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Vol. 20 No. 2 | Aug. 10 - Sept. 9/22

Celebrating 20 Years - July 2022!

The MB 55+ Games GOLF RESULTS are in!

Submitted by Karyn Heidrick, Games Coordinator

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on page 9



Top: Selkirk Golf Course in fine form.

Left: Some of the golf event winners. Right: Craig Giesbrecht (suited in the middle), Regional Sales Manager from Selkirk Cambrian Credit Union was onsite at the golf events awarding the winning ribbons to participants on behalf of MB Credit Unions, which is a proud sponsor of the MB 55+ Games!

This is an official wrap of the Manitoba 55+ Games for 2022 in Selkirk, MB. The golf events were cancelled in June due to flooding on the Selkirk Golf Course and was rescheduled for August 2nd to 4th.

Congratulations to all of the winners and to those who will be going on to participate in the Canada 55+ Games in Kamloops, B.C., August 23rd to 26th.

See you at the Games in Portage la Prairie, June 20-22/23!

And the winners are:

18 Hole - Gross Event:

55+ Men:

1st - Nelson Leaske

2nd - Glenn Jefferies

65+ Men:

1st - Mike Berney

2nd - Robert Blain

3rd - Rick Barnett

75+ Men:

1st - Terry Dann

2nd - Bruno Stimpson

3rd - Dan Deonarine

80+ Men:

1st - Cliff Thompson

2nd - Scotty McLaren

3rd - Roland Vandall

55+ Women:

1st - Corinne Savitzky

65+ Women:

1st - Nancy Shumsky

2nd - Joanne Stimpson

3rd - Sharon Leckie

80+ Women:

1st - Jeanette Jefferies

9 Hole - Gross Event:

55+ Men:

1st - Nelson Leaske

2nd - Glenn Jefferies

65+ Men:

1st - Rick Barnett

2nd - Robert Blain

3rd - David Babiniec

75+ Men:

1st - Dan Deonarine

2nd - George McQuade

80+ Men:

1st - James Ticknor

2nd - Norval Campbell

3rd - Cliff Thompson

55+ Women:

1st - Della Markham

2nd - Lori Gullivan

3rd - Bonnie Papadopolus

65+ Women:

1st - Leona Moore

2nd - Deb Murphy-MacDonald

75+ Women:

1st - Cheryl Dann

2nd - Shirley Strand

3rd - Elspeth Sangster

80+ Women:

1st - Jeanette Jefferies

9 Hole - Scramble Event:

1st place team:

• Patti Keillor, John Erickson, Roland Vandall,

George McQuade

2nd place team:

• Leona Moore, Rick Barnett, James Ticknor,

Nelson Leaske

3rd place team:

• Jeanette Jefferies, John Vertz, Robert Blain, Ellen Blain

18 Hole - Net Event:

55+ Men:

1st - Nelson Leaske

2nd - Patrick Dewarle

3rd - Glenn Jefferies

65+ Men:

1st - Robert Blain

2nd - Wayne Bird

3rd - John Erickson

75+ Men:

1st - Terry Gabrielle

2nd - Bruno Stimpson

3rd - John Lamarche

80+ Men:

1st - James Ticknor

2nd - Ron Corrigan

3rd - Roland Vandall

65+ Women:

1st - Joanne Stimpson

2nd - Ellen Blain

80+ Women:

1st - Jeanette Jefferies

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Copies are concentrated in Winnipeg and larger rural centres.

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Keeping Active During the Lazy, Hazy Days of Summer

By Karin Whalen, Executive Director



Karin Whalen

Summer. The season we look forward to, especially in the long dark days of winter. Getting outside without having to bundle up, no scraping off the ice on our windshields, and no icy sidewalks that make us contemplate whether or not we should even attempt a walk outside.

Welcome Summer. A hot day is glorious to some of us, but not everyone. As we age, it's harder for our bodies to cool themselves down naturally; thus, we must be mindful of high temperatures and modify plans accordingly. Be sure to take caution if it's over 23 Celsius. Stay hydrated, dress for the heat with breathable fabrics and limit your time outside if it's hot.

Overall, summer is the perfect time to get or keep active. Ideally, you want to engage in 2.5 hours of moderate to vigorous activity each week. Moderate activity makes you breathe a bit harder; you should still be able to converse

but not sing, whereas, with vigorous exercise, you'll only be able to utter a few words without needing to catch your breath. Brisk walking and riding a bike are good examples of moderate activity while jogging and taking an advanced exercise class can be considered vigorous. Make sure to include some muscle-strengthening activities and exercises to help with your balance and posture a couple of times a week. It doesn't have to be complex; digging in the garden, climbing stairs, and carrying your groceries all count as strengthening activities. Alternate standing on one foot with support if needed or doing some yoga exercises can aid with your balance and posture. You want to make it easy and fun, not like another chore to check off the 'to-do' list.

'Exercise Snacking' is currently a big fitness trend. It's a term to describe engaging in short bouts of activity throughout the day and can also help with your weekly cumulative 2.5-hour total. It's not a new concept, but it works, contributing to your

wellbeing and giving you a needed energy boost during your day. Instead of reaching for the refrigerator for a snack break, switch it up and take an 'exercise snack' break. Check out our **Take a Minute to Move Breaks** on our website, www.activeagingmb.ca, which encourages mini-breaks. Your exercise snack could consist of taking a flight of stairs, walking around the block, picking a few weeds, or jogging in place; the ideas are endless. Research has shown that exercising can add 6 minutes to your life for every minute of expenditure. Now that's a significant investment!

The bottom line - choose something you enjoy. You can make your active time a social time. Walk with a friend, join a class or group activity like Bocce Ball or Pickleball. Start slowly—Check in with your health-care provider before starting if you are new to exercise.

Reap the benefits; the more you do, the better you'll feel. Move More, Sit Less. Every minute counts. ■

Senior Scope acknowledges that we are on Treaty territory - the traditional land of the Ininiw (Cree), Anishinábé (Ojibwé), Anishiniw (Ojibwé Cree), Dakota and Dene people, and also the Birthplace of the Métis Nation.

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Last time the Blue Bombers were so hard to beat

By Roger Currie



Roger Currie

As I write these words, my memory and imagination are transported back more than 60 years. Our local football heroes, the Blue Bombers, could be headed for a third consecutive Grey Cup championship. After their second win this season over the once mighty Calgary Stampeders, they were still unbeaten at 8 and 0. After every victory this season we have been reminded that it's reminiscent of how good the Bombers were 62 years ago. In the summer and fall of 1960, they began the season with 10 straight wins and no losses. I was a 13 year old grade eight student at J.B. Mitchell Junior High in Winnipeg with braces on my teeth. The Blue Bombers were without question the 'crème de la crème' and very much the heroes of my adolescence. Much like this year's team, they were winners of the two most recent Grey Cups in 1958 and 1959, and we had no reason to believe that they would not do it again in 1960. It was right in the middle of Golden Age of Winnipeg football. The *Bud Grant Era*,

named for the wondrous Minnesota athlete who came north to Winnipeg in 1953 to hunt and fish and catch lots of passes from Jack Jacobs, the Bombers' outstanding quarterback from Oklahoma. Grant had a most interesting career path. Before embracing Canadian football, he played a season and a half for the NFL's Philadelphia Eagles. The coach he answered to there was Jim Trimble. A few years later Jim's teams in Hamilton would face Bud Grant's Blue Bombers in a total of 5 Grey Cups between 1957 and 1962. Winnipeg won 4 of those games. Bud believed very strongly that the 1960 squad was his very best. If they had done what was expected, they would have been the first CFL team to win 5 Grey Cups in a row .. but it was not to be.

Despite finishing first with a record of 14 and 2, the Bombers had to beat Edmonton in a best-of-three western final. Winnipeg won the first game, but it was a costly victory as quarterback Ken Ploen broke a bone in his right hand. The deciding game was played in Winnipeg on Saturday November 19th. Injured hand and all, Kenny Ploen was the quarterback. The Bombers were leading 2-1 (correct) with a minute left

on the clock. Ploen ran with the ball and made enough for the first down that would allow Winnipeg to run out the clock, but alas Kenny fumbled on the play. The Eskimos got close enough to kick a field goal. Edmonton won the game 4-2, and one week later they were beaten 16-6 by Ottawa in The Grey Cup in Vancouver.

The loss for Winnipeg in the west final was almost too much to bear, for teenage fans, not to mention the reporters who covered the Blue Bombers. Jack Matheson was the sports editor of the Winnipeg Tribune. "How could this possibly have happened?" He asked in his paper, again and again. His pressbox buddy Jack Wells was great at putting things in their proper perspective. On this occasion Jack said to his buddy Matheson "Stop and think for a moment. In China there are at least 800 million people who will never know what happened on that field in Winnipeg, and the same goes for much of the rest of the world." Matheson had no response.

The Bud Grant Era continued on. In 1961 Kenny Ploen was definitely the hero as Winnipeg beat Hamilton in the first Grey Cup that had to be

decided in overtime. Then there was 1962, undoubtedly the weirdest Grey Cup of my lifetime. CNE Stadium in Toronto was shrouded in very heavy fog. Play was halted with 9 and a half minutes left on the clock, and Winnipeg was leading 28-27. The rest of the game was played the next day, and nothing changed. Bud Grant was on the sidelines for one more Grey Cup in 1965, losing to Hamilton. Two years later Grant moved back to Minnesota where he coached the NFL's Vikings for several seasons, losing in 4 Super Bowls. Bud Grant still returns to Manitoba roughly once a year for hunting and fishing.

