a demand for payment unless you have been told the name of the creditor or the balance of the debt owing.

If the debt sounds unfamiliar or you think there has been an error, inform the collector and contact your creditor immediately. You can also request a free copy of your credit report each year from Equifax Canada and TransUnion Canada to ensure that your financial information is accurately reported. If the debt belongs to you, an outstanding payment may affect your credit score.

It is good practice to keep track of payments made to a collection agent. When you make a payment, you have the right to request a dated receipt, which should list the

amount paid and the name of the creditor or company owed.

The CPO investigates complaints about collection practices. Individuals and businesses that fail to comply with the rules related to collection practices may be subject to penalties that range from \$1,000 to \$20,000. For more information about debt collection, visit:

www.gov.mb.ca/justice/cp/cpo/info/collection_practices.html.

To learn more about consumer protection issues and their rights under the law, download the free Consumer Protection mobile app or contact the CPO at 204-945-3800, 1-800-782-0067 (toll-free), or by email at consumers@gov.mb.ca. More information is available at www.manitoba.ca/cpo.

Manitoba renews Recycling Agreement for tires

The Manitoba government has approved the stewardship program plan for the continued recycling of used tires, Sustainable Development Minister Rochelle Squires announced.

"It is encouraging to know there's a good collection system in place for recycling automotive, off-road and even bicycle tires," Squires said. "And it's even more encouraging to see the many ways that old tires can be turned into new products, such as playground flooring, turf fields, rubberized asphalt for roadways, welcome mats for your home or an anti-fatigue mat at work, or even garden mulch in place of woodchips."

The province has approved a new five-year business plan for Tire Stewardship Manitoba, Squires said, adding that strengthening Manitoba's recycling programs to reduce waste is one of the priorities included in her new mandate letter.

Tire Stewardship Manitoba is one of the province's 12 industry-funded producer responsibility organizations, which help recycle and properly dispose of a wide variety of designated materials, from packaging and printed paper to used motor oil and tires, household hazardous waste and empty beverage containers. More information about where to recycle these products can be found at www.gov.mb.ca/sd/wastewise/ecodepot.html.

"Tire Stewardship Manitoba ensures

Continued on page 7



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CURRIE'S CORNER



By Roger Currie

Roger Currie is a Winnipeg writer and broadcaster.

Colder than Mars

On the Canadian prairies, January 2019 which has finally ended, produced one of the more amazing potential headlines or punchlines that any of us might ever see. "It's so cold that even the polar bears can't stand it!"

A 5 year old male polar bear named Blizzard who lived at Winnipeg's Assiniboine Park Zoo has died. His Winnipeg home was a fabulous place at the park called Journey to Churchill. Many millions have been spent to create the ultimate dream enclosure for the big white bears as well as other northern critters.

Blizzard was known as 'Hungry Boy' because of his huge appetite, so the suspicion is that it wasn't the food that did him in. In that lap of luxury he might have been expected to live to be 20 or more.

Seldom have we seen such an arctic chill as the polar vortex that covered more than half of North America in late January. Canadians felt rather superior as we read about schools that closed in cities like Minneapolis. The closest we came on this side of the border was cancelling rural school buses so that children wouldn't be in danger if their bus didn't arrive or was late.

As a working journalist for more than 45 years I learned early on that there is no story more eagerly awaited than the weather story, especially on the Canadian prairies. But I have to say that we generally don't do a particularly good job of describing the extremes of winter in Canada, particularly in Winnipeg. The big American news organizations made the point for several days that Chicago was experiencing "cold that is normally felt in the arctic". In the True North you are likely to encounter headlines that describe the home of NHL Jets as "colder than Mars" ...Really.

When all is said and done, winter often includes days that are ridiculously cold. Common sense should dictate that older people especially should stay indoors when the temperature is minus 30, with a wind-chill you don't even want to know about. It's quite OK to be a couch potato.

We are blessed to have some genuine heroes at times like this, and many of them are volunteers. I'm thinking of the Salvation Army, the Main Street Project, and the Bear Clan Patrol.

A huge thank you to all who serve the homeless and near homeless.

Is it warmer yet? ■

NEWSBITS

the scrap tires available for collection are being collected and diverted from landfills, reducing the potential for stockpiles and potential harm to the environment," said Brett Eckstein,

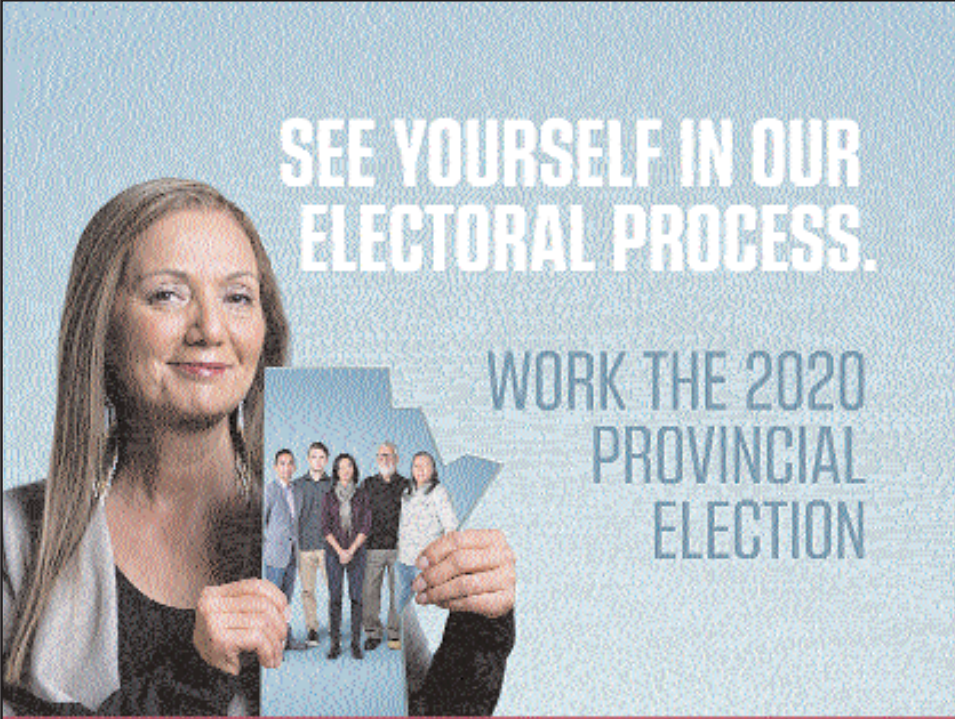
“With every purchase of a new tire, Manitobans make a significant investment in a thriving environmental industry that reflects job creation, innovation and economic growth.”

executive director, Tire Stewardship Manitoba. "With every purchase of a

Cont'd from page 5

new tire, Manitobans make a significant investment in a thriving environmental industry that reflects job creation, innovation and economic growth."

