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See inside for fall 2021 sessions!

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Send your Letters or Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

## Covid-19 fatigue and other issues affecting seniors may soon get extra attention



By Roger Currie

The Covid-19 pandemic has done more to focus a harsh spotlight on the vulnerability of Manitoba seniors and the need to pay greater attention to their need for safety and comfort. The fall of 2020 saw dozens of residents of personal care homes in Winnipeg and elsewhere die of Covid, because there simply were not enough nurses on duty to meet the needs of the deadly disease. Politicians have always talked a good game at election time when it comes to the needs of seniors, but what happened a year ago showed all too well that much more needed to be done.

Karen Meelker is a senior administrator at the University of Manitoba, concerned primarily about issues related to privacy. Her title is 'executive director of Risk and Compliance' and she describes it as "a huge job". Away from work Karen carries a heavy load when it comes to caring for elderly parents in her home town of Brandon. Both her mother and father were diagnosed with dementia several years ago, and her dad passed away in December 2019 at the age of 89. Karen continues to travel the highway to Brandon on

many weekends seeing to the needs of her 86 year old mom in a personal care home. Late last year that experience included her mom's battle with Covid. Thankfully her mother survived but many others died in the Maples and other facilities across the province.

At the urging of her good friend David Bowles, Karen now chairs the Manitoba Seniors Fund one of many organizations that fall under the umbrella of the Winnipeg Foundation.

Both of them contributed personally to the fund, and it's the fond hope of Karen and David and many others that this fledgling organization will lead the fight to convince the provincial government that what we need in Manitoba is a 'Seniors Advocate'. Karen believes the Fund can make a difference for those who work to improve the lives of seniors in Manitoba. "We will be working with Cathy Auld and others at the Winnipeg Foundation to identify specific needs and how best to direct these limited resources" she says. "We want to help adult children and others navigate the system as caregivers. I came to the caregiver role from a very privileged position. When mom needed a wheelchair we could immediately make that purchase, but others were put into a more difficult

financial position when such a need arose."

Because she is 200 miles away from her mother's care home, Karen Meelke has also been faced with paying out of her own pocket for people to help her with caregiving. That continues to include someone to visit her mother five days a week.

The proposed Seniors Advocate would draw heavily on the example of Manitoba's Children's Advocate. "Hopefully when such an office is in place, it will be possible to do things like helping to ease the burden for caregivers who are at a distance from their loved ones."

Another issue involves situations where both elderly parents are in care homes. Ensuring that they were allowed to visit each other with relative ease was an issue for a number of years.

The road ahead is not getting any easier. Many were somewhat stunned recently when Dr. Brent Roussin, the province's Chief Public Health Officer stated very succinctly that "Covid will be a permanent feature of our lives well into the future".

Roger Currie ([rogerc@mymts.net](mailto:rogerc@mymts.net)) is a Winnipeg writer and broadcaster. He is a regular contributor to Senior Scope.

## Citizens on Patrol looking to expand their volunteer base in Manitoba

by Roger Currie

As if we didn't have enough to worry about with another Covid 19 wave maintaining its impact on Manitoba's health care system, property crime is on the rise across the province, aided by beautiful summer-like weather extending into October. Hundreds of people are volunteering their time and energy to discourage theft, vandalism and other crimes, joining forces in a program called Citizens on Patrol Program (COPP). The program began in Manitoba in 1991 and more than 50 communities including Winnipeg

are on board these days, but local organizers are eager to recruit more volunteers as winter approaches.

Bianca Hamblin is the local COPP coordinator in the municipality of Bifrost in the Arborg area of the Interlake. A variety of factors have squeezed funding of local policing efforts, and she says recruitment of COPP volunteers is more important than ever. "Concern really grew a couple of years ago with some pretty brazen thefts of fuel on farms in our area. Neighbourhood Watch might have been an option at one

time, but they were revamping their organization and COPP became a more viable option for us" she said. Recruiting volunteers took a while to get rolling because of restrictions related to Covid. Hamblin says the key in all of the COPP communities is close cooperation with local police. "If we see anything suspicious, we observe, we take notes, we listen" she says. More eyes and ears on the ground makes for a more effective crime prevention effort. Hamblin says breaking and enter-

Continued on page 7

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# Timeless Memories

(published in *Senior Scope* - May 9, 2005)

We are sad to say goodbye to a friend and associate, Tyrrell Mendis. Tyrrell has contributed much to society and also to **Senior Scope** and its readers. Tyrrell featured Manitoba Churches in his column using photos from his archives and providing a writeup for each. He also accepted requests by readers to feature churches in their communities.

Tyrrell's wife Doreen was his inspiration for all that he did. Sadly she had passed less than one year ago.

We featured Tyrrell in the May 9, 2005 issue of **Senior Scope**, and below are some of the things he conveyed to us about his life.

Tyrrell Mendis left his home country of Sri Lanka in 1957 to study architecture in London, England. There, he met his wife, Doreen. They immigrated to Canada in 1968 after he had spent eleven years in London. He left a job where he was second in command in an architectural department of an engineering firm with the promise of a bright future in this new land—Canada.

Upon arriving in Winnipeg Tyrrell was confronted with many obstacles. His architectural qualifications were not recognized here. He didn't get to reach his intended destination. He was faced with racism. And, work wasn't as plentiful as was promised. Tyrrell was unemployed for six months before he found work in a small design firm.

Determined to succeed, Tyrrell educated himself further with a Creative Communications course at Red River Community College. These new qualifications helped him land a job with the Parks Branch of the provincial government. He had a 20-year career as their draftsman, planning assistant and publications coordinator.

Tyrrell is retired but continues in an active life with photography at the forefront. We recently met Tyrrell at one of his exhibitions called "**Testaments of Faith - Manitoba's Pioneer Churches**" in Winnipeg at the Adelaide McDermot Gallery. He displayed an impressive photographic collection of churches of Manitoba, many classified as heritage sites.

Tyrrell started photographing Manitoba churches in the late 1980's. In over 15 years he has taken photographs of 579 identified churches and around 35 unidentified ones. Tyrrell says his wife, Doreen, had been the driving force behind this project, begun with the ultimate aim of publishing a book. She was instrumental in documenting his collection and helped identify some churches by looking for hidden signs around the site. When he had exhibitions, she made sure there was enough food and everything was in order.

In Tyrrell's words, "The photographs are not just documentation of what remains in rotting wood and crumbling stone but an examination of the premise, the process and the project, in each case different, in some cases unique, and in all cases significant. These buildings are the works of art of generations gone, landmarks on both a spiritual landscape and a constantly changing physical one. Essentially each photograph is a tangible record of a historical time and state and, as such, one that will never be again. Collectively they are for generations to come, a visual reference to part of our heritage. It is an attempt to capture and preserve the spirit of each sacred building; the depiction through personal interpretation of the motivation for their creation: the ultimate - expression of ded-

ication and faith. The photographs are of edifices of various religions and cover both the historically significant and the architecturally important. Among several others they include the only iron frame church (in Churchill), the oldest log church still in use (Poplar Point), and the oldest stone church still in use (St. Andrews)."

Tyrrell's passion, photography, has replaced his early first love, watercolour painting. He is quoted as saying, "They are the truths of the moment, unbiased

perceptions, the specific details that represent the whole."

Tyrrell has captured many eras of Manitoba history in his timeless photo collection of churches. He will be missed.

If you'd like a church featured in **Senior Scope**, please submit a photo and a writeup of about 200-300 words. Email to [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) or mail to Box 1806, Stonewall, MB R0C 2Z0.

## TYRRELL K. MENDIS "The Impressionist" 1934 - 2021



We are saddened to announce the passing of **Tyrrell Kingsley Mendis** on Saturday, September 25, 2021.

He was predeceased by his wife Doreen.

Tyrrell leaves to mourn his nephew Chandran, niece Ramyamali, grand-niece Selinka and his beloved pussy cats.

Tyrrell "The Impressionist" having retired from the Province of Manitoba's civil service continued to pursue his passion for photography, art, nature, preservation and travel. His websites, "The Impressionist" a photo collection of nature's beauty; "Sacred Places" a photo collection of pioneer churches captures Manitoba's disappearing heritage is a testament to the passions and causes. Apart from photography he was a person of many interests, a writer, a poet and a lover of animals. "*The Canned Think: Yours to Open*" a publication of poetry won many awards; in addition to his awards in photography.

Tyrrell's been an active member, participant, contributor and volunteer, willingly sharing his talents with many organizations - The Folks Arts Council of Winnipeg, Manitoba Camera Club, Macintosh Users Group for Seniors, Sri Lanka Association of Manitoba.... to name a few.