There's an impressive statue of him, outside *IG Field*, the stadium where the Blue Bombers now play. Under Head Coach Mike O'Shea the Bombers have been very successful in their new home.

Here's to a season that has been a lot like 1960, but we need a very different ending.

Roger Currie is a regular contributor to Senior Scope.

He is a veteran Winnipeg writer and broadcaster.

E-WATCH

A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

Vacationing Home Safety

Planning a vacation this summer? Below are tips on how to keep your home safe while away on vacation:

- Arrange for someone to maintain your home so it appears occupied - (pick up mail, flyers and newspapers, place garbage and recycling containers at the curb for normal pickup.)
- Ask trusted neighbors to keep an eye on your residence while you are away and leave your vacation address and phone numbers with them so you can be reached in an emergency.

- Arrange for lawn care.
- Use timers for lights both in and outside your residence.
- Unplug all unnecessary non-timed appliances (example coffee makers and lamps).
- Shut off water main to reduce the risk of flooding in the basement.
- Leave the shades and blinds on doors and windows in a position that you normally would have them.

- Make sure smoke detectors and alarms are functioning properly and armed.
- Make sure all the locks on the windows and doors function properly, and make sure to use them.
- DO NOT announce your trip/vacation plans on social media. By doing so you are notifying would-be thieves you are not home.

Take Action

We all have a role to play in Safety and Crime prevention. If you see something-say something!

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LETTERS . . .

Letter to the editor:

As *Senior Scope* enters its 21st year of publishing, we are grateful to receive comments such as the one here sent in from Laura Isbister. Thank you Laura!

Congratulations Kelly and your wonderful team members, past and present...

Lots of hard work, late nights, deadlines and equipment breakdowns...

It's been an interesting past 20 years. We can hardly wait for the movie... Ha ha...

I bet you have some sad stories but lots of fun stories too... From crying to laughing... I'd love to read about the lows and especially the highs! From exhilaration to exhaustion and back...

This paper has become a link with our senior community and a welcome diversion these past 24+ months.

Remember how and where you started - take great pride in your accomplishments and achievements.

Wishing you continued success,

~ Laura Isbister,
North Centennial Seniors Association
of Winnipeg Inc.

MY COVID STORY . . .

From *Senior Scope's* 20th Birthday Contest. See page 9 for details.

Covid 19 was extremely difficult in that I could not see my family or inner circle. You don't realize how dependent you are to touch and see a face of someone you love. We did communicate by other means but it is not the same. Thanks to A&O I was able to keep in contact with the outside world, other than news on tv, on things occurring in my immediate surrounding and people in my same situation. It is also at the time

when I was introduced to **Senior Centre Without Walls** and **Senior Scope**. I didn't even know that they existed and am very grateful for these organizations to keep me connected and look forward every day as to my next venture or upcoming ventures through these organizations.

Thank you *Senior Scope*.

~ Rose Marie Eyjolfson - Winnipeg

See more 'Covid' stories in the September issue of *Senior Scope*.

Public Notice

Attention Glen Eden, Glen Lawn, Chapel Lawn Property owners with last names from N-Z.

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The Polonsky's - A Circle of Life By Myles Shane



DR. GARY POLONSKY - THE PRESIDENT

2004. The night sky was almost pitch black. Most of the passengers were sleeping. The glare from the tiny movie screens bounced off the plane windows illuminating the aisle. Sitting near a closed window engaged in thought, dressed casually, was Dr. Gary Polonsky, early 60's president of Ontario's Durham College and the University of Ontario Institute of Technology. Gary couldn't sleep. Instead, he wore headphones and seemed to be writing what looked to be the lyrics to a song on an airplane napkin.

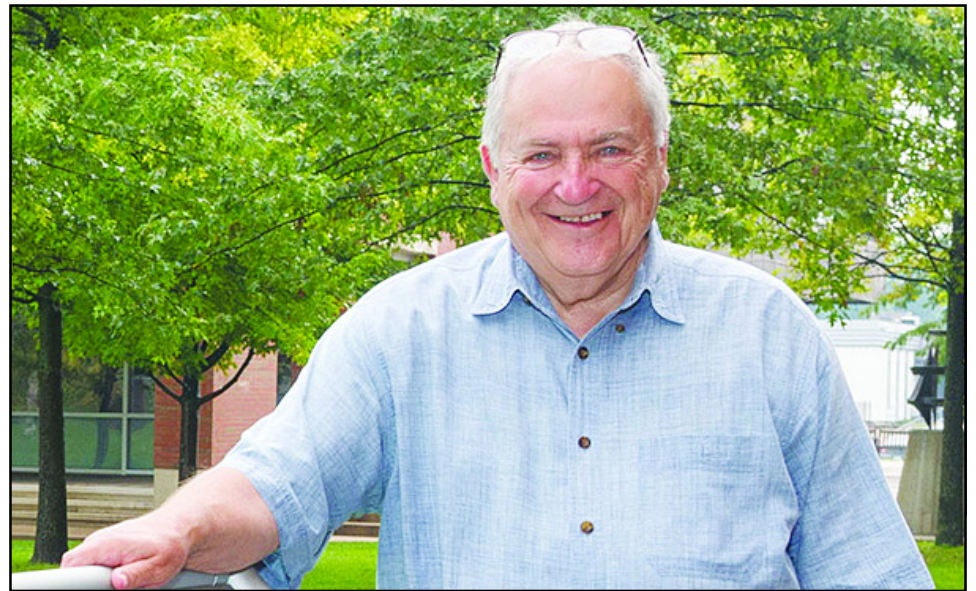
PAVOLOCH

Many historians believe the village of Pavoloch was founded sometime during the middle ages. The town which is approximately 100 kilometres southeast of Kiev, has fairly flat forested plains and is set on the Rostovista River. Early on, it's inhabitants were mainly Jews who were victims of constant antisemitism. Throughout the ages Jews mainly lived in shtetls, small Jewish towns or villages in eastern Europe. In the year 1880 Pavoloch welcomed Gary's grandfather Samuel Polonsky to the world.

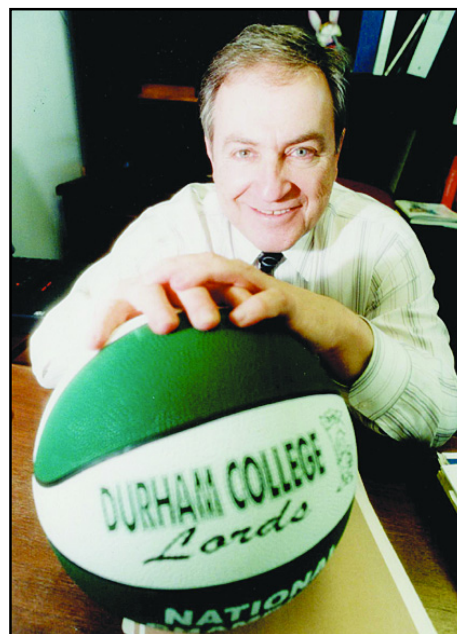
FORT WILLIAM

Dr. Gary Polonsky was born in Port Arthur, Ontario during WW2 with his first home being next to the Royalton Hotel in what is now called the Parkwood Apartments. His father Allan was a hard worker who had several careers, including selling life insurance, inspecting airplanes and selling cars. "After he retired in the late 70's he became the Executive Director for Histabrut - the central organization for the Jewish labor movement." As well, Allan was President of the B'nai Brith in Winnipeg and active in the Canadian Council of Christian and Jews.

While in elementary school Gary skipped two grades which meant he was twelve when he entered high school. It was 1954 and antisemitism was still prevalent in Canada. At Fort William Collegiate Institute (situated in Fort William) Gary became the starting quarterback. He was an all around good athlete including being starting point guard for the basketball team and a sprinter on the track team. "Sports helped me to be absorbed into the high school life even though I was young and Jewish." Knowing what lay ahead and the chances of antisemitism and being bullied because of his young age, Gary surmised, "Every day I went to Vickers Park and spent hours regardless of weather throwing footballs at the basketball hoop and gradually improving my skills, until I became a good passer. When the time came for high school, the football coach looked at me and asked, "What position do you want to play?" Gary asked him for the football and then told one of



Gary Polonsky



Gary Polonsky - President of Ontario's Durham College in early 60's.

the ends to go for a pass. "I threw a 30 yard pass, 8 times in a row right in his arms and the coach looked at me and said, "It looks like we have our starting quarterback." Gary recalls, "I turned out to be a good leader and was invited to try out for the Saskatchewan Roughriders." Prior to training camp however he tore his knee cap and had to have major surgery. Ultimately, he decided to apply to the University of Manitoba in science with the idea of qualifying for medical school.

A FIDDLER ON THE ROOF

During the Russian Civil War of 1917-1923 many of the inhabitants of Pavoloch fled. Gary still remembers the stories his grandfather and father shared with him about growing up and living in the small Russian town. "My grandparents, my father and his four sisters, came over from the old country in 1921." In Pavoloch Samuel worked as merchant but similar to the film, "Fiddler On The Roof", his family felt it had no choice but to leave or be killed by the invading Cossacks.