There are currently over 1,500 tire collection sites in Manitoba. In 2016, these sites recovered over 18,600 tonnes of scrap tires. The new five-year plan includes a recommendation to increase public awareness and sustain a recovery target of at least 90 per cent. One of the other priorities of the renewed program is providing convenient, provincewide access to tire recycling opportunities including in northern and remote communities. ■



Elections Manitoba is looking for community leaders to work the provincial election.

Returning officers and assistant returning officers are responsible for preparing and managing all election activities in their electoral division.

Requirements

- Non-partisan/no political affiliation
- Eligible voter (18 years or over, Canadian citizen, Manitoba resident)
- Project management experience
- People management experience
- Satisfactory security check
- French language skills are preferred in bilingual electoral divisions

This is a term position with some part-time work and paid training starting November 2019. A full-time commitment, including evenings and weekends, is required during the election, from August 1 to October 31, 2020.

Compensation for election period

- Approximately \$16,500 for returning officers
- Approximately \$14,300 for assistant returning officers
- Plus fees for preparation and training

For more information, please visit us online at electionsmanitoba.ca or contact us to request an application form:

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Toll-free: 1.866.628.6837 ext. 7940
Email: RORecruit@elections.mb.ca

Closing date: February 22, 2019

Employment Equity is a factor in selection. Applicants are asked to indicate if they are from any of the following groups: Indigenous people, visible minorities and persons with disabilities.

We thank all those who apply and advise that only those selected for consideration will be contacted.



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THE BUZZ



Story by Scott Taylor

with biographical notes
provided by Softball Manitoba
Photos courtesy
Softball Manitoba

The Class of 2019

The kid from Portage who played with the world-renowned California Cuties, the daughter of All-American Girls Professional Baseball League star Olive Little and another all-star from the amazing Winnipeg Colonels will lead eight individuals and three teams into the Manitoba Softball Hall of Fame.

The group of inductees includes four athletes, three all-around contributors, one Builder and three teams and will officially inducted on May 11, 2019, at Winnipeg's Victoria Inn.

The athletes are Darryl Beamish, Michael Blackburn, Rollie Boucher and Leanne (Scott) Papineau. The all-around contributors are Charlie Brown, the late Frankie (Little) Cochlan and Larry Dewis and builder Brett Turner as well as the 2002 - 2007 Bison Blondes Women's Slo-Pitch Team, the 2002 -2006 Smitty's Senior Open A Women's Fastpitch Team and the 2006 - 2011 St James Canad Inns 55-plus Mixed Slo-Pitch Team.

Let's meet this year's inductees:

MANITOBA SOFTBALL HALL of FAME INDUCTEES 2019

DARYL BEAMISH, ATHLETE

Beamish began his fastball career in 1963 playing in south-western Manitoba. He competed in several Senior B Provincial Championships and was part of teams that represented Manitoba in Western Canadian Championships at the Senior B and Masters levels.

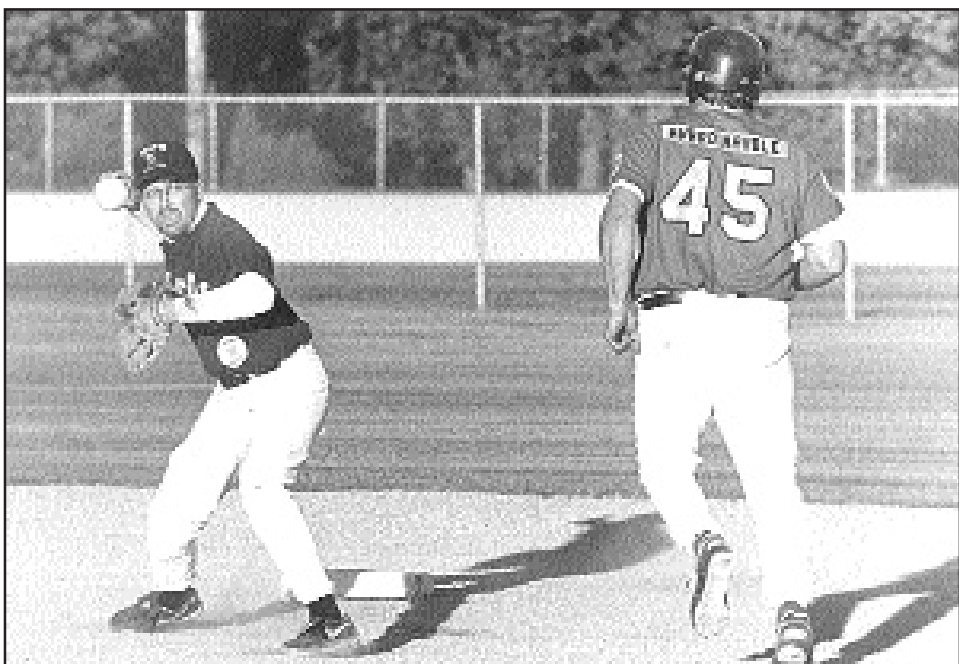
Blessed with lightning speed and the ability to bunt and steal bases, he was a threat any time he came to the plate. His fastball career on the field spanned 30-plus years with numerous teams. He was a member of teams that won two Silver and two Bronze medals at Western Canadian Championships.

MICHAEL BLACKBURN, ATHLETE

Michael Blackburn was born in 1971 in Portage la Prairie, and began to play fastball with his high school team at Arthur Meighen in Portage la Prairie and his fastball



Bison Blondes



Larry Dewis

education continued while hanging around the Senior Portage Diamonds Fastball Club.

He played in the Portage Fastball League from 1989 to 1991 and moved on to play with Dakota Plains through to 1995 before moving on to play with Sioux Valley Dakotas, who he played with in the International Softball Congress World Championships in Kimberley, Wisconsin in 1998.

Michael also competed in five Canadian Native Senior Men's National Championships with the BC Arrows - Invermere Nightmares and was a member of the Westbank Cardinals that won the Canadian Native Senior Men's Championships in 2016.

