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**Vol. 23 No. 11 | May 10 - Jun 9/25**

# Senior Scope

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Newspaper

## RIDE FOR DAD - Saving Men's Lives

**Leaving a Legacy**  
See pages 11-15

By Bud Ulrich  
Photos courtesy of [ridefordad.ca/manitoba](http://ridefordad.ca/manitoba)



**Marshalling for the ride at Earls Restaurant in Winnipeg.**  
There are some 27 Ride for Dad organizations across Canada which have raised over \$43 million since its inception in 2000. The Canadian Cancer Society estimated in 2024, that 27,900 Canadian men will be diagnosed with prostate cancer in 2025.

Photos courtesy of [ridefordad.ca/manitoba](http://ridefordad.ca/manitoba)



**A MANITOBA MOMENT**

By Bud Ulrich

I can't thank my friend George Walker enough for mentioning the **Ride for Dad** organization and its objectives. Admittedly, I was one of only a few people who didn't know about this incredible program. When mentioning Ride for Dad to others, almost all of them have heard of the wonderful accomplishments and support to fight prostate cancer.

Ed Johner, Spokesperson, and Kirk Van Alstyne, Co-Chair of Ride for Dad, Manitoba Division, met with me at Boston Pizza for a chat. We shared many stories and related several mutual acquaintances from years back involving football and the Winnipeg Police Service. Kirk is a retired police officer, and although Ed claims to be retired, he is currently the co-owner of two Windsor Plywood stores in Winnipeg.

Back in 2009, Kirk, Moe Sabourin – Co-Chair, and Ed spearheaded the formation of Ride for Dad, Manitoba Division. Their early projections of fundraising were shattered beyond belief. You may consider

it an explosion of support and involvement by thousands of people willing to help in whatever way they could. Currently, there are 25 committee members working towards the goal of awareness, early detection, and fundraising. Since the time of forming the Manitoba Division, they have raised over \$5 million for research with all funds staying in Manitoba.

Across Canada there are some 27 Ride for Dad organizations, which have raised over \$43 million since its inception in 2000. According to the Canadian Cancer Society, it is estimated in 2024, 27,900 Canadian men will be diagnosed with prostate cancer.

Cont'd on page 3




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## Active Aging in Manitoba (AAIM)

Inspiring active lifestyles



# Warmer Weather and Social Connections.

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

We have been waiting all winter for this weather – get outside, get active and enjoy it!

It is time to renew some of the social connections that have been neglected over the winter. It could also be a time to try some new summer activity and make some new connections.

**Social Connections:**

Having strong relationships with friends, family, and community members help improve our cognitive health. Studies have shown that people with strong social ties live longer. Being part of a group can also help reduce stress and improve depression. Social connections and staying physically active are deeply linked to our overall well-being. Social connections can also reinforce feelings of belonging and purpose. Joining a group or volunteering are perfect ways to make social connections. Social connections can also improve our resilience and helps to build psychological strength to navigate life’s challenges. Social ties have been linked to lower inflammation and better immune response.

**Physical activity:**

The many benefits of physical activity include improved cardiovascular health, improved mobility, and improved balance.

While you are being physically active you can be making social connections. Joining a new group activity can help you make some new connections, while gaining the benefits physical activity. Learning a new activity such a new dance, can challenge you physically and mentally. Regular physical activity can also improve our immune system and increase our resilience.

**The Power of Combining Both**

When social interaction and activity go hand in hand—like group sports, dance classes, book clubs, or volunteer work—the benefits multiply. You’re not only moving your body or mind but also strengthening your social bonds.

Social connections offer a wide range of benefits for both mental and physical well-being.

How can you increase your social connections? Take advantage of our summer weather and get more active. That could be going for a walk with a group or a neighbour. Why not start a walking group in your neighbourhood, the building where you live, or with some family members? Meeting regularly will help increase your social connections and help you gain some health benefits from being active. Taking small steps to increase your physical activity over the summer months can be the ideal way to increase your community connections. Summertime is around the corner get outside and enjoy! ■

**Join us in Steinbach –  
June 3 – 5th!**

**Registration closes  
May 15th.**

Be a **volunteer** to be part of the Games. Getting involved with the Manitoba 55+ Games is a great way to connect with your community and get active. Go to our website at [www.activeagingmb.ca](http://www.activeagingmb.ca) for registration information and to sign up to be a volunteer.

Contact us at **204-632-3947**.

*Move more and sit less!*

**Active Aging in Manitoba** is a charitable, non-profit, organization providing ways for older Manitobans to be active.

Donations may be made on the **Active Aging in Manitoba** website - [www.activeagingmb.ca](http://www.activeagingmb.ca).



## “It’s worth the trip” to Steinbach for the 2025 Manitoba 55+ Games!

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Be a participant, be a volunteer or be a cheerleader! *Move more and sit less!*



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



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**Dalton Le**

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**RIDE FOR DAD,** *cont'd from front page*

The Ride for Dad group of men and supporters are determined to make a difference. Trevor Kennerd, former Winnipeg Blue Bomber player, is the Manitoba communication coordinator bringing awareness for this year's ride on May 31st.

Weather plays an important role in the motorcycle ride, and they're keeping their fingers crossed for a sunny day. Only once did they have to cancel due to rain and wind. However, most of the fundraising occurs prior to the ride. The importance of the ride cannot be overstated, as the awareness of Ride for Dad is important. The parade will likely draw an impressive 1,500 bikes and thousands of onlookers along Portage Avenue. Emotions run high during the ride with tears coming to biker's eyes when they see signs being held – one in particular – “Thanks for saving my husband's life.” I thought bikers were tough guys, but was assured by Ed and Kirk, that that's not the case. These men wear their hearts on their sleeves!

A most touching moment occurred during our chat when Ed said, “A perfect stranger came up to me and thanked me for saving his life.” Another incident occurred while Ed was at the Buenaventura Grand Hotel in Puerto Vallarta, Mexico. He was in the washroom at the urinal and a guy walked in and said, “You're that

prostate cancer guy.” Ed's immediate thought was, “Do I owe this guy money or what?” This was a fellow from Regina who had watched Ed promoting awareness of prostate cancer on TV. Little did Ed know he was somewhat of a celebrity, and for a good cause.

Ed is a prostate cancer survivor of 18 years, as well as having one-third of his kidney removed. Prior to Ed's surgery, while in the prep room, his doctor gave him a physical exam. He apologized to him, but that's what had to be done before removing his prostate. The diagnosis from the physical exam did not reveal cancer, but the PSA test did. The importance of regular testing is paramount to early detection. Family history is also important for those at risk.

We chatted about riding a motorcycle, although Kirk didn't ride a bike while in the police force. When he was sixteen, he had a 250cc late 70s Can-Am bike made by Bombardier which he rode for three months before it was stolen. He never rode again until he was 40 years of age. He was lucky to find his learners permit, so he didn't have to take the test again which seemed to please him.

Kirk fondly mentions his co-chair Moe Sabourin, “He is the guy who keeps things moving in the right direction for Ride for

Dad and fighting prostate cancer.” It is most obvious that Ed and Kirk are fiercely dedicated to fight this dreaded disease, along with thousands of supporters.

**Ride Day is Saturday, May 31, 2025. Pre-registration is Thursday May 29 & Friday May 30, 4 p.m. to 8 p.m. Earls Polo Park.**

This year's sponsor is powered by BMW MOTORRAD, and the Regional Sponsor is the Winnipeg Police Credit Union.

**Riders and pledge donors can join the fight by registering online at [ridefordad.ca/manitoba](http://ridefordad.ca/manitoba) ■**





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# Public Advisory – Counterfeit Canadian Banknotes

Examples of the words "Prop Money" appearing in two places. Notes being actively seized contain serial numbers GJR6710018 through GJR6710022.

Since the start of 2025, the Winnipeg Police Service's Financial Crime Unit (FCU) has seen a significant increase in the number of counterfeit Canadian banknotes being used at various locations throughout the city.

In the first quarter on 2025, the Service has received more than double the amount of counterfeit reports, resulting in the seizure of \$12,000 worth of banknotes. The majority of these fraud incidents involve the use of a specific type of counterfeit Canadian banknote.

This banknote contains the words "prop money" printed in reverse, in small black print, on the top of the holographic strip on the back of the note.

**Black printing "prop money"**

The same "prop money" printing is also embedding the holographic of the note itself.

**Holographic "prop money"**

These fraudulent banknotes are of high quality, replicate the look and feel of legitimate Polymer notes, and contain some security features found in legitimate notes which make them more difficult to distinguish from genuine notes. The notes being actively seized at the present time also contain the serial numbers GJR6710018 through GJR6710022.


Methods in which the general public can familiarize themselves in detecting fraudulent banknotes include the following:

- A slight difference in colour
- Pictures on the note starting to wear off
- Notes becoming creased in the middle
- Appearing more similar to a paper note
- Holographic strip raising slightly off the note as opposed to being flush and integrated

These fraudulent banknotes are becoming increasingly prevalent across the country and likely originate from outside of Canada. They have been observed to be distributed in \$20, \$50, and \$100 denominations.

Members of the general public who have concerns that the banknotes in their possession may be counterfeit are strongly urged to attend their respective financial institutions or consult online with the **Bank of Canada**. ■

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Manitobans completed a major task for Canada Revenue Agency (CRA), their 2024 Income Tax return. For all of us, this is an annual obligation and commitment as citizens of Canada. There is one segment of the tax form that is so beneficial to us all, claiming the **Disability Tax Credit**, if you have an impairment.

Should I wait until next year to apply for the **Disability Tax Credit**? The answer to that question is NO. This DTC can be claimed anytime throughout the year. If you have paid taxes in the past years, the **Disability Tax Credit** claim can apply as far back as 10 years if you meet the criteria set by Canada Revenue Agency.

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# Liberals Secure Victory in Canada's 45th Federal Election



IN OUR COUNTRY  
**CANADA**

Myles Shane

In a hotly contested race shaped by economic anxieties, climate concerns, and geopolitical tensions, the Liberal Party of Canada has secured victory in the country's 45th federal general election, held on Monday, April 28, 2025. The win, while not delivering a majority, provides the Liberals under newly elected Prime Minister Mark Carney a fresh mandate to govern in what will be another minority parliament.

Preliminary figures from Elections Canada show that approximately 19.6 million Canadians participated in the democratic process, resulting in a voter turnout rate of 68.65%—a robust number in a time when political engagement has declined in many parts of the world. Canadians voted across 343 ridings, with 16 registered parties fielding nearly 2,000 candidates. To deliver the election, Elections Canada mobilized approximately 230,000 workers and established 492 offices across the country. About 7,200 advanced polling stations and 65,000

voting day desks were set up to ensure broad accessibility.

Of those who voted, more than 11 million Canadians cast their ballots in person at their polling station or long-term care facility on election day. Over 7.2 million used advance polls between April 18 and 21, while roughly 928,000 voted by special ballot from within their electoral district. Another 215,000 Canadians voted by special ballot from outside their riding—this included military personnel, inmates, and those temporarily away from home. Around 57,000 Canadians living abroad also exercised their right to vote by special ballot.

The Liberals won 168 seats, just shy of the 172 needed for a majority government. Despite falling short of that threshold, their performance exceeded expectations in key battleground regions, particularly in Ontario and the Atlantic provinces. Mark Carney's disciplined campaign on fiscal responsibility and national unity appeared to resonate with voters wary of ideological extremes. Carney has announced his intention to form a gender-balanced cabinet by mid-May and has already signaled a cooperative tone in his upcoming meeting with U.S. President Donald Trump.