DR. FRED SHANE

Gary who has been like an uncle to me all my life penned an article for the Brantford Guardian after my father had died. "I weep for all of you who



Dr. Gary Polonsky and CHISU.

have lost your best friend. My turn came this morning, Sept. 17 as I checked my BlackBerry upon awakening and found Fred Shane, my oldest and dearest friend, had passed away. Our friendship started in the summer of 1957 when he came to Thunder Bay from Winnipeg for a railroad job. He was billeted by close friends of my parents who introduced us. We shared much throughout life thereafter, including undergrad school, med school (he became a psychiatrist), a fraternity and a car pool. As well my grandfather Samuel, who had become an Orthodox Rabbi in Canada, married Fred and his wife Lois at the Talmud Torah in Winnipeg. Years later, their daughter and my daughter-in-law went to law school together, and much more."

THE THREE DAY POGROM

February 15, 1919 was the first day of a three day pogrom (in Russian this means to violently wreak havoc) in Povoloch. Ukrainian peasants and Russian soldiers robbed their Jewish neighbours with impunity, stealing everything in sight. Armed militants, with the acquiescence of large segments of the population killed at least a thousand Jews and survivors were forced to flee their homes.

UNIVERSITY OF MANITOBA

Gary's first choice probably wasn't becoming a doctor but both of his parents were instrumental in encouraging their son to attend medical school. Gary was accepted into the medical program at the University of Manitoba but his heart didn't seem to be in it.

Continued on next page

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The Polonsky's, cont'd from page 4



The use of horses for transportation in Pavoloch has continued through the years.



He admits "I didn't like medical school so I left." Luckily for Gary the Ontario College system was just beginning around 1967. With the system in its infancy he was hired as a contract teacher in math and science.

THE CARMANIA

The Polonsky's escaped and travelled hundreds of miles until they reached Romania. Like others families from their village they were forced to bribe and do whatever they could to survive until they reached Romania. There, Jewish sympathizers led them to a boat which was headed to Canada. "They came over on the Carmania which docked in Halifax," Gary recalls.

HIRSCH SASKATCHEWAN

Like most Jews at the time they were sent to western Canada. They settled in Hirsch Saskatchewan where Samuel became the town's Rabbi during the 1930's. Hirsch was founded in May 1892 by Jewish settlers (the Jewish Colonization Association) as part of the activities of the Baron Maurice de Hirsch Foundation whose aim was to facilitate the mass emigration of Jews from Russia and other Eastern European countries. During the 1930's

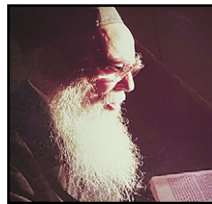
there were approximately 100 Jewish families living in the town.

Many Jewish parents dreamed of their children attending University. They didn't want them to struggle financially the same way they had. Such was the case with Samuel and his family who moved to Winnipeg for a few years before heading east to Fort William (which is now part of Thunder Bay). Gary's parents Allan and Rose met and fell in love in Winnipeg but later followed Samuel's path to Ontario.

Samuel was offered the position of Rabbi at the Finlayson Street synagogue in Fort William. "There, the Rabbi's were responsible for everything. They were the cantor, the slaughter - shoichet and foreskin remover (moyle)." Rabbi Polonsky continued to serve Fort William and Port Arthur until 1948. Besides his position of Rabbi he was also a scholar and wrote a book about the significance of the notes in the Torah, 'Sefer Hataimim', which can still be found online today and in libraries. "My grandparents lived in Thunder Bay for 10 years but in the 1950's an opportunity presented itself in Winnipeg where he became the head Rabbi of a synagogue."



Museum in Pavoloch, former Synagogue.



Gary's grandfather
Rabbi Samuel Polonsky



Gary's father
Allan Polonsky.

MIKE POLONSKY

While in Thunder Bay Gary married Lois who had two children from a previous marriage whom Gary adopted. A few years later Lois gave birth to their son- Michael Polonsky. Michael had inherited his father's athletic DNA. At an early age Mike was incredibly passionate about hockey. In fact, the game for many fathers and sons across the country became their official language of bonding. "Every night after work or on weekends I was playing with Mike on the outdoor ice." His favourite player was Butch Goring, a Winnipegger, from the New York Islanders. In some ways Gary had Mike's future planned out. He dreamt of Mike playing the game at the highest junior level possible and eventually attending a prestigious US University. Early on, Mike was on board with Gary's plan.

A BRIDGE TO LAKELAND

After leaving medical school Gary returned to Thunder Bay and began teaching at the Adult Education Centre in Port Arthur (now part of Thunder Bay). Soon after, the centre joined forces with the freshly-started Confederation College where Gary became

the college's Chair of Math and Science. He was later assigned the task of starting a trades division and at the young age of 25 he rose to the occasion and had tremendous success. A few months later he became chair of a board that was attempting to build an arts centre in Thunder Bay which was actually built against considerable odds.

Due to Gary's vast accomplishments, in 1981 he was offered a position as Vice President of Program Development at Lakeland College which serves north west Alberta and north east Saskatchewan. "We lived in Lloydminster which is a border city between Alberta and Saskatchewan."

The same year the Polonsky family heard that Rabbi Samuel had passed away. On October 2, 1981 after living for over a century (101 years), Samuel Polonsky found his way to Heaven and was buried at the Shaary Zedek cemetery in Winnipeg.

LLOYDMINISTER

In Lloydminster Mike continued his hockey career with the midget triple A Blazers who won the provincial championship. However, even though Mike was excelling at hockey, unless he played for a Junior A team he wouldn't have the opportunity to play college hockey. The family was faced with a difficult dilemma. One of the only western Canadian cities to have a Junior A team at the time was Winnipeg. Gary and Lois were forced to contemplate the idea of having a family billet Mike.

Coincidentally around the same period Gary happened to be visiting his parents in Winnipeg when he noticed an ad in the Free Press that there was an opening for the position of President at Red River community college. He applied, was interviewed and later hired to become Red River's President.

Continued on page 6

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Advertising Feature

Discussing Sexuality, Intimacy and Dementia

- Alzheimer Society of Manitoba

Talking about sexuality and intimacy — which are very deep and real human needs — shouldn't be taboo. In fact, choosing to avoid or ignore these conversations can lead to awkward situations and misinterpretation of behaviours.

Sexuality includes a need for closeness, warmth and tenderness. It's more than just a physical act, sexuality encompasses all of who we are. Open communication helps and everyone can benefit from the opportunity to share their own feelings about this need.

Below are some considerations when discussing sexuality and intimacy:

- Appreciate relationships for what they are and avoid making judgments.
- Learn to recognize the meaning behind certain behaviours. Some behaviours that may appear sexual in nature can likely be an expression of a different need.
- Whenever possible, work together (families and staff) in the conversation about sexuality and intimacy
- When addressing a need or concern, take simple steps and communicate clearly in a non-judgmental, non-punitive manner.
- Support the person with dementia by maintaining consistency in their routines and care providers.



Discussing sexuality and intimacy may make us uncomfortable at some point. However, talking about it is important — both for our families and friends with dementia and for ourselves.

For more information about this topic, see *Conversations About Dementia, Intimacy and Sexuality*, produced by Alzheimer Society of Canada. ■

The Polonsky's, cont'd from page 5

MY BIG BROTHER

Fate seemed to have intervened. The Mike dilemma had solved itself and he ended up moving in with my family. In the article Gary wrote about my father for the Brantford Guardian, he discussed the importance of my parents billeting Mike. "If you watched the recent unbelievably moving tribute to the Humboldt Broncos, you heard of the indispensability of billeting families. Well, when our son moved to Winnipeg to play junior hockey, Fred and Lois welcomed him to their family — fed him, did his laundry, drove him to school and hockey, and generally helped him through that transition. It takes special people."

Mike started grade twelve at Garden City Collegiate while I was beginning grade five at Forest Park Public School. Mike tried out for Winnipeg's North End Junior A team and made the cut. I played goalie for the local Garden City hockey team.

Essentially, Mike was the big brother I never had. We played hockey in the basement together for hours as he shot thousands of tennis balls at me. He took me to the outdoor rinks, worked with me on my skating and I attended his games. At the same time I needed a lot of help in school as I suffered from dyslexia as a child. Our student teacher that year was named Adriana. She was fantastic. She truly cared about the students. To my surprise a month after the school year embarked my student teacher was hanging out with my big brother Mike. It seemed like she was over almost every night. I'll admit it was pretty cool to have these new additions to my already eccentric family. I'd walk around with my Davey Crocket hat on, strumming the blue Yamaha electric guitar while Mike and Adriana were falling in love.

YALE

By year's end Gary and Mike's dream had come true. Mike received a letter that he was accepted into Yale. "All of those 6am and 9pm practices

had paid off," Gary thought. His son would be playing hockey at a top US school. Samuel's journey from Povoloch to Hirsch, and all of the struggles for survival, all of the sacrifices would finally pay off big time. Four generations later everything was coming together. In a way this was young Mike's destiny.