Contributions in memory can be donated to; Craig Street Cats animal shelter and/or D'Arcy's ARC (Animal Rescue Center).

A celebration of life will follow at a later date.

See more information on Seniors and Debt on page 5:



# The Pros Know 55+ Active Living & Resource EXPOS 2021

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## Two Down and Two Left to Go, The Pros Know Expos Continue On...

To think this started two years ago... By the time you're reading this we'll have completed the first two of four Pros Knows Expos for 2021.

Originally slated to start in March of 2020, but Covid-19 delayed us from getting together. No more! Thanks in no small part to science, the majority of the public getting vaccinated and of course some divine help, we crossed the starting line October 1st at Garden City Community Club.

So at this point, before going any further, it's prudent to share some thanks, gratitudes and platitudes. This concept, these 55+ Active Living and Resource Expos would NEVER have gotten off the ground if it wasn't for you our former listeners to our radio show, 'The Pros Know' on Saturday mornings. Nothing would exist if it wasn't for the amazing humans working to improve our well-being in both the Community Organizational and Business Professional levels.



[www.prosknowexpos.ca](http://www.prosknowexpos.ca)

We wouldn't be here celebrating this opportunity to serve YOU our families, friends, neighbours and those in need if it wasn't for the trust and desire for everyone to work as a large committed family to bring these to your back door neighbourhoods.

As I'm writing this we are preparing for the second show, October 8th in Fort Garry. PAL, Pembina Active Living in Conjunction with the Manitoba Association of Senior Centres are our Venue Hosts. The sheer excitement in the

air is making us giddy. You know why? Because these opportunities to get together, get some badly needed help, advice and to finally socialize safely is more than any Doctor could order.

Winter 2021 is just a stones throw away. Last winter was so damn hard on us all. The fear of the unknown Covid and all of it's changing personality, the unknown solutions, the mistrust and anxieties across the board. But the biggie in most minds was the *Social Isolation of Older Adults*, our friends and families. That one was such a killer on it's own.

So back to the show(s)! We are now in the process as mentioned of creating the new normal, at least for now. Let's be patient with one another, especially those struggling with the vaccination process, be it political, religious or family pressured. We need leadership from one and all to pick up the pieces and beat this thing once and for all, together!

October 22nd sees us in Westwood with St. James-Assiniboia 55+ and we finish October 29th at Good Neighbours Active Living Centre on Henderson Hwy. All of our tables are 'Sold-Out' with some of the *Cream of the Crop in Older Adult Well-Being* experts here for you.

Don't turn down these last two opportunities to meet with folks who can make a positive difference in your lifestyle. Don't turn down the chance to meet old friends and neighbours in your area and please don't turn down the chance to make a difference yourself.

Lastly, The Pros Know Expos are always available to you long after these fabulous shows are done. As mentioned so many times before, we created with our partners, an amazing information-hub for you to visit these folks on-line 24/7 at [www.prosknowexpos.ca](http://www.prosknowexpos.ca). Go there any time to get your show updates, lists and links to all the resources active living can bring.

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# Seniors and Debt

Advertising Feature

- MNP Ltd. (See advertisement on page 3)

Just when seniors should be relaxing and enjoying the fruits of their labour, many find themselves struggling financially — an unsettling contrast to the ease they'd hoped to live their golden years.

Below are some of the most common reasons seniors fall into debt, along with practical tips to avoid debt from creeping up once they leave the working world behind.

## Causes of Financial Difficulties

**Reduction in income.** Transitioning into retirement can be a tremendous adjustment for many seniors. Especially if they will only be receiving government pensions. Adjusting to this new financial reality can lead to an increase in credit card use to supplement limited income—which will unfortunately also mean limited ability to repay debt.

**Medical costs.** With aging comes an increase of health-related issues. Healthcare will provide for most basic medical coverage. However, this does not usually cover specialized medications, medical supplies and devices. If they can't afford supplemental insurance, these costs will come directly out of a senior's already limited budget.

**Financially supporting family.** Many seniors may feel obligated to lend money to relatives such as grown children or grandchildren whether they can afford to or not. If the senior is already on a limited income or

feels pressure to borrow the money they subsequently lend, this can lead to significant problems down the road.

**Gambling.** Casinos are especially attractive for seniors because they can be fun, mentally stimulating and provide the opportunity to socialize without requiring much physical exertion. Unfortunately, these environments are also extremely effective at parting consumers with their money. Some harmless fun can quickly spiral into addiction and using credit to chase losses they couldn't afford in the first place.

## How to Avoid Financial Issues Later in Life

**Reduce debt before retirement.** It's almost never advisable to enter retirement with outstanding debt. If eliminating all debt before retirement is not possible, at the very least make an effort to understand what impact an income reduction will have on your ability to make payments and save for emergencies.

**Create and stick to a budget.** Retirement is the end of an era, not the end of your lifestyle. No matter how little or how much income you expect to receive, budgeting is the only way to stay on track financially.

Plan to pay down any outstanding debts as quickly as possible. Continue saving for irregular and unexpected expenses. Make room for any healthcare related costs that

may begin to arise. And be sure to set something aside for the retirement activities or purchases you've been looking forward to.

**Don't lend money unless you can afford it.** Be honest with yourself, your partner and anyone asking for financial help about whether you can afford to provide support. If you cannot, remember there is no value in needlessly making two households struggle financially.

**Keep up your social life.** With plenty of time on your hands, you now have freedom to get more involved in social activities. Many seniors' centres have card clubs, food and coffee services, dances, community events and volunteering opportunities.

Reaching out and finding a supportive and likeminded social circle will keep you active, engaged and happy.

## How Friends / Family / Caregivers Can Help

A senior's social network can play a key role in helping them avoid getting into debt and connecting them with the help they need if the signs of financial trouble are present.

If you suspect a senior in your community is experiencing financial problems, try discussing it with them to find out what support you can offer. If the problem is beyond your ability to help, connect them with a Licensed Insolvency Trustee to learn what options are available. ■



Colleen Ferguson touches up a beautiful mural she painted on a bench in the garden at the Oak Park Lodge for seniors in Woodlands, Manitoba many years ago. It is now restored to nearly its original lustre. Colleen has painted several murals in her area including one in the halls in Woodlands and Lake Francis, MB, northwest of Winnipeg.

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# IN TUNE WITH OUR COMMUNITY

~ October 2021 ~

## The Best is Yet to Come: CJNU's Annual Pledge Drive – October 21st-24th

*The Best is Yet to Come*—and we know it here at CJNU Nostalgia Radio!

Once again, our ANNUAL PLEDGE DRIVE is close at hand and we are excited to still be here and providing wonderful nostalgic music for our dedicated listeners. This has been a period of challenge for many people and we are beginning to emerge with a new perspective and a gratitude for all the things that have kept us level and connected.

Among those has been the constant delivery of quality music from CJNU and our continued approval and support from our listener base. Music from our collective past can be very soothing and supportive and build a bridge between our memories and our future.

When we launch our 2021 PLEDGE DRIVE on Thursday, October 21, we will be reaching out to all our listeners and members to ask everyone to support Winnipeg's community radio station, CJNU. We are a not-for-profit cooperative that is weaved in to the fabric of our community. Our outreach to that community is a mandate of our station – that is, to reflect the community and all aspects that make this a better place to live through the broadcast of different programs,

interviews and special features.

To this end, we hold an ANNUAL PLEDGE DRIVE to raise funds for new equipment and other technical apparatus that make the station even better, as well as to ensure we're able to keep operating in the coming years.

For four days toward the end of October, our ANNUAL PLEDGE DRIVE is an opportunity for us to celebrate everything that CJNU is, and does—while at the same time saying openly and honestly: if you like what you hear on CJNU, now is the time we need your help.

All our volunteers – on-air and behind the scenes – are here for the love of the station. CJNU is 98% volunteer run and for all the volunteers, this is a labour of love. The outpouring of support we receive from our members and listeners is truly felt during the ANNUAL PLEDGE DRIVE, when people open their hearts and support us. CJNU collectively appreciates the support we receive throughout the year and especially during the four days of the PLEDGE DRIVE WEEK-END.

We have some great incentives available for pledges of \$60, \$125, \$250 and \$500 dol-

lars, and an exclusive gift if you pledge exactly \$93.70! Plus - all pledges received before midnight on Wednesday October 20th will also be entered into our Early Bird prize draw, with some amazing prizes!

To learn more, read the full list of incentives, gifts and prizes on offer, and to make your pledge at any time, head to [CJNU.ca](http://CJNU.ca) and click on 'Pledge'. You can also call our Pledge Line at 204-410-2700.