The Conservative Party, led by Pierre Poilievre, secured 132 seats. While maintaining a strong opposition presence, the party failed to break through in urban ridings and struggled to expand its base beyond its Western Canadian strongholds. Poilievre has yet to issue a detailed statement on the results but is expected to continue as leader of the Official Opposition.

The New Democratic Party (NDP), led by Jagmeet Singh, claimed 24 seats. While this was a slight decline, the party once again finds itself in a position of influence, holding the balance of power in a minority parliament. The Bloc Québécois won 17 seats, continuing to dominate in parts of Quebec but falling short of the gains they had targeted. The Green Party won two seats, maintaining a limited presence but highlighting that environmental concerns remain on the minds of a segment of the electorate. No independents or fringe party candidates won seats in this election.

Chief Electoral Officer Stéphane Perrault praised the scale and integrity of the election, saying, "I want to thank the some

230,000 people who helped deliver the election. Whether electors voted on election day or earlier at advance polls or by special ballot, election workers were there to serve them and to ensure that the integrity and secrecy of the vote was upheld."

As Canada moves forward with a minority Liberal government, the path ahead will demand compromise and collaboration. Key issues like housing affordability, health-care reform, Indigenous reconciliation, and the climate crisis will dominate the national agenda. Prime Minister Carney's background as a central banker and diplomat may serve him well in navigating both domestic challenges and rising global tensions, particularly with Canada's southern neighbor.

The 45th general election was not just a test of party platforms—it was a reaffirmation of democratic values. With a strong voter turnout and a renewed spirit of civic engagement, Canadians have charted a course that calls for unity, pragmatism, and purpose. The coming years will determine whether that mandate can be translated into meaningful change and steady leadership in an increasingly uncertain world. ■

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# Standing Up for Seniors: Manitoba Marks World Elder Abuse Awareness Day on June 15

- Article and photos submitted by Prevent Elder Abuse Manitoba (PEAM)



Winnipeg sign and Esplanade Riel Footbridge lit up in purple for WEAAD 2024.

On June 15, 2025, communities across the globe will observe World Elder Abuse Awareness Day (WEAAD), a United Nations-designated day that shines a spotlight on the mistreatment of older adults and promotes their rights, safety, and dignity.

Elder abuse can take many forms—including physical, emotional, financial, and sexual abuse, as well as neglect. It affects an estimated 8–10% of Canadian seniors each year. Warning signs may include unexplained injuries, changes in mood or behavior, and sudden withdrawal from social activities. WEAAD unites individuals, organizations, and governments in a shared commitment to

end elder abuse and ensure that aging is experienced with respect and security.

In Manitoba, Prevent Elder Abuse Manitoba (PEAM) is a key partner in this effort. The organization works closely with senior serving community organizations, law enforcement, service providers, and the public to raise awareness, deliver education, and offer resources that help protect and empower older adults.

**How Manitobans Can Support WEAAD 2025**

There are several ways individuals and organizations can take part in WEAAD this year:

- **Join the National Virtual Event:** Participate in the national WEAAD event on June 11, 2025, from 12:00 to 1:30 p.m. This virtual gathering is open to people of all ages. Register online at: [https://us02web.zoom.us/webinar/register/WN\\_qhTDfwzqR--b3a3j9qpoSg](https://us02web.zoom.us/webinar/register/WN_qhTDfwzqR--b3a3j9qpoSg)
- **Wear Purple on June 15:** Show your support by wearing purple—the official color of WEAAD. Share your photos on social media using the hashtag #WEAAD2025.
- **Host or Attend Educational Events:** Consider organizing or attending a workshop, webinar, or presentation about elder

abuse prevention. PEAM can provide speakers upon request. Contact them at [coordinator@peam.ca](mailto:coordinator@peam.ca).

- **Share Resources:** Help spread awareness by distributing brochures, posters, or links to online resources within your workplace, organization, or community.
- **Advocate for Change:** Encourage local officials to issue proclamations recognizing WEAAD and support policies that protect the rights of older adults.

**PEAM’s Role in Elder Abuse Prevention**

Prevent Elder Abuse Manitoba offers a variety of supports aimed at reducing elder abuse across the province. Their work includes:

- **Training & Presentations:** PEAM provides educational sessions for professionals, caregivers, and community members to help recognize and respond to elder abuse.
- **Online Resource Hub:** Their website, [www.peam.ca](http://www.peam.ca), features a wealth of information including prevention tips, downloadable materials, and guidance on where to seek help.

By taking part in WEAAD and supporting the work of PEAM, Manitobans can contribute to building a community where older adults are valued, respected, and safe.

To learn more, access resources, or request a presentation, visit [www.peam.ca](http://www.peam.ca) or email [coordinator@peam.ca](mailto:coordinator@peam.ca).

Together, we can help end elder abuse and promote dignity for all older adults. ■

**National WEAAD Virtual Event**

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# CLARA BERNSTEIN – Remarkable in So Many Ways



When visiting with Clara, we are always greeted with a wonderful warm smile and hugs. Sitting around her kitchen table, a lively conversation begins with many questions about Clara’s background, her career, and family, along with interesting stories about her late husband Lou. Delicacies are awaiting us on her kitchen table. One would never know our good friend just turned ninety-nine years of age on March 20th.

Her daily routine includes a visit to the gym, checks for messages on her tablet, some phone calls, and occasional visits with family and friends. Just recently, Clara has decided to use her walker more often. Her condo is always neat and tidy with many family pictures displayed on the walls. Clara is very proud of her four adult children: Barbara, Roslyn, Keevin, and Charles (Chutch) including twenty-two grandchildren, and fifteen great grandchildren.

Clara decided she is not going anywhere for the moment, that is, not until the wedding of her grandson in Toronto. However, Clara is very aware what to do when she travels. When arriving at the airport, she immediately asks for a wheelchair.

Clara was born in a village called Majków, in south-central Poland. Her mother spoke Ukrainian and the Hebrew language, as did Clara. Her mother was friendly with a Ukrainian peddler who delivered sour cream in a pail. When the peddler arrived, her grandmother would run to the horse-drawn wagon where he dished out the sour cream. Emphatically, Clara said that she has abstained from eating this dairy product to this day.

Clara recalled the atrocities by the Nazis in early September 1939. During the German siege of Warsaw, many surrounding towns and villages were burned to the ground including Majków. Several family members disappeared. She also recalled how the Prime Minister of Canada, Mackenzie King, thwarted Jewish immigration to Canada prior to World War II, making it very difficult for these people to escape from Poland. Recent developments in our current immigration system are cause for concern.



Chutch - Clara - Keevin at Lou's induction Press Conference

Traditional Jewish values involved men travelling first. Her grandfather was in Canada for eight years and then the rest of her family followed. Her uncle Joe brought her to Canada when she was just a youngster of three and a half years old.

Clara’s mother, father, children, and grandpa lived in a little house on Aberdeen Avenue in the North End of Winnipeg. Grandpa received \$25 a month from his pension, and that’s how he paid for his board and room. Her neighbourhood included Canadians and several ethnic groups including Ukrainian, Polish, German, and Jewish people. Although times were tough, they never thought they were poor.

Clara doesn’t miss a beat as several more thoughts come quickly. Her father was a cattle buyer and he always brought people from the country to their home. She never knew who was coming for dinner. A farmer arrived one day to paint a small picket fence in front of their house taking him a month to complete. And with a very lively description of this event, Clara says, “You know why he stayed at our place for a month. He got his breakfast, he got his lunch, and he got his supper. What’s he going to go home for?!”

In 1929, Clara attended William White Elementary School up to grade six. She then went to St. John’s Tech (High School now). Following high school, Clara attended the University of Manitoba, passing courses in German and French and doing very well,



Bud Ulrich, Clara Bernstein

but she failed math. She got a tutor and eventually passed math with a mark of 65. Clara boasts she was a good student, except for math. During the summer she worked and saved enough money to travel to Minneapolis, Minnesota to visit her friend. On her return, she decided not to continue her studies at the university.

Clara worked for Dr. Jack Lander, and she said, “I did it all.” She worked in the office and helped in the back with the patients. She worked every weekday plus Saturdays to 1:00 p.m. “I was making a fortune, \$180 a month!” said Clara. As a side note, Clara mentioned Jewish doctors couldn’t work in the city. They had to locate their practice in the country. Thank goodness times changed!

Clara’s boyfriend Lou Bernstein was a football star on the Tigers football team back in 1942. He was likely the best half-back in the High School League and was



Brayden, Faren, Keevin, Clara, Chutch, Jay - Lou's induction Press Conference

offered a scholarship at the University of Miami, Florida. He decided not to accept it as his dad needed help running the grocery store and making deliveries. Perhaps his love for Clara was another reason for not heading south.

For five years Clara had been dating Lou, but her mother was worried that at the age of 21 Clara was going to be an “old maid.” In traditional Jewish fashion, her mom said, “You gotta get married.” They did. Lou purchased a store on Mulvey and Daly, but didn’t have a nickel in his pocket, and borrowed money to make it happen. For seven years he operated the store while they lived with Clara’s mother. It wasn’t until their first child, Barbara, was eleven months old that they moved out on their own.

Clara was married to Lou for seventy-one years, prior to his passing in 2019. At Lou’s induction into the Football Manitoba Hall of Fame in 2022, Clara and her two sons, spoke of Lou’s accomplishments on the gridiron. Clearly, this was a proud moment for them and their entire family. I was fortunate to be at the Press Conference and Induction to witness Lou’s induction. Clara was beaming!

Clara reads frequently and keeps astride of local and world events. She bakes a variety of dishes and Jewish delicacies. Clara survived a broken hip and COVID, and now continues to enjoy all that life offers. Truly, an amazing woman. ■

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by **cogir**

## King Charles III Coronation Medal to member of Sri Lankan community

By Senaka Samarasinghe

On behalf of the Government of Canada, Hon. Terry Duguid, Minister of Sport and Minister Responsible for Prairies Economic Development Canada selected me as a recipient of King Charles III Coronation Medal in recognition of my outstanding contribution to the community.

The certificate award ceremony was held at the Canad Inns Hotel, Pembina on March 8th (SAT) 2025 with the participation of more than 150 invitees. I invited Nandika Bandara, President, Sri Lankan Association of Manitoba (SLAM) and Doreen Jayawardena, President, Sri Lankan Seniors Manitoba (SLSM). As Doreen had to attend her family matter, she nominated Elian Joseph, Vice President, SLSM. I am thankful for Nandika and Elian to be with me during this remarkable event as two Sri Lankan community representative leaders. Chandani, my wife, and Chamathi my granddaughter accompanied me as well.

Terry introduced me to the audience to justify the services that I have rendered during the past decade in Winnipeg as a retired Public Servant functioned more than 40-years to the Government of Sri Lanka. A few of those were: (1) President, Sri Lanka, SLAM, (2016/2017), (2) Conducted Sri Lanka Trade Fair in this hall in April 2016 (2) Took an initiative to establish Seniors



**Top: Hon. Terry Duguid, Minister of Sport and Certificate recipient Senaka Samarasinghe.**  
**Bot: Senaka with friends and family.**

Group in the Province of Manitoba (23-6-2016) (3) President, Sri Lankan Seniors Manitoba (2022/2023) (4) Efficient utilization of New Horizons Seniors Program grant aid funds.

Before this, Terry awarded me two National Awards: (1) 2018, to Commemorate the 150th Anniversary of Canadian Confederation in 2017, and (2) 2022, with the Platinum Jubilee Community Leadership Award in celebration of the Queen's Platinum Jubilee on the throne. ■

## South Winnipeg Recreation Campus: Multipurpose Hall

By Senaka Samarasinghe

I must be thankful for sending me an invitation to attend the "Open House" meeting for the proposed South Winnipeg Recreation Campus (SWRC) at Bison Run School. Acting Deputy Mayor, Janice Lukes, City of Winnipeg conducted a presentation overall objective of SWRC. I met Janice and stressed the need of a Community Hall with capacity 600 person.