When Mike arrived at Yale to survey the college his heart simply wasn't there. It wasn't his kind of place. Mike didn't feel he fit in. It was a school that liked to party and that truly wasn't his style. With that in mind, Mike called his father and shared his thoughts on Yale and hanging up the blades forever. Gary wasn't happy. He didn't understand, "What are you talking about Mike? We had a plan." For a moment there was an unbelievable tension, then Mike shot back, "I know. I was on board with that but life develops and that's not where I'm at today. Today my heart is with Adriana and that's where I want to be." And so the dream of Mike playing college hockey and attending Yale was no more. Gary quickly realized that his son was madly in love with Adriana and wanted to attend business school at the University of Manitoba. Gary exclaims, "Mike knew what he doing. Adriana has become a great lawyer, an excellent mother and is a wonderful person. Mike is really lucky." The couple have been together for over thirty years. Mike has excelled in the finance industry and they currently reside in a picturesque house in Whitby with two children.

Gary spent three and a half years as President of Red River College before moving to become President of Durham College in Oshawa where he remained for eighteen years. While he was President, one of his crowning achievements was opening campuses in Uxbridge, Pickering, Port Hope, Beaverton and Port Perry. However there were two other accomplishments which stand out more than others: Gary earned his Doctorate in Education from the University of Toronto; and became the founding President of the University of

Manitoba Prostate Cancer Support Group - Celebrating 30 years of service (1992-2022)

Submitted by: June Sprott - past newsletter editor and past secretary, Brian Sprott - past chairperson (2008 - 2016).

Manitoba Prostate Cancer Support Group is marking 30 years of service to the community this year. We were one of the first PCa Support Groups formed in Canada way back in 1992 and are proud of the work we have accomplished in the past 30 years.

A Support Group will only be formed if an individual, or a small group, decide there is a "need" in the community. In our case, the "need" was to help men understand and learn more about a prostate cancer diagnosis and how that could affect their day-to-day activities. In 1992, a group of men, led by Norm Oman, met with Urologist, Dr. Henry Krahn and the decision to create a PCa support group was "hatched". It took some planning and organization but in October 1992, they held their first public meeting.

Now you must put all this in perspective! Back in 1992 you couldn't punch in "Dr. Goggle" on your personal computer to find prostate cancer information. Windows 95 never came into use until 1995! There was next to nothing for printed material for newly diagnosed men. So yes, there definitely was a "need" for a Support Group.

Interesting notes over 30 years:

- 1993 - First newsletter launched. Today 1300 copies are distributed monthly.
- 1997 - First annual September Prostate Cancer Awareness Evening.
- 2001 - Launch of our website (www.manpros.org).

- 2004 - Name changed to Manitoba Prostate Cancer Support Group.
- 2013 - Current logo came into use.
- 2020-2022 - "in person" meetings cancelled due to covid regulations.

Over the 30 years, the committed MPCSG Board members did not "sit still". Alliances were formed with the Canadian Cancer Society and Prostate Cancer Canada Network. Connections were formed with medical professionals who readily volunteered their time to speak at our meetings. Pharmaceutical companies, Ride for Dad, CancerCare Manitoba and individual donors provided finances and printed materials. Binders of information were produced and distributed to urologist offices and handed out to patients. After a two-year hiatus from monthly meetings, due to Covid, more than 60 people responded and attended our June 2022 meeting, showing that the "need" still exists for the continuation of our Support Group.

We extend a great big "thank you" to all the speakers who donated their time and expertise to present knowledge and understanding of PCa. In addition, many "thanks" to those who have supported us and attended our meetings over the past 30 years.

Of special note: The Support Group is a registered charity. The men and women Board members are all volunteers and all our meetings, newsletters, events and activities are free and open to the general public.

Ontario Institute of Technology, Canada's answer to MIT. Gary also remained President of Durham College, making him the only Canadian to have been President concurrently of both a college and university.

HANNAH

On June 29, 2000 Adriana and Mike were blessed with a baby girl, Hannah Rose. As a youngster, Hannah played forward in a house league. According to Gary she wasn't exceptional. However, she decided she wanted to be a rep goalie which Mike and Adriana were against as other kids had had private coaches and played rep for years. However Gary, said, "what the heck, let's give her a shot." He hired a goalie coach and arranged for ice time, unbounced to Mike and Adriana. There are four levels of girls rep hockey, starting with level A. Hannah was cut from Level A the first night. A week later she was cut from Level B the first night. In week three she cut from Level C the first night, leaving only Level D as a possibility. At the D try out many other goalies showed up who had been cut from the senior levels by other organizations, so no one felt Hannah had a chance. However, to everyone's astonishment, she stood on her head and made the cut and hasn't looked back, playing in top levels for the rest of her life and has plans of playing in Europe after she graduates.

PAVOLOCH

Gary's plane landed in Kiev where he was picked up by a friend of a cousin who was assigned to him for his entire excursion. The drive to his family's ancestral town had extremely rickety roads made for horses and carts. The car drove alongside cows, chickens, ducks, roosters, goats and a few people mostly on wagons. Gary had always been under the impression that the town had been completely destroyed by the Nazis in WW2. It was true that Jews no longer lived there but, "Pavoloch was and still is a village with houses. It even has a museum, which

was formerly a synagogue" - a lone brick building with beautiful stained glass windows, looking rather sad but still majestic, with pink trim.

Gary spent about four hours in the the town including the Jewish cemetery and the town museum, accompanied by its founder named Ivan. He snapped many photographs while learning about the small town which had fascinated him for most of his life. At the museum Gary discovered there were two Jewish cemeteries in town. "The cemeteries were rundown. Stones had fallen to the ground." At one point during his trip Gary felt like he was standing in the middle of history, "the town was amazing. There were no Jews left. It was extremely poor. No cars. No pavement. Horse carts. It's as though the last 100 years had never happened. Women did all the work. They were in the field on their hands and knees dressed in rags, planting or harvesting. It was a tremendous eye opener." For a final time Gary climbed back into the car. As it sped off he looked behind him and could see the name of the town on a wooden sign written in Ukrainian letters. "Welcome to Pavoloch".

The circle was now complete. Sixty years later Gary had the rare opportunity to visit his roots. He thought about Rabbi Samuel's struggles, his father Allan's tireless work ethic and commitment to Judaism, Mike's commitment to his family and of course Hannah's tenacity between the pipes. It was clear the Polonsky's all shared a few defining characteristics that led to their success: perseverance matched with the innate ability to correct course and re-strategize when life wasn't going as planned. Whether it was Rabbi Samuel and his family escaping from Cossacks, Gary leaving medical school for the field of education, Mike picking Adriana over Yale or Hannah trying out for three different teams before she succeeded. But most important, the single greatest quality the Polonsky's have possessed over the ages can be boiled down to a passion and unprecedented love for family. ■



Manitoba Association of Senior Communities

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Fall Shows 2022
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Fall Show No. 1



Sept. 8th (Thursday)
DAKOTA COMMUNITY CENTRE
 1188 Dakota Street
 10:00am - 3:00pm



Exciting... We are just a month away from the start of our Fall Expos for 2022 and 'My Oh My' is this exciting. Our two September shows are in new parts of town with two new MASC member hosts. The first one on September 8th, as noted is at **Dakota Community Centre**, located at **1188 Dakota Street**. One of our City's largest and best run facilities with a vibrant Older Adult population group ready to present and help their community with twenty-seven tables...

Our second show in September is a little more quaint with just twenty exhibitors at the **Transcona Retired Citizens Organization** located at **328 Whittier Ave. W** in association with the amazing folks running the **Transcona Council for Seniors**. These folks are another salt of the earth group who for years have provided their community with a place for 55+ people to hang out, socialize, and receive countless help so they can live productive, healthy lives well past any sort of retirement.

We can't stress enough how much these shows have helped us, the greater community in general. There is so much we need to know so that we all can have meaningful and purposeful lives well into our later years. The Organizations and Businesses presenting are all 'Older Adult Friendly' and have always made it their missions to be the best they can be at providing Services and Products for our collective. Our job was and is to bring these folks to your back door so

you don't need to travel far to get these resources first hand.

Lastly, please remember to visit our 24/7 On-Line Resource Hub for more details and contact information today at www.prosknowexpos.ca. See you all at the Fall Shows! **Trish & Rick**

Fall Show No. 2



Sept. 22nd (Thursday)
Transcona Retired Citizens Organization
 328 Whittier Avenue. W.
 10:00am - 3:00pm

5 Ways your Diet can help you Live a Healthier life! - Heart to Home Meals

We've all heard that, "You are what you eat." Want to be your best and nutrient-rich self? Upping your intake of certain foods has the potential to do everything from improving brain, bone, and eye health to reducing inflammation and the chances of disease. Here are some of the top ways you can eat yourself to good health:

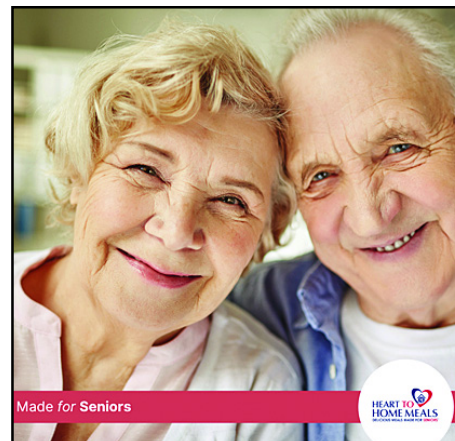
BOOST BRAIN HEALTH

Brain food. Yes, there are foods that may boost your brain, sharpen your memory, and rev up your brain function. So, what foods may help you maximize your mind? Nutrient-rich foods like fruits and vegetables, fatty fish like salmon, mackerel, trout and anchovies, whole grains, nuts, and seeds all contain a variety of nutrients that work well together to promote

overall health, including the support of brain function. As well, it might excite you to know that there are studies underway to determine if both dark chocolate (over 70%, which contains cacao flavonoids, a type of antioxidant) and coffee (also a source of antioxidants) may also help with both cognition and memory... fingers crossed!

