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Vol. 20 No. 3 | Sept. 10 - Oct. 9/22

# Senior Scope

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Celebrating 20 Years - July 2022!

## Senior Scope's 20th Birthday Contest Grand Prize Winner



A very grateful Chris Sobkowicz treated his grandkids and family to a Goldeyes game on Sept. 4th after winning Senior Scope's 20th Birthday Contest for a Grand Prize worth \$1000 - 20 tickets for a Sky Suite (courtesy Senior Scope), and a \$200 Food Voucher (courtesy Winnipeg Goldeyes). CONGRATULATIONS CHRIS! See more winners and Covid stories on pages 10 & 11.



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## Active Aging in Manitoba (AAIM)

inspiring active lifestyles



# Let's Celebrate!

## Active Aging Week – October 3 – 9, 2022

By Linda Brown, Active Aging in Manitoba Master Trainer and Consultant



Linda Brown

**Active Aging Week, October 3-9th**, is part of **October Seniors' & Elders' month**, with the **International Day of Older Persons** on October 1st, kicking off the month of recognition. So, it's time for older adults to celebrate, participate and have fun!

**What is Active Aging anyway?** It's a lifelong journey that evolves as our age and circumstances change. It's about taking charge of our well-being to enhance our quality of life and achieve a level of wellness that helps us reach our full potential. Active Aging means being a lifelong active contributor and resource for your community, family, and peers. Doing what you can do daily is essential to remaining physically and mentally active. Today, many older adults contribute to society through mentorship, volunteering, remaining employed, and successfully staying engaged in their communities. We are all learning how to safely re-engage with a personal level of comfort after the pandemic caused varying levels of isolation.

Active Aging is not solely about physical activity. Most older adults want to remain independent in their own homes if possible. Being active and socially engaged can contribute to staying safe and independent at home and living life to the fullest.

**How much activity do I need to do?** Based on research, the recommendation is 150 minutes per week of moderate to vigorous activity to achieve health benefits. Although it might sound like a lot - 150 minutes per week means about 20 minutes per day for seven days or 30 minutes per day for five days. Did you know that gardening, vacuuming, and dancing all contribute to the accumulation of minutes? Going for a walk with a friend, playing pickleball, or having a rousing game of horseshoes improves your physical and mental well-being and counts as part of your daily active minutes. Walking the dog, doing Tai Chi, and playing with the grandchildren also count as physical activity. Now is the time to look at your daily routine and see where you can fit in a bit more activity. Research has also shown that even small "bites" of activity can result in physical and cognitive health benefits, contributing to your 150 minutes per week.

I challenge you to seek out someone who isn't active and get them moving during Active Aging Week – October 3 – 9, 2022.

AAIM encourages every community to celebrate **Active Aging Week** and **Seniors and Elder's month** by sharing their experience as an active aging community in Manitoba. Perhaps you are already doing some great activities with older adults in your community – we want to hear from you. For exam-

ple, your Tuesday walking club. Want to start something new? Start planning; motivate a group or your whole community to get moving! Get your community involved; plan a one-day or different event every day during Active Aging Week. Whatever you are doing or plan to do, please let us know at [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or call **204-632-3912**. We want to track and highlight all the great activities that are taking place in our province for older adults. Our goal this year is to get more Manitobans moving during Active Aging Week and beyond. Look for our "Active Aging Week Resource Guide" at [www.activeagingmb.ca](http://www.activeagingmb.ca)

### Save the Date:

Join us on  
**October 5th**  
at the **Wellness Institute**  
for **Active Aging Day**  
**10 am - 2 pm**

See the event posted on our Facebook page under events -  
<https://www.facebook.com/events/764841231464927>.

**Let's get Moving!**  
**Active Aging in Manitoba** wants to hear from YOU!

## Honouring and Celebrating all 'Grandparents' on Grandparents Day - September 11, 2022

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



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# Why Manitoba Seniors want and need an 'advocate' of their own

By Roger Currie



Roger Currie

If you are a regular reader of this column you may not realize that we are part of a fairly significant demographic shift. Until a few weeks ago I easily identified myself as a Boomer, part of that enormous group who were born in 1946 or later. I was born in 1947 when my father stopped wearing a military uniform and resumed his career as a teacher and coach employed by the Winnipeg School Division. By the early 1960's I had become a student at Kelvin High School. Again, I was one of the Boomers, and my teachers included several men who were also in the uniform of Canada during WW 2. When I turned 75 in July, it occurred to me that I am no longer primarily a Boomer. Many years have passed since the deaths of beloved parents. I guess the term **Senior** is more appropriate now. Provincial governments have for many years included a minister with specific responsibility for seniors and longterm care. The Manitoba politician who currently carries that portfolio is Scott Johnson. He was first elected as the Progressive Conservative MLA for Assiniboia in 2016, after serving 25 years as a local school board trustee in the same area.

“As soon we held our earliest meetings it became obvious to us that this crisis requires a lot more special attention. Right now when someone has a concern or complaint affecting an elderly loved one in longterm care, they send a letter to their MLA, or the minister responsible, or possibly the media seeking some attention.”

A growing number of Manitobans say it's time we had a **Seniors Advocate** in this province. Such jobs exist in B.C. and parts of Atlantic Canada, and there's a major effort to see such a person appointed in Ontario, Canada's largest province. One of the leaders in Manitoba is **Carmen Nedohin**. Among a busy list of her volunteer activities, the 66 year old mother and grand-



Carmen Nedohin

mother is the acting president of the Winnipeg chapter of **CARP**, the **Canadian Association of Retired Persons**. She told me that the local organization had a genuine 'baptism by fire' starting after the Covid Pandemic had taken hold in 2020. She says "As soon we held our earliest meetings it became obvious to us that this crisis requires a lot more special

attention. Right now when someone has a concern or complaint affecting an elderly loved one in longterm care, they send a letter to their MLA, or the minister responsible, or possibly the media seeking some attention." But Nedohin says there is nothing that will happen quickly in terms of a formal investigation. The most serious and tragic situation occurred in the fall of 2021 when Covid swept rapidly through the Maples Personal Care Home in Winnipeg. More than 40 deaths occurred in less than a month. Initial investigations found that the home was dangerously understaffed, and some of those who were on duty were not properly trained. More discussion on this and other issues will take place at the Winnipeg chapter's annual meeting on September 14th. It's a virtual meeting, and more info can be found at [winnipeg.carp.ca](http://winnipeg.carp.ca)

Roger Currie is a longtime Winnipeg writer and broadcaster. He turned 75 in July.

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## Manitoba 55+ Games Virtual Games: June 10th – July 10th, 2022 DRAW WINNERS

- Active Aging in Manitoba

Congratulations to the participants of the Manitoba 55+ Virtual Games who completed their month of activities! Thank you again to our title sponsor Manitoba Liquor & Lotteries for continuing to support the 55+

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The next in-person Manitoba 55+ Games is set for  
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# Remember me: The story of a Guardian Angel

By Myles Shane

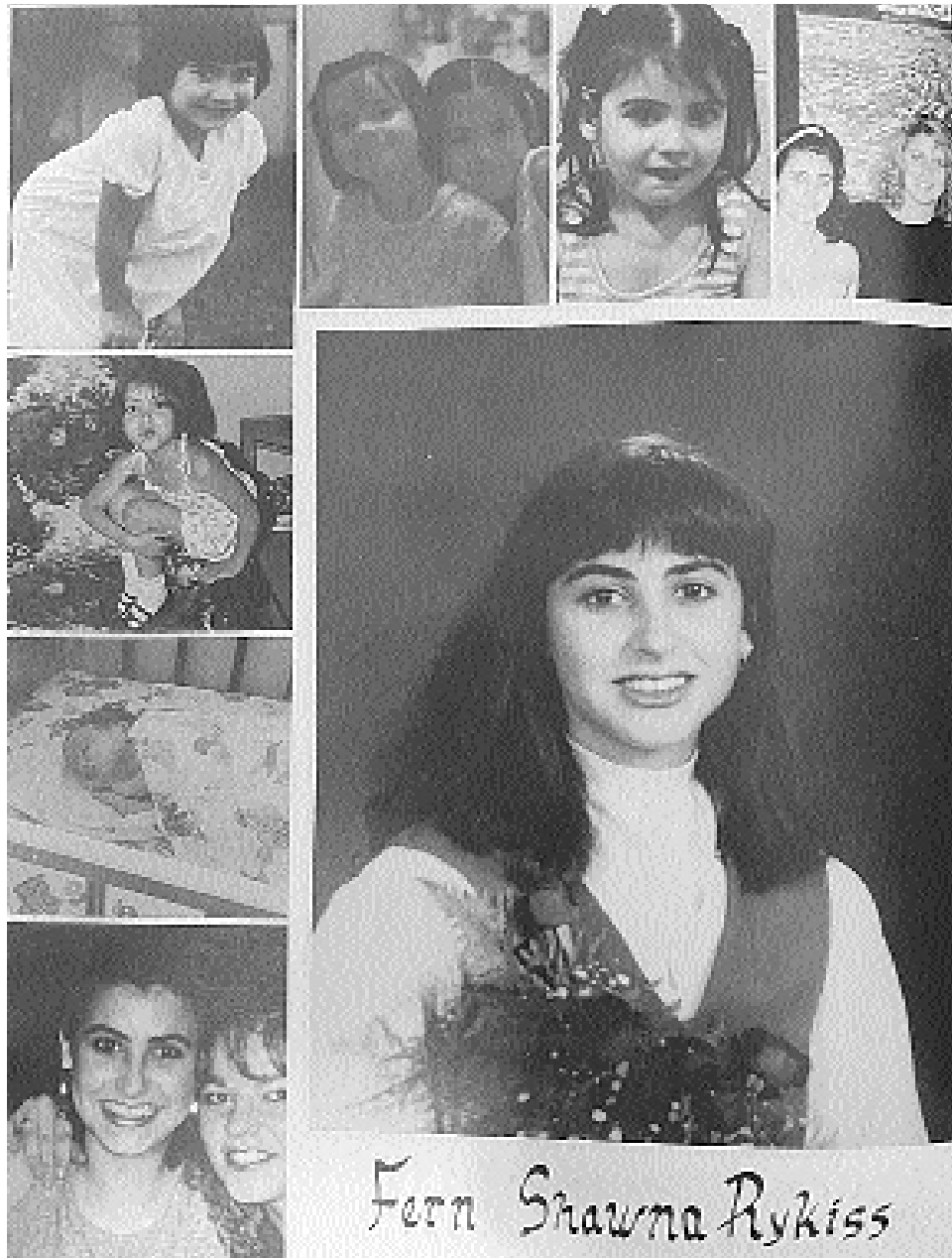
**FRED SHANE'S WORLD OF WINNIPEG**  
 Myles Shane

It was the summer of 1989 and the Joseph Wolinsky Collegiate graduating class was enjoying their annual excursion to Israel. **Allisa Anzarut** was one of the 29 students who were on the trip, "We worked on a religious kibbutz called Ein Tzurim. We peeled vegetables in the kitchen, worked in the chicken coop helping to give shots to the baby chicks, picked weeds in cotton fields, etc. We also traveled to all the major sites in Israel." The night before the trip ended the group had one last hurrah. Friends were dancing, the ghetto blaster kept repeating the song, "Time" by Pink Floyd and two classmates wearing togas were the life of the party. Later that night **Fern Rykiss**, a fun loving bubbly 17 year old with a brain to match her personality, handed Allisa a poem she'd written as part of the graduation festivities.