I saw the proposed Multipurpose Room (MR) on the display board and found 50-100-person capacity with a small kitchenette. As the City of South Winnipeg is expanding rapidly the above size is not enough with the growing homeowners. Therefore, they proposed the adjacent Three Blocked Gym can be used as an extension. Then the total capacity will be 600 persons. The officer attached to the City of Winnipeg explained four (4) limitations expanding the Gym as: (1) Sound will be a problem, (2) In the Gym there are food restrictions, (3) Non availability tables and chairs, (4) Kitchen capacity is not enough. It is therefore nec-



**Acting Deputy Mayor, Janice Lukes, City of Winnipeg**

essary take mitigatory measures to eliminate above restrictions.

In South Winnipeg there are two locations with 300 and 150 capacity two halls. Both halls are charging \$50/- per hour & minimum of \$2,000,000/- (annual insurance \$650/- \$750/- plus taxes) liability.

I strongly recommend South Winnipeg homeowners need a Community Hall with a capacity 600 persons within complex of SWRC. ■

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Walking for Evelyn: The Big Wigs

- Alzheimer Society of Manitoba

The Big Wigs are one of many teams that participate in the annual IG Wealth Management Walk for Alzheimer's. Nicole Fontaine and her family named their team after her mom, Evelyn Valcourt's, old license plate: "Big Wigs."

For the past three years, The Big Wigs have walked in honour of Evelyn, who lives with dementia, and Evelyn's sister Claudette, who passed away from dementia. Altogether, they've raised over \$3,000 to help support families impacted by the disease.

"I'm so proud of my mom, her legacy is amazing," Nicole says. "She was always trying to move the needle for the community. She's inspired me to give back, and the Walk is one way I can do that."

Evelyn always worked hard. Owner of Evelyn's Wig Sales and Services in Lorette, she was a prominent leader in the community and a member of several chambers of commerce.

She was passionate about helping others and used her profession to do just that, wanting everyone who stepped out of her wig shop to feel empowered and confident. She even lobbied the Manitoba government to remove the PST from wig sales for those living with hair loss due to diseases like cancer or alopecia.

Now 78 years old, Evelyn often reminisces about her old workdays with Nicole. Dementia has affected Evelyn's memories, but listening to Nicole share stories from her past makes her proud – and a little shocked.

"Wow, I did a lot of good stuff!" Evelyn replies.



Nicole Fontaine

To Nicole, the Walk is a reminder to take time for yourself as a caregiver, to connect with others around you for support and to care for your physical and mental well-being, no matter how hectic your schedule gets.

"The Walk brings us hope. Initially, my family and I joined the Walk to do something positive for ourselves during a time when we were facing a lot of challenges and struggling with burnout," Nicole says.

"It's an opportunity to reflect and connect as a family while raising awareness for a cause that's very personal to us."

Just like her mom, Nicole wants to help others find empowerment and confidence

– and she feels that the more people know about dementia and the supportive resources the Alzheimer Society provides, the better equipped they will be to care for others and themselves.

"I've had a lot of family support and the Society routinely calls to check in and see if there's anything we need, so I always feel like I have somewhere to turn," Nicole says. "I want others to feel this way too and have access to the help they need."

Join the Alzheimer Society for the 2025 IG Wealth Management Walk for Alzheimer's at 10 am on May 24 at Assiniboine Park. Register and donate today by visiting [alzheimer.mb.ca/wfa](http://alzheimer.mb.ca/wfa).

THINGS TO DO - MAY 2025

**IG Wealth Management Walk for Alzheimer's**

*May and June, across the province*

Join us across the province in May and June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you and register, visit [alzheimer.mb.ca/wfa](http://alzheimer.mb.ca/wfa).

**Living with Dementia: First Steps – Part 2**

*May 10, 10 - 11:45 am, Virtual via ZOOM*

Learn from Kyla Kavanagh from Wolseley Law LLP about the legal and financial matters related to dementia, to help ensure that your affairs are together for you and your family. Register for free at [alzheimer.mb.ca](http://alzheimer.mb.ca).

**The Emotional Impact of Caregiving**

*May 27, 2 - 3 pm, Virtual via ZOOM*

Caring for someone living with dementia changes life in big ways. These shifts can spark complex feelings which can have a major impact on a care partner's overall health and well-being. Join Jamie for a discussion about focusing on one's emotional well-being from time of diagnosis through to end of life. Register for free at [alzheimer.mb.ca](http://alzheimer.mb.ca).

**Minds in Motion**

*May 2025, across the province*

Join us this spring at our Minds in Motion® program! Designed for people with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness class followed by engaging activities and conversation. Learn more about available locations, dates and times at [alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion)

**Community Partner Programs**

*May 2025, Locations across Winnipeg*

Enjoy many of Winnipeg's attractions in a dementia-friendly space with our community programs. Geared for those living with dementia and their care partners, you can discover history at the Dalnavert Museum, play table tennis with the Manitoba Table Tennis Association, explore the outdoors with Fort-Whyte Alive and so much more. To learn more about available programs, dates, times and more, visit [alzheimer.mb.ca/communityprograms](http://alzheimer.mb.ca/communityprograms)

HAPPY

Mother's

DAY



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MLA for Assiniboia  
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MLA for Tuxedo  
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DAVID PANKRATZ  
MLA for Waverley  
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Happy Mother's Day

May 11th

♥♥♥



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# Leaving a Legacy

“Your legacy can transform lives— because aging with dignity should be a right, not a privilege.”  
~ A & O: Support Services for Older Adults

## Together for Tomorrow: Creating a Legacy of Specialized Services for Older Adults

- A & O: Support Services for Older Adults

**A & O: Support Services for Older Adults** is a lifeline for thousands of older Manitobans, grounded in three essential pillars: **Safety and Security, Social Engagement, and Counselling.** With your support, we help older adults age with dignity, independence, and connection.



isolated older adults with caring community members. We also provide Counselling Services to adults 55 and older— both individually and in groups— focusing on grief, family conflict, depression, and loneliness. These services help older adults

As people age, they may face unique challenges, declining health, isolation, or vulnerability to abuse. Your generosity helps fund our Safety and Security programs, which protect and empower older adults across Manitoba. Thanks to donors like you, they know someone is standing with them.

Our Social Engagement programs bring purpose and connection into the lives of older adults, reducing loneliness and supporting mental health. These programs include:

- Senior Centre Without Walls, a free, interactive phone-based program offering educational and recreational sessions for those unable to leave their homes.
- Senior Immigrant Settlement Services, helping older newcomers build new lives through integrated support.
- Connect, a volunteer-based companionship program that matches

navigate life’s most difficult transitions with professional care and compassion.

Your donations make this work possible. Every contribution strengthens our ability to keep older adults safe, connected, and emotionally supported. Together, we’re building a Manitoba where aging is not just endured but embraced.

As you consider your legacy, we invite you to make a lasting impact. By including A & O: Support Services for Older Adults in your estate plans, you help ensure that future generations receive the care they deserve. Your legacy can transform lives— because aging with dignity should be a right, not a privilege.

Thank you for believing in a community that values and uplifts older adults. Together, we are making that vision a reality. ■

See advertisement below.

## Tell loved ones about your donation decisions today – leave them certain

- Roberta Koscielny, Transplant Manitoba – Gift of Life, HSC Winnipeg

Leave well so others can live well. No one likes to think about dying. But – spoiler alert – it is going to happen. Talking about the end of life can feel like a lot, but it can feel really rewarding too. Choices you make now, such as deciding to help others keep on living when your turn with living is up, can smooth the way to the legacy you want long after you’re gone.

Talking with loved ones about your end-of-life decisions and registering your intent to be an organ and tissue donor are the best ways to signal do-



Tammie is a registered organ and tissue donor. “It’s just the right thing to do,” she says. “I want to leave a positive legacy.”

Continued on page 15

## May is National Leave a Legacy Month – have you thought about the legacy you will leave behind?

- Dying With Dignity Canada (DWDC)

A gift to Dying With Dignity Canada (DWDC) in your will is a simple and impactful way to support suffering people across Canada for generations to come.

“My circumstances have allowed me to leave a bequest to DWDC because I believe they are doing important work. I hope more people will consider leaving part of their estate to organizations focused on improving quality of dying and protecting end-of-life rights.”

- Joanna Marie Rolland, DWDC supporter

You can leave cash, securities, or a percentage of your estate – allowing you to leave a larger gift than would be possible during your lifetime, while retaining control of your assets. Your estate will receive a charitable tax receipt that can lower or even eliminate estate taxes.

To learn more, visit [www.dyingwithdignity.ca/legacy](http://www.dyingwithdignity.ca/legacy).



See advertisement below.



**A&O**  
Support Services for Older Adults

Providing innovative programs and services to older adults since 1957



Our programs and services support older Manitobans in aging well.

- Safety & Security
- Social Engagement
- Counselling

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Leave a long-lasting

**LEGACY**

in the **future** of end-of-life choice





# Leaving a Legacy

## A Decision Today; An Impact for All Time

*Legacy gifts to the Health Sciences Centre Foundation fuel innovation and provide tax benefits for donors*

- Health Sciences Centre (HSC) Foundation

When it comes to planning for the future, leaving a gift to the **Health Sciences Centre (HSC) Foundation** in your will is a meaningful way to ensure that your legacy has a lasting impact. Bequests and other types of legacy gifts help fund the acquisition of cutting-edge technology, facility enhancements, and life-changing research.

“Legacy gifts allow donors to support world-class health care beyond their lifetime,” says Irma McKenzie, Director of Gift Planning with the HSC Foundation. “They help fund the innovations that keep our hospital at the forefront of medical excellence.”

The HSC Foundation is a critical partner in transforming health care delivery. Legacy gifts help fund advancements in surgical innovation, emergency medicine, trauma care, burn care, transplant care, and psychiatric health, among other areas at HSC. Investments made by donors lead to better outcomes, shorter wait times, and a healthier community overall.

“Many people are surprised to learn how easy it is to include a gift to the Foundation in their will,” McKenzie notes. “It can be a specific dollar amount, a percentage of an estate, a gift of securities, or naming the Foundation as a beneficiary of a life insurance policy or a donor-advised fund.”

In addition to making a lasting difference, legacy giving can also provide financial advantages for donors. Gifts in wills may reduce the overall tax burden of an estate, potentially increasing the amount available to leave to loved ones. “It’s a win-win,” says McKenzie. “You’re supporting health care innovation while providing a smart financial solution for your estate. Everyone’s situation is different, though, and I always urge people to speak with their estate lawyer, accountant, and financial advisor before confirming a plan.”



Irma McKenzie, Director of Gift Planning with the HSC Foundation

Legacy gifts of all sizes send a message of hope and compassion. They ensure that future generations will continue to benefit from exceptional care and breakthrough treatments at HSC.

Leaving a gift in your will is more than a donation—it’s a declaration of your values and a commitment to a healthier tomorrow for Manitobans. As McKenzie puts it: “Legacy donors are visionaries. They are helping to build a future where better health care is within everyone’s reach.”

To learn more about how you can leave a legacy gift to the **HSC Foundation**, contact **Irma McKenzie**, the HSC Foundation’s Director of Gift Planning, at **204-515-5624**, or by email at [imckenzie@hscfoundation.mb.ca](mailto:imckenzie@hscfoundation.mb.ca).

See advertisement to the right.