STRENGTHEN BONES

Calcium is the most abundant mineral in our bodies, making up much of our bones, teeth, and impacting the function of our hearts, muscles, and nerves. Calcium is important at every age, but as we get older, we require more calcium to maintain bone health, and help in the prevention of osteoporosis and bone fractures. If you're not getting enough calcium, it begins



to reabsorb from the bones, making them fragile and brittle. Good ways to increase your calcium intake include

yogurt and cheese made from cow's milk. Nominal amounts of calcium can also be found in seeds, leafy greens, tofu, broccoli, and almonds.

REDUCE INFLAMMATION

Eating a variety of nutritious foods may help reduce inflammation in the body and a diet rich in nutrients may help keep your immune system well. While foods that are high in saturated or trans fats, and foods that are highly processed may be inflammatory, eating fruits and vegetables, which contain natural plant-based nutrients called phytonutrients, may help protect you against inflammation. Eating fatty fish such as salmon, mackerel, trout, and sardines may also guard against cellular inflammation.

LOWER RISK of DISEASE

Consuming a diet rich in fiber promotes proper digestion and has also been linked to reducing the risks of heart disease (by lowering cholesterol levels) and lowering the risk of certain types of cancer, such as colorectal cancer. High-fiber foods such as legumes, fruit and vegetables, and whole grains like oats, help slow digestion since fiber adds bulk and keeps you feeling full for longer.

MAINTAIN EYE HEALTH

In addition to wearing sunglasses and taking breaks from computer screens, the food we eat may help our eyesight. Nutrients such as omega-3 fatty acids, lutein, zinc, and vitamins C and E may help in preventing the progression of macular degeneration and cataracts. So, what should you be eating to protect your vision? A diet rich in yellow and orange fruits and vegetables, as well as eggs, fatty fish, and nuts and seeds, may benefit your ocular health.

The connection between a proper diet and a healthy life can't be understated - by enjoying a wide variety of nutritious foods, older adults may be able to minimize the chance of illness, promote longevity, and boost energy levels. ■

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2002 ~ 2022

Senior Scope

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Senior Scope

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Courtesy Winnipeg Goldeyes

PRIZE #2

\$240 Package Value - 6 Select Tickets for a "Night Out with Musical Theatre" production at Rainbow Stage
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204-989-0888 (Box Office)
www.rainbowstage.ca



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\$100 Gift Certificate to Shark Club Gaming Centre
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10 am - 1 am
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PRIZE #4

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3975 Portage Ave., Wpg.
204-885-3330
www.ASDowns.com



If you need more room for your story, please send it written or typed on a separate page.

PRIZES ARE STILL ACCUMULATING. DON'T MISS OUT! SEND IN YOUR ENTRIES!

MAIL ENTRIES TO:

Senior Scope 20th Birthday Contest
Box 1806, Stonewall, MB R0C 2Z0
OR ENTER ONLINE:
www.seniorscope.com or
by email: kelly_goodman@shaw.ca

GOOD LUCK!

** Note that winner may be announced with photo in *Senior Scope*. **



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AUG. 10/22

100th (War) Memorial Service - Darlingford Memorial Park

We're excited to be back for an in-person service - Glenn Rasmussen. Photos by Jo-Anne Robbins.

After two years, the Darlingford Memorial Park Committee was thrilled to invite you back to the 100th Darlingford Memorial Service held at the Memorial Park on Sunday, July 3rd. This annual service is dedicated to and honours local community residents who gave their lives in service to their country. Darlingford is 21 km west of Morden, MB.

This year's guest speaker was Harvey Kinsman, a former resident of Darlingford who will speak on his family's journey of remembrance. This includes a fallen soldier as well as several members of the Kinsman family who served in the two World Wars. Harvey will also speak on his two visits to Normandy, France in 2013 and 2017.

Following the service, lunch, provided by the Zion Calvin United Church, was available at the Darlingford Community Hall.

Rasmussen was thrilled that they were able to hold the 100th service in person this

year - on the 101st anniversary of the park's dedication on July 5, 1921. It includes participation from local school children who placed flowers on two crosses in honour of those who never made it home from the wars. Two black marble plaques inside the memorial list the names of the men who served and died in World War I and II.

The Darlingford Memorial is the only free-standing memorial building of its kind in Manitoba that honours the war dead. The park is maintained by a local volunteer committee (7) and community volunteers.

"LEST WE FORGET."

Everyone was welcome and donations were gratefully accepted for the upkeep of the park.

Lunch by Donation following the service at the Community Hall. Proceeds will go to Zion Calvin United Church.

The Darlingford School Museum was also open to visitors.

For more information please check our Facebook Page "Darlingford Memorial Park" or visit www.pembina.ca.

Donations gratefully accepted via e-transfer to darlingfordmemorialpark@gmail.com or mailed to **Box 46 RR1 Darlingford, MB R0G 0L0**.



Top: Parade.
Left: Black marble plaque naming those who served and died in WWI and WWII.



Above: Speaker Harvey Kinsman at podium.
Right: 2022 Service.



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Things To Do

WINNIPEG

Misc. Events

Glen Lawn & Desjardins Funeral Homes - are looking to add to our team casual host/reception room staff. Email resume to jtalbot@arbormemorial.com in the subject line state: Host Information required.

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Summer Events - **Save the dates:** **Bus Day Trip: \$50:** Pinawa: Lunch & tour, Aug. 27.

PAL Annual Picnic & Membership Drive: St. Norbert Farmers Market, Aug. 23, 11am-2pm. Entertainment, prizes, exhibits, fun! Call **204-946-0839**.

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.) Full Covid-19 vaccination and masks required.

Grands 'n' More, Winnipeg - Art from the Attic fundraiser, Sun. Oct. 2, for African grandmothers caring for their grandchildren during the ongoing AIDS pandemic. Donations gratefully accepted until Sept. **204-451-7132**, gnafta@gmail.com

Manitoba Genealogical Society - Visit mbgenealogy.com or call **204-783-9139** for hours and schedule. Covid-19 measures apply.

Sports / Fitness / Games

Stonewall Pickleball Tournament - Sept. 9-11 (Women's, Mixed, Mens doubles). Age 55/65+ Level 2.5/3.0, 3.5, Age 18+ Level 3.5, 3.75/4.0. Round Robin or Modified Round Robin. All games to 11 pts. Final registration is Aug. 19. To register and pay by e-transfer, or to volunteer, email stonewallpickleball@gmail.com.

Whirlaway Westerners - Learn Modern Square Dancing! Open House is Fri. Sept. 16 7-9:30 pm at Kirkfield-Westwood C.C., 165 Sansome Ave. All welcome. Carole **204-831-8954**.

The Pembina 55 Plus - Men's Curling League is holding an in-person Registration Session for individual curlers on Wed. Sep. 7, 1-2:30 pm at the Pembina Curling Club, 1341 Pembina Hwy. Season is 4 rounds, ea round 10 games. Two games played weekly, alternating btw Mon, Wed and Fri at 1 pm, Oct.-Mar. Teams established using random selection before each round. Various options: play only one, two, three, or all four Rounds, OR start off sparing. For more info visit 55pluscurling.com or email us at contact@55pluscurling.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, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at yogaforyoumanitoba@outlook.com

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

Tuxedo Lawn Bowling Club - Learn how to Lawn Bowl and Play, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 2-4 pm. No equip. required. Introductory free play. Contact Virginia: **204-255-8828**

Vital Seniors - Bridge coordinator & players needed for Thurs. afternoon, 1-4 pm, at 3 St. Vital Rd, St. Mary Magdalene Church, lower level, \$4.50 per person per session, with VS membership. Call Les **204-452-2230** by June 30.

Crescent Drive Golf Course - Friday Ladies Golf League looking for new members. Golf every Fri., 7:30 am, 781 Crescent Drive, Fort Garry. Info: **204-261-8413**

Lady Bowlers - Fridays, 12:45 pm at Polo Park. All ages. Or can spare for \$10/wk. Lunch and prize\$. Call/text **204-770-3903**.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

Volunteering

Winnipeg Lost Dog Alert (WLDA) -

Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

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

Bethel Place - congregate meal program is looking for volunteers to assist in the kitchen and dining room. Lunch time and supper time shifts available. Commitment 3 hours once/wk. Must show proof of Covid 19 Vaccination. Info: Melanie Camara at mcamara@bethelplace.ca

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

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit 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

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. **204-582-0066**, M-W-F, or ncsc@shaw.ca.

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

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Catherine.Linnemann@extendicare.com

Winnipeg (Blue Bombers) Football Club - Volunteers for *Fan Ambassadors*. As a team we start with a Hotdog BBQ. Duties include ticket scanning, ushering, face painting, assisting fans with their needs. Must be able to volunteer at:

- min. of 8 Blue Bomber home games
- 4 Valour home games
- 2 Investors Group Field activities
- 1 Office Administrative task

Incentives include: Blue Bomber Game day tickets, Discounts at the Blue Bombers Store, Valour Game Day tickets, prizes and Fun Fan Ambassador events. Email volunteers@bluebombers.com

Programs / Services

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

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults - Our programming will remain the same. **204-452-9491**.