Michael's fastball career has taken him across the continent and he says he is best known as "the kid from Manitoba that played for the California Cuties," the novelty soft-

ball team that has a long history of entertaining softball fans and enthusiasts across North America.

ROLLIE BOUCHER, ATHLETE

Rollie Boucher was a dominant force on the Manitoba Fastball scene in the 1970s and 1980s. He pitched in Provincial Championships at the C level, B level and finally A level in his rise to the top of softball hierarchy.

He pitched for the Winnipeg Colonels and then the Winnipeg Internationals in the Western Canadian Fastball League, which featured the premiere fastball players in Canada.

He was the Winnipeg Men's Fastball League MVP in 1975 and 1977. He was the MVP at the Masters Western Canadian Championships in 1984 where his team won the Gold medal and was Top Pitcher in 1986 at the Masters Western Canadian Championships where he once again led his Manitoba team to a Gold medal finish.

CHARLIE BROWN, ALL ROUND

Charlie Brown began his long and successful fastball career in 1956.

After watching a "windmill" pitch-



Brett Turner

er give his teammates a difficult time at the plate, while playing in the Prairie Distributors Fastball League, he decided to try his hand at pitching. Nearly 30 years later Charlie was still winning important games well beyond the city or provincial leagues where he started.

Charlie was a mainstay and the "ace" pitcher of most of his teams through the sixties playing with Ashdowns, Concord Hotel, Kiewels Seals and later Ste. Anne Saints.

He began pitching at the Senior A level in 1965 and continued to take the mound in Senior A or Senior B competition until 1983 when he along with several other future hall of famers, formed the first Manitoba Masters Fastball team.

It was with this group of talented athletes that Charlie was part of winning two Gold, one Silver and one Bronze medal over the next four years.

He started coaching in 1984 and became an accredited umpire in 1988.

Finally, in 2000 he became a Slo-pitch player and it wasn't long before he once again was winning a provincial Gold medal in the 65+ category.

FRANKIE (LITTLE) COCHLAN, ALL-AROUND

Frankie (Little) Cochlan was born in Portage la Prairie and began to play organized softball at the age of 12 in her hometown, Poplar Point. She was coached by both her mother and father, George and Olive Little and quickly learned to love the game of fastpitch.

At 16 years of age Frankie was recruited to play for CUAC Blues from 1964 to in the Winnipeg Senior Girls Softball League and one year later in 1965 Frankie pitched in the final game of the Canadian Senior Women's Championships helping her

Continued on next page

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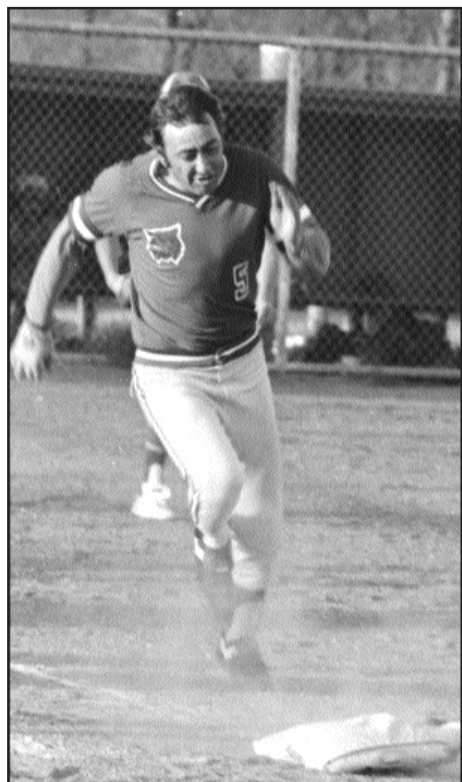
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THE BUZZ, cont'd from page 8



Darryl Beamish (1981)

Manitoba team win the Gold Medal.

For the next 10 years, (1964 – 1973), she pitched for the CUAC Blues and represented her province at the national competition many times.

Frankie also attended and pitched for Bemidji State College from 1966-70, before returning to Manitoba to finish each ball season with CUAC Blues.

In 1992 Frankie was inducted into the Manitoba Sports Hall of Fame as a member of the 1965 CUAC team and 1993 Frankie passed away.

LARRY DEWIS, ALL-AROUND

Larry Dewis played in Portage la Prairie until 1974 when he moved to Winnipeg and joined the Junior Colonels Fastball Club and was honoured to be named Captain of the inaugural team.

He went on to play with the Winnipeg Colonels in the Western Major Fastball League where he won several provincial and league All-Star Awards and continued to be a dynamic player and leader as his career continued from Junior to Senior to Masters to Slo-pitch levels of play.

In 1986 after helping to form a Senior A ball team in Portage, that boasted many hometown players, Larry was able to lead the Portage Diamonds to a Provincial Championship by upsetting the heavily favoured Winnipeg Internationals in the Provincial Championships. That team went on to the Canadian championships.

LEANNE SCOTT, ATHLETE

From Leanne's first years in 1992 as a 14-year-old Midget player, with Smitty's Terminators, to her retirement from competitive Senior fastball, with Smitty's Senior Women, in 2003, she was able to earn several individual awards, as well as being a member of many Gold and Silver Medal winning teams at the Western Canadian Championships or Senior National Championships.

She was honoured to be selected to be a member of the Junior National Team that represented Canada and placed 5th in the World Championships in 1995. In 2000, Leanne earned All-Star status at the Senior Canadian Championships where she batted .438 while playing 3rd base and helping her team win the Silver Medal.

In the North American Indigenous Games, Leanne's teams won the Gold Medal in 2002, 2006, 2007 and 2009 where she was also selected as the tournament MVP and received All-Star Catcher honours.

BRETT TURNER, BUILDER

Brandon's Brett Turner was actually born and raised in Boissevain and started playing Fastpitch in 1974 in the South West Fastball league with the team later to be known as the Boissevain Canadians before he moved on to play in the Brandon Commercial League until 1988.

He played one year in Winnipeg before returning to play in Brandon until he retired from playing competitively when he turned 50 years of age.

It was then that Brett turned his passion for the game in a different direction and became a Coach, Instructor, Director and Administrator of the game that he loved.

BISON BLONDES WOMEN'S SLO-PITCH TEAM

From 2002-2007 the Bison Blondes played locally in the Winnipeg Women's and Waverley Slo-Pitch Leagues, as well as being a Women's team competing in the John Blumberg Co-Ed League.