With your help we know for certain that *The Best is Yet to Come*.



Whether you use a pocket transistor or something more modern, we hope you'll join us for our Pledge Drive!

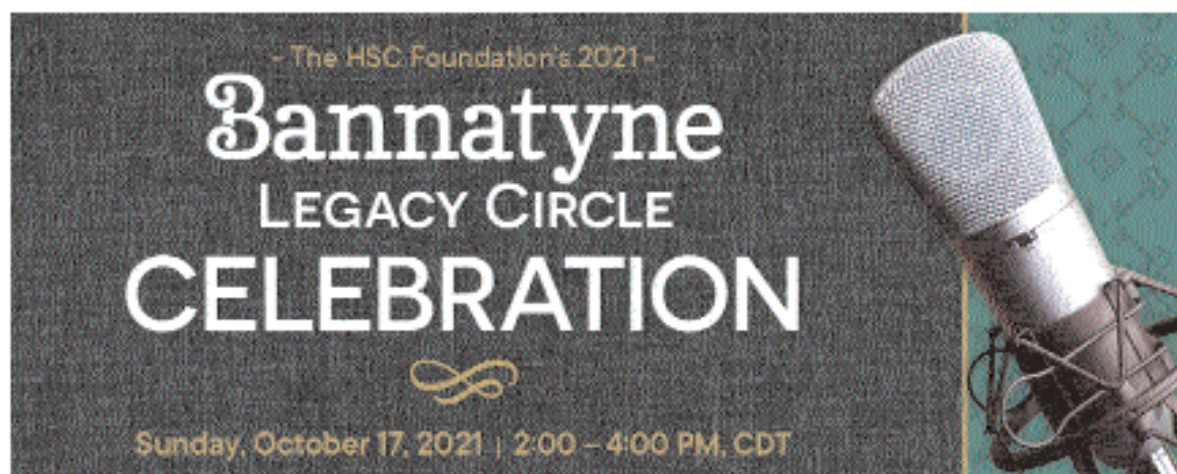
## Investing in the Future of Health Care

You are invited to the HSC Foundation's Bannatyne Legacy Circle Celebration!

Do you currently donate to a charitable organization? If so, we have a very important question for you—what's your "why"?

Tune in to CJNU 93.7 FM on Sunday, October 17, 2:00–4:00 PM, to hear from seven Manitobans who will each share their "why"—the reason they decided to support the future of health care in Manitoba by joining the Health Sciences Centre Foundation's Bannatyne Legacy Circle.

"The Bannatyne Legacy Circle is a community of individuals committed to supporting the Health Sciences Centre by endowing a final gift to the HSC Foundation when they pass away," says Irma McKenzie, Director of Gift Planning, Health Sciences Centre Foundation. "Our legacy donors come from all walks of life and make gifts of all sizes. What they share is a passion for Manitoba and a desire to improve health care for all. There is no minimum gift, and you never have to disclose the amount in your lifetime. All endowed gifts are valuable for all time, improve health care at HSC for all Manitobans and inspire others to give."



This year, the Bannatyne Legacy Circle will be welcoming seven new members—Archie and John Cooper, Dr. Paul Galbraith, Blair Mason, Bob Williams, and Margaret and Paul Wright.

"As we have witnessed over the past 18 months, the needs of health care in our province are constantly evolving," says Jonathan Lyon, President and CEO, HSC Foundation. "The Bannatyne Legacy Circle members' generosity will support patient care at HSC for generations to come, regardless of what changes arise."

Please join us for an afternoon of celebration and information as we welcome the 2021 Bannatyne Legacy Circle members!

*The Bannatyne Legacy Circle Celebration has been made possible by: Johnston Group, Canad Inns, Outstanding Branding, BelleFosh Signs and CJNU 93.7 FM.*



Mark your calendars—this year's Bannatyne Legacy Circle Celebration is Sunday, October 17, 2 – 4 PM.

Find us @CJNU937 on Facebook and Instagram | Visit [CJNU.ca](http://CJNU.ca) to learn more!



Advertising Feature

## DISABILITY TAX CREDIT – LOOKING FOR SUPPORT!



By Peter J. Manastyrsky

Sadly, the season has changed from summer to fall, but still, we are enjoying the wonderful weather, day to day. On the other hand, there is one thing that hasn't changed and still available to us all, from the young to the elderly - the **DISABILITY TAX CREDIT - DTC**.

Over the years, I have written several articles about the **DISABILITY TAX CREDIT** with my advertisement appearing in the *Senior Scope*, a province-wide monthly newspaper. In my articles I provide information and the rationale to apply for DTC, a federal tax credit program for people with **specific impairments**.

I have mentioned/described how the **DISABILITY TAX CREDIT** works, to receive the related tax credit or refund, as an individual or caregiver. Many of us have become more familiar with what can be done and what should be addressed to be eligible of the **DISABILITY TAX CREDIT**. There are many unanswered questions that I would like to share with you:

- Q.** Do I qualify for the **DISABILITY TAX CREDIT**?
- A.** You must complete the application form as each person's situation is unique.
- Q.** If a medical practitioner signs the DTC form, am I guaranteed eligibility?
- A.** Not necessarily. The correct information and wording are required to properly portray the impairment caused by your ailment.
- Q.** Do I have to renew my claim each year?
- A.** Some claims are provided with a limit of a certain number of years.
- Q.** How long does it take to be approved?
- A.** A typical time to receive a response is approximately 8 to 12 weeks including completing all the forms and getting the right information from your medical practitioner and submitting to Canada Revenue Agency.
- Q.** I have already sent in my Disability Tax Credit

- application to CRA, but it was denied. What should I do?
- A.** Appeal the decision - be proactive.
- Q.** If I request an adjustment based on my income tax and benefit return, will this affect other claims?
- A.** No, this is separate claim that stands alone.
- Q.** Should I wait until tax time (spring) to claim the DTC since it is an income tax credit?
- A.** It is recommended that the best time to submit a Disability Tax Credit application is now.

There are many other questions or concerns pertaining to the **DISABILITY TAX CREDIT**. A few have been identified and acknowledged.

As a taxpayer with a potentially qualifying impairment, you may be eligible and entitled to apply. There are many Canadians who qualify but have never applied and who may have been wrongfully denied. Many do not try. Some think that they do not qualify or might be intimidated by the process.

**A Step Beyond & Associates** can assist you through the proper channels to achieve this tax credit. We specialize and advocate on your behalf to ensure that your application is interpreted, completed properly, and streamlined so that the certificate is accurate before submission to Canada Revenue Agency.

This month, **A Step Beyond & Associates** will be participating in the **PROS KNOW ACTIVE LIVING and RESOURCE EXPOS** at the following venue: **Westwood Community Church**, 401 Westwood Drive on **Fri. Oct. 22**; and at **Good Neighbours**, 720 Henderson Hwy on **Fri. Oct. 29**. Hope to see you there.

Please call **A Step Beyond & Associates** for assistance, see advertisement on page 5.

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

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Single Niche for one person from only **\$45 monthly\***

(available at Glen Lawn and Glen Eden only)

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Companion niche for two people from only **\$91 monthly\***

Traditional burial plots for two people from only **\$114 monthly\***

\*Only applies to specific gardens/structures. 10% min deposit. 18 monthly payments. APR of 3.95%. No credit check. Limited time offer - please check with the cemetery office for more details.

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204-809-8524

**Glen Lawn  
Funeral Home & Cemetery**  
glenlawn.ca  
204-809-8534

**Chapel Lawn  
Funeral Home & Cemetery**  
chapellawn.ca  
204-809-8517



**Arbor  
Memorial**

Arbor Memorial Inc.

Engage **MB**

## Share Your Views on Mental Health, Wellness and Recovery

Now, more than ever we need to do more to respond to the mental health and wellness needs of Manitobans.

The new Manitoba Mental Health, Wellness and Recovery department was created for that purpose – to focus on mental health, substance use and wellness of all Manitobans.

### We Want to Hear From You

To guide the work and priorities of this new department, we want to hear your ideas to develop an action plan that will improve Manitoba's mental health, wellness and recovery system.

Visit [engagemb.ca/mental-health](http://engagemb.ca/mental-health) to share your thoughts today.



## Will & Estate Lawyers of Winnipeg

**TELEPHONE NUMBER**  
**204-945-9751**

207 - 2211 McPhillips Street  
Winnipeg, MB R2V 3M5

### Protect your family and have the following documents in place or updated to your current needs:

#### Will

- Designate the Executor - the person who will administer your Estate; file appropriate tax returns; protect, preserve, and distribute your assets and follow your wishes.
- The Beneficiaries - this includes protecting your children and making special provisions for beneficiaries that are minors or have special needs.
- Handling your funeral and burial arrangements.