Creative Retirement Manitoba - Affordable Lifelong Learning. Classes a mixture of online and in-person. Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazars 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.

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by September 2nd for the September 10/22 issue.

for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors **268-7300**; **Victoria Beach** - East Beaches Resource Center **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** & District Senior Resource Council **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **444-3139**; **Teulon** and District Seniors Resource Council **886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **345-1227**, Pinawa **753-2962** or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: sts@heritagecentre.ca or **204-388-9945**

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.

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: **204-746-4547** or montcalmserviceprogram@gmail.com

Mood Disorders Association of Manitoba - "Steppin' Up With Confidence!" 40 minute virtual program of mindfully moving our bodies followed by breathing exercises created especially for older adults. Tuesdays, 10 am, specifically for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca.

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**.

The Selkirk Port Market - is a lunchtime destination for people to get outside and enjoy the summer, every Wednesday in August from 10 am – 2 pm rain or shine, on the beautiful Manitoba Ave, Selkirk, MB.

Dufferin Senior Centre - Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12-3:30 with light lunch and a 4-piece band. Perogies for sale, Call Al: **204-771-3325**.

Elmwood East Kildonan Active Living Centre - Various events can be found on Facebook. Call to confirm activities over summer months: **204-669-0750**.

Lions Place Adult Day Club - Program: 1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and discussion, recreation, and hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or call Christine at the Club: **204-784-1229**.

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. Call **204-832-0629**.

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Summer bus trips, Men's casual breakfast, Outdoor exercise: PALPeddlers/PALPutter/PALHiking/Yoga in the Park/Older Adult Weight Training (online) **PALCares:** outdoor visit to PCH friends in June & helping out at Wpg Harvest in July, Conversation Circle for newcomers to practice English with friends. NOTE: Office hours are off site in summer, but we're available by phone or email Mon-Thur for July and August. office@pal55plus.ca, www.pal55plus.ca, **204-946-0839**.

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **204-987-8850**, www.stjamescentre.com

Windsor Community Centre, 99 Springside Drive (St.Vital) - Summer schedule: Tue and Thur 9:30-10:30 am, Mixed Senior Exercise - Tough Class for very active Seniors. \$10 per class. Canasta Fridays 12:45-3:00 pm. \$2 drop in. **204-233-0648**, email office@windsorcc.ca

Springfield - Springfield Seniors - 204-444-3139, springfieldseniors@mymts.net. Stick curling, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

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.patportercalc.com>

Stonewall Pickleball Tournament - Sept. 9-11 (Women's, Mixed, Mens doubles). Age 55/65+ Level 2.5/3.0, 3.5, Age 18+ Level 3.5, 3.75/4.0. Round Robin or Modified Round Robin. All games to 11 pts. Final registration is Aug. 19. To register and pay by e-transfer, or to volunteer, email stonewallpickleball@gmail.com.

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: **204-677-0987**, thompsonseniors55@gmail.com

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THE TOWN THAT JACK BUILT

By Scott Taylor, Photos courtesy: Photos courtesy the University of Oklahoma and the Manitoba Aboriginal Sports & Recreation Council



**MANITOBA
SPORTS
HISTORY**

Scott Taylor

The following is an excerpt from *A History of Excellence: The Untold Stories of Manitoba's Indigenous Sport Part II* which is scheduled to be published in the spring of 2023.

The Winnipeg Blue Bombers were not in very good shape when Jack Jacobs arrived in 1950.

During the 1949 season, the Bombers were coached by Frank Larson and they were, quite simply, awful. With a record of 2-12-0, they were fourth in the Western Interprovincial Football Union and those WIFU Championship teams of 1945, 1946 and 1947 were a distant memory. In fact, the Grey Cup championship team of 1941 was long since forgotten.

So, when Bombers president Ralph Misener offered a salary of \$6,000 a season to a 30-year-old backup quarterback with the Green Bay Packers, that backup quarterback jumped at the chance to sign. In fact, when Jacobs was told he had Misener's word that he would be the starting quarterback, Jacobs signed the contract in the dining room of Misener's Winnipeg home.

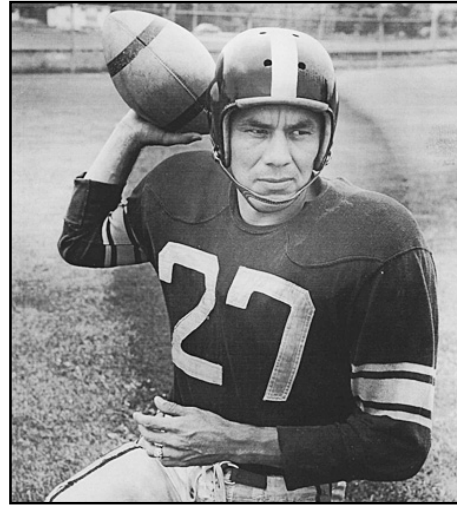
Jack Jacobs had been an All-American at the University of Oklahoma and had already played six seasons in the National Football League when he arrived in Winnipeg. He was not a young man and he had pretty much seen it all.

Born in 1919 in Holdenville, Okla., he was a member of the Creek Tribe of Indians from the Muskogee Nation in Oklahoma and was born at a time when Holdenville stores and restaurants bore signs that read "No dogs or Indians allowed."

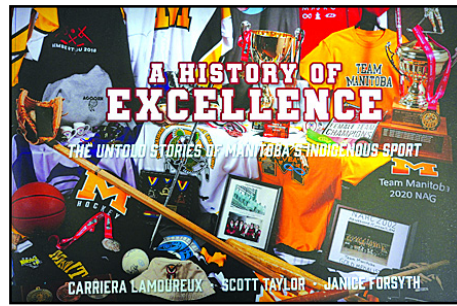
At the age of nine, his father decided it was time for young Jack to attend school. The child could not speak a word of English. However, he had always been told the stories of the great Jim Thorpe, the native American Olympic hero who was also born and raised in Oklahoma. It wasn't long before Jacobs was accomplished at football, baseball and basketball and was the best athlete in his school.

At the age of 14, he was recruited by Muskogee's Central High School so, in 1935, just before he turned 16, Jacobs moved 90 miles away from his family and led Muskogee Central to the Oklahoma state football championship.

Jacobs went on to play at the University of Oklahoma where he was one of the greatest players in the school's history. He was drafted by the NFL's Cleveland Rams (now the Los



Jack Jacobs



A History of Excellence: The Untold Stories of Manitoba's Indigenous Sport Part II to be published spring 2023.

Angeles Rams) but was eventually traded to the Washington Redskins

(now there's an ugly irony). In 1947, he was dealt to the Green Bay Packers and head coach Curly Lambeau gave him the starting QB job in training camp.

However, Jacobs didn't like the town, the money he was being paid, his eventual benching or the team's consistent pattern of losing, so when a team in Canada came calling, Jacobs jumped at the chance to move north.

This was a time when American players in the three Canadian leagues, the WIFU, the Ontario Rugby Football Union and the Big Four, could make more money north of the border than they could in the NFL. So, in 1950, Jacobs signed with the Winnipeg Blue Bombers.

Jacobs impact on the Bombers and the WIFU was stunning and immediate. In fact, his passing excellence changed the way the Canadian game was played. In four seasons, he took the Bombers to two Grey Cup games and completely rebuilt the team's fortunes.

Demand for tickets to watch Jacobs play was so overwhelming that the city decided to build a new stadium in an empty lot in the far west end of the city at Ellis Avenue, Maroons Road and St. James Street. When it opened in 1953, it was immediately called "The House that Jack Built." Jack Jacobs was Winnipeg's first sports superstar. ■

Sri Lankan Seniors Manitoba: President's (Senaka Samarasinghe) Speech at the AGM

The Annual General Meeting (AGM) of the **Sri Lankan Seniors Manitoba (SLSM)** was held at 10.30 am in the Cricket Pavilion, Assiniboine Park with participation of 27 members. Meeting was started observing a moment of silence for members passed away namely Hemasiri Perera, Tyrrell Mendis, Sasanda Nilmalgoda, Herb Embuldeniya and Pauline Curpen.

As the current President, SLSM, during my speech I explained that 6-6-2022 is a historic day for me. On 6-6-2015, I was elected as the President of the Sri Lankan Association of Manitoba (SLAM). This was a totally unaccepted position for me. On 16-5-2017, I completed my tenure in SLAM. Again on 21-6-2020 elected as President Sri Lankan Seniors Manitoba (SLSM) after another two years on 6-6-2022 completed my tenure in SLSM.

On 6-6-2022, at the maiden Board Meeting of the SLAM there were number

of proposals namely purchase a land or a building for SLAM, welcome new comers (mainly students), start Folklorama, elect Board Members (BMs) from students, multi-ethnic and to establish a Sri Lankan senior organization.