*Remember Me  
 For I am your childhood  
 Your adolescence  
 Your old age  
 I am your past,  
 Your Present  
 And your future  
 I am time  
 And time does not change  
 And if you ever need to know where  
 to find me  
 look in your heart  
 And I'll be there*

**BUS 405**  
 July 6, 1989

**Jeremy Feuer** recalls the day it happened. "We had just finished our JWC trip and there were four of us, including Fern and I, staying at a hostel in Jerusalem for a few days. I went to Rishon LeZion on the July 4th or 5th to stay with relatives. When Bus 405 happened on the 6th, the whole country was shocked. My relatives begged me to call my parents and tell



Fern's grade 12 graduation photo from Joseph Wolinsky Collegiate. Her photograph is surrounded by small pictures of Fern growing up.

them I was ok... at first I resisted but I finally relented."

**Shy Kurtz** remembers the moment that completely changed his life. He was staying with the Canadian delegation at the Kfar Maccabia which was the hotel hosting athletes during the Maccabi games. "The games took up the majority of my energy but I recollect trying to coordinate a time for Fern and I to meet. We set up tentative plans for

Jerusalem, but I never heard back from her." Later, when he returned to his room he called his parents, who told him their distressing news.

**Shari Dirks** was in Israel when the attack happened, "That is a day that I wish I could forget, yet it is very clearly burned in my memory." Shari was with Michelle, Ali and Julie at a youth hostel in Tel Aviv. Julie had recently flown

*Continued on next page*

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Remember me – Fern, *cont'd from page 4*

in to join her friends with the intent of backpacking through Europe. The girls had just heard about the bus accident.

According to the Jerusalem Post, “On July 6, 1989, Palestinian terrorist Abed al-Hadi Ghaneim hijacked the No. 405 Egged bus traveling from Tel Aviv to Jerusalem and ran it off the edge of a cliff, killing 16 people and injuring 17. On that day, Islamic Jihad operative Ghaneim, boarded the crowded bus and seated himself near the driver. As the bus passed a gorge near the Telz-Stone community, he wrenched the steering wheel from the driver’s hands, shouting in Arabic. The terrorist waited until the bus picked up speed before swerving it off the road, bursting through the safety barrier and rolling 100 meters down the ravine. Students from the nearby Telz-Stone Yeshiva rushed to the scene to take care of the wounded until paramedics arrived. Army helicopters quickly descended on the scene and evacuated the victims to hospital, including the terrorist, who survived.”

Fern Rykiss was on bus 405. She did not survive the attack. Her classmates and family who heard the devastating news were all shocked and horrified - paralyzed both mentally and physically.

**Revital Sharabi**, was Fern’s best friend and the last person to see her alive. “She was killed on her way back from visiting me. I just remember saying good bye to her like any other time because I thought that I would see her again.”

**Romi**, Fern’s younger sister, who today in her forties is a Winnipeg rock’n roll icon, was 14 when she received the incomprehensible nightmarish news. Romi shared that her sister’s destiny wasn’t originally bus 405. “She was supposed to take a different bus but plans got changed and she was going to meet a friend so they could start their summer European travel.”

Jeremy, who today is a successful lawyer lost one of his best friends that day, “Tamar called me on the morning of the 7th to say that Fern had been

identified as one of the victims.”

The phone call Shy had with his parents changed his world forever. “My mother said something to the effect of, “thank god you’re ok”, and “I can’t believe what happened to Fern”. Shy was confused. He tried to explain Fern was fine. Suddenly his mother burst into tears, “he must not know yet” ... and that’s when they told me.” Shy only remembers feeling rage and going crazy. The hotel security quickly restrained him but when they realized the situation, they tried comforting him. “On that day, at that moment, my life changed forever. I decided to throw away my return ticket to Canada. From there, I joined the Israeli army.” Over thirty years later Shy is living his best life, “I live in between Dubai and Israel. I have returned to university and am finishing my MSc in Blockchain and Digital Currencies.”

Shari and her girlfriends continued to try to account for her classmates whereabouts. “Either Julie or Michelle

suggested that they call the Canadian embassy. Later that day when I saw them in the hallway I asked if Fern was on the wounded list. Julie had said no, and I kept asking where she was. At that point, I noticed Michelle, a little further back down the hall holding a book over her face. Julie told me that Fern was gone. What did she mean, gone? I began yelling at her, demanding to know where she went. Julie finally yelled back she was dead. All I remember is us running down the streets of Tel Aviv crying and screaming.” Currently Shari is an Operations Manager at Strauss event and Association Management.

**THE HOSTEL ON BEN YEHUDA**

On July 7th, the day after the terrorist attack, the students who still remained in Israel wound up at a hostel on Ben Yehuda street. No one could believe what had happened. Everyone was in shock. These teenagers who had become more than a family were crying and screaming. In a matter of days they

Continued on page 8

Fred Douglas Heritage House – A Well Kept Secret!

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Part 1:

The Founding of the League that Changed Everything

By Scott Taylor, Photos courtesy Winnipeg Jets:  
A Celebration of Professional Hockey in Winnipeg



From Oct. 6-10, 2022, a group of former World Hockey Association stars will gather in Winkler, B.C., for the 50th Anniversary of the creation of the hockey league that changed everything. The WHA was wild and wonderful. It had teams in strange places, blue pucks and a 17-year-old superstar named Gretzky. And while it lasted only seven seasons, it's the reason the NHL has teams in Winnipeg and Edmonton. So, as you watch the Jets later this month, remember it never would have happened without two of the most creative men in the history of professional sports.

The city of Winnipeg was obviously not on the National Hockey League's radar in 1971 and a local vending-machine magnate who loved hockey, a guy named Ben Hatskin, knew it. So, when he received a telephone call from a 48-year-old, passionate, fast-talking Southern California promoter named Dennis Arthur Murphy, ol' Ben was ready to wheel and deal.

Murphy, who was born in Ireland and reared in Shanghai and passed away in July of 2021, was convinced that the barons of professional sport had, long ago, overstepped their bounds. There was no doubt in his mind that the people who ran the NBA, NHL and NFL had become way too big for their britches. Not only did he believe that there were all sorts of great North American cities that had been left behind by the owners of big league sport, but the players themselves had become virtual slaves to the league's power brokers, agents and proprietors.

In 1966, Murphy decided he was going to change all that.

"The NBA was the only major pro basketball league and it wasn't setting the world on fire," Murphy said, over drinks at the Anaheim Marriott, back in 1999. "They thought they had the world by the tail, but let's not forget that the Boston Celtics won almost every championship and only the Lakers gave them any competition."

"The players were underpaid and there were plenty of cities we believed could support a pro basketball team, so I started making some calls."

Murphy wasn't surprised that the wealthy folks on the other end of the telephone line were open to what some thought was a crazy proposal.

"I knew we could start a pro basketball league to rival the NBA," Murphy



Ben Hatskin with Bobby Hull at Portage and Main.

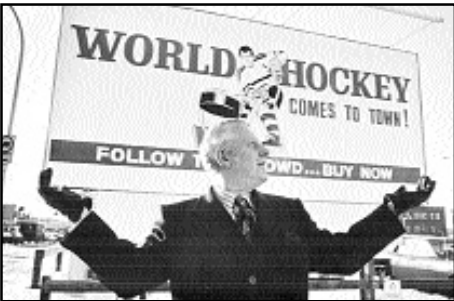


Gary Davidson with Bobby Hull.

said. "I didn't think it would be easy, although there were times when it seemed really easy, and I figured that the worst thing that could happen was that the NBA would get pissed off and merge with us. As I said to our prospective owners, 'If you attracted good players, marketed your franchise and filled the building, you could be a huge success with or without the NBA.' I absolutely believed that."

So, despite his critics and the NBA's angry owners, on Feb. 1, 1967, Murphy and his partner, a southern California lawyer named Gary Davidson officially announced that they and a group of investors had formed the American Basketball Association. The new league would begin play in the fall of '67 and 10 teams had signed up: The Anaheim Amigos, Dallas Chaparrals, Houston Mavericks, Indiana Pacers, Minnesota Muskies, New Jersey Americans, New Orleans Buccaneers, Oakland Oaks, Pittsburgh Pipers, and a still unnamed team in Kansas City.

By the time the season started, the Kansas City franchise had been moved to Denver and called the Rockets (later changed to the Nuggets), and in March, Murphy had added an 11th franchise, the Kentucky Colonels.



Dennis Murphy.

Murphy went out and hired the NBA's first great star, George Mikan, to be the league's commissioner and it was Mikan who came up with the idea to use a very distinctive red, white, and blue basketball. The ABA also decided to use the three-point shot, an idea that had been pioneered by the defunct American Basketball League.

Murphy and Mikan both believed the ABA needed one more thing: A marquee player. So, they signed the oft-maligned, always unhappy Rick Barry of the San Francisco Warriors.

Naturally, the NBA would have none of it. The league went to court to invoke its reserve clause, a clause that forced Barry to be beholden, even in what Barry believed to be "free-agency," to the team that "owned" the option year on his contract.

An NBA-filed injunction kept Barry off the basketball court at the start of the 1967-68 season but finally, in early 1968, a San Francisco judge ruled that Barry had to honour the option clause in his contract. And so, he did. By sitting out the 1967-68 season.

In 1968-69, Barry went to the training camp of the ABA's Oakland Oaks. That season he not only led the league

in scoring, but also helped Oakland win the ABA title.

Make no mistake, the ABA was hardly perfect. Teams came and went and players jumped from the NBA and then returned. To call the ABA's early years "an overwhelming financial success" might have been a bit of a stretch, but still, its small advances did convince Murphy and his close friend Davidson, that the big, traditional major sports leagues were vulnerable.

"We did it with basketball," said Murphy, who eventually went on to found World Team Tennis, the USFL and the International Roller Hockey League. "So, we figured hockey would be a piece of cake. The NHL had 12 teams, six of them were expansion teams, and there were still dozens of cities that would support major pro hockey. In 1968, there were still only two NHL teams in Canada and there were huge, untapped hockey markets in Europe. Gary and I both believed that we could build a second pro hockey league to rival the NHL, but we had to make it a better, more exciting game."

So, in the late spring of 1970, at the end of the ABA's third season, Murphy and the camera-friendly Davidson filed papers in a Delaware courtroom officially proclaiming the creation of the World Hockey Association. On June 10, 1971, in a meeting room in a New York Hotel, Davidson and Murphy officially announced their intentions to start a rival to the National Hockey League. Their philosophy was quite simple: establish a major pro hockey league in cities shunned by the NHL (many Canadian cities and outposts in the Western US), as well as in North America's major media markets – New York, Los Angeles, Toronto and Chicago – to go head-to-head with their "competition."

It was a grand notion. However, while they were convinced that a rival pro hockey league could ruffle the NHL's feathers, just as the ABA ruffled the feathers of the NBA, neither one of them knew much about the game. They were full of hustle and chutzpah, but neither one had even skated before. So, they went looking for a couple of hockey men who could be just as passionate – and just as crazy – as they were.

Enter Edmonton's Wild Bill Hunter and Winnipeg's Ben "Fats" Hatskin. Soon, Murphy and Davidson would have themselves a hockey league. ■

**NEXT MONTH:** Ben Hatskin brings the World Hockey Association to Winnipeg.

Advertising Feature

DISABILITY TAX CREDIT for MANITOBANS



By Peter J. Manastyrsky

The weather is changing but there is one thing that doesn't change and still available until the end of this calendar year, the **Disability Tax Credit.**

It is a known fact that the federal government has a tax credit program for Canadians with specific disabilities. In Manitoba many citizens with impairments

have never been aware that they may be eligible for a tax credit refund. The income tax act provides a non-refundable Disability Tax Credit available to all eligible individuals no matter what age level-young to the elders. This tax credit reduces tax payable.