## You Can Build a Healthier Tomorrow for All Manitobans

**LEGACY GIFTS TO THE HEALTH SCIENCES CENTRE FOUNDATION WILL IMPROVE LIVES FOR GENERATIONS TO COME.**

A gift to the HSC Foundation in your will is a meaningful way to ensure your legacy has a lasting impact. **Leaving a gift in your will is more than a donation—it’s a declaration of your values and a commitment to a healthier tomorrow for Manitobans.** Your generosity helps fund the acquisition of cutting-edge technology, facility enhancements, and life-changing research.

Legacy gifts of all sizes send a message of hope and compassion. As Irma McKenzie, HSC Foundation’s Director of Gift Planning, puts it: **“Legacy donors are visionaries. They are helping to build a future where better health care is within everyone’s reach.”**

Your gift ensures that future generations will continue to benefit from exceptional care and breakthrough treatments at HSC.



For more information about the HSC Foundation Bannatyne Legacy Circle, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or 1-800-679-8493 (toll-free).



[hscfoundation.mb.ca/impact/legacy-giving/](http://hscfoundation.mb.ca/impact/legacy-giving/)

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Leaving  
a Legacy

"I had never met anyone else who was an amputee until my first CHAMP Seminar. There, I met older Champs that I could look up to and who showed me that my amputation didn't have to limit what I could do..."

~ Gabriel Ferron-Bouius



**The Impact of Senior Resource Coordinators**

In 2023-2024, in the Winnipeg Regional Health Authority, there were<sup>1</sup> ...

**41,991**

Contacts with older adults by 12 Senior Resource Coordinators with the help of 16,455 volunteer hours

**439,588**

Meals delivered by 28 congregate meal programs with the help of 41,407 volunteer hours

**147,684**

Participants in 8,215 group activities provided by 14 Active Living Centres for older adults.

Senior Resource Coordinators are an information and referral hub for clinical and non-clinical services, such as pension information, mobility aids, adult day programs, senior centres, housing options, meal programs, grocery delivery options, health care services (i.e. home care), health education and more.

Senior Resource Coordinators also contribute to the health and well-being of older Manitobans by providing activity programs, meal programs, transportation, and many other services.

"I was so lonesome. But then, a meal would come and it would be a bright spot in the day because the volunteer who brings the meal is always so gracious, talkative, and a joy to have enter the home."

Meals on Wheels client

"I am 90 years old and low income. I do not drive. Thanks to [the transportation] program, I was able to visit my husband [in the care home] for the first time in many months. After living alone and being isolated for so long, this opportunity for face-to-face visits and social interaction was so important and beneficial to my mental well-being."

Transportation program client

"We get to connect to each other which is so important. Then you don't feel so alone. I was a little bit depressed, but this has changed me. I get up and I do things and then I look forward to something."

Activity program client

Social Prescribing Manitoba is led by the Manitoba Association of Senior Communities. For more information see: [manitobaseniorcommunities.ca](http://manitobaseniorcommunities.ca)

Developed by V. Menec, PhD, Professor Emerit  
Scientific Advisor, MASC Social Prescribing Team  
February 2025

<sup>1</sup> Information provided at Support Services for Seniors Planning Day

War Amps key tag mailing celebrates 50 years of CHAMP

- The War Amps

As The War Amps is mailing key tags to residents across Canada, it is also celebrating 50 years of its **Child Amputee (CHAMP) Program**, which supports young amputees thanks to donations from the public.

Gabriel Ferron-Bouius, 21, is a right leg amputee who grew up with the support of the CHAMP Program since he was born, including financial assistance for artificial limbs, peer connections through CHAMP events and so much more.

"I had never met anyone else who was an amputee until my first CHAMP Seminar. There, I met older Champs that I could look up to and who showed me that my amputation didn't have to limit what I could do. I learned to walk by watching Champs like me and learned all about life as an amputee," Ferron-Bouius says. "Now that I'm older, I get to pass this knowledge along to the younger Champs I meet. I would not be the person I am today without the support of War Amps donors."

The Key Tag Service is a free key return service for Canadians that generates funds for The War Amps many programs, including CHAMP. Since amputee veterans started the service in 1946, it continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or



Gabriel grew up with the support of The War Amps Child Amputee (CHAMP) Program thanks to donations from the public to the Key Tag Service.

place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants; its programs are made possible through the public's support of the Key Tag Service. For more information, or to order key tags, visit [waramps.ca](http://waramps.ca) or call 1-800-250-3030.

See advertisement below.

**Let No One Be Alone**

Time is our Most Valuable Currency!  
How will you invest it?

**May 4-10, 2025**

**One Moment.  
One Connection.  
One Kind Act.**

**Everyone Matters. Everyone Belongs.**

Our time is our greatest gift—  
a simple conversation, a shared laugh, a quiet visit.  
Use your time to make someone feel seen.

Together, we can brighten someone's day.  
Together, we can change lives.

Who could you reach out to today?  
Join in on this week of awareness!

NOW is ALWAYS a good time to make a difference!

*You can help amputees*

with a charitable estate donation in your will.  
Your gift provides amputees, including children, with essential artificial limbs and so much more.



**The War Amps**

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Bladder cancer is the fifth most common cancer in Canada, with more than 13,400 new diagnoses each year. It is also the most expensive cancer to treat on a per patient basis. Currently, over 80,000 Canadians are living with bladder cancer, and many of them are seniors. ~ Bladder Cancer Canada

# Leaving a Legacy

## Tell loved ones about your donation decisions, *cont'd from page 12*

nation is important to you. So many people worry about their age or think health conditions they are living with automatically make donation impossible. Don't let age or medical concerns stop you from registering. The oldest organ donor in Canada was 92 and here in Manitoba, a 102-year-old donated corneas to give the gift of sight. Nearly everyone has the potential to be an organ and tissue donor. Should the situation arise and donation becomes a possibility, medical experts will assess whether the person could indeed be a donor. Additionally, any gifted organ or tissue is tested to make sure it is safe to go forward and help someone else. Tammie is the kind of person who always puts family and friends first. She loves game nights and do-it-yourself crafts. By all accounts,

Tammie lives well. She also intends to leave well. Tammie is a registered organ and tissue donor. "It's just the right thing to do," she says. "I want to leave a positive legacy." Thanks to the generosity of donors and their families, the gift of donated organs and tissue saves lives and improves the quality of life of thousands of Canadians every year. You can join Tammie and other registered donors across the country who have decided to leave well. Registering intent to be a donor in Manitoba takes just two minutes online at [www.signupforlife.ca](http://www.signupforlife.ca) and three pieces of information – name, birthdate and nine-digit Manitoba Health card number. If you have questions or would like more information, please call **204-787-1897** or email [info@signupforlife.ca](mailto:info@signupforlife.ca). ■



## Honouring, remembering those who have given or received a gift of life

*Transplant Manitoba – Gift of Life is incredibly grateful for the generosity of those wanting to honour a family member, friend or colleague with a financial donation.* Donations support Transplant Manitoba's research, education and public outreach efforts regarding organ donation and transplantation, and all gifts are greatly appreciated. Donations are processed by the Health Sciences Centre Foundation, then placed into the Transplant Manitoba – Gift of Life Trust Fund.

There are two ways to make a financial donation. Donations can be made via cheque (made out to **Transplant Manitoba – Gift of Life**) and mailed in to the address below. If donating by credit card, please call the **Health Sciences Centre Foundation at 204-515-5612 (Toll-Free: 1-800-679-8493)**. When making the gift, please indicate that it is for **Transplant Manitoba – Gift of Life**.  
  
Transplant Manitoba – Gift of Life  
Health Sciences Centre Winnipeg  
SR3 - 820 Sherbrook St.  
Winnipeg, MB R3A 1R9

## Leaving a Legacy: Supporting Bladder Cancer Awareness This May

- Bladder Cancer Canada

May is "**Leave a Legacy**" month in Canada, a time to reflect on the lasting impact we can make through thoughtful decisions and charitable actions. It is also Bladder Cancer Awareness Month, a crucial opportunity to bring attention to this common, yet often overlooked, disease. Throughout May, Bladder Cancer Canada highlights patient stories, raises awareness about symptoms, and shares key statistics to help Canadians understand the profound impact of this disease. As we reflect on the legacies we leave, we can also take meaningful steps to support those affected by bladder cancer, ensuring our actions create a lasting difference. Bladder cancer is the fifth most common cancer in Canada, with more than 13,400 new diagnoses

each year. It is also the most expensive cancer to treat on a per patient basis. Currently, over 80,000 Canadians are living with bladder cancer, and many of them are seniors. The risk of bladder cancer increases with age, making early detection and awareness especially important for older adults. With a survival rate of 77%, early diagnosis can significantly improve the chances of successful treatment and recovery. The most common symptom of bladder cancer is blood in the urine, and it should never be ignored. Smoking remains the leading risk factor, but other risks such as exposure to certain workplace chemicals, chronic bladder inflammation, and advancing age, also contribute. For seniors, the toll of bladder cancer



can be even more severe, both physically and emotionally. The added stress of a cancer diagnosis, compounded by existing health issues, can make the journey particularly challenging, which is why early intervention and regular check-ups are essential.

One of the most impactful ways to leave a meaningful legacy is by supporting organizations like Bladder Cancer Canada. Your donation will fund vital research, provide resources for patients and families, and raise awareness of bladder cancer. Whether through one-time donations, donating securities, participating in a Walk, or joining in monthly giving, every contribution helps Bladder Cancer Canada's mission to improve treatment, care, and outcomes for those affected by bladder cancer. Consider how you can make a lasting difference for those impacted by bladder cancer. Your support will help build a healthier future for Canadians. Together, we can **create a world where bladder cancer is just a memory**. ■  
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- Room A: Active Aging in Manitoba**  
Fall Prevention & at Home Exercising
- Room B: Desjardins Financial Services**  
Financial Planning & Estate Planning
- Room C: PEAM - Prevent Elder Abuse MB.**  
What is PEAM and how we can help
- Room D: Winnipeg Police | Crime Prevention**  
Crime Prevention & Anti-Fraud tips

1:00pm - 2:00pm

- Room A: CancerCare Manitoba**  
Cancer Screening | When & How
- Room B: Service Canada | CRA Outreach**  
Resources & How to Access Them
- Room C: KLD Law | Wills & Estates**  
Wills, Estate Planning & Power of Attorney
- Room D: Victoria Life Line**  
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## Our May Host Sponsor is the Tri-Hospital Dream Lottery!

CJNU is incredibly excited to welcome the Tri-Hospital Dream Lottery as our May Host Sponsor!

Your Tri-Hospital Dream Lottery tickets serve three causes at once – and help save lives right here in Manitoba. Every ticket sold supports St. Boniface Hospital Foundation, Health Sciences Centre (HSC) Foundation, and Children’s Hospital Foundation of Manitoba. Every year, these three hospitals treat almost 1 million patients and help deliver close to 11,000 babies.



From labour and delivery to palliative care, our hospitals are here for you – for life.

This year’s lottery features a record-breaking 8 Bonus draws, over \$450,000 in early prize draws and a Grand Prize with six incredible options – including home packages worth over \$1.5 million (in Winnipeg, Headingley, West St. Paul, and the Okanagan) or \$1,250,000 tax-free cash.

And your ticket can get in to win it all – starting at just \$100.

Plus, tickets for the Extra Cash PLUS and 50/50 PLUS start at just \$25, including hundreds of all-cash prizes – these include an \*unlimited\* 50/50 jackpot. Last year’s jackpot topped \$1.3 million!

The Tri-Hospital Dream Lottery is the only hospital home lottery benefitting Manitoba’s ‘big three’ hospital foundations – and the province’s only children’s hospital.