#### Power of Attorney

You may become incapacitated and/or unable to manage your affairs personally, due to either physical or mental conditions which may be temporary or permanent. Without a designated Power of Attorney, the Public Trustee can assume control of your assets and administer your affairs. Alternatively, someone else can apply to the court to obtain control, but this may prove to be a lengthy and costly procedure.

#### Health Care Directive (Living Will)

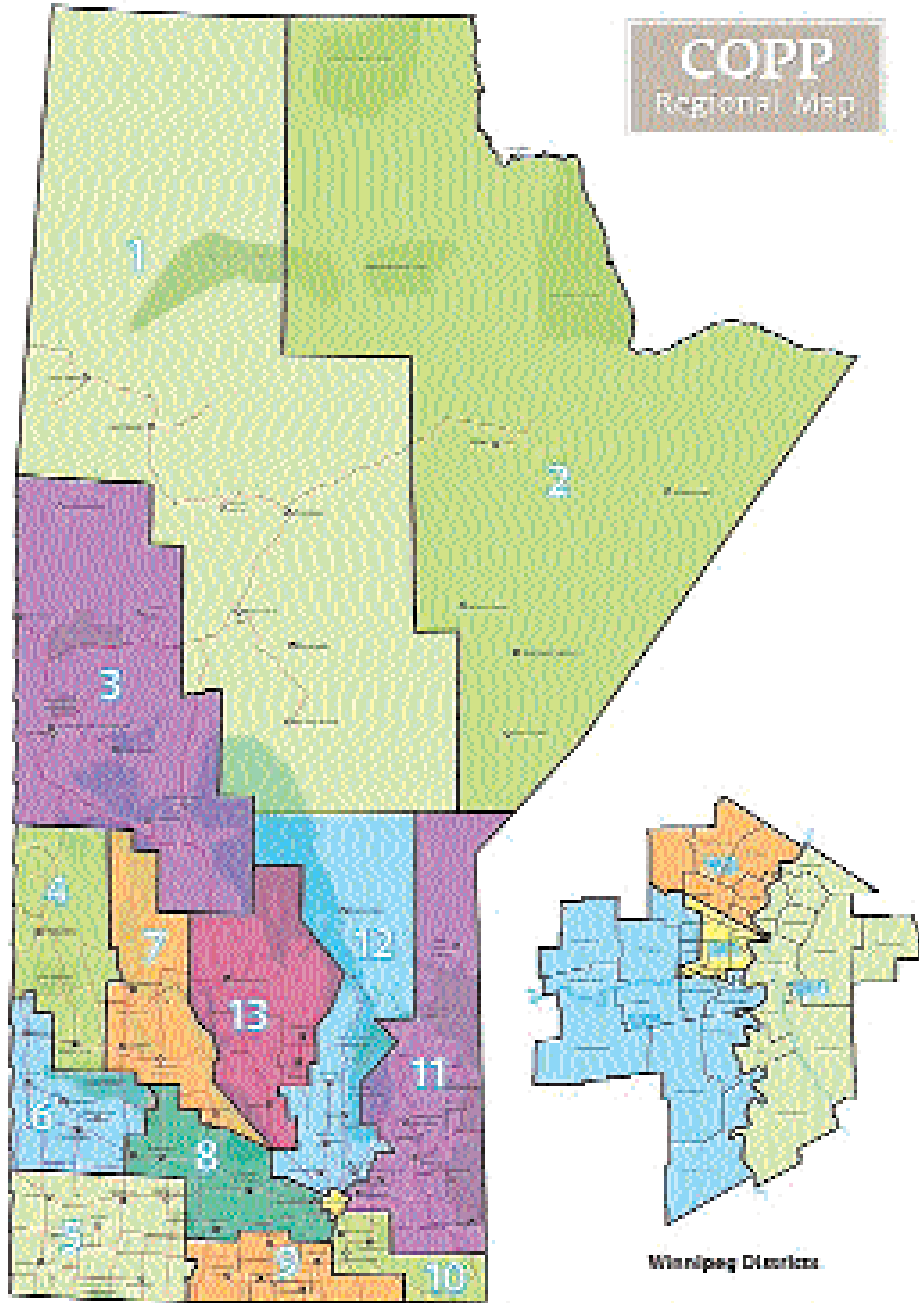
Unfortunately, there may come a time when you are not capable of making or communicating a decision as to what medical treatment you would like continued or withdrawn. We can help you remove the burden and the pressure from your loved ones by preparing a document that will enable treatment decisions to be made based on your health care directives and will appoint a proxy to speak on your behalf.

Standard Fees*		Seniors
WILL	\$175.00	\$150.00
POWER OF ATTORNEY	\$125.00	\$100.00
HEALTH CARE DIRECTIVE	\$75.00	\$50.00
* PLUS TAXES - rates are based per person		

Legal services provided by Tanis B. Jury Law Corporation.



# COPP - Citizens on Patrol, *cont'd from page 2*



ing incidents are definitely on the rise, and cattle rustling is also a growing problem. "Animals are being butchered in wooded areas, and other cows are being shot by vehicles passing by" she says.

COPP volunteers go out in early morning hours and in the evening, in vehicles, on bicycles and on foot. The volunteers wear bright yellow vests.

In various communities there's a definite feeling that things are safer, but hard evidence that crime has

been reduced is relatively hard to come by.

Anyone interested in the Bifrost area can e-mail Bianca Hamblin directly at [hamblinbianca@gmail.com](mailto:hamblinbianca@gmail.com).

More information on Citizens on Patrol can be found on their website .. [citizensonpatrolmb.ca](http://citizensonpatrolmb.ca)

Roger Currie ([rogerc@mymts.net](mailto:rogerc@mymts.net)) is a Winnipeg writer and broadcaster. He is a regular contributor to Senior Scope.

## There Are 50 Active Groups In Manitoba

Group Name	Region	Group Name	Region
Flin Flon	3	Woodridge	10
The Pas & Area	3	Beausejour	11
Swan River	4	Evergreen Beach	11
Brandon	5	Gull Lake Cottage Watch	11
Carberry	5	Lac Du Bonnet	11
Oak Lake Beach	5	North Whiteshell	11
Pierson	5	Oakbank/Springfield	11
Souris	5	RM of Victoria Beach	11
Roblin	6	Tyndall/Garson	11
Russell	6	East St Paul	12
Beckville Beach	7	Petersfield	12
Eden & District	8	Prime Meridian Trail Association	12
Elie	8	Selkirk	12
Municipality of McCreary	8	South St Andrews	12
Neepawa	8	St Clements	12
Oak Bluff	8	West Shores	12
Portage La Prairie	8	West St Paul	12
St Ambrose	8	Bifrost	12
Louise & Area	9	Sandpiper	13
Reinfeld	9		
RM of Stuartburn	9		
Stanley	9		
Swan Lake	9		
Winkler	9		
Lorette	10		
Niverville	10		
Ritchot	10		
Steinbach	10		
Tache Ward 6	10		

### WINNIPEG GROUPS

3 Rivers	W1
East Transcona	W4
Inkster North End	W1
River Heights	W2
St Boniface	W4
West Transcona	W4
William Whyte	W1
Woodhaven	W2

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\*Some conditions may apply.

## FIRE PREVENTION WEEK - OCT. 3 - 9

The focus of this year's Fire Prevention Week campaign is ensuring everyone learn the distinct sounds smoke and carbon monoxide alarms make, Municipal Relations Minister Derek Johnson, minister responsible for the **Office of the Fire Commissioner**, announced.

Knowing the difference can save you, your home and your family. The simple act of testing alarms and making sure everyone in the home is involved can make the difference between safety and tragedy. To learn the sounds of specific smoke and carbon monoxide alarms, check the manufacturer's instructions that came in the box, or search the brand and model online.

Learn the sounds of the alarms in your home:

- a continuous set of three loud beeps –beep, beep, beep – means

smoke or fire. Get out, call 9-1-1 and stay out;

- a single chirp every 30 or 60 seconds means the battery is low and must be changed;
- all smoke alarms must be replaced after 10 years;
- chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced; and
- make sure smoke and carbon monoxide alarms meet the needs of all your family members including those with sensory or physical disabilities.