This Disability Tax Credit is often overlooked because of a belief that the credit is

restricted to individuals confined to be completely immobile. The eligibility is based on the effects of the impairment rather than the presence. A person may be eligible to apply for the Disability Tax Credit if he or she has a mental or physical impairment that is severe and prolonged and lasted at least 12 consecutive months.

Does it make any difference what the cause of the impairment is? No. Disability can be the result of declining health, workplace injury, an accident or chronic or genetic condition. As a taxpayer with a qualifying disability, you may be eligible and entitled to apply for Disability Tax Credit. There are many Canadians who qualify but have never applied and who may have been wrongly denied.

**A Step Beyond & Associates** can assist you through the procedure to achieve this

unique tax credit. We specialize in helping people of all ages to get the benefit you deserve. We advocate on your behalf and ensure that your application is interpreted and completed properly, eliminating potential uncertainties and streamline the information so that it is accurate before submission to Canada Revenue Agency. A Step Beyond & Associates guides you through the entire process. Please give us a call – a free confidential consultation.

A Step Beyond & Associates is an accredited member of the Better Business Bureau of Manitoba and NW Ontario with an A+ Rating.

In **September** and **October**, A Step Beyond & Associates will be involved in the **Pros Know 55+ Active Living and Resource Expos 2022**, at three locations:

**September 8th** from 10:00 am – 3:00 pm at **Dakota Community Centre**, 1188 Dakota Street and **September 22nd** from 10:00 am – 3:00 pm at **Transcona Retired Citizens Organization**, 328 Whittier Avenue W and **October 12th** from 10:00 am – 3:00 pm at **Good Neighbours Active Living Centre**, 720 Henderson Hwy.

Please come out to the Centres, let's meet, let's talk, let's see if eligibility for the Disability Tax Credit is in your favour.

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(see advertisement on page 4)







## GRAB LIFE BY THE HAT AND COME JOIN THE MANITOBA'S RED HAT SOCIETY

By Rossita Schau

Member (and Queen) of the **Red Hats 'Bling Sisters' Chapter** of Winnipeg, Rossita Schau says, "Being a member of the **Red Hat Society (RHS)** gives you the chance to meet so many wonderful ladies who will become friends. Dressed in purple and a red hat, our members have been to plays, the ball park, pole dancing, lawn bowling, painting classes, trips to some unique museums in Manitoba in Manitoba and much much more. There is also the possibility to travel to many conventions (called "FunVentions") hosted by various Canadian provinces and international other locations, especially the ones in the USA.

So why join the RHS? We don't do fundraising nor have monthly meet-

ings to discuss things. Instead, we get together for food, fun and frivolity. As women age, Society sees our role of having raised our children, taking care of husbands and family as done; it is time for us to sit back in that rocking chair and knit. But not so, we want to embrace our golden years and every one of our gray hairs with joy and now enjoy this time in our lives. Time to have fun. Also, many older women have lost their spouse, children moved away, friends passed or moved into nursing homes and our friends pool has diminished. Social isolation is something many face later in their lives. What a great way to meet new friends by joining our Sisterhood."

### The RHS (Red Hats Society) in Manitoba is looking for ladies who would like to join our sisterhood!



Originally, it all started in 1998 in Fullerton, California when Sue Ellen Cooper gave her friend, who was turning 50, a thrift shop hat and a poem by Jenny Joseph called "Warning" as birthday gifts. **The Red Hat Society** was born.

Next year 2023, the Red Hat Society will celebrate their 25th anniversary and already a group of ladies are busy planning the event. We hope you will become members, don your Red Hat and join us. It will be quite the event filled with food, laughter, entertainment and fun.

So why did this phenomenon of older ladies dressed in purple clothes and unique hats take off? Well, "Red Hatting" is based on fun, friendship and frivolity AND food. The society is a worldwide network of women over the age of 50 who have lived, loved and learned our way through life and are now taking "fun" to a new level.

We believe that aging is not something dreadful but an exciting process to be greeted with gusto and anticipation and should be enhanced with food, fun, frivolity and new friends. We have no intention of withering away quietly. We intend to sing, dance and enjoy the next decades and embrace



### "PINK HAT DIVAS" Starting Up in Manitoba!

The Red Hat Society has been around in Manitoba since 2000. It is a sisterhood of ladies over 50 who don purple outfits with unique red hats and meet once a month for food, fun and frivolity. The ladies can be spotted at the ballpark, dining in restaurants, miniature golfing and even pole dancing.

But there are also ladies who are under 50, who like to have fun. When they join the "Pink Hat Divas" of the Red Hat Society, they wear lavender clothing and pink hats at all their events. They are also recognized under the Red Hat Society as junior members.

Their 50th birthday is marked with a REDuation ceremony when they receive

their first Red Hat. They are now recognized as senior member of the Red Hat Society.

In Manitoba, the first chapter of Pink Hat Divas is starting up in Winnipeg; called "**Jazzy Jems**". Queen Judy Schau is excited to have ladies join her and her chapter. From throwing axes at The Rec Room to pizza and flight of beverage, VIP moving night, and karaoke. The new formed chapter is all about food, friendship, and fun.

If you are interested in joining the '**Jazzy Jems**' or getting a few ladies together and starting your own chapter, email Judy ([jazzyjems.pinkhatdivas@gmail.com](mailto:jazzyjems.pinkhatdivas@gmail.com)) or visit the Manitoba Red Hat Society website ([www.redhatsmanitoba.com](http://www.redhatsmanitoba.com)).



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Remember me – Fern, cont'd from page 5



This is a photo taken in Israel of everyone from the graduating class that went to Israel in 1989.

had entered the adult world. They were experiencing all four stages of grief at once, shock, anger, denial and acceptance. Allisa is still haunted by the images of her classmates, “No one knew how to be. No one knew what to say or how to react. I remember friends yelling in horror - “no.no.no.no! It’s can’t be her! There’s a mistake. It must be a mistake.” One guy was banging his feet non-stop. The scene was surreal.”

CELEBRITIES  
July 9, 1989

When the students stepped out of the buses near the funeral home thousands of people were waiting for them. There were hundreds of international news crews and photographers set up to capture the story. By 1989 the world was consumed with 24 hour news stations and viewers wanting to know more about bus 405 and it’s victims. The class tried to ignore the media. Over three days they had all turned into minor celebs for all the wrong reasons. Shari can still see images from those moments in her mind like a dream without sound, “I remember the room was more dark than bright and Fern’s casket was in the middle. I started crying. I remember looking around and saw that even the guys were crying, we were all crying, sobbing.”

“I flew back to Canada with her body. It took a lot out of me then and I still think of her all the time.” Revital catches her breath then continues, ‘I often wonder if we’d still be friends at this time.”

SISTERS

**Joyce Rykiss** had two daughters Fern and Romi. By the time Romi was 2 years old Joyce and her husband had been divorced. Subsequently, Joyce and the kids moved in with her mother who lived in East Kildonan. During elementary school the kids attended the Talmud Torah, as Joyce felt it was important they receive a Jewish education. When interviewed by *The Manitoba Money Shot Podcast with Ronald Greg Moore*, Romi reflected on her early education. “I was pushed down for carrying Jewish prayer books in the core of the north end. My sister and I always walked

from Matheson to Inkster where my grandfather lived - to get there you had to pass some tough north end kids. Growing up Fern become very engaged in Jewish culture and joined groups like the B’nai Brith Youth Organization (BBYO) and eventually became the President of the United Synagogue Youth (USY). While attending JWC for high school, she legally changed her name to Fern and was also heavily involved in a special Talmud and Tanach studies program and participated in Rauch, a Jewish folk dance group for girls 13 to 16 years old.

**Maxine Meeah** befriended Fern at the Rosh Pina chapter of USY. “We hung out at Kinnus and other Shabbaton types of weekends.” The two also attended JWC together and both participated in the Yeshiva track. Maxine remembers Fern as being, “fun, funny and vibrant and had a zest for life!” She still can see them skipping classes with friends and hanging out at the “burning bush” which was near their high school. “The “burning bush” is where we went to smoke or to hang out with the cool kids even if we didn’t smoke. Shawna as she preferred to be called always made me feel welcome even if I wasn’t always part of the cool crowd.” Today Maxine is a speech-pathologist in Illinois.

THE FUNERAL  
July 10, 1989

This wasn’t just another day for the Rykiss family. It wasn’t just another ordinary day for the Winnipeg Jewish community and it certainly wasn’t a typical day for Romi. In a few hours she’d be attending her sister’s funeral. Filled with rage, bargaining with God if there was a God and trying to accept the unacceptable, Romi received a piece of mail. “I received a postcard from Israel that arrived on the day of her funeral. Crazy, right? It said some sweet stuff about seeing each other soon.” In Winnipeg a crowd of over a 1000 mourners crammed into the B’Nai Abraham Synagogue for her funeral. Rabbi Moshie Sokol, one of her teachers from Joseph Wolinsky Collegiate,described Fern as a student unafraid to let her unique character shine.



A monument honouring those who died from the terrorist attack on Bus 405.

**Robyn Shapiro**, is currently a photographer with two children, who attended Ferns’ funeral. Fern’s death shattered Robyn’s senior year. Her death made a profound impact on Robyn’s life and it was her first glimpse of how fragile life could be and how much anger and hatred there was in this world. “I would never see her ever again. I would never hear her voice, never see her funky fashion styles nor her beautiful smile.”

WISH YOU WERE HERE

A short time afterwards Romi found a tape while looking through Fern’s belongings which had been sent back from Israel. The name of Pink Floyd’s world chart-topping album, “Wish You Were Here” was scribbled on the cassette. “At the time I was unfamiliar with the music. I put it in the ghetto blaster and if you recall, the album starts with this sort of low-fi switching of radio stations and with background talking until the song, “Wish You Were Here” kicks in. At first, I really thought it was her and her friends recording a song from the radio and I rewound the tape and listened to the beginning a million times to try to hear my sister’s voice. The entire experience sent chills down my spine.” Romi paused for a second then finished her thought, “Eventually I realized it was just the way the album started. The song, “Wish You Were Here” has always been a trigger for me and makes me miss her.”

A few years later Romi was sixteen years old and driving home from her boyfriend’s house late at night trying to meet her 1AM curfew. “The day I returned from BB Camp I hadn’t slept much the night before so I was super tired but I missed my boyfriend. I borrowed my mom’s car and drove from East Kildonan to Garden City. I fell asleep watching a movie with him. He woke me up and said I needed to get home or I’d miss curfew. Even pulling away on the street I was already nodding off and hitting curbs. I had never fallen asleep behind the wheel so I figured I’d roll down the window, shake it off and turn up the radio. The Tragically Hip was playing. I fell completely asleep at Redwood and Henderson after crossing oncoming traffic and took out a street sign. I was woke up as

I hit this little church house’s steps. Not a scratch on me or the car. It was a miracle.” Romi doesn’t necessarily buy an angel was watching over her but it’s hard not to believe someone or something was protecting her that day.

THE EULOGY

**Rabbi Sokol** held the microphone tightly, cleared his throat then glanced down at the sea of mourners who’s faces were filled with sadness, anger, shock and disbelief. He continued with his eulogy, “Fern had many names, Fern, Shawna, Charlie, Ichabad.”