“Your support of the Tri-Hospital Dream Lottery helps transform health care for kids and makes leading-edge, child health research possible,” says Stefano Grande, President & CEO of Children’s Hospital Foundation of Manitoba. “Your ticket purchase today brings Manitoba researchers closer to discovering future cures for childhood diseases. You can make breakthroughs possible for kids.”

“The Tri-Hospital Dream Lottery demonstrates the impact Manitobans have when we all support a common cause,” says Jonathan Lyon, President & CEO of the HSC Foundation. “Thank you for contributing and sharing our vision of funding innovation at our hospitals, resulting in better patient care and outcomes for all Manitobans.”

“Manitoba is a province that values community and collaboration, and the Tri-Hospital Dream Lottery shows how much stronger we are when we work as a team,” says Karen Fowler, President & CEO of St.

Boniface Hospital Foundation. “Your ticket purchase will change lives and make amazing things happen.”

For more information and to purchase tickets, visit [trihospitaldream.com](http://trihospitaldream.com).

You can also order by phone at 204-254-9131 (toll-free 1-844-654-4677), or in-person at London Drugs (St. Vital Centre), Red River Co-op Food Stores in Winnipeg and Selkirk, Main Street Pharmacy, and St. Boniface Hospital and the HSC Foundation office.



Winnipeg Jets' Centre Mark Scheifele with the Dream Lottery's 2025 Children's Hospital Champion Child, Jack.

### Live on Location - Grant Park

CJNU continues its remote broadcast from Grant Park Shopping Centre for the month of May! Another profuse thank you to Corey, Brandon, and all of the team at Primaris-who manage both Grant Park and Kildonan Place-for their incredible support of CJNU.

We'll be located right next to Canadian Tire—and we hope you'll stop in and say 'hello'!

Membership Has Its Perks—visit [CJNU.ca](http://CJNU.ca) to learn more and join our co-op!

May 1, 2025

# MANITOBA GOVERNMENT FORMS LOWER WAIT TIME TEAM TO LOWER EMERGENCY ROOM WAITS

The Manitoba government has partnered with front-line health-care staff to form a Lower Wait Time and System Improvement Team and develop a strategy to reduce blockages in the health-care system and reduce patient wait times in the emergency room.

“The emergency department is the front door to our health-care system and its ability to function efficiently for patients is influenced by the decisions made in departments across the system – from acute care, to medicine wards, to community care,” said Health, Seniors and Long-Term Care Minister Uzoma Asagwara. “The Lower Wait Time and System Improvement Team brings experts from across the system to work together to identify bed blocks, implement change and smooth out processes so patients can get in to see a doctor, get treatment and get home faster. We’re going to move forward hand in hand with the front-line workers who deliver care.”

The Lower Wait Time and System Improvement Team is led by Dr. Paul Ratana, provincial specialty lead of emergency

medicine at Health Sciences Centre (HSC) Winnipeg, and Dr. Kendiss Olafson, internal medicine and critical care at HSC Winnipeg, with physicians, nurses and allied health professionals with specialties in emergency medicine, internal medicine, neurology, family medicine, anesthesiology and more. The team is supported by experienced process engineers who specialize in streamlining systems to improve services.

“No one understands the delays in patient care better than those on the front lines of health care,” said Olafson. “They face the daily frustration of a system that is often slow, fragmented and siloed. Our goal is to address some of the most challenging and discouraging aspects of care delivery –supporting the quality of front-line work without adding to workloads.”

The Manitoba government has released a Lower Wait Time Strategy, developed by

the team, to improve timely patient access to high-quality emergency health care across the province.

The strategy outlines how to increase or add services that affect the timeliness of care at three main points of a patient’s experience – triage and admission if necessary, inpatient care and access to outpatient treatment to be able to return home safely.

Strategic initiatives include increasing the number of endoscopy procedures, including over the weekend, exploring models to shorten the wait time between triage and initial physician assessments, and expanding the community intravenous program to allow more patients to recover at home.

To read the Lower Wait Time Strategy, visit [https://manitoba.ca/asset\\_library/en/lowerwait/lower-wait-times-strategy.pdf](https://manitoba.ca/asset_library/en/lowerwait/lower-wait-times-strategy.pdf).

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April 30, 2025

# Peter Sawatzky of Glenboro Captures Prestigious Art Award

Doug Fyfe -  
Prairie Canada Carvers Association

Prairie Canada Carver's Association presented the Award of Excellence to Peter Sawatzky of Glenboro, Manitoba for excellence and achievement in advancing the art of bird carving in Manitoba. The award was presented by Jean Minaudier of St. Claude, Manitoba at the competition's banquet Saturday, April 12 in Winnipeg.

"Peter has been a mainstay in the Manitoba carving community for over five decades, beginning in the mid 1970's as a self-employed bird carving instructor and then starting in 1987 as a volunteer judge at Prairie Canada Carver's Association



Peter Sawatzky (left) and Jean Minaudier, another carver, and Manitoban, known throughout North America.

## PRAIRIE CANADA CARVERS' ASSOCIATION



carving competitions," said Ted Muir cofounder of the annual competition.

"For 37 years Peter paired his knowledge of wildlife form with his artistic mastery in carving and bronze sculpting to judge competition entries and enhance entrants carving skills through mentoring sessions all of which contributed immensely to the allure and success of our competitions," added Muir. Peter also designed a bronze award for Best of Show carvings and the much-coveted Carver's Award of Excellence administered by the Association.

Born in Sommerfeld Manitoba Peter is

a trained commercial artist who early in life developed a passion for capturing wildlife in art- be painting, wood carving or bronze sculpturing. Today Peter is a well-established and highly regarded sculptor whose bronze works appear in numerous parks and public areas throughout the province and are prize possessions of private collectors around the world. His art will be featured in a soon to be unveiled Peter Sawatzky Sculpture Park at the Riverside Discovery Centre in Brandon Manitoba.

Contacts: Peter Sawatzky 204-526-0665; Ted Muir 204-981-5001

# Psst! Heard about one of Winnipeg's Best Kept Secrets?

- Fred Douglas Heritage House

Nestled behind Portage Place at 100 The Promenade (directly off Vaughan Street), is **Fred Douglas Heritage House**. Fred Douglas Heritage House was a "pioneer" in supportive housing when it opened 25 years ago in September 1999.

Supportive Housing offers individuals the freedom and privacy of their own suite with a higher level of support and safety ...a great option for seniors needing assistance due to physical limitations or other health concerns such as mild to moderate level dementia, not requiring the level of care of a personal care home.

Heritage House is staffed 24/7 with Tenant Companions. The Tenant Companions provide assistance to help the Tenants maintain their independence. For example, medication reminders, cuing for ADL's (activities of daily living), continental breakfast plus 2 nutritious meals prepared and served daily, plus 2 snacks. Meals are prepared on site with home cooked appeal, weekly laundry and light housekeeping service, and a host of other daily activities. You will never have to push a vacuum or cook a meal again - can it get much better than this? Our tenant companions are like those "friendly neighbours and friends you can always count on. While no medical staff are on site, if nursing services are

required, home care will provide the service on a scheduled basis. Home care staff attend on a scheduled basis to support individuals requiring support with personal care. Everyone can continue to see their own medical practitioners from the community.

Heritage House staff enjoy working here and it shows in the warm, happy atmosphere our tenants call home. Heritage House has 28 one - bedroom suites, which are the largest one-bedroom suites in supportive housing and have amongst the most affordable prices in Winnipeg! Our suites are large enough to accommodate couples. In a couple's scenario, both can qualify for supportive housing. If only one spouse qualifies for supportive housing, the couple can still live in the same suite by purchasing an additional service package.

The temperature of each suite is independently controlled to be as warm or cool as they like it to be. Multiple large windows in each suite to let in natural light, and a fresh breeze on a nice day! Light housekeeping and laundry are completed by staff once a week. There are various activities and light exercise programs scheduled throughout the week, you can partake in as many or as few as you like. You can also choose to sit in our sunny atrium area to



Fred Douglas Heritage House offers Winnipeg's largest one bedroom supportive housing suites amongst the most affordable prices.

enjoy the sunshine on bright sunny days! A full-service hairdresser visits Heritage House once or twice a month.

We are centrally located in downtown Winnipeg, a convenience for family members who work downtown to stop by for a quick visit at lunch or after work. Feel free to call us and book a tour! How do you or your loved one qualify to live in such a fantastic establishment? Your home care coordinator would do a supportive housing assessment for you, or if you do not have a home care coordinator, contact WRHA Home Care Central Intake at 204-788-8330. At the same time, you can contact our Housing with Supports Coordinator Paola for any questions or to book a tour in

advance, to meet the team and see for yourself our lovely facility at 204-949-9027 email: [pmcqueen@freddouglas.ca](mailto:pmcqueen@freddouglas.ca). Some questions we can assist with are about our limited number of low-income subsidies or ability to do self-referrals on case by case basis.

Check out our facility through virtual tour by visiting: <https://freddouglas.ca/heritagehouse/> or scan the QR code:



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The *Pros Know* 55 Plus

Active Living & Resource CONFERENCE EXPOS 2025

May 28th Mini-Resource Conferences for Seniors, On-Line Registration 'Now Open'!

It's Showtime...Some Things to Think About!

*Good Day Eh!* Well, here we are, just days away from the first of two amazing Seniors Resources shows at Good Neighbours Active Living. 45 tables of Exhibitors, 8 - 1 Hour Older Adult Resource Seminars and so much more! The kicker, it's 'FREE' to attend! Yup, no charge admission, no charge for any of the seminars, just seat registration. I know, say what?...LOL! This years shows are number 26 and 27 in our groups quest to bring all of these things to you for improved quality of life and well-being. It has been a real journey to say the least. The work that goes into this endeavour, can not be understated. The folks presenting at the seminars, the great souls presenting as Exhibitors, some and the same, have an unwavering goal to seriously improve our ways of life and living after 55. Think about this, when we as a community, come together like this, with all the genuine desires to make a difference, we do 'Make Change' happen. We sincerely do. There is also

a seriously understated (There's that word again), and unappreciated ripple effect that happens, mostly un-noticed, a Healthier, Happier and Happening community that starts thriving. Think about this too, if we as a community take an honest step to improve our lives, we do stay healthier, happier and more happening in our day to day lives. When we are all of the above, the first major ripple effect, can be seen in less visits to the Doctors, the Clinics, the Hospitals across the board. There does come less stress on our healthcare system and the very people we need to help us in time of real crisis. This is not fluff, it's fact. A healthier, happier population, requires less maintenance, period! And it's doable! Another huge benefit of attending these and the many other great older adult expos around the city, is we get to take some self-control and responsibility for this ourselves. YES Veronica, we get to be proactive in our later years and not so much reactive. This is a blessing.

After living whatever life we were blessed with, we start to lose our independence slowly but surely, it's inevitable. But we can prolong the dread of aging by turning it into a special journey of better living, retained purpose and yes, joy of life. We really don't talk about this enough, but when you come to Good Neighbours on May 28th, stop and talk to their table that's all about volunteering, YES, that's what I said, volunteering. There's a ton of fun being part of something that serves purpose, independence, group participation, community, self-worth, do I need to go on? Oh yes, you know, some of those skills you learned in your earlier life, you get to use them and share them. Who knew? We simply ask you to come, see, learn and thrive... Again folks, there's 'No Charge' to attend the Expos or conferences, we just need people to register for the speakers as there is limited seating for each one. Always our pleasure to help our Good Neighbours! *R&T, Take Care!*



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A Taste of Home: Community Dining Event Brings Warmth to Winnipeg's Chinese Residents

By Lu Gao / Photo provided by WCSA



Sharing laughs, good food, and weekend vibes together.