To learn more about Fire Prevention visit the OFC website at [www.firecomm.gov.mb.ca](http://www.firecomm.gov.mb.ca). To learn more about how to stay fire safe in your home, visit NFPA's website at [www.firepreventionweek.org](http://www.firepreventionweek.org) or [www.sparky.org/fpw](http://www.sparky.org/fpw). ■

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1) 689 St Mary's Rd. 2) 139 Carmen Ave. (beside 266 Henderson Hwy) 3) 724 Ellice Ave.  
Book Appointment: **204-775-2266** or online: [www.acupuncturewinnipeg.ca](http://www.acupuncturewinnipeg.ca)



Advertising Feature

## Minds in Motion® Program Gets Up Close and Personal – Safely!

- Alzheimer Society of Manitoba

Participants in the Alzheimer Society's *Minds in Motion*® program have been waiting patiently to meet again in-person for their weekly sessions. After a year of attending the program virtually, community venues are planning to open up to welcome returning and new participants back for face-to-face sessions.

*Minds in Motion*® is a program that connects people living with early to moderate signs of dementia and their care partners through fitness, fun and friendship. Participants take part in a gentle chair fitness class followed by socially engaging activity and conversation.

This dementia friendly program was designed to take place in community venues throughout Manitoba. During the pandemic, the Society pivoted to keep the sessions going in a virtual format – a move which met with the approval of participants who otherwise would have missed out entirely on the sessions they look forward to each week.

While the online sessions were a welcome alternative – and will still be offered for those who wish to attend virtually – participants will be able to go to the community venue of their choice for face-to-face sessions starting after Thanksgiving weekend. Several Winnipeg and regional locations are eager and ready to open their doors.

At all times, provincial Covid regulations will be met to ensure a safe experience for everyone.

### What Participants Say

Now is the time to sign up for this popular program – it's easy-going, friendly and fun, and people keep coming back for more! Take it from

those who have participated in *Minds in Motion*® either virtually or in person:

"Staff and volunteers who lead the program are helpful and understanding – it's been a very worthwhile program." – *Person with Dementia*

"I enjoyed participating in both the physical exercise and the social activities. It was wonderful meeting and getting to know all the participants." – *Care Partner*



Go to [alzheimer.ca](http://alzheimer.ca) and click on "**Minds in Motion Fall 2021**" on the home page to register for a session at a location near you. You'll find the list of venues and their phone numbers, along with dates and times.

Virtual *Minds in Motion*® sessions are run via Zoom on Thursdays from 10 to 11:30 am for six weeks **starting on October 14**. Go to [alzheimer.ca](http://alzheimer.ca) and click on "**Minds in Motion Fall 2021**" on the home page to register.

For more information about *Minds in Motion*®, contact the coordinator at [mindsinmotion@alzheimer.mb.ca](mailto:mindsinmotion@alzheimer.mb.ca).

Care4u 2021 Conference (virtual)  
October 16/21  
[alzheimer.mb.ca/care4u](http://alzheimer.mb.ca/care4u)  
204-943-6622 (Wpg)  
or 1-800-378-6699



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Elections Manitoba is hiring for the next provincial election.

## Do work that matters.

Deliver democracy to your community. Elections Manitoba is recruiting returning officers and assistant returning officers to manage all election activities in their community.

These are term positions with some part-time work and paid training starting September 2022. Full-time commitment, including evenings and weekends, is required from September 1 to October 13, 2023 (subject to change due to election date).

### REQUIREMENTS

- Non-partisan/no political affiliation
- Eligible voter
- Project/event management experience
- People management experience
- Computer literacy
- Satisfactory security check
- French an asset in bilingual ridings

Deadline to apply: November 15, 2021

Learn more at [electionsmb.ca](http://electionsmb.ca).



To apply or find out more:  
[www.electionsmb.ca](http://www.electionsmb.ca)  
Toll-free: 1-866-628-6837 x 7940



## Things To Do

## WINNIPEG

More listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

### MISC EVENTS

#### ANAVETS Assiniboia Unit 283 -

Full vaccination proof needed. Masks to be worn when dancing or not seated. Live bands every Friday, 8-11 pm. Meat draws & Bingo - Call or check our website for times. **3584 Portage Ave. 204-837-6708**

**HSC Foundation - Bannatyne Legacy Circle Celebration.** Tune in to CJNU 93.7 FM, listen online at [cju.ca](http://cju.ca), or watch on MTS TV channel 725 to celebrate our legacy donors and learn more about HSC - Manitoba's hospital, on Sun. Oct. 17, 2-4 pm. Also hear from seven Manitobans who will each share why they decided to support the future of health care in Manitoba by joining the Health Sciences Centre Foundation's *Bannatyne Legacy Circle*.

**Manitoba Genealogical Society -** Reopening of library/resource center, Sat. Oct. 16, 10-3. Volunteers to assist you on your family history research. Visit [mbgenealogy.com](http://mbgenealogy.com) or call **204-783-9139** for hours and schedule for Saturdays open. Covid-19 measures apply.

**Hand Sewn Doll Clothes -** to raise money for Willow Place, a women's shelter in Wpg. I am volunteering my time, and donating all fabric and sewing supplies to produce doll clothes suitable for the 18" American Girl dolls. Prior to Christmas I will donate all proceeds from the sale of the doll clothes to Willow Place. See postings on Winnipeg Kijiji under Doll Clothes. Info: [lindabrayshaw@hotmail.com](mailto:lindabrayshaw@hotmail.com).

### RURAL MANITOBA

#### PROGRAMS / SERVICES

**Brandon - Prairie Oasis Senior Centre** - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: **204-727-6641**

**Dauphin Multi-Purpose Senior Centre-Seniors 55+** - Cancer society Transportation Program, fee for service contact list, Erik kits. *Facility available to rent.* **204-638-6485, www.dauphinseniors.com**

**Emerson-Franklin Senior Services -** Transportation, shopping, Meals on Wheels for shut-ins. For seniors with disabilities for independent living. **204-427-2869**

**Ile des Chenes -** In-person Yoga classes for adults (seniors), Thursdays, 9 am, starting Sept. 9. \$5/class, held at the main hall at the TC Energy Centre in Ile des Chenes. Proof of vaccination and masking required. To register, Juliette: **204-330-7456** or [juliette.nadeau@outlook.com](mailto:juliette.nadeau@outlook.com)

### SPORTS & FITNESS

**Yoga Sessions -** Deer Lodge Community Centre, 323 Bruce Ave. E. With with Doreen Wuckert, Certified Yoga Instructor - Mondays, 7-8 pm, Sep. 27-Dec. 13, 11 Sessions - \$100. Drop-in \$12 per class. Doreen: **204-837-9613** or [dwuckert@shaw.ca](mailto:dwuckert@shaw.ca)

**Pembina 55 Plus Men's Curling League -** Registration Session for individual curlers. Curl at the Pembina Curling Club, 1341 Pembina Hwy. Season consists of 4 rounds with each round consisting of 10 games. Two games are played/wk, alternating btw Mon. Wed. and Fri. at 1 pm, Oct-Mar. Teams established by random selection before start of each round. Various options: play only one, two, three, or all four Rounds. Or, you can start by sparing. Info at [55pluscurling.com](http://55pluscurling.com) or email [contact@55pluscurling.com](mailto:contact@55pluscurling.com)

#### VOLUNTEERING

**Actionmarguerite St. Boniface, 185 Despins Street -** Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111, service@actionmarguerite.ca**

**Actionmarguerite St. Vital, 450 River Road -** Volunteers needed to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111, service@actionmarguerite.ca**

STAY SAFE, HEALTHY & HAPPY!

WASH YOUR HANDS.

SAFELY DISTANCE FROM OTHERS

**Caregiving with Confidence -** Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or [jnybakken@aosupportservices.ca](mailto:jnybakken@aosupportservices.ca)

**Deer Lodge Centre -** 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit [www.deerlodge.mb.ca/volunteers.html](http://www.deerlodge.mb.ca/volunteers.html)

**Meals on Wheels -** Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711, www.mealswinnipeg.com**

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

**Victoria Lifeline -** Melissa: **204-956-6773** or [msitter@victorialifeline.ca](mailto:msitter@victorialifeline.ca)

**Vista Park Lodge Personal Care Home -** in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: [cliewicki@extendicare.com](mailto:cliewicki@extendicare.com)

#### PROGRAMS / SERVICES

**Pembina Active Living (PAL) 55+** (new location - Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Fall 10-wk classes begin Sep. 14 with a combination of in-person and online classes: yoga, fitness, resistance training, Zumba, Tai Chi, Let's dance, painting and writing. Call the office to see which registrations are still available. Drop-in activities: bridge, five-pin bowling, pickleball, Lunch PALs. Office hrs: Tue-Wed-Thur 9-3:30. Info: [www.pal55plus.com](http://www.pal55plus.com), [office@pal55plus.com](mailto:office@pal55plus.com), **204-946-0839**.