LAKE OF THE WOODS

In 2021 Romi was on *The Fast Lane Podcast* and shared with the listeners how she became a musician. She’d been spending parts of her summers at Lake of The Woods, BBYO canoe camp for years. “There was this one woman – Leah – she bought a guitar and sang the Kumbaya type songs at the camp fire. My mind was like I want to do that. It was a four week canoe trip and the whole time, my mouth was drooling trying to get her to teach me chords. When I got back to Winnipeg I went straight to my mom and said, ‘You gotta’ buy me a guitar.’ She bought me this \$150 fiesta guitar at this little shop on McPhillips. I loved it, so I started writing songs.” Perhaps one of Romi’s classic 80’s memories was, “I used to pretend I was Joan Jett lip-synching her songs, singing into my hair brush while looking in the mirror.”

MEMORIES

Fern’s friends and family have vivid memories of her growing up. Cari Satran, who’s now an elementary school teacher, shared her memories of her cousin. “At family get togethers she was always fun and commanding attention. She loved to sing and perform. I have images of her at my grandparents’ house and at Gimli.” “I think we started becoming friends in grade 6 and then the friendship just got stronger”, remembers Revital, who recently gave birth to her first child and lives in the city of Givat Shmuel which is not far from Tel Aviv. “We spent a lot of time together. Her family

Continued on next page



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Remember me – Fern, *cont'd from page 8*



Fern standing in between the Lebanon and Israeli flag.

used to come to our Passover seders. She called my grandfather, zaida. She was a whiz at math. I first learned of tuna cheese melts from her. She was a pretty good artist too.” For the last 15 years Revital has been a nurse and works in the baby wellness clinic.

Shari Dirks says, “I remember going over to her house on Winterton Avenue in East Kildonan, sitting at her kitchen table and chatting with her and her mom. I remember her big beautiful eyes, and how smart she was. She skipped a grade and was a year younger than the rest of our class, yet she was always so comfortable in her own skin, and so sure of herself.”

“Of course, Fern and I would dance together at least once at many of the JWC dances — everyone danced with everyone... it wasn't a specific “couples” type of thing, we were only 13.” remembers Charles. To this day when I hear, Journey's “Faithfully”, I remember dancing with her. Currently **Charles Segal** is an attorney in Philadelphia.

THE BLUE NOTE

**The Blue Note** was a piece of Winnipeg history. According to Stephen Brunt, a CTV reporter who grew up in the Peg, “It was where every musician in town would show up after finishing their set to unwind after shows. They would be joined by students, artists, locals and some nights, touring musicians who often accepted Curtis's offer of an open stage jam, turning a one-time Main Street greasy spoon into



Fern's yearbook photo.

something special. Like the time former Winnipegger Neil Young showed up - after having avoided Winnipeg for most of the previous two decades - and jammed away onstage at the *Note*.”

At 15 years of age Romi started working hanging out at the notorious hot spot. “I'm serving after hours beers in these tea cups. My friend Bobby was on stage and said I'm going to call Romi up to play. I was like, 'no, not a chance.' I went up on stage and played some songs I'd written. The first few songs you ever write are going to be the saddest most revealing songs you ever write. I wrote about my sister dying and my dad leaving.”

BILIARY ATRESIA

In 1999 Romi was married to Vancouver Island but divorced three years later. In 2000 she gave birth to her daughter Ashley. Recently Romi become a Nanna to Ashley's little boy Levon. “My grandson is healthy and happy and thriving now but was very ill with a liver disease called biliary atresia and needed a liver transplant. Luckily, my daughter's partner Tristan was a match and Levon received a section of his dad's liver. It would seem, going back to the postcard Romi received on the day of Fern's funeral, the Pink Floyd tape being shipped home, her falling asleep at the wheel and this medical science miracle, Fern has been like a guardian angel watching over her sister. Romi admits one of the ways she's been able to deal with what happened all those years ago



Fern's sister Romi playing guitar.

is throwing her emotions into her songs, performing and sharing them with her audience. For her this has been a form of ongoing therapy.

THE WINNIPEG ROCK ICON

Today Romi is a Senior Producer of **Curbside Concerts**. As a musician, she has relentlessly toured Canada, US, and Europe while winning countless awards for her music. The Juno nominated Winning rock icon describes her sound as, “maybe, country, roots and blues” When Romi turns back the clock and looks at her career it's been all consuming, “I've been trudging along under my own management, label, booking agency, since the start, doing it my own way, and redefining what success looks like.”

REMEMBER ME

After the Rabbi finished the eulogy, Romi began reading a poem but her words were muffled accompanied by uncontrollable tears. If there were a soundtrack playing in the background, “Wish You Were Here” by Pink Floyd would have been playing.

WHAT IF?

Our pictures slowly fade away until we're in Tel Aviv. It's July 6, 1989 but something is different. The background music is “Time” by Pink Floyd. A crowd of tourists and locals wait for bus 405 as it comes to a stop. Riders slowly climb onto the vehicle as Fern and a friend walk past the idle bus.

Our next image has Fern, slightly older, attending a university class with hundreds of other students. In fact it's revealed she's studying at Hebrew University in Israel.

As we fast forward in time she's seen graduating from university. Close up of her hugging her sister, her mom Joyce, and other friends and family. The images begin to move faster. Fern is wearing a lab coat preparing some type of tube with a liquid. Next she's walking down an isle styling a gorgeous white wedding dress.

Years later, she's pregnant but radiant. More time passes. Fern plays with her kids in the backyard of an enormous house probably somewhere in the south end of Winnipeg. She's never been happier. She loves her kids more than life. Time keeps on moving faster and faster until Fern's hair is totally gray. She must be in her eighties. She sits at a picnic bench with Romi, surrounded by their children and grandchildren. Our picture fades out again and we start at the beginning.

We flashback to the last party the group had in Israel together while they were on the Kibbutz. Friends were dancing, the ghetto blaster kept repeating the song, “Time” by Pink Floyd and two classmates wearing togas were the life of the party. We zoom in on Fern's face smiling at her friends and taking it all in. We hear her voice.

Remember Me  
For I am your childhood  
Your adolescence  
Your old age  
I am your past,  
Your Present  
And your future  
I am time  
And time does not change  
And if you ever need to know where  
to find me  
look in your heart  
And I'll be there

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# Senior Scope

celebrated **20 YEARS** in July 2022 of providing Manitobans with Useful and Entertaining information... and we'd like to thank you - our readers, advertisers, staff, supporters - for helping make that happen.

## CONGRATULATIONS to all of our winners!

**Grand Prize Winner of Goldeyes Package - \$1000 value**  
**Chris Sobkowicz**



**2nd Prize Winner of Rainbow Stage Package - \$240 value**  
**Maureen Thompson**

**3rd Prize Winner of Shark Club Gaming Centre - \$100 value**  
**Laura Isbister of Winnipeg**



**4th Prize (A) Winner of Assiniboia Downs \$50 Gift Certificate**  
**Doreen Cymbalisty**

**4th Prize (B) Winner of Assiniboia Downs \$50 Gift Certificate**  
**Rose Cox**

Here are some of the “Covid stories” that readers submitted with their contest entries that we’d like to share with you, with their permission.

### MY COVID STORY . . .

June, 2021. It was time for my second COVID vaccine.  
I made an appointment, choosing a location closer to my home, more convenient than the downtown Convention Centre in Winnipeg. I knew where I was going: I drive by the St. Anne's Road/St. Mary's junction all the time.  
I pulled in and parked behind the building. Coming around to the front door, I realized I had to climb to the second floor ... it crossed my mind that this wasn't wheelchair-access-friendly. Odd ...  
At the top of the stairs, I had to add my

name and license plate number to the register. Odd ...  
All of the other license numbers started with a "V". Odd ...  
No line-up. Odd ...  
No uniformed staff, medical equipment, directional signs ... Odd ...  
A lovely gentleman approached and asked what he could do for me. I said I was there for my vaccine appointment.  
I was slightly embarrassed to learn that I was in the wrong building. The old St. Vital Fire Hall is next door to where the vaccine clinic was being held. No wonder everything so far had been odd.

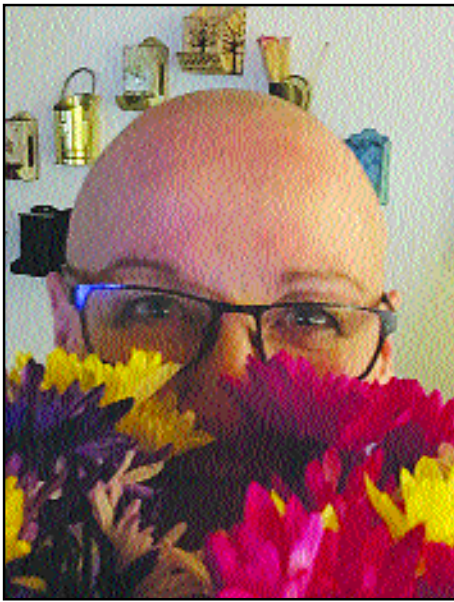
I apologized, but he didn't seem to mind the interruption. We both laughed!!! ; I think I gave him something funny to tell his family and friends at the end of the day.  
I went back down the stairs and made my way over to the building next door, got in line (yes, there was a line-up), and yes, it had a wheelchair accessible entrance.

And after a bit, I was on my way home, safely vaccinated and having found out that the old fire hall housed Winnipeg's Amateur Radio Club. Did this odd occurrence make the amateur radio news broadcast? I wonder ...  
~ **Annette Bonomo** (Wpg)

. . . . .

I was in desperate need of a cut and colour when everything closed down in March, 2020. By April I had had it and asked my husband to clip my hair using the longest clipper guide. My hair was too long and the clippers quit working. I called a neighbour and borrowed her old dog clippers. They yanked out bits and pieces and by the time we were done, I looked like I'd been run over by a lawn mower.  
The next day, I lathered up the mess and shaved my head until it was shiny. If I hadn't taken pictures, no one would have known as we weren't going anywhere.  
Bonus: My hair grew out to a lovely shade of silver with beautiful white highlights.

~ **Gweneth L.s**  
(Rural MB)  
(photo right)



More Covid stories continued on next page

**GRAND PRIZE - \$1000 VALUE**  
**Sky Suite package**  
Courtesy of Senior Scope  
**(\$800 value) for 20 guests to a Goldeyes game on Sept. 4/22 at the Goldeyes Stadium at Shaw Park.**  
**plus \$200 Concession voucher**  
for guests in the Sky Suite. Courtesy Winnipeg Goldeyes  
  
[goldeyes.com](http://goldeyes.com)

**PRIZE #2**  
**\$240 Package Value - 6 Select Tickets for a "Night Out with Musical Theatre" production at Rainbow Stage**  
for August 2023 production.  
**204-989-0888 (Box Office)**  
**[www.rainbowstage.ca](http://www.rainbowstage.ca)**  


**PRIZE #3**  
**\$100 Gift Certificate to Shark Club Gaming Centre**  
**OPEN 7 DAYS A WEEK!**  
**10 am - 1 am**  
**LIVE TABLE GAMES**  
**3:30 pm - 1 am**  
**2nd floor, City Place, 233 Hargrave St. Wpg.**  


**PRIZE #4**  
**\$50 Gift Certificate to either the Terrace Dining Room or Club West Restaurant at Assiniboia Downs**  
**RACING • VLTs • DINING**  
**3975 Portage Ave., Wpg.**  
**204-885-3330**  
**[www.ASDowns.com](http://www.ASDowns.com)**  




### DO THE DOWNS!

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**ASDowns.com**  
3975 Portage Ave.,  
Winnipeg, MB  
(204)885-3330





Continued from previous page

# MY COVID STORY . . .

## STUCK IN COVID 19

Our peaceful, safe holiday in Portugal changed almost overnight.