This team won Silver in 2002 and Gold in 2003 at the Western Canadian Slo-Pitch Championships. In 2004 they won a Bronze medal at the Canadian Championships and the Gold Medal at the SPN Slo-Pitch Nationals. In 2005 they won Gold at the Canadian Slo-Pitch Championships and at the SPN Slo-Pitch Nationals.

2006 they added one more Canadian Slo-Pitch Championship Gold Medal before finishing in 2007 with a Silver Medal finish at the Canadian Slo-Pitch Nationals.

SMITTYS SENIOR OPEN A WOMEN'S FASTPITCH TEAM

The Smitty's Senior Open A Softball team was formed by coaches Roy and Evelyne Holenski for the 2002 season and was comprised of former Smitty's Senior, Junior and Midget players. The team enjoyed great success, winning five consecutive Gold Medals at the Western Canadian Open Championships.

This Smitty's team won the Gold Medal in 2002 at the Western Canadian Open Championships in Moose Jaw, Saskatchewan; Gold in 2003 in Portage la Prairie, Manitoba; Gold in Richmond, BC in 2004; Gold in 2005 in Nanaimo, BC and they won the Gold Medal in 2006 in Carnduff, Saskatchewan.

ST. JAMES CANAD INNS 55-PLUS SLO-PITCH SOFTBALL TEAM

In 2004 the St James 55-Plus Senior Slo-Pitch team split into two teams so that the team could compete at the 65-Plus and the 55-Plus categories.

The 55+ team became Canad Inns and went on to win the Provincial Championships for seven consecutive years.

The Canad Inns roster featured several male and female ball players that had retired from playing competitive Fastpitch softball and would soon become the most dominant mixed Slo-pitch team at the 55-plus level.

As well as winning the Provincial Championships each year, the team

Continued on page 10



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Manitoba 

Manitoba Churches - Treherne – Olive United (Presbyterian) – 1899

Manitoba Municipal Heritage Site No. 188

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

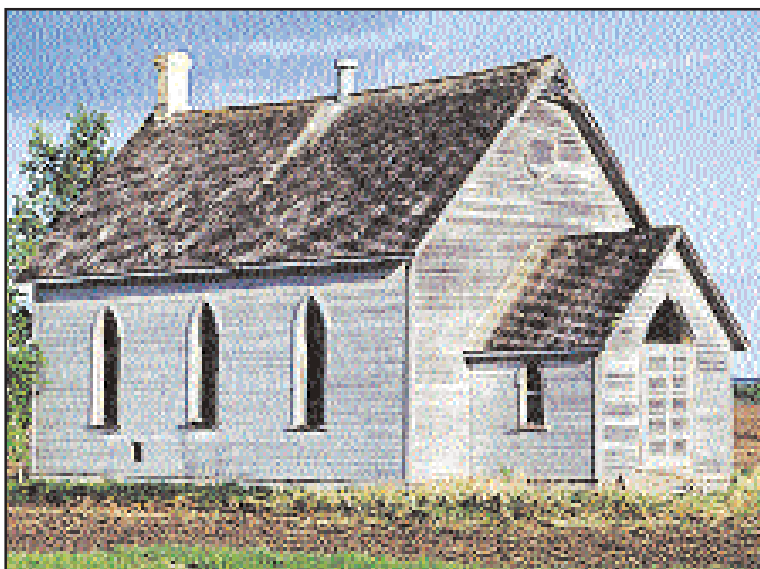
www.theimpressionists.ca/ManitobaChurches/ (Testaments of Faith) <http://ozimages.com.au/portfolio/tmendis.asp> / <http://www.portfolios.com/TyrrellMendis>

The first Presbyterian services in the Olive district were held in private homes by missionaries or lay ministers who moved into the settlements. Later the services were conducted in the Louise School. The Olive district was named after Mary Olive Kelly, wife of Robert James Warren, a pioneer of the area.

In 1899 this wood-framed Presbyterian church was built on land leased for 99 years from Augustus Buchbach on what is now the Rural Municipality of South Norfolk.

The Buchbach family was a great asset to the church since its members gave generously of their time and shared their skills with the community. In addition, the family had its own six-member orchestra and produced plays.

The church had a fine choir, a Sunday school, and a Sunday school orchestra. Its Ladies Aid



Group was responsible for most of the church's activities.

After church union in 1925 the church became Olive United. In 1958, with a final service, the congregation became part of Treherne United Church. A window there is a memorial to the pioneers of Olive United.

Olive United remained standing until 1999. Today a miniature replica of the church sits atop a stone cairn erected on July 23rd 2000 to record its existence.

*The fields fall southward, abrupt and broken,
To the low last edge of the long lone land.
If a step should sound or a word be spoken,
Would a ghost not rise at the strange guest's hand?*

- Algernon Charles Swinburne

Photographed in 1991.

THE BUZZ, cont'd from page 9

competed in other competitions such as the 55+ Manitoba Senior Games, which they won in 2005, 2006, and 2007.

ATHLETE - Inducted 2019

Leanne Scott was an athlete dedicated to the game of softball and to any team that she was part of.

As a catcher or 3rd baseman, she used her self-acclaimed "loud-mouth" to constantly challenge her teammates to stay focused and to provide the leadership that her team expected from her.

From Leanne's first years in 1992 as a 14 year old Midget player to her retirement from competitive Senior fastball in 2003, she was able to earn several individual awards, as well as being a member of many Gold and Silver Medal winning teams at the Western Canadian Championships or Senior National Championships.

She was honoured to be selected to be a member of the Junior

National Team that represented Canada and placed 5th in the World Championships in 1995.

In 2000, Leanne earned All-Star status at the Senior Canadian Championships where she batted .438 while playing 3rd base and helping her team win the Silver Medal.

In the North American Indigenous Games, Leanne's teams won the Gold Medal in 2002, 2006, 2007 and in 2009 where she was also selected as the tournament MVP and received All-Star Catcher honours.

Leanne has been giving back to the sport that we all love, by coaching North American Indigenous teams since 2006. It was in 2006 that the midget boys team that she coached won the Gold Medal.

In 2007 she was Sport Manager for the Manitoba Aboriginal Sport and Recreation Council and in this capacity was responsible for recruiting and developing players and coaches for the upcoming North American Indigenous Games.

Leanne Scott is a welcome inductee to the Manitoba Softball Hall of Fame.