A steaming bowl of seaweed pork soup, the aroma of sesame paste drifting in the air, and the sound of laughter shared across long tables — this was the scene at Southlands Community Church on April 12, Saturday morning, as over 50 Chinese residents gathered for “WCSA Canteen: Brunch Moments,” a community dining initiative organized by the Winnipeg Chinese Senior Association.

Long before the clock struck 11 a.m., families began arriving. From toddlers in puffy jackets to seniors leaning on the arms of loved ones, the crowd reflected the vibrant intergenerational makeup of Winnipeg's Chinese community. For some, it was a family outing; for others, a heartfelt pilgrimage — one woman reportedly traveled over an hour by bus just to taste a bowl of home-cooked millet porridge.

Planned by the Culinary Club Committee under Vice President Jian Chai, the event was the result of nearly two weeks of careful preparation. The spread featured classic dishes including soy-braised pork wraps, tea eggs, sweet corn, refreshing cold salads, and the ever-popular homemade black sesame paste — each plate a nostalgic nod to family kitchens left behind.

But beyond the food, it was the sense of togetherness that left a mark.

“There's something magical about eating shoulder to shoulder,” said one attendee. “It's the feeling of home, something we miss dearly in a foreign land.”

Grandparents dined beside giggling children. Mothers-in-law and daughters-in-law chatted across bowls of soup. Strangers became neighbours, all bonded by the comforting taste of tradition and the universal language of food.

Organizers say the “WCSA Canteen” is more than a culinary gathering but a social experiment in building belonging. As Winnipeg's Chinese community continues to grow, so too does the need for meaningful connection.

“This is our response to isolation,” said Chai. “We want to create moments that nourish both body and soul.”

The Winnipeg Chinese Senior Association plans to continue hosting similar events in the months ahead, expanding its range of community services and public initiatives. The goal: to cultivate not just a stronger cultural identity, but a deeper sense of mutual support — one bowl at a time. ■



# Accessibility at YWG

YWG is dedicated to creating an inclusive environment, guided by the 2023-2026 Accessibility Plan. We focus on improving facilities, training staff, and implementing innovative services to enhance travel for individuals with disabilities. Many of our features are built into the environment, such as accessible washrooms and pet relief areas.

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• **Aira Service:**

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We encourage passengers to share their experiences and suggestions to help us improve accessibility. Your feedback is essential in shaping our future initiatives. Feedback can be sent to **Accessibility@waa.ca**.



# SENIORS' ADVOCATE

The Manitoba Legislative Assembly is accepting resumes for the newly established position of Seniors' Advocate. This appointment is for a five-year term and, upon review, may be renewed for a further five years.

The Seniors' Advocate is an independent, non-partisan, officer of the Legislative Assembly whose mandate is to identify, review and analyze systemic concerns important to the lives of Manitoba seniors aged 65 years or older receiving any seniors' services as defined under *The Seniors' Advocate Act*, and to collaborate with seniors' organizations and those who provide services to seniors to address systemic issues faced by seniors. The Seniors' Advocate will consider whether individual matters indicate systemic issues when referring such matters to the appropriate body for complaint, inquiry or investigation.

The Seniors' Advocate reports to the Assembly as a whole, with an informal reporting relationship to the Speaker. The Seniors' Advocate is the chief executive of the office and holds ultimate responsibility for its operations in its entirety.

Working under *The Seniors' Advocate Act*, and with support from the Legislative Assembly Administration branch, the incumbent will be responsible for establishing the Office of the Seniors' Advocate, including, but not limited to, identifying operational goals and priorities, office space needs, staffing and budget requirements.

## ESSENTIAL QUALIFICATIONS:

- A post-secondary degree in a relevant discipline (e.g. public administration, public policy, mediation/dispute resolution, health care, social sciences). An equivalent combination of education and experience may be considered.
- Demonstrated experience providing executive leadership with exceptional interpersonal skills and the ability to build positive, collaborate relationships.
- Demonstrated experience establishing and/or managing a professional office including hiring staff, managing budgets, overseeing operations and setting strategic direction.
- A proven record of identifying, reviewing and analyzing systemic problems or concerns.
- Highly developed oral and written communication skills, including the ability to present complex issues and recommendations.
- Demonstrated experience working effectively with communities and groups that experience racism or discrimination and experience developing initiatives to advance reconciliation between Indigenous and Non-Indigenous peoples.
- Demonstrated experience dealing with governments, government agencies, health authorities and local authorities who deliver services to seniors.
- Demonstrated experience exercising sound judgment and working independently.

## DESIRED QUALIFICATIONS:

- Experience promoting awareness of the availability of seniors' services in Manitoba.
- A sound understanding of the non-partisan role of an officer of the Legislative Assembly.

The successful candidate must possess a valid driver's license and be willing to travel extensively throughout Manitoba. The successful applicant will be subject to Criminal Record and Adult Abuse Registry checks.

**APPLY TO:**  
Human Resource Services  
302-386 Broadway  
Winnipeg, MB R3C 3R6  
Phone: 204-945-7279  
Fax: 204-948-3115  
Email: [hr@legassembly.mb.ca](mailto:hr@legassembly.mb.ca)

**COMPETITION NUMBER: 011825**  
Salary: Deputy Minister 3 (DR3)  
\$169,839- \$210,086 per year  
Closing Date: **June 8, 2025**





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Things To Do - WINNIPEG

**COIN / STAMP COLLECTING**

**Manitoba Coin Club - 204-479-9124, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org) <http://www.manitobacoinclub.org>**

**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.)

**LUNCHEONS / ART SHOWS / SALES**

**Fort Garry United Church -** Garage & Bake Sale, Sat. May 24, 9 am-3 pm, 800 Point Road. Baking, books, toys, tools, household items, jewelry, plants, and more. Donations accepted May 21–23 (no large furniture, TVs, or clothing). **204-475-1586**

**Fort Garry United Church -** Seniors Care Fair 2.0 – Promoting Health & Wellness in Older Adults, May 14, 9 am-1:30 pm, 800 Point Road. Free admission, no registration. Presentations: navigating the healthcare system, mental wellness, role of pharmacists, resource stations from Age and Opportunity, Canadian Mental Health, and more. Refreshments provided! Sponsored by Fort Garry United Church & St. Paul’s Anglican Church.

**Wasaga Women’s Weekend: A Kaleidoscope of Peace -** rejuvenating weekend, Jun 6–8, at Camp Wasaga in Riding Mountain National Park. Early bird registration: \$240 (by May 10). Details and registration: [wasagawomensweekend@gmail.com](mailto:wasagawomensweekend@gmail.com)

**Fort Garry Women’s Resource Centre (FGWRC) -** Annual fundraising event, One Night, One Cause: Champagne & Charity, Jun 5, at Caboto Centre. You can support the cause by purchasing tickets or donating to our silent auction. Your support helps us to better serve our community and build our Centre’s capacity. Info: [www.fgwrc.ca](http://www.fgwrc.ca)

**RCL Polish Legion Br #246 -** Summer BBQ Meat Bingo, Sun. Jun. 8, 1-5 pm, Doors open 11:30 a.m. Tickets \$10 for 3 entrance cards, sold at the door and in advance at the Legion Bar, Mon & Tue. after 3 pm. Wed-Sat after 2 pm. Call Br: **204-589-5493**

**Winnipeg Public Library -** For programs and events visit our What’s On newsletter (<https://wpl.winnipeg.ca/library/pdfs/whatson/LibraryNews.pdf>) or our Programs and Events calendar (<https://wpl.libcal.com/>). **Doors Open - St. John’s Library.** Sat. May 24, 10 am-5 pm. Drop in. Explore the beautiful St. John’s Library, opened in 1915 and renovated in 2019, the library’s original historic features have been retained and renewed.

**MUSIC / DANCING**

**Forever Young Club -** Dance, May 31, 7:30-11:30 pm, Anavets Hall #283, 3584 Portage Ave. DJ Steve retro mix 50’s, 60’s 70’s music & videos. Silent Door prize, 50/50, light lunch, cash bar. \$15. To register - text/call: **204-261-4442** by May 27. or email [fywpg@gmail.com](mailto:fywpg@gmail.com)

**St. Charles Big Band Concert -** Sat. June 7, 7 pm, doors open 6:30 pm, at Headingley C.C., 5353 Portage Ave. Admission by donation in support of St. Charles Headingley United Church. Silent auction, 50/50.

**Norwood 55+ Dance Club -** Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

**The Senior Choral Society of Winnipeg -** 533 Greenwood Place, behind CNIB on Portage Ave. Gerda **204-669-5570**

**SPORTS / FITNESS / GAMES**

**Tuxedo Lawn Bowling Club -** FREE Open House, Sat. June 7, 10:30-2 pm, Tuxedo and Corydon, behind École Tuxedo Park. It’s a life-time sport, give it a try! Info: **204-895-8088**

**St James Elderobics 55+ -** Aerobics, Resistance & Stretching classes at your comfort level, Tues-Thur-Fri mornings, Sept-June at Heritage Victoria CC, 950 Sturgeon Rd. Cost \$150. Diane: **204-806-9511** or [dianet@mts.net](mailto:dianet@mts.net)

**Ladies Golf Thursday mornings -** tee times 7:15-8:15, at Crescent Drive Golf Course. We are looking for ladies to join us each week for 9 holes! Our 60th year! Meeting, Thur. Apr. 24, 10 am, at the clubhouse. Info: at the meeting or email: Allison: [allisonpauls61@gmail.com](mailto:allisonpauls61@gmail.com), Cheryl: [crafter188@hotmail.com](mailto:crafter188@hotmail.com).

**Crescent Drive Friday Ladies Golf League -** looking for new members. We play Fridays (weather permitting), 8 am, Crescent Drive Golf Course, 781 Cres. Dr. Lorraine: **204 261 8413**.

**Crescent Drive Senior Men's Golf League -** Looking for new members, Wed’s, 7:30-8:30 am, Crescent Drive Golf Course, May-Sept. Barry: **204-256-8496** or John **204-667-6362**.

**Greater Winnipeg Senior Golfers Club -** looking for Men, 55+ who wish to golf in a fun league, once a week, May-Sept. with approx. 75 members. Play in a different foursome each month, at various clubs within an hour of Wpg. Cart avail. Special green fees at certain clubs around city. Brian Ridley: **204-669-4795** or [pritchardfarm@shaw.ca](mailto:pritchardfarm@shaw.ca), [www.gcsgwpg.com](http://www.gcsgwpg.com).

**Contract Bridge in St. James -** Group of Seniors of mixed skill looking for more players! ‘Casual’ non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: **204-888-9465**.

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

**Over 60 Card Club -** For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We’re currently playing Whist, Euchre and Crib. Contact Carla: **204-297-0811**

**Pickleball -** Learn to play in the North End. Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sargeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: [gabbs1947@gmail.com](mailto:gabbs1947@gmail.com).

**Red River Senior Cards St Vital -** Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: [Norbglen@yahoo.com](mailto:Norbglen@yahoo.com) or call the Club: **204-256-6654** for info.

**Seniors Whist Group -** play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne’s Rd. Info, call or text Sonja: **204-254-1408**.

**St. Vital Cribbage Club -** Mondays, 12-3 pm, St. Emile Church, 556 St. Anne’s Rd. All welcome. Jim: **204-230-4511**.

**Vital Seniors -** Scrabble, Mon. noon-4; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yearly Membership \$10, activity \$4.50 pp, call **204-253-0555** or [stmary@mymts.net](mailto:stmary@mymts.net)

**WHSBC contract bridge -** at St. Paul’s Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. This is a social friendly bridge club. For further info, Ron Wood, President: **204-771-6724**

**SUPPORT GROUPS & PROGRAMS**

**Joint Effort -** A NEW, weekly, VIRTUAL support community for those living with osteoarthritis. The launch of this weekly group on Wednesdays is May 7, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram [@jointeffortsupport](https://www.facebook.com/jointeffortsupport) or register via Eventbrite.