Two friends from Winnipeg texted to tell us to come home now. They said there was a virus spreading rapidly. We needed to move quickly. Blissful and serene and soaking up the sun at our peaceful retreat, we could not fathom the urgency. Our holiday surroundings did not seem rushed or panicked. We never listened to the news because it was in Portuguese and anyway we wanted to give ourselves a rest from all news, even from Canada.

The next day we began noticing stores and restaurants shutting down. Our friends texted again, "Get out now!" Oblivious we felt that the must be exaggerating. We replied, "Oh well, the worst that can happen is we have to stay in Portugal for another month or two.

Then more shops closed during certain hours. People were stocking up on groceries.

Suddenly the streets were empty. We began to feel like we were in an alien nation. People were keeping their distance from one another. Someone yelled out to us, "Go home now!"

Then our airbnb gave us notice they were shutting down in 2 days. The last

wakeup call was when our health insurance company said our insurance would be cut off unless we come to Canada promptly.

WHAT! WHAT'S HAPPENING??!! We heard from a neighbor the airports were shutting down. No more flights. Yikes, what to do with many more explanation marks!. We tried calling the airport but got a constant busy signal.

Beyond panic, trying to think outside of the box, we came up with the brilliant idea to call our friend's travel agent and begged her to get us out. Two hours later she called back to tell us she made reservations for the last flight out at 6:00 am the next morning. Frantically we packed and were ready to return the car to the airport rental. Thank goodness we could leave the car in the lot, put the keys in the lock box and walk to the airport. Even at the airport at 4:00 am no one was sure the last plane would leave Frankfurt to pick us up in Portugal. Frazzled and sleepless all we could do is wait it out.

Relief at last! We were headed to Canada.

Thank you friends, Eda and Gord. We will never doubt you again.

~ Doreen Wuckert (Wpg)

. . . . .

Your paper comes directly to our building. I read it and appreciate all the articles. I have been very fortunate so far to staying safe. Although I miss seeing my daughter in North Carolina, U.S.A.

I have lost 3 very dear friends to Covid so miss them very much.

I'm sorry to say I can't think of much good that has come out of Covid.

I feel for those who have lost their loved ones, young and old.

May God heal so many things in the world. We do our part, the rest is up to him. Blessings to you who are doing something that brings us hope and faith. Also laughs – and sometimes tears. This is how life goes.

Thank you.  
Keep up the good work you do.

~ Darline M.  
(Portage la Prairie)

MORE 'COVID' STORIES TO BE PUBLISHED IN THE OCTOBER ISSUE OF SENIOR SCOPE.

Advertising Feature

# September - World Alzheimer's Month

- Alzheimer Society of Manitoba

This September, during **World Alzheimer's Month**, the Alzheimer Society of Manitoba wants to remind families impacted by dementia that they are not alone – **Community Changes Everything**.

The **Alzheimer Society** is your **First Link®** to a community of support, resources and a wealth of knowledge to help families in their dementia journey. No matter where you live, you have never been less alone in your diagnosis than today.

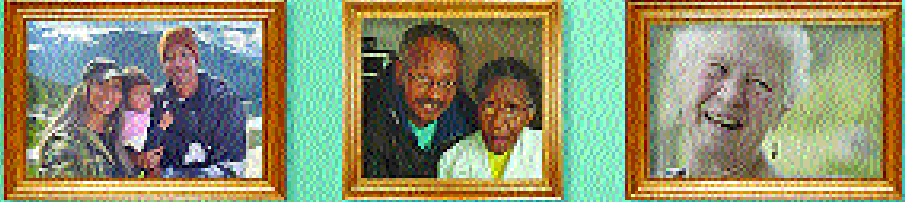
There are over 50 million people diagnosed with dementia around the world. In Manitoba, there are more than 23,000 who live with this disease. Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policy makers, alerting them to the fact that dementia is a serious health issue that will have overwhelming implications on services and health

systems around the world as the population grows older.

There are many programs available at the Alzheimer Society to explore this fall including free education sessions for families, support groups, an **online research forum** called *Beyond the Headlines: Uncovering Dementia Myths*, a **Care4u Virtual Family Conference**, a **Minds in Motion fitness and social program** for people with dementia and their care partners, **community programs** taking place at Fort Whyte, Assiniboine Park, the Winnipeg Art Gallery and the Manitoba Museum – and so much more.

Visit the Alzheimer Society website, follow them on social media and your story with dementia online using the hashtag #WAM2022.

You don't have to go through your dementia diagnosis alone – call **204-943-6622**, email [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca) or visit the website at [alzheimer.mb.ca](http://alzheimer.mb.ca). ■







Community Changes Everything

World Alzheimer's Month 2022

Alzheimer Society of Manitoba

#WAM2022



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FOR MORE INFORMATION:

Wes Hildebrand


LIFE LEASE REPRESENTATIVE

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Phone: (204) 388-5000 EXT 211

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

September Awareness Evening  
about Prostate Cancer



Keynote address by

Dr. Jeff Saranchuk

MD, FRCS(C), Urologist

Medical Director

Ernest W. Ramsey Prostate Centre

CancerCare Manitoba

In his keynote address Dr. Saranchuk will include comments on progress in developing the Urologic Center; on the impact of the covid pandemic on diagnosis and treatment of prostate cancer patients; and on other relevant topics. The audience will have opportunity to ask questions as well as offer comments.

Date and time: Thursday, September 22, 2022 7-9 pm




Location: Caboto Centre, 1055 Wilkes Ave., Winnipeg

Everybody Welcome Free Admission Free Parking Door Prizes

Event hosted by:

Manitoba Prostate Cancer SUPPORT GROUP

Sponsored by:



For more information go to: [www.manpros.org](http://www.manpros.org)



# 2022 Canada 55+ Games - Kamloops, B.C.

- Lois Dudgeon - Team MB Manager

All Team MB participants need to be congratulated for qualifying for and participating in the 2022 Canada 55+ Games. They're ALL winners .... for proving you're never too old for FUN & Games!



Team MB in Athletes Parade



Team MB 2022 at Opening Ceremonies



Team MB Hockey team 65+



MB pickleball players at Closing Ceremonies.



Ray Baker's (right) 55+ curling team brought home the GOLD!



MB Flag bearers - golfer Leona Moore (69) & bowler Mike Baziuk (84)

Sri Lankan Seniors Manitoba (SLSM)

# Picnic to Grosse Isle - Heritage Village

Submitted by Senaka Samarasinghe



Sri Lankan Seniors Manitoba (SLSM) organized a picnic to Grosse Isle on July 28th 2022. Grosse Isle is a French name with a meaning of big island. It was a location of French hunters and designated as a Heritage Village. As this is only 35 km from Winnipeg the Prairie Dog Central Railway is a heritage railway selected Grosse Isle heritage village for their one day return trip to Winnipeg. SLSM kindly requested two families namely Lileena and Felix Mendis as well as Sunimal and Daya Perera to take a lead role to organize the picnic. A group of 38 participated including children aged from 4 years. Weather condition was pleasing and lots of sunshine too. We arrived the Inkster Junction Station railway station (immediately north of Winnipeg airport) at 10.30 a.m. Everybody received a name tag

and could board the train with the support of the volunteers. The train departed at 11.00 a.m. During the travel our members had fun conversations. As usual Jayawardana started to sing Sinhala old hits and everybody joined. Some of our members did not realise that they were in a running train-compartment and danced as they were in a dancing hall. Members shared finger food and we could taste Sri Lankan food. As soon as we arrived, train authorities arranged finger food with warm or cold drink. The Heritage Site there were several heritage buildings open for visitors during designated times. All sites were maintained by a group of volunteers. Among our site visits, 1886 Heritage House, one room schoolhouse, Freight Shed (onsite gift store) and United Church were few of them. On our way back to Inkster Junction Station, our members served delicious finger food. However, our members maintained joyful afternoon and continued singing and dancing with a great spirit. Return trip also took one hour and it was about 3.00 p.m. when we reached Inkster Rail Station.

Sri Lankan Seniors Manitoba (SLSM)

# Walking - At Assiniboine Park

Submitted by Senaka Samarasinghe



Due to summer holidays majority members of Sri Lankan Seniors Manitoba (SLSM) were away from the city. However, we were able to arrange a walking session for the wellness of our members on Aug 23rd (TUE) from 11.00 am to 2.00 pm. The Organizing Committee arranged a one hour walking session followed by a light meal. After lunch the Organizing Committee conducted a discussion with members about the events scheduled during the month of September 2022. In early September SLSM obtained a slot to provide breakfast at Siloam Mission. Arrange food and selection of volunteers were the main themes highlight-

ed during the discussion. As a fundraiser Bake Sale scheduled to be held on Sept 17th (SAT) from 11.00 to 2.00 pm at Access Fort Garry (Room No. 166). There were quite a number of members pledged to offer various food items for the bake sale.



# The Pros Know 55+ Active Living & Resource EXPOS 2022



Visit [prosknowexpos.ca](http://prosknowexpos.ca) for dates, locations & On-Line Resources for Seniors!

## The Fall Expos are in Full Swing for YOU!



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



**WOW!** As this publication hits the streets we'll be finishing the first of our Fall Expos at the awesome **Dakota Community Centre**, located at **1188 Dakota Street**. This first show was a sold out success and based on the responses this year, another group of our fine older adult citizens are on their way with loads of helpful information that will vastly improve their lives. Thanks Melissa and your group at Dakota for your love and support!

Our second show as previously mentioned is on September 22nd and is a little more quaint with just twenty exhibitors at the **Transcona Retired Citizens Organization** located at **328 Whittier Ave. W.** This show is in association with the amazing folks running the **Transcona Council for Seniors**. These people 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. So looking forward to it. Our last show of 2022 on October 12th (Wednesday) is hosted by an outstanding group of souls at **Good Neighbours Active Living Centre** at **720 Henderson Hwy.** Always working hard to prepare and host some of the most top-notch programs and services available to us anywhere in the city. **Bronx Park CC** is another one of our city's gems and **Good Neighbours** makes good use of it.

If you missed any of the other shows this year, don't fret, you're welcome to attend any of these awesome venues. Remember to visit our 24/7 On-Line Resource Hub for more details and updates at [prosknowexpos.ca](http://prosknowexpos.ca). Thanks for your support! **Trish & Rick**

### Fall Show No. 3



**October 12th (Wednesday)**  
**Good Neighbours Active Living Centre**  
 720 Henderson Hwy.  
 10:00am - 3:00pm

## Multi-year Commitment Increases Alzheimer Society's Capacity to Support Families Living with Dementia

Winnipeg, MB, September 6, 2022 – During the pandemic, the **Alzheimer Society** identified an increasing gap: the need for support had grown beyond what our existing **First Link®** staff could provide. These staff members provide a listening ear for families impacted by dementia and connect them to information, support services and education as early as possible and throughout the progression of the disease.

An earnest search began for a multi-year commitment from donors to fund this much-needed growth spurt. To our delight, the **Jessiman Family** generously stepped up to champion our one-million-dollar campaign with a \$500,000 gift over four years.