ST. JAMES CANAD INNS 55+ SLO-PITCH SOFTBALL TEAM

TEAM - Inducted 2019

In 2004 the St James 55+ Senior Slo-Pitch team split into two teams so that the team could compete at the 65+ and the 55+ categories.

The 55+ team became CANAD INNS and went on to win the Provincial Championships for 7 consecutive years.

The CANAD INNS roster featured several male and female ball players that had retired from playing competitive fastpitch softball and would soon become the most dominant mixed Slo-pitch team at the 55+ level.

As well as winning the Provincial Championships each year, the team competed in other competitions such as the 55+ Manitoba Senior

Games, which they won in 2005, 2006, 2007.

They also were the winners of the 55+ World Qualifier Tournament in Walker, Minnesota in 2006 and were crowned 55+ Polar Bear Classic Champions in 2007.

In 2008 as well as winning the MSA Provincial Championships, they also captured the SPN Provincial Championships 55+ crown.

This team of talented and dedicated players are the St. James Canad Inns 55+ Slo-pitch Softball Team and are inducted into the Manitoba Softball Hall of Fame for 2019.

The 18th annual Manitoba Softball Hall of Fame induction banquet will be held at the Victoria Inn, 1808 Wellington Ave., in Winnipeg on May 11, 2019. Tickets, at a cost of \$75, are available from Les Newman at **204-235-1674**, or by email: lnewman@live.ca ■

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Things To Do

WINNIPEG

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 Winnipeg Model Railroad Club - Open House and Train Show, Apr. 6-7, Sat. 10-5, Sun 10-4. Charleswood Legion, 6003 Roblin Blvd. Admission by donation. Proceeds to support St. Amant.

St. James Cemetery on Portage Ave. - Visit this historic site any time as the gate at 525 Tylehurst St. is always open. Friends of Cemetery **204-470-1917** or hgbirt@shaw.ca

Winnipeg Public Library - To view library programs, many which are free, visit <http://wpl.winnipeg.ca> to view the newsletter by clicking on the 'At The Library Newsletter' link under 'What's Happening' along the left side of the home page. View the calendar under this link as well.

LUNCHEONS

The Women's Canadian Club of Winnipeg - Luncheon, Feb. 21, 12 noon, at the RBC Convention Centre. Speaker: Tessa Blaikie Whitecloud - a fearless advocate for social justice in Manitoba. Topic: "One Just City". Cost \$28. Reservations and info: **204-663-5657** or wccwinnipeg@gmail.com

The Ladies Auxiliary - Annual Festival du Voyageur Pancake Breakfast, Sun. Feb. 17, 10 am-1 pm at the Norwood St. Boniface Legion #43, 134 Marion St. Pancakes, sausages and beans, coffee, tea and juice. Adults \$8, 10-6 \$4, under 5 Free. Live entertainment: Billy and the Boys (Fiddling and Jigging). Silent Auction, 50-50 draw. Tickets at Branch or Judi: **204-475-9921**

HEALTH/WELLBEING

ALS - Cornflower Ball - The Accidental Tourist, Sat. Apr. 27. For info/tickets: **204-831-1510** or www.alsmb.ca

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MUSIC

Seniors' Choral Society - Inviting new members. Practice Mondays, 10 am-12 noon, at McClure Place, 533 Greenwood Place. Auditions may be a possibility. Concerts held in spring and several weeks before Christmas at local seniors complexes and PCH's. Info: **204-669-5570** or www.seniorschoralsociety.ca

Winnipeg Male Chorus - It is not too late to join a new season of singing with the 40 Winnipeg Male Chorus members. Join us Mondays, 7 pm at Fort Garry United Church for a season of mostly new music that we will sing in personal care homes and at our Spring Sing in May. More info: www.wpgmalechorus.org

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.

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**

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

West Kildonan Seniors Recreation Club - Join our co-ed, daytime, fun, 50plus Curling league at the West St. Paul Curling Club. Beginners welcome, we'll teach you. 1 or 2 games/wk, 4 rounds/season. Play as many games you like. Openings all season. Visit: www.wksrs.com or **204-914-4394**, or email wkscurling@gmail.com

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

Wildewood Senior Men's Curling - New curlers and spares are invited to join us 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 Curling League - (Men's 55 plus-weekday afternoons) is looking for curlers for our 4th round (10 Games Feb 8-Mar 15) at the Pembina Curling Club, 1341 Pembina Hwy. Two games/wk, alternating btw Mon, Wed and Fri, 1 pm. Teams established by random selection per round. Or start by sparing. Info: pembinaoldtimerscurling.com, contact@pembinaoldtimerscurling.com or call Herman **204-253-7633** or Murray **204-269-6259**.

Gwen Sector 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-1 pm, at the indoor air gun range at 711 Leola St. Olympic style air 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 email gord.oliver@shaw.ca

VOLUNTEERING

The North Centennial Seniors Assoc. - Seeking volunteers for Grandma and Grandpa Swim Program, Tue. Mornings, Oct.-June. Looking for friendly outgoing seniors to play an active role in the pool enjoying swim and play activities with preschoolers. Contact: ncsc@shaw.ca or **204-582-0066**

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! at 445 Chalmers Ave. **204-668-0967** meaganvarndell.kmts@gmail.com

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

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

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

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

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

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

PROGRAMS / SERVICES

Bleak House Senior Centre - 1637 Main St. - Mon. 12:30 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 12:30 pm Cribbage, Friday 9:30 am Quilting. **204-338-4723**

Together Time Drop in - Get Together, 2nd Thur. of mo. Next: Feb. 14, 1:30-3 pm, 207 Thompson Dr. (Prairie Spirit United Church). Cards, table games, conversation, light refreshments. Free. All welcome. Info: **Chris: 204-895-7410**

Pembina Active Living (PAL) 55+ - New members welcome. Drop-in activities: Bowling, men's breakfast, bridge, afternoon movie, LunchPALS. Upcoming special events: Computer class "Photo editing" - Mon. Feb. 11, 1 pm; Wellness presentation "Mature drivers' workshop", presented by Safety Services MB and MPI - Thur. Feb. 21, 1 pm; Still Bloomin' Gardening Club: "Edibles in Planters" with Dave Hanson from Sage Gardens - Thur. Feb. 28, 1 pm; Coffee PALS - Fri. Mar. 1, 1 pm at Access Fort Garry. Info: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

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

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**

Brooklands Active Living Centre - Floor Curling, Carpet Bowling, Whist - Wed's, 7 pm. 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, Feb. 9, Mar. 2, Apr. 5, May 4, June 1, at Bleak House Centre, 1637 Main St. Info: **204-256-3642, 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**

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**

Continued on page 13



HEARTSPACE WRITING SCHOOL

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

Excerpts from CREATIVE JOURNEY:

AWAKEN

(Maira Fitt)

When the most important things in our life happen we quite often do not know, at the moment, what is going on.