**Convalescent Home of Winnipeg -** TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. Meeting place for those living with memory challenges and their family/friend care partner to gather together and sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, [tuneupcafe276@gmail.com](mailto:tuneupcafe276@gmail.com).

**GriefShare support group -** is a safe, welcoming place to help with the difficult emotions of grief if you have lost a loved one. Contact Kilcona Park Alliance Church at [info@kilcona.org](mailto:info@kilcona.org) or go to [Griefshare.com](http://Griefshare.com) to find a group in your area.

**Stroke Recovery Assoc. MB -** Programming for Stroke Survivors: Support Groups, Art and Social Club, Virtual and In-Person Exercise, Planned Community Outings & more. Register: B-247 Provanche Blvd. **204-942-2880**

**St. James T.O.P.S. -** Take Off Pounds Sensibly. A non-profit weight loss support group. Meet Wed’s, St. James Legion #4, 1755 Portage Ave., upstairs, 4:15-6 pm. All Welcome. Info, Shirley: **204-837-2079** or Ruth: **204-488-3533**, [www.tops.org](http://www.tops.org)

**T.O.P.S., Take Off Pounds Sensibly -** Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6:00-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: **204-896-4807**.

**St. Vital T.O.P.S. Weight Loss Support Group -** T.O.P.S. (Taking Off Pounds Sensibly) is a non-profit weight loss support group. Meet Mon. eve’s, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary’s Rd. in St. Vital. First meeting free. Louise: **204-990-2144**, [www.tops.org](http://www.tops.org).

**South Winnipeg Family Information Centre -** Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

**Canadian Red Cross -** Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: **1-833-979-9779** or [friendlycallingmb@redcross.ca](mailto:friendlycallingmb@redcross.ca)

**VOLUNTEERING**

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

**Actionmarguerite St. Vital, 450 River Road -** Volunteers 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 needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: [mcamara@bethelplace.ca](mailto:mcamara@bethelplace.ca)

**Deer Lodge Centre -** 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services held in the Centre. **204-831-2503** or visit [deerlodge.mb.ca/volunteers/](http://deerlodge.mb.ca/volunteers/)

**Manitoba Genealogical Society -** Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, IT database wizard. [volunteer@mbgenealogy.com](mailto:volunteer@mbgenealogy.com), <https://mbgenealogy.com/how-you-can-help/>

**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)

**Misericordia Health Centre and Misericordia Place -** Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134**, [www.misericordia.mb.ca](http://www.misericordia.mb.ca), [volunteer@misericordia.mb.ca](mailto:volunteer@misericordia.mb.ca)

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

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

**St. James-Assiniboia 55+ Centre -** Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: **204-560-5181**

**Victoria Lifeline -** Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call **204-956-6773** or email [info@victorialifeline.ca](mailto:info@victorialifeline.ca)

**Villa Cabrini -** Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are avail- able with 3 hr commitments/week. Contact Samantha Silvester: [vcabrini@mymts.net](mailto:vcabrini@mymts.net) for info or to volunteer.

**Vista Park Lodge Personal Care Home -** in St. Vital - Volunteers needed. [Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.com)

**PROGRAMS / SERVICES**

**A & O: Support Services for Older Adults -** Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Share ideas. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, [info@aosupportservices.ca](mailto:info@aosupportservices.ca), [www.aosupportservices.ca](http://www.aosupportservices.ca).

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

**Assiniboia Wood Carvers Association -** Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: [ikehler84@gmail.com](mailto:ikehler84@gmail.com) or Mel: **204-291-4592**.

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

**Creative Retirement Manitoba -** Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge more! [crcentre.ca](http://crcentre.ca).

**Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive** Various Programs & Activities for 55+. Mon-Thur 9-4, Fri 9-3. Membership \$35/yr. Info: **204-897-5263** or email [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org).

**Dakota Community Centre -** Programs: Floor curling, painting classes, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Call Andrew: **204-254-1010** ext. 217, [andrew@dakotacc.com](mailto:andrew@dakotacc.com) <https://dakotacc.com/>

**Dufferin Senior Centre -** 377 Dufferin Ave. Saturday Dinner & Dances. Call Al: **204-771-3325** for info.

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

**Golden Rule Senior Centre -** 625 Osborne - **May Presentations:** May 7, 1-2:30 pm - Fires & Firehouses of Winnipeg; May 21, 1-2:30 pm - Urban Pole Walking, presented by AAIM; May 28, 1-2:30 pm - Manitoba Hard of Hearing Association & Hearing Aid Grant. Info: **204-478-6169**

**Golden Rule Seniors Centre -** 625 Osborne - **May Pop-ups:**

- May 13, Bill & Helen Norrie Library, 10 am-1 pm
- May 15, Charleswood Library, 10 am-1 pm
- May 20, Golden Rule, 625 Osborne, 10 am-12 pm
- May 26, Rady CC, 10 am - 1 pm

Info: **204-478-6169** or [resources@swsrc.ca](http://resources@swsrc.ca)

**Lions Place Adult Day Club -** 1 day/wk of socialization and wellness, morning coffee/muffin, chair exercises, games, recreation, 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 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. **204-832-0629**.

**Nature Manitoba -** We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: <https://www.naturemanitoba.ca>



# Women’s Canadian Club Celebrates Wildlife Week/Easter

By Iris Maurstad



The Women’s Canadian Club of Winnipeg held its April luncheon at the Convention Centre on April 17. Our speaker, Dr. James Hare, Emeritus Professor in the Department of Biological Sciences at the University of Manitoba, spoke on the social lives and cognitive abilities of various birds and animals including ground squirrels, ants, peacocks and also humans. His informative, interesting, sometimes amusing topic was perfect to recognize Wildlife Week.

With Easter just days away it was also a good time to celebrate with an Easter Bonnet parade. The many ladies who participated, wearing their homemade creations,

paraded around the dining room to the tune of Easter Parade.

For all those who attended the luncheon it was time well spent as it was educational, fun and contributed towards the club’s objectives of promoting interest in all things Canadian.

Our last lunch for this season which is scheduled for May 13 will feature guest speaker, Community Leader, Sel Burrows. His topic is The Future of Point Douglas. All are welcome both men and women. Please plan to attend.

To register phone 204 888 8750 or email [rochelpin@shaw.ca](mailto:rochelpin@shaw.ca).

### Clear Sailing

Oh, there’s a story here! Pinocchio was watching look-out from the gaping whale’s mouth. If we look inside the piece, we see a car being driven by a dog!

My goodness! The grinning mammal is smiling because he just ate Pinocchio’s conscience - Jiminy Cricket.

Size: 20” high x11” long  
Contact [Jordan.vansewell@shaw.ca](mailto:Jordan.vansewell@shaw.ca)  
Price \$2,300

Things To Do - WINNIPEG

Continued

FREE for non-profits and current advertisers. Submit PSAs by May 30 for the June 10 issue. Email wording for your PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

**North Centennial Seniors Assoc.** - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, bingo, lunches, games, painting, aquacise. **204-582-0066**, [ncsc@shaw.ca](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+**  
**NEW LOCATION:** 933 Summerside Ave. [programs@pal55plus.ca](mailto:programs@pal55plus.ca) or **204-946-0839**

**Probus Club of Winnipeg** - Social group for retired / semi-retired, meets 3rd Tue. ea., 9:30 am, at 603 Wellington Cres. Guests welcome. <https://winnipegprobus85.wordpress.com>

**Prendergast Seniors Club** (Windsor Park) - CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

**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).

**Royal Canadian Legion, St. James Branch #4** - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://www.stjamescentre.com)

**South Winnipeg Family Information Centre** - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

**Stroke Recovery Assoc. MB** - Support group for Stroke Survivors: Register: B-247 Provencher Blvd. **204-942-2880**

**The Happy Gang** - Afternoon Fun every 3rd Thur. 1:30-3:30, Prairie Spirit U.C., 207 Thompson Drive. Conversation, cards, table games, bridge, complimentary light refreshments. Info: **204-832-1000** or **204-895-7410**.

**The Y. A. H. Club** - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital). Programming: Book Club, Tai Chi, painting classes, canasta, card making, yoga, puzzle afternoon, Dinner Club, flower arranging, The R.O.M.E.O's Group and more. Rosie [yah@windsorcc.ca](mailto:yah@windsorcc.ca) or Judy **204-233-0648** or [office@windsorcc.ca](mailto:office@windsorcc.ca)

Things To Do - RURAL MB

PROGRAMS / SERVICES

FREE for non-profits and current advertisers. Submit PSAs by May 30 for the June 10 issue. Email wording for your PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

**A & O: Support Services for Older Adults** - Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, [info@aosupportservices.ca](mailto:info@aosupportservices.ca), [www.aosupportservices.ca](http://www.aosupportservices.ca)

**Beausejour - AA** - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. [www.aamanitoba.org](http://www.aamanitoba.org) or **1-877-942-0126**

**Beausejour - Wellness Fair** - Sat. May 3, 10 am-3 pm, Brokenhead Community Hall, 320 Veterans Lane. \$5 entry, 12 & under free. Info: [www.prairiewillowwellnesstraining.ca](http://www.prairiewillowwellnesstraining.ca)

**Brandon - Seniors For Seniors** - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: **204-571-2053**

**Clandeboyne United Church** - Plant Sale, Sat. Jun 7, noon-4 pm, 8456 Hwy 9, Clandeboyne MB. Cash only. Free parking.

**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)

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Programs for area residents. Call for programming: **204-654-3082** (msg).

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

**Gimli - New Horizons 55+ Centre** - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. **204-642-7909**.

**Ile des Chênes/Lorette - Yoga** - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. Contact Juliette: [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 **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** & District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** & District Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Resource Council **204-367-9128**

**Montcalm Service to Seniors** - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: **1-204-758-3357** or [montcalmserviceprogram@gmail.com](mailto:montcalmserviceprogram@gmail.com)

**Morden Services for Seniors** - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. **204-822-5663**, [mordensfs@gmail.com](mailto:mordensfs@gmail.com)

**Niverville Recreation** - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit [nivervillerec.ca](http://nivervillerec.ca). Info: **204-388-4600** ext 3

**Niverville Services to Seniors** - Services: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, outings, etc. Info: **204-388-2188** or [sts@heritagecentre.ca](mailto:sts@heritagecentre.ca)

**Norman region - Mood Disorders Assoc. of Manitoba** - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: [norman@moodmb.ca](mailto:norman@moodmb.ca)

**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)

**RM of Tache - Services to Seniors** - Join us for an educational evening about Mental Health for Older Adults, Wed. Apr. 30, 7-9 pm, at Lorette Parish Hall. Presenters: Alzheimer Society of MB, Southern Health/Sante Sud Senior's Consultation Team. Info and resources to help older adults, their families and caregivers. Hosted by Notre Dame de Lorette CWL Council and RM of Tache Services to Seniors. Info: [cwllorette@gmail.com](mailto:cwllorette@gmail.com).

**Seine River Services for Seniors** (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285** <https://seineriverservicesforseniors.ca>

**Selkirk and District Horticultural Society** - Plant Sale, Fri. May 30, 6-8 pm, Selkirk Memorial Hall, 368 Jemima St. All plants donated by our members. Cash only. Free adm, Free parking, Silent Auction, 50/50. Wheelchair Accessible.