"Dementia has touched our family, just like so many other Manitobans," says Dana Jessiman. "We are immensely grateful to everyone at the Society for the help we received as a family and for all of the great work they do for Manitobans across the province."

The Jessiman family challenged the community to join them in their support of the Alzheimer Society's First Link program. The community stepped up, and in a matter of months, their gift was matched.

"To know there is an organization to help those who are diagnosed, as well as their family members and support network, is incredible. The number of people impacted is shocking and it's only increasing. We have a long way to

go to ensure these resources are available to everyone in Manitoba," emphasizes Peter Jessiman.

When the Alzheimer Society of Manitoba approached the provincial government to partner on this important initiative - they answered the call with an additional funding commitment of \$1,300,000 over the next four years.

"We are truly humbled by this outpouring of support. It means families impacted by dementia can continue to have a place to turn when they need information and support," says Wendy Schettler, CEO, Alzheimer Society of Manitoba.

We need to look to the future and expand further, before the numbers overwhelm us again. More funds are required

to meet the growing demand for life-changing programs and services, including education, support groups and community programs for people with dementia and their caregivers.

The next step in our campaign will be an additional \$300,000 focusing on outreach and expansion of our education programs. We need to connect with a more diverse population in Manitoba and continue to be there for families at every stage of their journey.

The Alzheimer Society is grateful to the Jessiman family, donors and the provincial government who stepped up when the need was greatest. This ongoing campaign has already made a significant difference for the Society and its impact will be felt for years to come. ■

Hi, we are fixed 9-year-old best friends and we need a new home! Our pet dad is moving into assisted living and is unable to take us. Would you like to give us a new home. We're very easy going! Please contact the number below or share.

**Bob** **Norma**

(204) 781-8238

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

**Do you have your Emergency Response Information Kit (E.R.I.K.)?**

An **E.R.I.K.** contains all your medical information that first responders need to know in case of an emergency. For more information about these kits, please contact Melanie at **204-424-5285** or [labseinerss@gmail.com](mailto:labseinerss@gmail.com).

I.H. Asper Clinical Research is seeking individuals in good health aged 50-80 for a clinical research study examining blood vessel health.

For more information, please call 204-258-1207.  
 1-2 study visits required.  
 An honorarium will be provided.

I.H. Asper Clinical Research is seeking individuals with Peripheral Arterial Disease aged 50-80 for a clinical research study.

For more information, please call 204-258-1207.  
 1-2 study visits required.  
 An honorarium will be provided.



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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@arbornmemorial.com](mailto:jtalbot@arbornmemorial.com) in the subject line state: Host Information required.

**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.

**Anavets Assiniboia Unit 283** - Fri. Night Dancing to Live Bands. Sept. 3/Rockets, 9/Marvells,16/Destiny, 23/Dynamics & 29/Vintage Groove. Must be double vaxxed. 3584 Portage Ave. **204-837-6708**

**Anavets Assiniboia Unit 283** - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. Hall rentals. **204-837-6708**. 3584 Portage Ave.

Sales - Various

**Manitoba Coin Club** - Monthly Zoom resume Sept. 10th. Fall Show, Oct. 1-2, at Sunova Recreation Centre, on Kapelus Dr. (access off North Main). To volunteer, contact Kelvin Neufeld: **204-479-9124**, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org).

**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**, [gnmafta@gmail.com](mailto:gnmafta@gmail.com)

**Mary, Mother of the Church** - Garage/ Rummage Sale, Sat. Sept., 8 am-1 pm at 85 Kirkbridge Dr. Toys, books, household items, quality used clothing, furniture, etc. Knights of Columbus and Catholic Women's League sponsored with all proceeds to charity.

**St. Mary Magdalene Anglican Church** - Garage Sale, 3 St. Vital Rd., Fri. Sept. 30, 9 am-5:30 pm, and Sat. Oct. 1, 9 am-12 noon. Info, Cathy: **204-256-6157** or [stmarymag.garagesale@gmail.com](mailto:stmarymag.garagesale@gmail.com).

**Red Hat Society** - 3rd annual Red Hat Prawda Shopping Sale, Sat. Oct. 29,

Volunteering

**Winnipeg Lost Dog Alert (WLDA)** - Volunteers needed for: [Facebook Page Administrator](#): [recruit@winnipeglostdogalert.com](mailto:recruit@winnipeglostdogalert.com) Volunteers needed for: [Treasurer](#). Resume to [president@winnipeglostdogalert.com](mailto:president@winnipeglostdogalert.com). Visit [www.winnipeglostdogalert.com](http://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](mailto: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](mailto: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](mailto:mcamara@bethelplace.ca)

**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)

**Dufferin Senior Centre** - Dance with four piece band, light lunch, 50/50 draw, Sept 17, 12-3.30 pm, and every Sat following. Bingo, Mon. Sept. 19; Yoga, Thur. Sept. 22. Pirogies for Sale! Call Al: **204-771-3325**

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

**North Centennial Seniors Assoc.** - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for “Grandma & Grandpa Swim Program”for pool play time with preschool-ers from daycares. 1 hr/wk. Police check required. **204-582-0066**, M-W-F, or [ncsc@shaw.ca](mailto:ncsc@shaw.ca).

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](http://creativeretirementmanitoba.ca).

**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.

**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. Pirogies 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**.

STAY SAFE, HEALTHY & HAPPY!

WASH YOUR HANDS. WEAR A MASK.

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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 September 30th for the October 10/22 issue.

RURAL MANITOBA

*Programs / Services*

**Beausejour AA** - Meets every Tues. and Fri. 7:30 pm - at same location.

**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](http://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**

**Gimli** - Fall Craft Sale - Sat. Sept. 17, 10 am-3 pm, at the Gimli Rec Centre, 45 Centennial Road. Over 70 vendors and handmade items.

**Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark** - Yoga with Juliette Nadeau. Gentle/invigorating yoga for 55+ at the TC Energy Centre in Ile des Chenes Thur. 9 am, and at Club Blés d’Or in Lorette, Wed. 10 am. Classes \$5. Classes for adults (including 55+) are Wed. 6:30

pm, 4 classes \$40, drop in \$12. Register: [yogaforyoumanitoba@outlook.com](mailto: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 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 fit-

ness, 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](mailto: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](mailto: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](mailto: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](mailto: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.

**Springfield - Springfield Seniors - 204-444-3139**, [springfieldseniors@mymts.net](mailto: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.patporteralc.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](mailto:thompsonseniors55@gmail.com)

A & O: Support Services for Older Adults

- Programs to help you stay connected and active.

Senior Centre Without Walls (SCWW): Free Telephone Group - Activities for Manitobans 55+.

SCWW provides educational and recreational programming in a fun and interactive atmosphere by phone.

To inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** | [info@aosupportservices.ca](mailto:info@aosupportservices.ca) | [www.aosupportservices.ca](http://www.aosupportservices.ca)



## Things To Do

## WINNIPEG, Cont'd

**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**.

**Meadowood Seniors Club** - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood

carving, quilting. For more info contact [meadowoodseniorsclub@gmail.com](mailto:meadowoodseniorsclub@gmail.com).

**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](mailto:ncsc@shaw.ca), [ncseniors.ca](http://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) [office@pal55plus.ca](mailto:office@pal55plus.ca), [www.pal55plus.ca](http://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](mailto:otr@rainbowresourcecentre.org).

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://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. Canasta Fridays 12:45-3 pm. \$2 drop in. **204-233-0648**, [office@windsorcc.ca](mailto:office@windsorcc.ca)

# The Diabetes Details Every Older Adult Needs to Know - Heart to Home Meals

Diabetes is one of the most common conditions affecting Older Adults in North America. In fact, Statistics Canada estimates roughly 18% of all Canadians over the age of 65 are living with diabetes. And, as our population ages, the number of people dealing with diabetes will only continue to grow.

For those who are currently living with diabetes, learning how to manage it can ensure you're living life as happy and healthy as possible!

Here's what you should know:

## What is Diabetes?

In a nutshell, diabetes refers to a condition where your body cannot process glucose (or sugar) in your blood. This might be because your body isn't producing sufficient (or any) insulin, the chemical which binds to and processes glucose for energy, or because it uses what you do produce poorly. Excess sugar in the blood over time can lead to health consequences including heart disease, stroke, kidney disease, eye problems, dental disease, nerve damage, and/or foot problems.

There are two main types of diabetes you are likely to encounter, conveniently referred to as "Type 1 Diabetes" and "Type 2 Diabetes". They both act similarly on the body and require similar treatments. However, the mechanisms which trigger them are quite different.

Type 1 Diabetes can occur at any age but is most likely first found in children and young adults. It describes diabetes caused by one's pancreas failing to produce any insulin because their immune system keeps attacking insulin cells. If you live with Type 1 Diabetes, you will almost certainly be required to take insulin daily for the rest of your life.

Type 2 Diabetes is far more common,



representing over 90% of cases diagnosed. It predominantly affects those middle-aged or older. Unlike Type 1, Type 2 more often describes a condition where your body produces at least some insulin but does not use it well. Unlike Type 1, Type 2 is much more responsive to treatment from lifestyle changes.

## Preventing Diabetes

Type 1 Diabetes is predicated on genetics and unfortunately cannot be prevented. Thankfully, it is relatively rare, representing less than 10% of all diabetes cases. Type 2 is far more common and, luckily, far more preventable.

The first lifestyle augmentation you should consider is your diet. People who eat large amounts of refined sugar and carbohydrates tend to be at a higher risk of diabetes than those who do not. Times have changed, though, when it comes to blood sugar management in older adults. Dietitians no longer impose strict, "no sugar" rules, as that restriction does not always improve sugar control and can negatively affect your quality of life. Instead, focus on spreading your sugar intake evenly throughout the day instead of eating it all at once. This is a great first step towards preventing and managing diabetes.

For those who can, increasing the amount of exercise you do can also

have a pronounced impact on diabetes prevention. Exercise doesn't have to be intense or vigorous -- simply incorporating a walk into your routine, lifting some light weights at home, using a stationary bike, or finding other low-impact activity you can enjoy will help reduce your risk of diabetes. As an Older Adult, developing an exercise routine that has a low risk of injury is very important, so make sure you speak with your doctor about what might be right for you. Think of activities that you enjoy and can stick to is essential, as maintaining a routine long-term is much more impactful than doing exercise sporadically.

## Living with Diabetes

With the proper lifestyle, monitoring, and medication, those with Type 2 Diabetes can live healthy and happy with minimal impact to quality of life. In fact, many cases of Type 2 can be completely managed with an appropriate diet and activity without the need for daily medication.

There are some things you should avoid if you're managing your diabetes well. First and foremost, keeping away from cigarettes is essential. Many of the side effects of smoking are shared with diabetes and indulging in tobacco

(See advertisement for **Heart to Home Meals** on page 9.

can exacerbate diabetes complications. Especially as a Older Adult, cutting out cigarettes is important for a variety of health reasons.

Monitoring your blood sugar level and ensuring it is in your target range is also extremely important. Your physician will guide you on the blood glucose range that is appropriate for you. A glucose meter can take a small drop of your blood and give you an exact readout describing where you're at and allow you to take proper action, which may include taking insulin. Always make sure your monitor is nearby, so you can safely check your levels whenever you feel the need.

One sometimes overlooked aspect of living with diabetes is adequate foot care. Diabetes can make it much easier to get serious infections on your feet, and so they require more care. It's best practice to keep them clean, clip your nails regularly, wear well fitting shoes and socks, and avoid going barefoot whenever possible.