(C.S. Lewis)

Quite suddenly, lying there in the dark, my student husband asleep beside me, I had a dawning realization of the sheer enormity of what I had just done: given birth to new life, our first child.

After all the waiting, the tension and activity of a long day, we three were quite alone as midnight struck. Beside me, lying in our old "bottom drawer", wrapped in a warm blanket, lay our new baby son sleeping peacefully, innocent of the life that lay before him.

The darkness filled with a jumble of emotions I could not disentangle: relief that the long months of waiting for this day were now over; fulfillment in accomplishing the first task of motherhood; the excitement and joy of being a family. Then, the overwhelming fear

of the huge responsibility that lay before me dawned. This tiny baby would be dependent on my care every minute of every day for some time—and my life would never be the same again.

I now appreciate the impact of motherhood on young mothers; the ties and responsibilities which absorb all the time and energy one has to meet another's needs, 24 hours a day. The total focus that motherhood demands, the exclusion of self in the process. (MF)

I truly value the love and devotion of motherhood.

Maira Fitt (MF)

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

E-mail: mandt@phonecoop.coop

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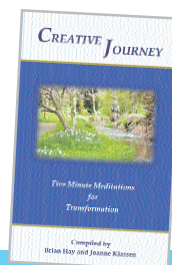
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ADAPT

(Joanne Klassen)

One man's meat is another's poison.

(Idiom)

I heard a neighbour in the condo where I live lament, "They're ruining the look of our building." The crumbling 50-year-old cement balcony railings are being replaced with sleek glass and metal railings. I love the new look and the expanded view of the river, tree-tops, and horizon. We had polar-opposite responses to an identical situation.

A memory creeps in from decades ago when I'd come home from the beauty parlour with a new hair cut, perm or colour. When I asked my husband how he liked it, his response was always the same: "I liked it better before." Observing my crest-fallen face, my daughter coached my husband to say, "It will take some getting used to."

As I am faced with changes I need to adapt to—especially those I did not initiate or invite, I want to remember to suspend judgment long enough to adapt to the new reality. I want to be

aware of and resist attachment to the comfort of how things used to be, at least until I can get comfortable enough to consider the benefits of something new. Open-mindedness helps me adapt and grow by releasing what was. (JK)

I am open to new ways of seeing and being. I adapt easily in the changing dance of life.

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

COMING SOON! Transformative Writing™ E-Courses, designed with your needs in mind.

Tulip Days 2019 are here and we need you!

The Manitoba Lung Association is excited to be celebrating its 19th year of Tulip Days! The Lung Association has raised over 1.5 million dollars through its Tulip Days campaigns and is thrilled to be continuing the tradition.

To repeat this success, The lung Association is seeking volunteers to process and deliver orders from over 200 different companies and to

attend sales booths at locations in Winnipeg and Brandon.

Neil Johnston the Lung Association, Manitoba President and CEO says: "Tulip Days not only raises money to support healthy breathing initiatives across the province, as part of the campaign many patients in hospital receive free tulips to brighten their day."

Key dates are:

Monday, February 18 (9 am-12 pm): Tulip Packing Day
Tuesday, February 19 through to Friday, February 22: Tulip Deliveries to businesses
Tuesday, February 19 through to Friday, March 15: Tulips Sales at various booth locations

Those interested in volunteering or becoming a Workplace Champion can email Alexis Davy at alexis.davy@mb.lung.ca

It is our Mission to help all Manitobans breathe with ease.

For more information on the Lung Association, Manitoba, visit our website: <http://mb.lung.ca/>

Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

DIALOGUE ON AGING

36TH ANNUAL SPRING RESEARCH SYMPOSIUM AND WORKSHOP

Join us on **May 6** for the 36th Annual Spring Research Symposium! This year's symposium topics include:

- Deprescribing medications
- Late life depression
- Media coverage of violence in older adults
- Long term care in Manitoba
- Dance program for people with dementia
- Reducing falls
- Birds, navigation, and aging

Our **May 7** workshop will put the spotlight on the University of Manitoba as an Age-Friendly University. A showcase will provide information on existing programs and services at the University, followed by a discussion on how the University can be more age friendly.

For more information, visit umanitoba.ca/aging

Monday, May 6, 2019

Spring Research Symposium
8:45 am - 4 pm
727 McDermot Avenue
(Brodie Atrium)
Bannatyne Campus

Tuesday, May 7, 2019

Symposium Workshop
9 am - 12 pm
University College (Great Hall)
203-220 Dysart Road
Fort Garry Campus



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Things To Do

WINNIPEG

Cont'd from page 11

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

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

Sturgeon Creek United Church - Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm except July and Aug. Free. **204-895-7410**

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc. Wed. - Steppin' Up FREE Exercise Class 10-11:30 am, Thur. - Pickle Ball 9:30-12 pm. Coffee/Tea/snacks provided. More info, call Sheila: **204-990-2339**

Vital Seniors - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: **204-255-7508**, Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator.

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

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

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

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

Southdale Seniors - in Southdale CC. Activities include travel to Moose Jaw spa and Maritimes, local tours and workshops, monthly birthday lunches, Celebrations matinees, casino trips, ASD bingo, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. To register, call **204-253-4599**, membership \$12

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

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

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

Gwen Sectar Creative Living Centre - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

Archwood 55 - Yoga, fitness classes, line dancing, or art instruction. Drop in for a

board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com

Ukrainian Cdn Veterans Br # 141 - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Info: **204-589-6315** ext 103.

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Friends of Library Book Club - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697**

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. Various 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 Bourkevale Lawn Bowling, 900 Ferry Road. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

Fort Garry Legion - 1125 Pembina Hwy., Paper Bingo, Fri., Early Bird 7:15 pm; and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch.