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Submit PSAs by November 1st for the November 10/21 issue.

**Interlake North Eastman -** Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches** Resource Center (**Victoria Beach**) **756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource **372-6861**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton & District** Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk - Selkirk & District** Senior Resource Council Inc. **785-2737**; **Stonewall -** South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **444-3139**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, **Pinawa** **753-2962** or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

**Lorette - Yoga for You -** ONLINE yoga classes Tuesday mornings, 9:30 am and Wednesday evenings, 6:30 pm. First class is free, then \$5 per online class. Adults of all ages and fitness levels, and mature teens are welcome - no experience needed. To register, text: **204-330-7456** or [juliette.nadeau@outlook.com](mailto:juliette.nadeau@outlook.com)

**Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi -** Volunteers needed. Services: transportation, friendly visits/calls. Coordinator Bev Collet: **204-248-7291** or [ensemble@mymts.net](mailto:ensemble@mymts.net)

**Montcalm Service to Seniors -** Joanne: **204-304-0551** or [jbarnabe@hotmail.ca](mailto:jbarnabe@hotmail.ca)

**Steinbach - Pat Porter Active Living Centre -** 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception **204-320-4600** (Sonja, Program + Volunteer Coordinator) **204-320-4603**, <https://www.patporteralc.com>

**Brooklands Active Living Centre -** 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. Call **204-632-8367** for more info.

**Dufferin Senior Centre -** Perogies For Sale. Bingo - Monday, 1 pm. Other activities open soon. Show of vaccination card and photo ID required at door for all events. Info, Al: **204-771-3325**

**Dakota 55+ Lazers Senior Centre -** Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 217. **WHIST**, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

**Rainbow Resource Centre -** Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email [otr@rainbowresourcecentre.org](mailto:otr@rainbowresourcecentre.org).

**Caregiving With Confidence is now a program of A & O: Support Services for Older Adults -** We are pleased to announce that Caregiving With Confidence is now an **A & O: Support Services for Older Adults (A & O)** run and operated program. Our primary focus continues to be providing supports for family caregivers of older adults. Our programming will remain the same. **Caregiving with Confidence: 204-452-9491** for more info.

**Seine River Services for Seniors -** Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**.

**Les services rivière seine pour aînés -** aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

**Springfield - Springfield Seniors -** **204-444-3139, springfieldseniors@mymts.net**. Stick curling (**204-853-7729**), Pickleball ([gardi@mymts.net](mailto:gardi@mymts.net)), Women's 55+ Fitness (**204-880-4716**), Indoor Walking program (**204-444-2242**), Tai Chi, Badminton (**204-801-5380**), Volleyball (**204-403-8242**), Craft Monday (**204-396-7132**), Bingo, Congregate Meal program (**204-444-3132** ext. 1). **TechMB Free Course: Intro to iPads**, Nov. 4, 18, 25, 1-4 pm, 544 Holland St. Dugald, MB. Must have an iPad or iPhone. Limited space. Suitable for beginners. Register at **204-444-3139, jchase@rmofspringfield.ca**. Proof of double vaccination required. Masks mandatory.

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# PREMIER INVESTS THE 2019 WINNIPEG BLUE BOMBERS INTO THE ORDER OF THE BUFFALO HUNT

At a ceremony at IG Field on September 14, 2021, Premier Kelvin Goertzen invested the Grey Cup-winning 2019 **Winnipeg Blue Bombers** into the **Order of the Buffalo Hunt**.

"The Winnipeg Blue Bombers players and staff represented their club, the city and the province with pride, and today I am proud to honour the team members and staff by investing them into the prestigious Order of the Buffalo Hunt," said Goertzen. "The Bombers broke what was the longest-active CFL Grey Cup drought and that achievement deserves to be recognized and celebrated. On behalf of all members of the Manitoba legislature and all Manitobans, it is my great pleasure

to pay tribute to Manitoba's hometown team, which serves as a strong reminder of the value of sport as a vehicle to bring us together and enrich our communities."

On Nov. 24, 2019, the Winnipeg Blue Bombers won the Canadian Football League's (CFL) 107th Grey Cup in Calgary, Alta., by a score of 33 to 12 against the Hamilton Tiger Cats. This was the club's first Grey Cup victory since 1990.

Winnipegger Andrew Harris won both the 2019 Grey Cup most valuable player (MVP) Award and the Canadian MVP award. The 2019 team was led by head coach Mike O'Shea, general manager Kyle Walters, and president and CEO

Wade Miller, with Dayna Spiring serving as board chair.

Manitoba's Order of the Buffalo Hunt was established in 1957. The honour is bestowed by the province on individuals and groups who demonstrate outstanding skills in the areas of leadership, service and community commitment. The Winnipeg Blue Bombers were awarded the Order of the Buffalo Hunt in 1957, 1984 and 1988 for Grey Cup (or Western Interprovincial Football Union) victories. Most recently, the province invested the Canadian Olympic women's curling team (Team Jennifer Jones) in 2014 and Team Manitoba medal winners from the 2017 Canada Summer Games.

This summer, Dr. Brent Roussin, Manitoba's chief provincial public health officer on behalf of Manitoba's public health team, and Linette Siragusa, Manitoba's chief nursing officer on behalf of front-line health-care providers, were bestowed with the award in recognition of their efforts to save lives and protect Manitobans during the COVID-19 pandemic. As well, North Dakota Gov. Doug Burgum and the citizens of North Dakota were recognized for their goodwill, ingenuity and support to vaccinate Manitoba essential workers - the first such program between a Canadian and American jurisdiction. ■



NEWS RELEASE (SEPT. 28/21) -

# NEW AQUATIC CENTRE FOR SPRINGFIELD CONNECTED TO PLANNED DUGALD ASSISTED LIVING RESIDENCE

A new community **Aquatic & Wellness Centre** is in the planning stages for the RM of Springfield and will connect the existing 55+ Dugald Estates housing coop with the planned Dugald Place Assisted Living Residence. The project is the first for Springfield Heritage Housing Inc. (SHHI) which was created earlier this year in collaboration with the RM, the Dugald Place Housing Cooperative and the Springfield Seniors Non-Profit Housing Co-op (SSNHC).

The SHHI Board revealed the new Dugald Place plans which feature 54 spacious/wheelchair accessible 1- and 2-bedroom suites, a commercial kitchen and full-service dining room, a large common area overlooking the pool, wellness and fitness centre, guest suites, hair salon, and library. Residents will have meals provided for them, and will enjoy housekeeping and recreational services; staff will be on-site 24/7. Residents of the existing Dugald Estates Coop will have access to the dining and other services by an indoor link.

The innovative 10,000 sq ft Aquatic & Wellness Centre includes a full length 6-lane pool which is a first for the RM of Springfield. It will accommodate community use for all ages from beginners to seniors, as well as water aerobics and other therapeutics which are known to be especially beneficial for seniors. Public access to the Aquatic & Wellness Centre will provide opportunity for year-round swimming lessons, general swim hours and special events for Springfield residents and their neighbours. Seniors will be afforded reserved swim times. Municipality recreation staff will manage and operate the Aquatic & Wellness Centre which will also include a small café.

"An aquatic facility is the most requested recreational amenity for our municipality," said Springfield Mayor and SHHI Board Member, Tiffany Fell. "This innovative approach will create intergenerational opportunities in our community," she added. The project is expected to create a

destination point for Springfield, creating economic opportunities and local jobs.

Studies have shown there is a significant need for seniors housing in Springfield. SHHI Volunteer Chair Lesley Thomson said there are already 50 seniors on the wait list for the project which is projected to break ground next spring. While the demand is strong, there is currently no assisted living residence in Springfield. "We are confident that with the support of the community we can reach our fundraising goals."

"There is a real need for this project in Springfield as well as the many benefits it will bring to Springfield residents," said MLA Ron Schuler. "Much credit is due to the perseverance of the volunteers who built the successful Dugald Estates project and have now joined with the RM of Springfield to bring additional seniors housing to the community."

The total budget for the project is estimated at \$24M with the assisted living residence designed to meet "net-zero energy ready" building performance standards.

• SHHI has been working with the Federation of Canadian Municipalities for a grant application under the Green Municipal Fund, to cover the costs associated with meeting a higher level of energy performance standards, which in the long term will result in lower utility costs for the life of the building.

• In order to make costs more affordable for the assisted living residents, Dugald Place is also aligned with the CMHC National Housing Co-Investment Fund which provides mortgage financing. The project aims to have all 36 of its one-bedroom suites available at CMHC affordable rates.

• The RM of Springfield and Springfield Seniors Non-Profit Housing Coop have collaborated to make the land available at no cost.