In Sept 2016 SLAM submitted proposals to Ethnocultural Community Support Program (ECSP) including seniors' concerns. ECSP commended seniors' project. On 11-5-2017 conducted preliminary discussion at Daya's (one of our leading seniors) with a set of seniors and few BMs of SLAM. On 16-5-2017 The Board of SLAM made a decision to establish a Seniors organization. Based on that on 23-6-2017, SLAM called for a meeting with seniors at the Meeting Room of Pembina Trails Library and 26 seniors participated. After a positive discussion SLAM 55+ Group established and Peter elected as the first President with 15 short- and long-term objectives.

President briefly explained some of

SLSM achievements during his tenure.

- (1) Due to Covid SLSM two types of sessions (Virtual & In Person) were conducted. Virtual included Musical, Legal, and Gardening, and In Person included Walking and Yoga. All virtual meetings were uploaded to YouTube link of SLSM
- (2) In July 2021, changed the name from SLAM 55+ Seniors Group to Sri Lankan Seniors Manitoba.
- (3) In Aug 2021, SLSM launched Website, Facebook Page and YouTube Channel
- (4) Other than Yatra newspaper shipped from Toronto two Manitoba Provincial seniors' newspapers namely *Senior Scope* and *Lifestyle* (20 each/monthly) arranged to distribute among members. Sam took an initiative on this.
- (5) Due to long term contacts with Pembina Active Living (PAL) SLSM managed to nominate one of our members as a Board Member of PAL.
- (6) Seniors helping seniors or wellness program was conducted a group of our members
- (7) Special events organized to commemorate remembrance of Mothers and Fathers days
- (8) Sri Lankan Student Association of U of Manitoba (students) and WhatsApp Cricket group leaders were invited on Mothers Day to introduce them to SLSM members. Objective of this invitation was to announce the mutually exclusive support package between youth and seniors.
- (9) Due to existing economic crisis in Sri Lanka hospitals are in grave condition. Therefore, fundraising was conducted and transferred funds to the largest children hospital in Sri Lanka. As Mr.

Terry Duguid (Member of Parliament for Winnipeg South) came to know this contribution he made a personal donation to the same hospital.

- (10) Obtained membership of Manitoba Association of Senior Centres 2022/23
- (11) SLSM conducted monthly board meetings via zoom to make above decisions.

President allocated his time to thank all attendees, Board Members, Ismath, Upali and Sumana for organizing events. Elian, Charlotte, Ismath and Nilmalgoda served as Secretary done a tremendous service. During two-year period as Treasurer Felix fulfilled and performed unforgettable task. Last not but least as Immediate Past President Daya provided his overall guidance to the President

Board of Directors of SLSM are noted as follows:

It is important to noted that SLSM managed identify female President Elect to takeover Presidentship after two years.

Office Bearers

1. President - Indra Ariyaratne
2. President Elect - Doreen Kuruppu
3. Vice President - Sam Wijewardena
4. Vice President - Elian Joseph
5. Secretary - Upali Nilmalgoda
6. Treasurer - Felix Mendis

Board Members

1. Ismath Mohamed
2. Chandrapala Jayawardena
3. Charlotte Gunawardena
4. Hussain Ibrahim
5. Daya Perera - Past president
6. Senaka Samarasinghe - Immediate Past president

Seine River Services **for seniors** inc. Services Rivière Seine **pour aînés** inc.

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IN TUNE WITH OUR COMMUNITY

~ August 2022 ~

The Good, the Bad and the Ugly (or: Exactly how old are you?)



Age is just a number... right?

I just turned 65 this year. That's right – I am officially a senior citizen. But does that mean I'm old? According to the government, I am. In Canada, when you turn 65, you receive your OAS (old age supplement). There is no other legitimate way to interpret that supplement – it's for people of an old age.

But really, in this age of '60 is the new 40,' how can we really gauge how old we are? When I turned 60, I got my CPP (Canada Pension Plan), and while the word 'pension' may hint at being old, some people get pensions when they're much younger and have left their current position with a company. But the OAS really spells it out for you – you're old so here's your supplement!

And where does 55-plus fit into this aging

terminology? Often, if you're 55-plus, you're considered a senior. For instance, if you live in a 55-plus apartment building, it's occupied mostly by seniors – over and above 55 years of age. And yet, most 55-plus individuals do not go by the moniker of 'senior' – instead, they are called 'older adults'. To make matters worse, many stores and restaurants have deals for seniors, but does that mean the specials are for people over 55, over 60 or over 65? No one knows (unless the menu or flyer happens to spell it out)!

I think today's generation is the one causing the problems. In my grandmother's day, if you were a senior, you were over 65. And you looked it! In those days, people on the verge of retirement didn't do Pilates or Yoga; they didn't go on daily walks or attend sports and entertainment events regularly (unless, of course, it was to treat the grandkids to an outing or play a riveting game of Kanasta)!

Even the way people over 65 dress and do their hair today is vastly different from just a generation ago. In those days, you would rarely see a person over 65 wearing a ponytail or letting their grey hair grow long. Which brings me to another dilemma. How are seniors/older adults expected to dress these days? I often find myself asking the question: Is this outfit too young for someone my age? Then I don the ripped jeans or lettered

hoodie anyway, secretly challenging society's expectations.

Something else to consider is how we define middle age. In the past, when you turned 40, you were considered middle-aged. But most people today live comfortably into their 80s and 90s. You do the math!

Then there is the notion that age is just a state of mind. As many wise souls will remind you – you're only as old as you feel! That sounds terrific but try telling your knees or hips that growing older is all in your head. In Winnipeg, there's a waitlist of thousands for hip and knee replacements – and surprise, surprise, there aren't many under 65 on that list.

So where does that leave me? Am I an older adult, a senior citizen, a member of the 55-plus community or just plain old? That answer will depend on who you talk to. Fortunately, thanks to good genes, I don't look my age. Or so I'm told. But try telling that to my hips. You might get a different answer.

Robbi Goltsman-Ferris is a CJNU volunteer

Our Host Sponsor: Concordia Hospital Foundation

The Concordia Foundation

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OR#5 RENEWAL:
TRANSFORMING SURGICAL CARE FOR
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There are thousands of Manitobans whose quality of life is profoundly affected by our work on joint replacement research. That is why it's critical we continue to make progress and find solutions, which includes opening what we are calling "OR #5" as soon as possible.

Concordia Hospital is Manitoba's leading site for joint replacement surgeries – hip and knee, as well as ground-breaking research. While staff and other resources were focused on the pandemic response, the surgeries of more than 1,000 patients were affected.

Foundation donors and the Concordia ortho-

pedic surgical team have consistently risen to the occasion to make tangible improvements in the lives of people waiting for surgical relief from debilitating pain. We know full well the profound benefits that hip and knee surgeries have on a person's quality of life and overall health.

To learn more, and to get involved, visit www.concordiafoundation.ca



St. James Centennial!



Gimme a J! - try to work out what each letter represents!

There's something new in St. James that was a century in the making—with a new mural at 1741 Portage Ave commemorating 100 years since the founding of the R.M. of St. James!

The mural spells out the neighbourhood's name, with each letter representing a different industry or theme.

To celebrate the project, a free community BBQ is scheduled on Sunday, August 14th from noon to 1:30 pm by the mural, and all are welcome to attend.

Dance The Night Away

Join CJNU and the Winnipeg Goldeyes at Shaw Park for our night at the ballpark! It's happening on August 31st, and this year we're having a Dance Party!

Whether you've mastered the Macarena, or prefer a soft-shoe-shuffle, we want you to come and show us your best moves!

Listen throughout August for your chance to win tickets!

Find us @CJNU937 on Social Media | Visit CJNU.ca to learn more!

FACEBOOK FINDS - LAUGH A LITTLE

Don't you hate it when you can't figure out how to operate the iPad and the resident tech expert is asleep... because he's 5... and it's past his bedtime?

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter "C"

1. These birds have remarkable memories:
2. This popular lady won the first year of the IDOL talent contest:
3. This is a four letter word describing a stylish woman:
4. The National Football League made this new historical mark on Sunday Sept. 28, 2020:
5. This is the capital of Denmark:
6. Early in the 1900s they used one of these to start the car:
7. She was the first woman to win a Nobel Prize:
8. This country invented tea:
9. This element is said to keep your brain strong:
10. This is a long thin country famous for fruit on the east coast of South America:
11. This is a huge sporting and hunting goods store:
12. This country has the world's longest coastline:
13. CNN reported that if Trump is re-elected several thousand people will be moving to this country:
14. The most important world news on September 28, 2020:
15. This is the world's fastest animal:
16. She was Julius Caesar's love mate:
17. The most (Corona 19) critical impact on office workers:
18. These individuals born under this sign have a destination in mind and will stop at nothing to reach their goal:
19. This American city, named by the Algonquia Tribe is based on a word meaning "Onion Field" (chigagou):
20. This movie (1942) is about a foot race between two young men, Christian and Jewish:
21. This 1940's movie starring Ingrid Bergman, was based on oppression of war and a love affair:
22. This veggie is high in vitamin "C", it is commonly found in cole slaw:
23. The city of Bogota (one of the world's most congested) is this countries capital:
24. This Canadian city was voted the most livable North American city in 2019. Population about 1.4 million:
25. The experts indicate this will get worse before it gets better and may change our world forever:
26. This actor said "Go Ahead, Make My Day":
27. A person running a roulette wheel in a gambling casino is called a:
28. This mammal is said to be the closest to man in intelligence:
29. World warming is causing this underwater gem to die:
30. Many of this philosophers quotes have guided people to live a better life:



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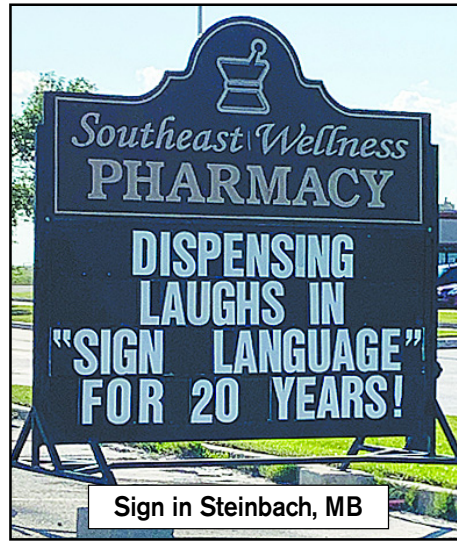
It is free created specifically to improve the lives of those in self-isolation during the COVID19 period.