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

St. Chad's Anglican Church - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

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

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

Dufferin Senior Citizen Inc. - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

Le Conseil des francophones 55+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., conseil55@fafm.mb.ca

Mensheds Manitoba Inc. - Peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

Weston Seniors Club - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

High Steppers Seniors Social Club - Meet Wed. & Thur. for fun and activities. New members / volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

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

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Join A & O at the 12th Annual 55+ Housing & Active Lifestyles Expo

Wednesday, May 29, 2019 10:00 a.m. – 5:00 p.m.
Victoria Inn Hotel - 1808 Wellington Ave. (Enter off east side Berry St. entrance)



Exhibitors from 2018

Highlights

- Over 100 exhibiting companies
- 1500 attendee's
- Fashion show
- Silent auction prizes
- A remarkable grand door prize in partnership with Wellnessnews Choices for Healthy Living®
- Plenty of presentations and demonstrations
- FREE ADMISSION & PARKING

The 12th annual expo provides information on support and lifestyle services that help keep older adults independent for as long as possible. Some of the information and services at the expo include: caregiver services,

financial services, subsidized housing and more! Various exhibitors will be providing booth demonstrations; including various ways to reduce the risk of falls in your home. If you have questions about housing options and services available to older Manitobans, the answers can be found here!

A & O's main booth will offer information on all the specialized innovative programs that fall under the following three pillars of service:

Safety & Security

- Elder Abuse Prevention Services
- Safe Suite Program

- Older Victim Services
- SafetyAid: Falls Prevention for Older Manitobans
- This Full House (addresses hoarding disorder)

Social Engagement

- Senior Centre Without Walls
- Connect Program
- Senior Immigrant Settlement Services

Counselling

- Information & Referral
- Intake
- Counselling
- Housing
- Legal Clinics

If you are interested in taking part in this great event and showcasing your business to over 1500 attendee's, find out how to become an exhibitor or a sponsor by calling A & O at **204-956-6440**, or visit www.aoexpo.ca.

All proceeds from the 55+ Housing & Active Lifestyles Expo are invested back into our programs, and your support will help us continue to deliver these much needed support services to older adults in our province.

Learn more today at: www.aoexpo.ca ■



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Foot Care for Seniors

Mobile Foot Care Nurses
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- Blue Cross & DVA Providers
- Specialize in Diabetics
- Gift Certs Available, Visa/MC



Today's Recipe



www.PeakMarket.com

Saucy Cranberry Chicken

Metric	Ingredients:	Imperial
30 ml	butter or margarine	2 tbsp
125 ml	onion, chopped	1/2 cup
150 ml	ketchup	2/3 cup
30 ml	vinegar	2 tbsp
375 ml	can cranberries	1 1/2 cup
125 ml	brown sugar	1/2 cup
5 ml	dry mustard	1 tsp
6	chicken pieces (or pork chops)	6

In a medium skillet; melt butter. Add onion and saute until translucent. Stir in ketchup, vinegar, cranberries, sugar and mustard. Bring to a boil and simmer, uncovered, for 15 minutes. Place chicken in a baking dish. Pour cranberry mixture over chicken. Cover and bake in preheated 350 F (180 C) oven for 40 to 45 minutes or until chicken is no longer pink.

Serves 6

www.PeakMarket.com

WORDSEARCH - CLASSICAL MUSIC

By Senior Scope

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

CROSSWORD

Personalities You'll 'Love!'

By Adrian Powell

ACROSS

1 Lounges around

6 Enchanted

13 An Eastern Christian

14 Well-thought-out

16 Actor who played forensic technician Nigel Townsend in "Crossing Jordan"

18 Part of a cheerleader's cheer

19 Out of town

20 Remarks to the audience

21 Barely made do

23 Knob on the saddle

25 Guy who played "The Sheik" in '21

28 Make money

32 Shaped like Humpty Dumpty

33 Uplifting undergarment?

36 Can, in Coventry

37 On the liner

39 Muddled

41 Husky product

42 "Yep," to a pirate

44 Spotless

45 Gp. that delivers crude material

47 Tereshkova who did 48 orbits in '63

51 Fluid retention swelling

54 "Good Lord!"

55 "And ___ off!"

58 Warner ___ Studios

61 Darwin's "___ Beagle"

62 Actress who starred as Alice Johnson in "Room 222"

65 Leaving out

66 Apple pie maker's gizmo

67 Avoids court, say

68 Big, fancy jugs

DOWN

1 Zambian metropolis

2 Running around free

3 Spin tall tales

4 Cone material

5 Bouillabaisse, basically

6 Tot's drawing tool

7 Prince of "Henry IV"

8 1980's George Peppard series

9 Use a finger bowl

10 Able to travel, biologically

11 Markey who played Tarzan's Jane in the silents

12 Victor Borge, for one

15 Gene Kelly's "___

Girls" (57)

17 Bland

18 Minister's nickname

22 Hindu deity

24 Cosa Nostra, slangily

26 Vaudevillian singer Bayes

27 Well organized

29 Dusk-to-dawn cramming session

30 What trout start out as

31 Begin to drift off

34 Wheezing sound

35 Important Yemeni port

37 Along, long time ___

38 "Southern" religion, briefly

40 Romantic outing

43 Alady who raised Cain

44 Western Irish county

46 Most reserved

48 Strolls leisurely

49 Stoolies, at times

50 Most web page pop-ups, basically

52 ___ Blofeld: 007 villain

53 Underworld boss?

55 '64 Ali vs. Liston outcome

56 Really bad actors

57 Superior's inferior

59 In bygone times

60 Pack in the hold

63 Toronto's Eglington, e.g.

64 Great anger

SOLUTION ON NEXT PAGE

Agitato	Das Lied von der Erde	Gluck	Locke	Piz	St Paul
Air	Dim	Hahn	Maw	Pop	Suk
Arne	D'Indy	Henze	Melody	Raff	Tacet
Auric	Ibert	Ivew	Menotti	Rall	Tenor
Bach	Dolce	Jacob	Miracle	Reel	Tintagel
Bax	Duet	Jena	Moto	Ring	Toch
Berg	Dupre	Jig	Music	Ritenuto	Tosca
Bush	Encore	Jones	Nilsson	Rodeo	Trio
Busoni	Faust	Krenek	Nonet	Sanctus	Tune
Cage	Fine	Lalo	Oboe	Satie	Tutti
Cello	Forte	Lambert	Orff	Seiber	Viol
Cilea	Foss	Largo	Organ	Set	Whistle
Clavicorn	Fux	Lehar	Otello	Sfz	Wolf
Coda	Gade	Linz	Ped	Solo	
Cui	Glissando		Piu	Sor	

FACEBOOK FINDS

Getting old sucks!

I used to wake up feeling like a million bucks... Now I feel more like a bounced cheque.