• The RM of Springfield Recreation Staff will operate and manage the Aquatic &

*Continued on page 13*



Launching the new Dugald Place Assisted Living Residence and the Aquatic & Wellness Centre in Springfield are (l to r): Randy Williams, Chair of the existing Dugald Estates 55+ Housing Coop; Greg Reid, Interlake Eastern Regional Health Authority; Bob Lagasse, MLA for Dawson Trail; Tiffany Fell, Mayor of RM of Springfield; Neil van Ryssel, Community Leader; Lesley Thomson, Chair of Springfield Heritage Housing.

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# Happy Thanksgiving



# THE BUZZ

By Scott Taylor

In 1896, the Winnipeg Victorias defeated the Montreal Victorias 2-0 to win the Stanley Cup.

Rod Flett, a Metis hockey player born on Feb. 27, 1873 in Kildonan, Man., was the son of David Flett and Catherine McLeod. Flett, who was 6-foot-3 and played the point position, was a big part of the Cup-winning Victorias. Of course, when you consider there were only 10 players on the team, he had to play a major role.

Flett was the first Indigenous hockey player in Manitoba history to win a Stanley Cup, but he certainly wasn't the last. In 1901, he was joined by his brother Magnus and another Metis star named Antoine (Tony) Gingras, as they led the Victorias to another win over the Montreal Victorias and a second Stanley Cup. That team also had 10 players and three of them were Metis. In 1902, they defeated the Toronto Shamrocks to win the Dominion championship again and keep the Cup in Winnipeg.

The story of the Flett Brothers and Tony Gingras will have a prominent place in an exciting new book available this fall called **Excellence: The Untold Stories of Manitoba's Greatest Indigenous Athletes**. Written by Carriera Lamoureux and *Game On Magazine's* Scott Taylor, it tells the story of some of the greatest athletes in Manitoba history that very few people know.

And not only will it include the stories of the province's greatest Indigenous hockey stars - Reggie Leach, Jamie Leach, Theoren Fleury, Arron Asham, Brigette Lacquette, Jocelyne Larocque, Brad Chartrand and Jill Mathez, just to name a few - but it will also tell the remarkable tales of Olympic track bronze medalist Angela Chalmers from Shilo, Olympic curling bronze medalist Carolyn Darbyshire-McRorie from Arborg, 1904 Olympic lacrosse gold medalist Jack Flett of Kildonan, 1912 Olympic distance runner Joe Keeper from Norway House, perhaps

# EXCELLENCE: THE UNTOLD STORIES OF MANITOBA'S GREATEST INDIGENOUS ATHLETES

By Scott Taylor / Photos courtesy MASRC and Hockey Hall of Fame Images



1896 Winnipeg Victorias: Antoine (Tony) Gingras (2nd row, 2nd from right), Rod Flett (front row middle).



1901 Winnipeg Victorias: Rod Flett (front row, 3rd from left), Magnus Flett (front row, 3rd from right), Tony Gingras (back row, 2nd from right).



St. Boniface College team 1908. Antoine Gingras (suit) middle.



Reggie Leach vs. Montreal.



LA Kings star Brad Chartrand with his hardware at Cornell University

the greatest curler in the world today Kerri Einarson of Petersfield, and All-American Girls Professional Baseball League star Yolande (Teillet) Schick of St. Vital. You probably didn't know it, but not only is Schick enshrined in Cooperstown, her great uncle was the Father of Manitoba, Louis Riel.

"In this book, readers will get to know some of the greatest athletes in Manitoba history, many of whom have never been recognized before right here in their own province," said MASRC executive director Mel Whitesell. "It will be a 286-page tribute to the excellence of Manitoba's remarkable Indigenous athletes."

When it comes to hockey, most of the NHL and Olympic stars have indeed been feted around the world. Reggie Leach, the Riverton Rifle, won a Stanley Cup and a Conn Smythe Trophy with the Philadelphia Flyers in 1975. His son, Jamie won two Stanley Cups with the Pittsburgh Penguins in 1991 and 1992. Theoren Fleury won the Cup in 1989, but he also won a gold medal at the World Junior Hockey Championship (1988), the Canada Cup (1991) and the Olympic Games (2002). Jocelyne Larocque was the first Indigenous woman to play on Team Canada's hockey squad at the Olympics and has won an Olympic Gold Medal

(2014) and a World Championship gold medal (2012). And Brigette Lacquette won a silver medal at the 2018 Winter Olympics.

However, most readers might not recall Brad Chartrand, a Metis athlete from St. James who played for the Purolator Cup champion Winnipeg Hawks and the St. James Canadians before having a brilliant four years with the Cornell University Big Red. He went on to have a five-year NHL career with the Los Angeles Kings.

These days, Chartrand, who has an MBA from Cornell University and a Master's Degree in International Strategy from Queens University, lives in Saratoga Springs, N.Y., a

*Continued on next page*

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## Greatest Indigenous Athletes, cont'd from page 12



Brigette Lacquette



Jocelyne Larocque.

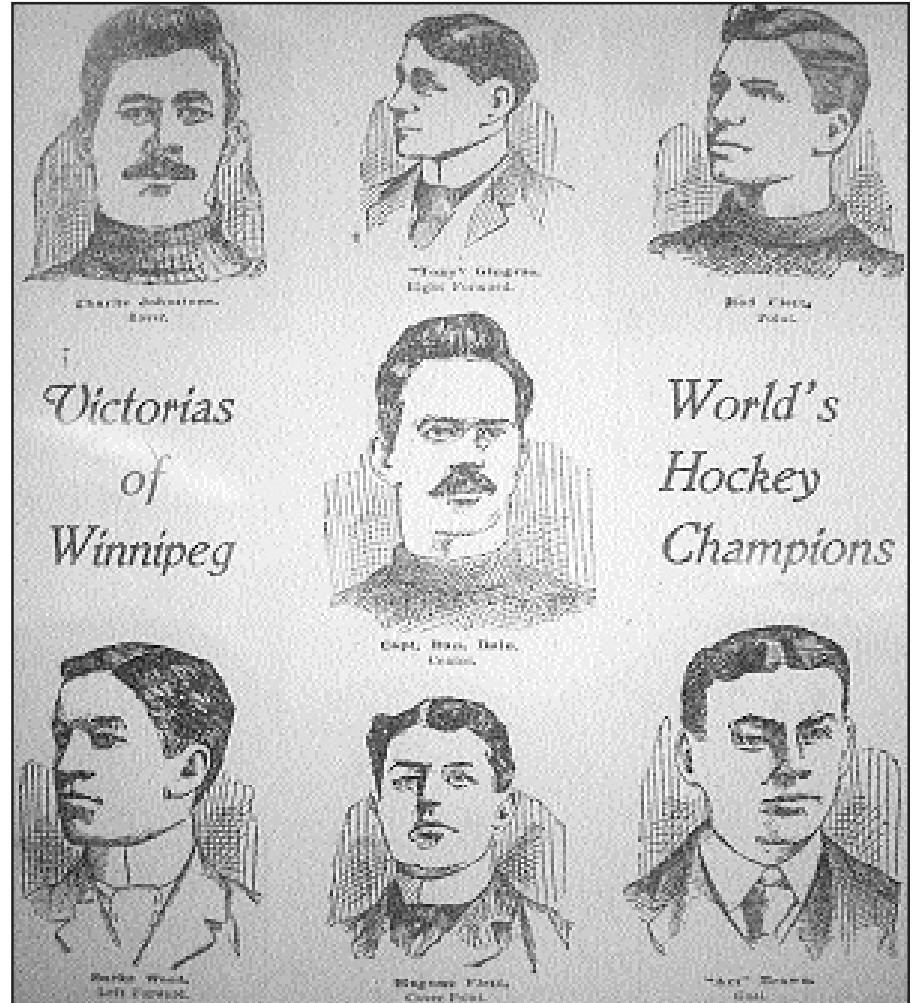
five-minute walk from Saratoga Race Track, perhaps the most beautiful race track in the world. He spends his spare time coaching his two sons Liam and Brandon and his daughter Cate and he hasn't forgotten the lessons he learned from his days in Winnipeg.

"When I coach my teams today, I take a lot of what youth coaches in Manitoba did," said Chartrand, who is head coach of the local minor bantam team in Saratoga Springs. "We were in Winnipeg last Christmas, just before the world blew up, and I met with Greg Lacomby and he showed me his practice plans and binders full of drills. He was well ahead of his time in terms of preparation. I try hard to

be as prepared for practice and games as he was. I learned so much because I had such great minor hockey coaches in Winnipeg."