To request direct e-mail sends to friends or family, forward address to trivia@shaw.ca

~ Author, Gary Adams

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Visit www.seniorscope.com/fun.html for more **A-Z Trivia**.



I still have a full deck; I just shuffle and deal slower.

Crafter's logic - why pay \$10 for it when you can make it with \$75 of craft supplies?

Covid-19 Fact: 85% of gym members didn't even know their gym was closed.

Studies have shown that laughing for two minutes is as healthy as jogging for twenty minutes. Now I just sit on a bench in the park and laugh at all the joggers.

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Peak Market Today's Recipe www.PeakMarket.com

Squash Casserole

Metric	Ingredients:	Imperial
4	large yellow squash	4
1	small onion, chopped	1
125 ml	water	1/2 cup
1	garlic clove, crushed	1
125 ml	cream cheese, at room temperature	1/2 cup
125 ml	cheddar cheese, shredded	1/2 cup
1	large egg, lightly beaten	1
-	salt & pepper to taste	-
6	soda crackers, crushed	6

In a large saucepan; add squash, onion, water and garlic. Bring to boil. Reduce heat, cover, and simmer until squash is tender, about 12 minutes. Drain well in colander. Return vegetables to saucepan and mash with potato masher. Stir in cream cheese, three quarters of grated cheese, egg, salt and pepper.

Pour into lightly greased baking dish. Mix crushed crackers and remaining cheese; tossing to combine. Sprinkle crumbs on top of casserole. Bake in preheated 350° F (180° C) oven for 30 minutes.

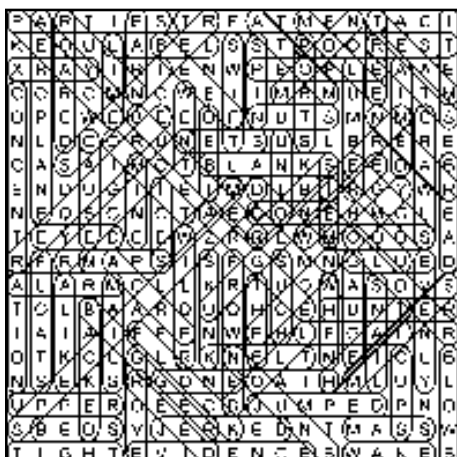
Serves 6

A to Z Trivia 'C' SOLUTIONS

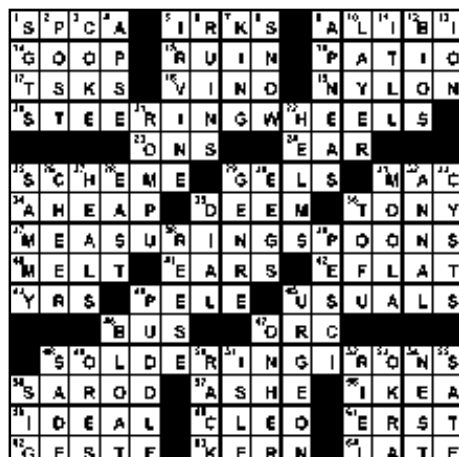
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|--|--|---|--------------------|
| 1. Crows | 8. China (now the world's most consumed beverage) | around the World. Approved by World Health Organization | 21. Casablanca |
| 2. Clarkson (Kelly) | 9. Calcium | 15. Cheetah | 22. Cabbage |
| 3. Chic | 10. Chile | 16. Cleopatra | 23. Columbia |
| 4. Coaches ... For the first time ever women coaches and a woman official on the field | 11. Cabelas | 17. Conversations around the water cooler (now are not permitted) | 24. Calgary |
| 5. Copenhagen | 12. Canada | 18. Capricorn | 25. Covid19 |
| 6. Crank | 13. Canada | 19. Chicago | 26. Clint Eastwood |
| 7. Currie (Madam) | 14. Covid 15 minute tests announced Sept. 28, 2020, being introduced | 20. Chariots of Fire | 27. Croupier |
| | | | 28. Chimpanzee |
| | | | 29. Coral |
| | | | 30. Confucius |

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca

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FOR SALE: Hunter Douglas vertical blinds. "Blinds r Beautiful" - Vinyl/fabric style off-white. Condition new. W 72" x H 78". Must be seen to be appreciated. \$300 \$200. 204-338-5718 (Wpg).

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WORDSEARCH - (HARD) By Myles Mellor

PARTIESTREATMENTACI
KEOULABELSSTPOOREST
XRAYIRTENWPEOPLEAAE
CORCMNOWEIIMRMUEITM
OPEWEBEEDFNUTSMNMC S
NLD CORUNETSUSLBRERE
CASAIMOTBLANKSEEDAB
ENDUGIIETMDTBTTRGYWR
NEQSGNCTAECONEHMGLE
TEYEDEEWZRREWMOODSA
RFRMAPSISFGSMNGLUED
ALARMCLLKRTUOWASDVS
TOLBAARDUOHCEHUNTER
IAIAIFEENWEHLEGALNR
OTKCLGLRKNELTNEICLB
NSEKSRGONEOATHMLUYL
UPPEROEEDJUMPEDPNO
SBEDSVJERKEDNTMASSW
TIGHTEVIDENCESWAKES

CROSSWORD - WEDDING EXCHANGE (MEDIUM) By Myles Mellor

- ACROSS:**
- Shelter grp.
 - Bugs
 - Con's explanation
 - Mud
 - Botch
 - Garden terrace
 - Sounds of disapproval
 - Trattoria order
 - Parachute material
 - Drivers' essentials which contain a wedding exchange
 - Carry - (some luggage)
 - Spike in a field
 - Strategy
 - Sets
 - Comedian Bernie
 - Tons
 - Think
 - Theatrical award
 - Kitchen essentials which contain a wedding exchange
 - Defrost
 - Dumbo's jumbo pair
 - A black key
 - Calendar spans, abbr.
 - Brazil's "Black Pearl"
 - Familiar things
 - Route follower
 - Tolkien beast
 - Joining tool which contains a wedding exchange
 - Asian lute played with bow

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20				21				22				
23				24				25				
26	27	28				29	30			31	32	33
34				35				36				
37				38				39				
40				41				42				
43				44				45				
46	47							48	49			
50				51				52	53	54	55	56
57				58				59				
60				61				62				
63				64				65				

- Tennis great, Arthur
 - Kind of cake
 - Breathing problems
 - Place to make a splash
 - Goodfella
 - Formerly, formerly
 - Broken in Brest
 - Directs
 - Sosa or Davis
 - Rah! Rah! Rah!
 - Makes better
 - Sunrise point
 - Music style
 - Hosp. printouts
 - Dinero
 - Historical account
 - Dermatologist's concerns
 - Call
 - Sukiyaki ingredient
 - Brooklyn Dodgers great
- DOWN**
- Certain NCO's
 - Assignment
 - Pepsi's rival
 - Niche
 - California town
 - Archaeological site
 - Tallest chess piece
 - White coat

SOLUTION ON PAGE 14

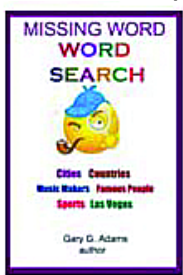
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|-----------|---------------|--------|---------|-------------|-----------|
| Acre | Concentration | Glue | Miles | Rats | Term |
| Aeroplane | Cone | Gone | Mine | Reed | Thee |
| Aimed | Crawls | Grove | Mole | Region | Thou |
| Alarm | Cups | Heat | Moods | Require | Tight |
| Alike | Debt | Hunter | Moon | Roared | Treatment |
| Argue | Doll | Ices | Near | Robs | Tree |
| Atom | Down | Items | Nets | Ruin | Unto |
| Backed | Earn | Jerked | Nouns | Scent | Upper |
| Beds | Economy | Jumped | Nuts | Skunk | Urgent |
| Beef | Eggs | Knelt | Oath | Snail | Wake |
| Bigger | Evenly | Label | Older | Specialized | Went |
| Blanks | Evidence | Legal | Omit | Spin | Were |
| Blows | Eyed | Lime | Parties | Stem | When |
| Bread | Floats | Lumber | Peace | Such | Wilder |
| Butter | Flock | Mails | People | Swam | X-ray |
| Cause | Frowned | Maps | Poorest | Swift | |
| Center | Gauge | Mass | Ports | Team | |

SOLUTION ON PAGE 14

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