Diabetes is a common condition that disproportionately affects Older Adults. While it might not be rare, it is serious and needs to be treated as such. With the right lifestyle, diet, and maintenance you can enjoy life and maximize your health while living with diabetes. ■



# Winnipeg Grandmothers are taking action! - Grands 'n' More Winnipeg

Yes, over 50 Winnipeg Grandmothers (and others) have spent the last five months, working together to organize an event in support of their sisters in sub-Saharan Africa.

Jean Altemeyer, who is 79, is helping to coordinate this event. Jean says, "Because of the AIDs epidemic in Africa, many grandmothers there are facing the daunting task of caring for their grandchildren who lost their parents to the terrible disease. This is one way I can help to provide them with supports".

This is the fifth year that Jean has been part of **Art From the Attic**. Volunteers, mostly members of **Grands 'n' More Winnipeg**, collect art from donors all over Winnipeg - this art has been stored "in the attic", waiting to be appreciated. More volunteers sort, clean and price the art, getting it ready for sale.

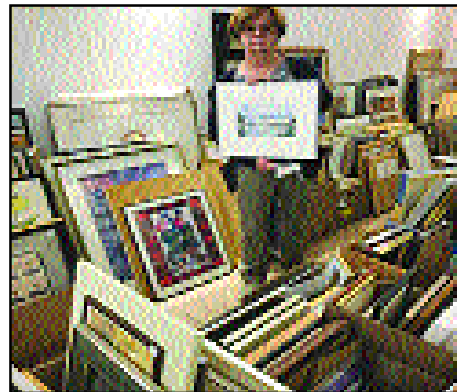
According to Diane Sabourin, who has been working at the donation location in St. Vital Centre, "We have had a tremendous response from Winnipeggers, who have donated over 1700 pieces of art, knowing that the funds raised will go directly to projects that support grandmothers in Africa and their grandchildren, through the



Roger York, Jean Altemeyer, and Alison York at the storage site. (photo by Jean Sorko)

Stephen Lewis Foundation. In fact, the response has been so good, we stopped taking donations as of August 20. We thank the many donors for their contribution to this important work".

Another volunteer, Val Kellberg, 70, added, "I do this, as do the other volunteers, because we know, as grandmothers, we have not had to face the difficulties that confront grandmothers from Africa. Those amazing women continue to face many challenges with courage and resilience, so, if this work



Bev Bryce in the storage area. (photo by Jean Sorko)

helps, I am committed to doing what I can. It is invigorating to be working with other grandmothers - they are so well organized, but we have fun too".

After the cleaning and preparation, even more volunteer grandmothers and their friends will set up the art sale and be on hand for the sale on SUNDAY, OCTOBER 2, at St. Vital Centre Court from 11:00 am - 6:00 pm.

Jean explained, "While most pieces will be priced between \$15 - 50.00, there are bargains at the \$5.00 level, in

the \$500+ section and everything in-between. Bring your children and grandchildren and let them find something they love."

She says that donations have been wide and varied. **Art From the Attic** includes prints, water colours, oils, acrylics, décor; contemporary, classic, realistic, and abstract art. A few notable pieces are an original Hubert Theroux, a lovely early Robert Hurley, some stunning Indigenous pieces, and much more - so much to choose from!

Jean invites everyone to come and view (and purchase) the art on display. She says, "Come and get a picture that speaks to you and will bring you joy. Plus, you will also have the satisfaction of knowing your purchase will help to support grandmothers in Africa and their grandchildren."

**Sale on SUNDAY, OCTOBER 2, at St. Vital Centre Court from 11:00 am - 6:00 pm.**

For more information or to arrange and interview, please contact Jean Altemeyer **204-284-3434** or Beverly Suek **204-296-6181** or Donalda Fridfinnson **204-396-3345** or Sharon Twilley **204-257-4886**.

<http://grandsnmore.com>



# Climb aboard the Daytripper and join the joyful journey!

Calling all fun-seeking, nature-loving women of Winnipeg! Are you itching to escape the city and explore Manitoba? Come out and play! Take a spin on the Daytripper; you never know what funderful adventures await!

Artist Christie Dawn of Rainbow Earth ~ Creations by Christie Dawn knows what it's like to be stuck in the city without wheels. And she knows how important it is to get outside, get together with others and just have some fun. Which is why she created Daytripper - an adult field trip service for women, primarily 40+.

Inspired by her own road trips with her mom to San Francisco in 2017 for the 50th anniversary of the Summer of Love, and New York in 2019 for Woodstock 50, it was the pandemic that finally lit the fuse to get Daytripper up and running this summer. "It occurred to me that there was

no better time to get this started. People have been cooped up for so long, unable to really get together with others, and it's just been a really rough couple years for a lot of people. Add that to the already difficult situation of not having a vehicle and having to rely on others to get around...well, I saw that the timing was right to get Daytripper on the road."

In the summer of 2021, Christie was again bit by the travel bug, and with the pandemic making travel difficult, she decided to be a tourist in her



Christie Dawn



Scenery from one of Christie's day trips.

own province. So she and her mom set out to explore southwestern Manitoba. And she decided she wanted to help others get out to discover new places

too, as well as revisit old favourites. "My goal with Daytripper (and as an artist in general) is to inspire, uplift, spark wonder and spread joy. I strive to create enjoyable and memorable experiences for people. To remind people of the simple pleasures in life, and to embrace their inner child and have fun." And for anyone needing that reminder in between trips, Christie has also recently published her very first book- 'Merry Me!' - which is all about living more joyfully everyday!

To learn more about Daytripper, or Rainbow Earth in general, visit [rainbowearthcreations.com](http://rainbowearthcreations.com).

Reach Christie directly by email at [christie@rainbowearthcreations.com](mailto:christie@rainbowearthcreations.com), or call (204) 333-0978. If you'd like to purchase a copy of her book, you can find it on Amazon, or, for a full-colour, locally printed copy, get in touch with Christie directly.

## Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.

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**Ride The Rails into Fall!**

Enjoy the fall colours from the train  
**September 25-26th!**

Breathe in the fresh fall air in Riding Mountain National Park, hear the rustle of the coloured leaves on a walk around Clear Lake.

**\$329.00 pp dbl occ**

**Tour Includes:** Via Rail Economy Ticket  
Winnipeg to Dauphin, Return transportation by Motorcoach, Lodging in Dauphin, Continental Breakfast, Lunch, Admission to Fort Dauphin Museum, Admission to Riding Mountain National Park plus scenic drive around Clear Lake to see the fall colours!

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# IN TUNE WITH OUR COMMUNITY

~ September 2022 ~

## Anticipation for this year's Arts Season is Building!



The curtain is set to rise once more at RMTC—and many other arts and cultural institutions in Winnipeg

COVID was the ultimate showstopper. (And not in a good way!) For the past two years, arts fans have struggled with the absence of live performances – a phenomenon that nothing else can quite replace. Large venues were silenced by empty stages and unused seats. Sure, there was Zoom, but the online platform didn't begin to fill the void created by this lull in live theatre, ballet, opera and crowd-pleasing concerts.

Fast-forward to the fall of 2022. While the pandemic lives on in its various forms, it is no longer the deadly disease it once was. People have started to come together again. While some of us may still be leery of venturing into large crowds, the arts organizations are making a comeback. Many theatres still

recommend wearing a mask (you may remember actress Patti Lupone making the airwaves as she started a screaming match with a maskless woman in the third row during a talk-back session of Broadway's performance of *Company*), but some expectation of normality has seen its way to our performing arts venues. Most importantly, we can once again count on the old moniker, "The show must go on!"

As the 2022/2023 theatre season approaches, the anticipation is mounting. The Royal Manitoba Theatre Centre is off to a rollicking start with its presentation of *The Three Musketeers*, Stephen Sondheim's musical *Into the Woods*, and Paddy Chayefsky's brilliant parody *Network*, among others.

Musicals are on the menu, with Tom Hendry Warehouse Theatre presenting the Tony-award winning musical *Fun Home*, along with *Bang Bang*, *Every Brilliant Thing* and the world premier of local playwright Frances Koncan's award-winning comedy, *Women of the Fur Trade*.

Prairie Theatre Exchange (PTE) offers up a mix of comedy and drama with plays that include *Bad Parent* by Ins Choi, *Pandora* by Jessica B. Hill and *Space Girl* by Frances Koncan. Outside Joke, Winnipeg's improv musical company returns to the PTE stage with *A Christmas Carol: Big Dickens Energy*.

Winnipeg Jewish Theatre (WJT) is looking at the generations with *Old Stock: A Refugee Love Story*, created by Hannah Moscovitch, Ben Caplan and Christian Barr; two world premieres, *Summer of Semitism* by Ori Black and *Narrow Bridge* by Daniel Thau-Eleff; and the Canadian premiere of *A Pickle* by Deborah Yarchun.

As an avid theatre fan, I am thrilled to once again return to the place where magic happens – to wait in the darkened theatre for the lights to come on and open up a whole new world I am dying to get to know. Then, walking out of the theatre a little bit changed from the person who went in.

Arts enthusiasts will also enjoy this month's articles about The Royal Winnipeg Ballet (RWB), the Winnipeg Symphony Orchestra (WSO), Manitoba Opera, Manitoba Chamber Orchestra (MCO) and PTE – all presenting exciting and inspiring seasons.

Robbi Goltsman-Ferris is a CJNU volunteer

## Honouring the Past, Celebrating the Present, Building the Future... Together: CJNU's Pledge Drive

Once again, our Annual PLEDGE DRIVE is close at hand and we are excited to continue to play the wonderful nostalgic music for our dedicated listeners.

Please join us for four days of celebration, Thursday October 20 to Sunday October 23, where we will play the music you love, hear from our supporters and share interesting tales as we look back at 100 years of radio.

When we launch our 2022 PLEDGE DRIVE on Thursday, October 20, we will be reaching out to all our listeners, members and non-members to ask everyone to support one of the most original radio stations in Winnipeg, Manitoba: CJNU 93.7 FM. We are a not-for-profit cooperative that is part of the fabric of our community. Our outreach to the community is a mandate of our station – to reflect the community and all aspects that make this a better place to live via different programs, interviews and special features. To this end, we do an Annual PLEDGE DRIVE to raise funds for new equipment, and develop new programming and technical effects that make the station even better.

All our volunteers, on air and behind the scenes, are here for the love of the station. CJNU is 98 per cent volunteer run. For all of us, this is a labour of love. The outpouring of support we receive from our members and listeners is truly felt during the Pledge Drive when people open their hearts and their wallets. CJNU is very appreciative of the support we receive throughout the year, especially during the four days of the Pledge Drive Weekend.

So stay tuned and join all of us here at CJNU in "Honoring the Past, Celebrating the Present and Building the Future... Together".

Anna-Maria Colman and Susan Earl are the 2022 Pledge Drive Co-Chairs

### CJNU's AGM—Sep 15th

All CJNU members in good standing are invited to join us for our Annual General Meeting on September 15 at 7 pm. The location is The Seven Oaks Performing Arts Centre, 711 Jefferson Avenue. For more information, or to become a member, visit [CJNU.ca](http://CJNU.ca)

We hope to see you there!



On-air or online—however you listen, we wouldn't be here without your support. Thank you!