That's the type of story that dominates *Excellence: The Untold Stories of Manitoba's Greatest Indigenous Athletes*. Players such as Konrad McKay, Jason Bone, Ryan Person, Jamie Mousseau, Kamerin Nault, Kimbi Daniels, Micheal Ferland, Corey Courchene, Don Melnyk, Conner Roulette and Connor Dewar, dot the pages with wonderful stories of amazing hockey journeys.

"The book will be available this fall," said Whitesell. "And if you love sports, you'll love this book." ■



The starting lineup of the 1901 Winnipeg Victorias included three Metis stars, Rod Flett, Magnus Flett, and Antoine Gingras.

## Dugald Place and Aquatic Centre, cont'd from page 11

Wellness Centre.

- SHHI is collaborating with the Interlake Eastern Regional Health Authority (IERHA) to ensure a full range of home care services are available to residents.
- SHHI is working with Manitoba Housing to have all suites eligible for Manitoba's Rent Assist program.
- A fundraising campaign is currently in

the quiet phase. A professional analysis conducted earlier this spring indicated the Springfield community has the capacity to raise \$3.5M. Significant donations and pledges have already been made; a formal launch of the campaign will be held at a later date. All donations will receive a charitable tax receipt from the RM of Springfield. ■

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I L B O Y P M T H I C A G A V E N B Y J A  
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I V Y K S L I A N A A E A N S E O E U E S  
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N E P A Y A R R O W Y U C C A A M W T D A  
P S F D C G N Y E N T H O R N M L C O A T  
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Candytuft	Cress	Goss	Mint	Pipi	Stole	Vetch	Zea
Canna	Dog grass	Hart's tongue	Napal	Race	Strobile	Vine	

SOLUTION ON NEXT PAGE

**CROSSWORD - Five Senses** By Adrian Powell

**ACROSS**

- Flintlike quartz.
- Fend off
- Porker's pen
- Standard dash fixture, these days
- Egg boiling aid
- Levin of "Rosemary's Baby"
- Just right for the occasion
- Kalamazoo lass
- Long feathered neck wear
- Luau souvenir
- Nymph pursued by Apollo
- Knights of the Round Table
- Sonic bounce, basically
- i's and j's have them
- Peculiar
- Tiny energy unit
- Norway's largest city
- Copy of "Madearn's"
- Skin softening cosmetic
- de plume
- Tell a story
- Landing lounge posting (abbr.)
- Without any odour
- German steel-making centre
- Mosaic piece
- Grassy forest opening
- Poplar Point to Wbg. direction (abbr.)
- Actor Arkin
- Salon specialist
- Yell "Heads up!", say
- Roofing specialist
- Contend (for)
- Well-known Chinese leader of yore
- Common inhalant
- What King Midas had

**DOWN**

- Copies or cheats
- Vietnam's capital
- Allan Poe
- Where Copacabana is
- Saw or drill
- Roofspace storage area
- Big rail travel name
- Thousands, to ancient Romans
- Getting OAS payments, in brief
- Something on your tires
- Acts like most tourists
- Interpret
- Big Ivy League school
- Act of derring-do
- Penniless
- Tinyold French coin
- Second-hand info
- Killer whales
- Small impression
- Obtain
- Saudi Arabia's neighbour
- Research facility (abbr.)
- Lady listed in the "Social Register"
- Be very suspicious
- Tuned to lose
- Average marks
- Whole shebang
- Quite orderly
- Work with a Singer
- Conservative leader O'Toole
- Black, to Spaniards
- 2, 4, 6, 8, 10 ...
- Make one smile
- Marathoner, e.g.
- Like a pitcher's dream game
- Drains of energy
- Wander about
- Big Sicilian volcano
- Drain unblocking solution
- Adams who played Maxwell Smart
- Cod liver product

SOLUTION ON NEXT PAGE

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**Chicken Breasts with Parsley Sauce**

Metric	Ingredients:	Imperial
1	bay leaf	1
5 ml	whole peppercorns	1 tsp
1	stalk celery, chopped	1
1	lemon, peeled & chopped	1
1	onion, chopped	1
1	carrot, chopped	1
1.8 kg	skinless, boneless chicken breasts	4 lb
-	PARSLEY SAUCE	-
250 ml	white wine	1 cup
250 ml	35% whipping cream	1 cup
5 ml	granulated sugar	1 tsp
4	green onion, chopped	4
2	small cloves garlic, chopped	2
500 ml	parsley leaves	2 cup
5 ml	lemon juice	1 tsp
-	salt & pepper	-

Combine bay leaf, peppercorns, celery, lemon, onion and carrot in a large saucepan. Add enough water to fill two-thirds full. Bring to boil and simmer for 10 minutes. Add chicken and cook for 8 to 10 minutes or until no longer pink in centre. Remove from pan and place on platter. Keep warm.

**PARSLEY SAUCE:** Combine wine, cream, sugar, onions and garlic in small saucepan. Bring to a boil and reduce to about 1 cup (250 ml), about 20 minutes. Transfer to blender. Add parsley and lemon juice. Puree until smooth. Add salt and pepper to taste. Spoon sauce over chicken breasts.

**Serves 10**



**LAUGH A LITTLE**

If we trained all the Amazon delivery drivers to administer the vaccine, the whole world would be immunized by Friday. Wednesday if you have Prime.

I went for a job interview and the manager said they were looking for someone who is responsible.  
I said, "I'm your man! In my last job, whenever things went wrong, they said I was responsible."

Do you ever feel like your body's 'check engine' light has been on and you're still driving like, "nah, it'll be fine"?

Do not let them take your temperature when you enter the store! It's a scam! They're erasing your memory. I went in for milk and eggs and came out with chips and ice cream.

**Mind & Memory A to Z Trivia**

By Gary Adams - Mind and Memory Presentations - Helping to Keep Brains Young

Today all answers begin with the letter "R"

1. This was Glen Campbell's nickname:
2. He starred in the movie "All the President's Men":
3. This actor played Popeye:
4. They say the North American economy was built based on:
5. This is a breathing devise used to save Covid patients:
6. This city was originally named "Pile of Bones":
7. This Beatle married a 'Bond Girl':
8. When a woman is happy and confident she is:
9. In Britain these are "Sultanas":
10. This is what the little pig had to eat:
11. In Winnipeg neighborhoods they run fast, jig and jag:
12. Howard Hughes designed her bra:
13. If a man wants to impress his lady he must be:
14. This blind singer sang "I've Got A Woman":
15. This event happens in Pasadena on New Years Day:
16. This is 480 sheets of paper:
17. He owns the 'Virgin Group' of companies:
18. This new and music machine was invented in Italy in 1895:
19. This American President loved 'Jelly Beans':
20. This cereal is said to 'Snap, Crackle and Pop':
21. She played the key role in the movie "Sleepless in Seattle":
22. This Canadian tool had a square driver:
23. She seduced Dustin Hoffman:
24. In 1971 this actor played Napoleon in the movie "Waterloo":
25. This is a popular game in Casinos:
26. Oprah said "In the End, This Is All You Have":
27. Most people go mad when they lose this:
28. This artist was famous for "Shade and Light":
29. This animal has a curious habit of washing it's food before eating:
30. This final question will challenge your brain "This is an Alberta city named after an animal":



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**It is free created specifically to improve the lives of those in self-isolation during the COVID19 period.**

To request direct e-mail sends to friends or family, forward address to [trivia@shaw.ca](mailto:trivia@shaw.ca)

~ Author, Gary Adams

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**A to Z Trivia 'R' SOLUTIONS**

- |                      |                    |                            |                   |
|----------------------|--------------------|----------------------------|-------------------|
| 1. Rhinestone Cowboy | 8. Radiant         | 16. Ream                   | 23. Mrs. Robinson |
| 2. Robert Redford    | 9. Raisins         | 17. Richard Branson        | 24. Rod Steiger   |
| 3. Robin Williams    | 10. Roast Beef     | 18. Radio                  | 25. Roulette      |
| 4. Railway Expansion | 11. Rabbits        | 19. Ron Reagan             | 26. Reputation    |
| 5. Respirator        | 12. Russell (Jane) | 20. Rice Krispies          | 27. Remote        |
| 6. Regina            | 13. Romantic       | 21. Meg Ryan               | 28. Rembrandt     |
| 7. Ringo Starr       | 14. Ray Charles    | 22. Robertson Screw Driver | 29. Raccoon       |
|                      | 15. Rose Bowl      |                            | 30. Red Deer      |

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more **A to Z Trivia** at [www.mindandmemory.ca](http://www.mindandmemory.ca)

**CROSSWORD - Solution**

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

**WORDSEARCH - Solution**

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

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