I've expanded my skills!

I can now forget what I'm doing while I'm actually doing it.

SUDOKU EASY

By Senior Scope

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

'Snowbird Sketches'

by Jerry Maryniuk of Arborg, MB



Copyright © 2018 by Gerald Maryniuk



Jerry and Sharon Maryniuk

Jerry Maryniuk was raised in Inglis, Manitoba, Canada. Those formative years gave him a deep appreciation for nature, sports and country living. By the age of 6, he realized that he had the special gift of visual art. Throughout his school years and into adulthood, art would always play a major role. In school, it was doing caricatures and cartoons of classmates and teachers. Some of whom did not find this humorous. At the age of 22, Jerry joined the Winnipeg Police Force and soon became an accomplished "Police Artist." He trained at the FBI Academy and the Scottsdale Artist School. While there, he was encouraged to expand his art from the Forensic field. Who would have thought that decades later, he would return to Arizona as a snowbird, doing cartoons of seniors. "I have tried my hand at most every type of art. What has



remained constant, are the cartoons. I can always go back to them and get a laugh for myself and those around me. Doing the serious Forensic Art for over 23 years, can take its toll. Cartooning has been a way to relieve the stresses of daily life." The books are \$20.00 and can be purchased directly from Jerry & Sharon. They can be contacted at snowbirdsketches@gmail.com or by phone/text, cell 204-981-9797. Signed copies can be mailed out for an additional \$5.00 (shipping). They can also be purchased in Winnipeg at Artists Emporium on St. James and McNally Robinson Booksellers (Grant Ave), online at mcnallyrobinson.com or in the Interlake at Arborg Pharmacy, Hnausa General Store, and Tergesen's in Gimli. Jerry and Sharon are also available for a visit to your community (re: book signing). ~ "Never waste a day."

FACEBOOK FINDS



When you finally know the right answers.

CROSSWORD - Solution

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

SUDOKU - Solution

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

WORDSEARCH - Solution

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

In my next life... I'M GONNA BE A BEAR!

In this life I am a woman. In my next life, I'd like to be a bear. When you're a bear, you get to hibernate all winter, doing nothing but sleep for six months. When you're a girl bear, you birth your children (who are the size of walnuts) while you are sleeping and wake up to partially grown, cute, cuddly cubs. If you're mama bear, everyone knows you mean business. You swat at anyone who bothers your cubs. If your cubs get out of hand, you swat them too. Your mate expects you to wake up growly. He expects that you'll have hairy legs and excess body fat.

THE CLASSIFIEDS

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Photos \$5 extra

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MISCELLANEOUS

SUBLET: 2 bdrm apartment for March 1st/19. Mostly senior occupied bldg. \$1107/mo, includes 2 pkg spots. 429 Westwood Drive, Wpg. Great location close to Super Store, Walmart, bus routes. Balcony, A/C, no pets, no smoking. Call or text 204-471-9700.

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.

FOR SALE: Remote controlled bed 2007 (hospital size), manual Meritt transport wheelchair, 16 x 16 wheelchair, rollator walker, bath chair, bars, commode. Call 204-256-9849

FOR SALE: Mobility Scooter - Like new! \$1900 OBO. 3 wheel, red Golden Technologies BuzzAround XL. Extra unused blue trim and additional red trim, manual, battery charger and extra charger cord. Call/text 204 890-1641. Cash only.

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

Sell those unused items!!! Make some extra cash!!!

Call for details. 204-467-9000

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Percentage of profit to charity of your choice.

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NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

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gaming centre

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Things To Do

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

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

Brandon - Nifty Needlers - "Art of Quilting" - 2019 Quilt Show, Fri. & Sat. Apr. 26 & 27, 10 am-4:30 pm, at Riverview Curling Club, 420 Maryland Ave. Adm. \$5/day. Featured Quilter: Barb Walker, Junior Quilters Section. Quilt Raffle and Silent Auction. Proceeds to the Brandon Regional Health Centre Foundation

Cooks Creek - Active Aging in Manitoba (AAIM) - Aiming for Wellness, a Mental Health and Wellness Workshop for Older Adults, Apr. 25, 10 am-3 pm. Registration begins 9:30 am. Cooks Creek C.C., 30 026 Zora Rd., 1/4 mile east of Hwy. 212. Topics: Active Living, Tai Chi, Managing medications, Personal responsibility in the Health Care System, Healthy Eating, Exercise options. Displays. \$5/person includes lunch. Register: **204-853-7582** or springfieldseniors@mymts.net

Springfield Services to Seniors - **204-853-7582**, springfieldseniors@mymts.net - Feb. 16: Pancake Breakfast for Heart & Stroke, Dugald CC; Feb. 18: Louis Riel Day Celebrations, 10:30-3 pm, Anola CC; Feb. 19: Festival du Voyageur trip - call **204-444-6166**; Feb. 23: Cooks Creek Pancake Breakfast; Feb. 25: Dugald Seniors Exercise, 10 am, Dugald Estates, Pickleball, 6 pm, Oakbank Elementary.

St. Andrews - St. Andrews Heritage Centre and Red River North Tourism - Learn about "Seed Starting," Feb. 23, 10 am, at the Age Friendly Building, 6 Riverview St., St. Andrews. The Rectory Master Gardeners will show you how to start your own plants. Registration required. \$5/person. To register: www.standrewsrectory.ca

Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate) - 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** 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. Call for info; **Steppin' Up** Free moderate level exercise program for men and women. Call for info; **Casino Bus Trips**, Call for info; **Quilter's Corner**, Call for info; **Monthly Luncheon**, Call for info; **WSO Guys & Dolls**, Bus trip, Sun. Mar. 24, 2 pm, departing O.F. Hall 12:30 pm. Deadline extended. Call for info; **Shamrock Luncheon**, Mar. 13, noon-2 pm, Entertainment: Kirk Leavesly.

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**

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

Ritchot Senior Services - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: Ritchotseniors@mymts.net

Selkirk - Tudor House Personal Care Home needs volunteers for various positions. Call **204-482-6601** Ext: 21.

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or mmutcheson@ierha.ca

PROGRAMS / SERVICES

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. 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. includ-

ing housekeeping, 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**; **Enkisdale** 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** and 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 **Whittemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

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

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

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance

Band, Cribbage, Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income tax return filing assistance, regular Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events (trips to RMT, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: **204-857-6951**, hp55plus@mymts.net

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

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un 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.patporteralc.com

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

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