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



# Mind & Memory A to Z Trivia

**By Gary Adams** - Helping to Keep Brains Young

**Today all answers begin with the letter “D”**

1. He is Canada's host of "The Nature of Things":
  2. A popular actor, one of his best movies "FENCES":
  3. This Canadian city is famous for dinosaurs:
  4. The most welcome guest at a seniors retirement home:
  5. Donald Trump was in the Walter Reed hospital, who was Walter Reed:
  6. He was Jerry Lewis's straight man:
  7. These creatures have fire streaming from their mouth:
  8. In 1900 this U.S. city was named "The Paris of the West":
  9. They removed this word from the Tim Horton's name in 1980:
  10. This lady said "A sense of freedom is something that comes with old age":
  11. He is Canada's "Music Hit Man":
  12. These five were born in 1934 and became famous celebrities:
  13. He became a U.S. President and led the defeat of Germany World War Two:
  14. This classic movie was the tale of a Russian physician during the Russian Revolution:
  15. You can experience "The Greatest Story Ever Told" at this outdoor theatre in this Alberta city:
  16. Back in 1000 B.C. this was the common means of transportation:
  17. Most of Steve Harvey's (Family Feud) suits are this style:
  18. This Abba hit made it to the top of the music charts:
  19. In Canada this is where the Alaska Hwy begins:
  20. This Canadian is famous for his flamboyant eccentricities and wild outfits:
  21. This Canadian affectionately known as the Chief, became a somewhat famous Hollywood actor:
  22. Who said "I climbed like a billion stairs... it's not like I can take them two at a time":
  23. Born 1804 he has a Quebec city and a Winnipeg bridge named after him:
  24. He wrote "The Origin of the Species" published in 1859:
  25. This was the original name of Montreal's Pierre Trudeau International Airport:
  26. The "Sausage Dog" is this breed:
  27. She was a domestic female sheep successfully cloned in 1996:
  28. Name six famous Donalds:
  29. He was a reporter in the movie "All the Presidents Men":
  30. This Winnipeg lawyer overturned the wrongful murder conviction of David Milgaard (1992):

# & Mind & Memory

## Shows for Seniors

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

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~ Author, Gary Adams

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~ Author, Gary Adams

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Visit  
**[www.seniorscope.com/fun.html](http://www.seniorscope.com/fun.html)**  
for more **A-Z Trivia.**

## A to Z Trivia 'D' SOLUTIONS

- |   |                         |                      |   |
|---|-------------------------|----------------------|---|
| 1. David Suzuki   | 8. Detroit              | 17. Double Breasted  | 26. Dachshund   |
| 2. Denzel Washington  | 9. Donuts               | 18. Dancing Queen    | 27. Dolly   |
| 3. Drumheller, Alberta  | 10. Diane Keaton        | 19. Dawson Creek     | 28. Sutherland,<br>O'Conner,<br>Johnson, Duck,<br>Henley, Trump |
| 4. Dog (tail wagging)   | 11. David Foster        | 20. Don Cherry       |   |
| 5. He discovered that<br>mosquitoes were<br>responsible for yellow<br>fever | 12. Dion Quintuplets    | 21. Dan George       |   |
|   | 13. Dwight Eisenhower   | 22. Danny DeVito     | 29. Dustin Hoffman  |
| 6. Dean Martin  | 14. Doctor Zhivago      | 23. Disraeli         | 30. David Asper   |
| 7. Dragons  | 15. Drumheller, Alberta | 24. Darwin (Charles) |   |
|   | 16. Donkey              | 25. Dorval           |   |

**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)

## WORDSEARCH - Solution



## CROSSWORD - Solution



## FACEBOOK FINDS - LAUGH A LITTLE

**Dad, are we pyromaniacs? Yes, we arson.**

## What is a pig with laryngitis? Disgruntled.

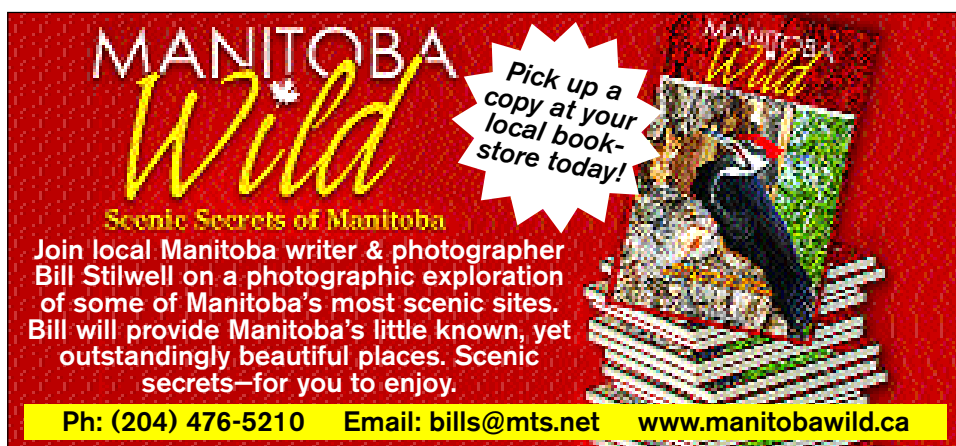
## Why do bees stay in their hives during the winter? Swarm.


## If you don't know how to haggle, you'll pay the price.

**So everyone's clear, I'm going to wear my glasses.**

## A commander walks into a bar and orders everyone around.

**He lost his job as a stage designer and left without making a scene.**





# Today's Recipe

www.PeakMarket.com

## Glazed Stir Fry Vegetables

Metric	Ingredients:	Imperial
30 ml	peanut oil	2 tbsp
500 ml	cauliflower florets	2 cup
500 ml	broccoli florets	2 cup
250 ml	carrot, diagonally sliced	1 cup
250 ml	celery, diagonally sliced	1 cup
3	green onions, sliced	3
1	red pepper, thinly sliced	1
1	green pepper, thinly sliced	1
2	chicken bouillon cubes	2
250 ml	boiling water	1 cup
10 ml	garlic powder	2 tsp
5 ml	onion powder	1 tsp
1 ml	pepper	1/4 tsp
15 ml	cornstarch	1 tbsp
30 ml	water	2 tbsp

Heat wok until very hot. Add oil. Heat until very hot. Add cauliflower, broccoli, carrot, celery and green onions. Stir fry 2 to 3 minutes. Add red and green peppers. Stir fry for 2 minutes.

Dissolve chicken bouillon in boiling water. Stir in seasonings and add to wok. Cover and steam for about 2 minutes or until vegetables are tender crisp.

**Serves 4**

# THE CLASSIFIEDS

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## MISCELLANEOUS

**FOR SALE:** New Brother sewing machine (portable). Lots of features. \$300. 2 pictures 11x14 in wooden frames (Wpg scenery). \$10 ea. **204-889-3770.**

**WANTED:** 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

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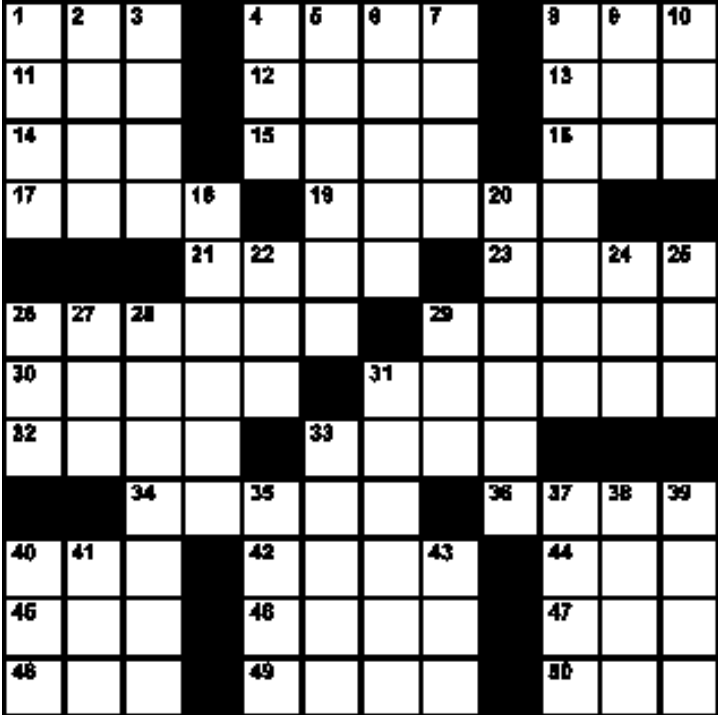
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CROSSWORD - (EASY) By Myles Mellor

ACROSS:

1. Type of tank
4. Knock down
8. Flying hazard
11. Not waste
12. Farm team
13. Do exist
14. Little white \_\_\_\_
15. Ceramic piece
16. Prepared
17. "Silence of the \_\_\_\_s" movie
19. Wasn't vigilant
21. These may be fine
23. \_\_\_\_ through; browse
26. Corner measurements
29. Flavour
30. Was able
31. Freckled
32. Genealogical diagram
33. Copy
34. Rant and rage
36. Use a straw
40. Extinction verb
42. Location finders
44. Camera motion
45. Epoch
46. Plan
47. Unspecified individual



48. Rocker Stewart
49. Carnival sight
50. Never used
- DOWN:**
1. Seashore soarer
2. Three oceans touch it
3. Feel as if
4. Period, in web addresses
5. Prevails
6. Monastery rooms
7. Joint with a cap
8. Quickest
9. Bonanza in a mine
10. "\_\_\_\_ lost!"
18. Performance for Anna Pavlova
20. Dishes
22. Stop colour
24. Devoured
25. Served a meal
26. Bill, once passed
27. It goes with "neither"
28. Estimated
29. Highest-ranked
31. Make moist
33. Swap
35. Count out
37. Second word of a fairy tale
38. Stick
39. Had down cold
40. Peace's opposite
41. A while back
43. College football day, abbr.

SOLUTION ON PAGE 14

WORDSEARCH - (MEDIUM) By Myles Mellor

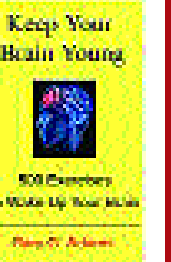


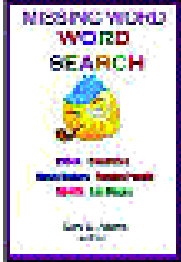


- |                 |           |        |          |        |         |
|-----------------|-----------|--------|----------|--------|---------|
| Accomplishments | Done      | Half   | Orange   | Roads  | There   |
| Adds            | Dried     | Happy  | Ordinary | Rods   | Tick    |
| Also            | Drop      | Hardly | Panel    | Rude   | Took    |
| Anger           | Eats      | Have   | Path     | Rushes | Tree    |
| Arab            | Echo      | Hero   | Peeps    | Sail   | Types   |
| Atom            | Entry     | Hind   | Pets     | Says   | Vase    |
| Axis            | Fairy     | Hungry | Phone    | Script | Wake    |
| Bedtime         | Fasten    | Idle   | Plot     | Sets   | Word    |
| Caps            | Fiery     | Ladder | Poked    | Sofa   | Work    |
| Cars            | Flaps     | Lean   | Pony     | Stuff  | Writing |
| Chores          | Gave      | Lone   | Pressing | Swan   | Yard    |
| Coin            | Girl      | Mask   | Prices   | Table  | Year    |
| Concentration   | Goes      | Mere   | Rain     | Tall   | Yoga    |
| Danish          | Good      | Needs  | Rays     | Teddy  |         |
| Dear            | Governing | Newt   | Reds     | Teed   |         |
| Dismiss         | Gray      | Nose   | Return   | Tend   |         |
| Doing           | Grease    | Nouns  | Riot     | Than   |         |

SOLUTION ON PAGE 14

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