**Selkirk - Gordon Howard Centre** - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

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**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net)

**Steinbach - Pat Porter Active Living Ctr** - 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>

**Stonewall - South Interlake 55 Plus (si55Plus)** - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Pickleball, Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. **204-467-2582**, [si55plus@mymts.net](mailto:si55plus@mymts.net), [www.si55plus.org](http://www.si55plus.org)

**Stonewall - Strummers Ukulele Club** - 1st & 3rd Thur., 6:30 pm, at Something Beautiful restaurant, 307 Main St. Stonewall. Beginners welcome, no formal instruction.

**Teulon Seniors Club** - Teulon Town Hall - Main St. Dances, 2nd Thur. of the month. Next dance, Thu. June 12, 1-3 pm, doors open noon, lunch 3 pm, dance to the Gem Stars Band. Silent Auction, 50/50, door prizes, coffee/tea/juice. Admission \$10.

**Thompson Seniors** - **204-677-0987**, [thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com)



# Winnipeg Chinese Seniors Association Honoured with 2025 Manitoba Premier's Volunteer Service Award

By Lu Gao

Winnipeg, May 1, 2025 – The Winnipeg Chinese Seniors Association (WCSA) has been recognized with the prestigious Premier's Volunteer Service Award (Group Category) at Manitoba's 41st Annual Volunteer Awards ceremony, celebrating its outstanding contributions to senior services, immigrant support, and multicultural community engagement.

The event, hosted by Volunteer Manitoba, took place at the Club Regent Event Centre. Minister of Families Nahanni Fontaine presented the award to five WCSA board members on behalf of Premier Wab Kinew. In a congratulatory letter, Kinew praised the association's dedication: "The contribution you have made is commendable and reflects the generous work of so many volunteers who are making a difference in the lives of Manitobans across our province. The spirit and dedication you exhibited on behalf of your community is an excellent example of the strong voluntary sector Manitobans have become known for over the years."

Founded in 2017, WCSA has consistently upheld its mission of "serving the community through unity and mutual support." Its wide-ranging programs includes cultural performances, health seminars, language classes, festive celebrations, and volunteer initiatives, all designed to strengthen community bonds, promote intergenerational exchange, and preserve Chinese cultural heritage.

WCSA President Ms. Yan Jiang, who herself received the Premier's Volunteer Service Award (Individual Category) in 2019, expressed pride in the association's continued recognition. This year's group award marks a dual acknowledgment of both individual leadership and collective commitment to community service.

In 2024 alone, WCSA's efforts stood out with over 100 events held throughout the year. Highlights included the Lunar New Year Gala, Canada Day celebrations, the Winnipeg 150 Block Party, and competitions in ping pong, Chinese chess, vocal

Continued on page 25

## National Volunteer Week 2025



**National Volunteer Week (NVW)** is a time-honoured tradition that celebrates the millions of Canadians who give their time and energy to make communities stronger, more inclusive, and more compassionate. In 2025, NVW took place from **April 27 to May 3**, and this year's theme was **"Every Moment Matters"** which highlights the profound and often unseen impact that volunteers have, moment by moment, across every corner of the country.

This nationwide celebration is led by **Volunteer Canada**, with thousands of community organizations, schools, municipalities, and businesses participating in events ranging from recognition ceremonies and thank-you luncheons to volunteer fairs and storytelling campaigns. It's a week to reflect on the powerful role that volunteerism plays in shaping our civic life, especially in times of crisis, growth, and transformation.

The origins of National Volunteer Week stretch back to the Second World War, when Canadians, particularly women, mobilized in record numbers to support the war effort. While volunteering had long existed in informal ways, the scale and coordination during wartime made the case for formally acknowledging the essential work of unpaid citizens. In 1943, Canada held its first volunteer recognition events. The United States followed in 1974, when President Nixon issued the first official proclamation of National Volunteer Week.

By the 1980s, volunteerism had become a cornerstone of community development in both countries. Organizations began to see NVW not just as a moment of thanks, but as a platform for advocacy, recruitment, and education. Volunteer Canada has played a key role since the 1990s, helping coordinate national efforts, developing toolkits, and choosing timely annual themes. Over the decades, as the nonprofit sector grew and evolved, so did the understanding of volunteering, not just as charity, but as active citizenship.

In 2025, volunteering continues to adapt to the changing needs of Canadian society. From climate-related community responses to digital mentorship for isolated seniors, volunteers are everywhere, often working quietly, but with enormous effect. The COVID-19 pandemic redefined what volunteering looked like, making remote service and mutual aid networks more visible and vital than ever. As the country moves forward, the volunteer sector remains at the forefront of addressing everything from food insecurity and mental health to housing and immigration support.

So how can people get involved? Volunteer Canada encourages Canadians to start by looking locally: food banks, shelters, libraries, youth programs, and environmental groups are almost always looking for extra hands. Many organizations post opportunities through platforms like **Volunteer Connector**, **Charity Village**, and **local United Way chapters**. For those who cannot commit to long-term roles, micro-volunteering, such as tutoring, delivering groceries, or translating docu-

uments, offers a flexible way to contribute. Schools and employers are also encouraged to get involved. National Volunteer Week is a perfect time for companies to promote employee volunteer programs or host community days. Schools may use the week to teach students about civic engagement, community history, and the value of giving back.

Ultimately, National Volunteer Week is more than just a celebration, it's a call to action. Prime Minister Mark Carney, in his 2025 address, praised the country's volunteers as "the lifeblood of our communities," highlighting their critical role in building resilience during economic, environmental, and geopolitical challenges. As Canada undertakes what Carney calls "the biggest transformation of our economy since the Second World War," it is volunteers who will help bind the social fabric through periods of rapid change.

The message of 2025 is clear: **every moment matters**, and every act of service helps build the kind of Canada we want to live in. ■

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# Winnipeg Chinese Seniors... Volunteer Service Award, cont'd from page 24

performance, and essay writing. The association also collaborated with numerous partners to deliver health talks, practical workshops, and team-building activities, providing comprehensive support to the local community.

The association's programs attracted thousands of participants, with more than 700 students attending courses across all age groups. Over 500 volunteers, ranging in age from 8 to 80, contributed a combined total of more than 12,000 volunteer hours, which showcased the vitality and cohesion of Winnipeg's Chinese community.

At the awards ceremony, over a dozen WCSA volunteers attended, with five board members taking the stage to accept



WCSA board members accept the Premier's Volunteer Service Award.

the award. Dr. Songyan Liu, WCSA's Executive Vice President, remarked: "This honour belongs to every volunteer who has quietly contributed their time and effort. It's the best affirmation of our long-standing commitment to community service. Looking ahead, WCSA will continue to support seniors, empower newcomers, and celebrate Chinese culture, building a more inclusive and harmonious community."

The accolade raises WCSA's profile within Manitoba's broader community and encourages more residents to participate in volunteer work: it strengthens Winnipeg's ongoing narrative of diversity and inclusion. ■

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- Wildwood Park Men's Shed - 271 North Drive
- Riverview Men's Shed - 90 Ashland Ave
- Woodhaven Men's Shed - 401 Westwood Drive

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- Minnedosa Men's Shed - Minnedosa
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CROSSWORD - By Myles Mellor

**ACROSS**

1. Baby shark

4. Conclude--\_\_\_ up

8. Exclamation of surprise

11. Milk for all its worth

12. Air

13. Medieval perhaps

14. Came back

16. At least a little

17. Make

18. Took a seat

20. Owner's acquisition

23. Queen song

26. Pre-cable need

29. Digging, so to speak

30. Room access

31. Seemed to go on forever

33. Habit-forming medicine

34. Stitched

35. Rip off

37. Thyme and sage

41. Symbol for the golden ratio

43. TV royalty

46. Marvel Comics super villain

47. Mean-spirited and more

48. Descend quickly

49. Pre-larva



**DOWN**

1. Rein in

2. Plan member, for example

3. Kind of test

4. Prison chief

5. Beat a retreat

6. Live and breathe

7. 60s apartments

8. Winter expense

9. Big coffee pot

10. Make \_\_\_ while the sun shines

15. Experience

19. Straight

21. Heels of loaves

22. Truth alternative

24. Gormandized

25. Engine part

26. Put in

27. Scand. land

28. On the road

32. For some time

36. Moonshine

38. Hurry around

39. Sit in the sun

40. Svelte

41. Cobbler

42. Shoat

44. Brink

45. Elton John, e.g.

SOLUTION ON PAGE 31


**WORDSEARCH - May Day** By Roni Alward & Senior Scope

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

Able	Coach	Impact	Price	Supplier
Achievement	Contract	Job	Profit	Talent
Aim	Cooperative	Laborer	Program	Team
Biz	Costs	Learn	Raise	Tenacity
Boss	Deal	Manage	Rate	Trust
Brand	Deliver	Market	Safety	Values
Build	Desk	Mentor	Salary	Vision
Business	Determination	Money	Sales	Wage
Busy	Drive	Organize	Schedule	Work
Calls	Employ	Owner	Skill	
Capital	Growth	Partner	Stability	
Client	Ideas	Plan	Staff	

SOLUTION ON PAGE 31

## LAUGH A LITTLE



**April Showers Bring May-Flowers. MUD. They bring mud.**

Glad they taught us about Parallelograms in school instead of how to prepare taxes. Sure comes in handy during Parallelogram season.

**I'm having people over to stare at their phones later, if you want to come by.**

You gotta look for the good in the bad, the happy in the sad, the gain in your pain, and what makes you grateful not hateful. ~ Karen Salmansohn

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION TO RIGHT

WORDSEARCH - Solution

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

SUDOKU - Solution

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

CROSSWORD - Solution

1	C	U	B		4	W	R	A	P		8	H	U	H
11	U	S	E		12	A	U	R	A		13	E	R	A
14	R	E	T	U	R	N	E	D		16	A	N	Y	
17	B	R	A	N	D		18	S	A	T				
					20	D	E	E		22		23	L	I
26	A	N	T	E	N	N				29	I	N	T	O
30	D	O	O	R			31	D	R	A	G	G	E	D
33	D	R	U	G			34	S	E	W	N			
					35	R	O	B		37	H	E	R	B
41	P	H	I				43	R	E	S	I	D	U	A
46	I	O	N				47	E	V	I	L		48	S
49	E	G	G				50	W	E	R	E		51	H





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References Available! Ph: 204.414.9290 [redroadmusic@shaw.ca](mailto:redroadmusic@shaw.ca) [www.redroadmusic.ca](http://www.redroadmusic.ca)

PET ADOPTION



**FOR ADOPTION:** This sweet senior is 14-year old KitKat is looking for a quiet retirement home where she bask in her golden years. Her adoption fee is sponsored AND will also be matched! To meet KitKat, call MB Great Pyrenees Rescue at 204-771-8045.

FOR SALE

**FOR SALE:** 2 burial plots, Open Bible, Green Acres, 2200.00 ea. or 4000.00 for both. Text or call 204-918-1211.

**FOR SALE:** Hunter Douglas vertical blinds. Vinyl/fabric style. W 72" x L 76". New condition. \$200 OBO. 204-338-5718 (Wpg)

JOBS

**JOB OFFER:** Seven Oaks Transmissions needs parttime general help in automotive shop: general shop maint., assist technicians, shuttle customers, pick up parts. Valid MB driver's license required. 7 am-12 pm. 204-338-7067.

WANTED ITEMS

**BUYING STAMP COLLECTIONS:** Long-time collector looking to purchase large postage stamp collections. Please call (204) 799-7429 or email [winnipegstamps@hotmail.com](mailto:winnipegstamps@hotmail.com).

**BUYING COIN COLLECTIONS:** 40 years experience & free housecalls. Please call 431-388-2734 (Wpg). Email 1954toutant@gmail.com

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