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Senior Scope

FREE Vol. 23 No. 9 | Mar 10 - Apr 9/25

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JORDAN VAN SEWELL - Changing Lives Through Art

Celebration of Life
See pages 11-17
NEXT MONTH:
Housing & Lifestyles feature.



Jordan Van Sewell, artist and sculptor, created a piece (above) depicting the recent burning of the Sutherland Hotel. The reverse side of the hotel - (shown right).

Sewell sculpture - Newt in a chair (small lizard-like animal)



A MANITOBA MOMENT

By Bud Ulrich

Many years ago, I recall visiting Jordan at his quaint home in the Point Douglas neighbourhood of Winnipeg. Our recent meeting brought back memories of viewing his numerous sculptures of elegance and oddity unlike any others. His style is distinctive, and anyone familiar with Jordan's pieces readily knows who created them.

Several people have interviewed Jordan. His documentary on CBC Gem serves as a legacy of his artistic career. I researched via the internet and prepared a long list of questions for our chat. At the last moment I decided to ditch the questions and just

talk about the life of Jordan the artist and sculptor. We spent a good portion of the morning chatting and exchanging many stories. It was a stimulating journey reaching into Jordan's past, his opinions, his feelings, and his life's work.

"I had such a great childhood; I could have been a character out of either a Pierre Burton novel or growing up on the prairies W.O. Mitchell style. It was fascinating. Of course, every child was feral, so you were let loose in the morning, and when the streetlights came on or the sun went down, you came home. You had the run of the town," Jordan said.

Jordan's family frequently moved across Canada due to his dad's work on the railroad. He remembers the time when he ran into a buddy while living in Montreal. "I remember you guys. I remember the Sewell

boys when you moved to town. You came walking down the middle of the street and I couldn't get over it. Here's all these red-headed guys walking down the street like they were from the wild west or something," said Jordan's buddy. All the town's people quickly knew who they were. At the age of about nine or ten, Jordan's family moved to Winnipeg. Then the family went back to Montreal and shortly after returned to Winnipeg.

"Being left-handed and artistic, I felt I was lucky because I could have

Continued on page 3

For details see Page 11



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Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

– March, 2025 –



Move More and Sit Less!

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

March in Manitoba can bring a mixture of weather; and our longer days makes us all anticipate the arrival of Spring! Spring can bring more motivation and opportunities to get outside and be more active. That might include cleaning up the yard, walking your favourite routes that are now free of ice and snow, or maybe starting a new activity. If you love your winter activities think about how you are going to replace that level of activity in the spring and summer.

Here are 10 reasons to keep moving:

1. Improve your mood – regular physical activity can reduce the risk of depression, and anxiety. Joining a walking group can help you stay socially connected, engage with others and reap the health benefits of being active.
2. Improve brain function – physical activity can keep us mentally sharp! Studies have shown the being active can help us continue to learn and improve our judgement skills. Being active in nature can further improve our brain function so consider going for that walk in the park!
3. Lower risk of heart disease and stroke – Being active regularly at a moderate intensity level has been proven to help lower the risk of stroke and heart disease.
4. Lower risk of type 2 diabetes - Regular physical activity can help prevent type 2 diabetes. Regular physical activity can help people living with diabetes manage their condition.
5. Lower risk of some cancers – Getting the recommended 150 minutes of regular physical activity each week has been shown to help lower the risk of developing some cancers such as breast, bladder, colon, lung and stomach.
6. Longer life – Physical activity can improve quality of life by reducing the risk of heart disease. Reducing that risk can help us live longer.
7. Stronger bones and muscles – Doing strengthening exercises can improve our muscle strength at any age. Weight bearing activities can help improve the strength of our bones. Body weight exercises such as squats and push ups can strengthen muscles and bones
8. Fewer sick days – Being active can boost one's immune system therefore, helping to reduce the risk of catching a cold or getting the flu. More healthy days gives you more days to be active and engaged with friends, family and neighbours.
9. Improved sleep – Physical activity can improve our quality of sleep and the ability to fall asleep. Forming good sleep habits – going to bed and rising at the same time every day for example, can help us be more physically active.
10. Spend less time sitting - By breaking up your sitting time at least once an hour you are helping to prevent the detrimental effects of sitting on your overall health. Planning to get up and move every 30 minutes will ensure you are not sitting too long. Think about doing some balance exercises during those commercial breaks!

Be sure to consult with your physician before starting any new physical activity program. Remember physical activity can include daily activities like cutting the grass, shovelling the snow, and vacuuming. Be sure to add some fun activities like dancing, Tai Chi, Yoga, going for a walk or a bike ride. It is important to pick an activity that you will enjoy; this will help ensure it will become part of your regular routine.

The Manitoba 55+ Games are coming to Steinbach June 3 – 5, 2025. Be a participant, be a volunteer or be a cheerleader! 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 for registration information and to sign up to be a volunteer. Contact us at **204-632-3947**.

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), Anishinew, Dakota and Dene people, and also the Birthplace of the Métis Nation.

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Jordan Van Sewell, *cont'd from front page*

been burned at the stake. When you're naïve, you don't recognize you're an odd-neck, and then you learn some of those cruel lessons of life that you get into," said Jordan. Initially, when Jordan went to art school, he thought everyone was creative, and he had the impression that all students in his faculty would become professional artists. "It was like a young adult daycare, where all these poor parents who had all these children - the square pegs that wouldn't fit into the round holes laid out for them - get em' into art school. That will straighten them out," Jordan said.

He spent ten years working on the railway, and wondered why his co-workers weren't into this creative thing. He felt there was something missing. Aesthetics and being creative are important to Jordan. He offered this account, "Here we are on a freight train going through arguably the prettiest country in the world. Japanese tourists pay \$2,500 a night to go on this incredible run from Golden to Fort Steele, BC. Are these guys not getting it or is it a complacency that we have arrived at? It's all good. Sure, it's beautiful. It's like moments taken for granted." Jordan spent his time in the caboose looking out on the unique characteristics of Canada, travelling across a wooden trestle in Saskatchewan. He really enjoyed this part of his life on the railroad and the romance of it. The Sewells' are a fourth generation of railroad families.

John Lennon is a favourite of Jordan. He loved his music and was distraught over him being killed. It was the same year his dad passed away. He felt it must have been the year of the snake. Jordan felt he had to move on, and that's when he came back to Winnipeg.

Recently, Jordan was thinking of his ar-



Sculpture for Bill Loewen's retirement along with his Jaguar automobile gifted by Jordan Sewell.

tistic influences and how they emerged. He referred to a box on his shelf with the heading, "Weirdos - Satan's Crate", which was a model he built some 59 years ago. It was a devil with a pitchfork in a souped-up coffin with a motor in it and cool wheels. As a kid, he was astounded at what he developed. The upstairs in Jordan's home has his model illuminated with light as a glowing icon of his start in the world of art. Rather modestly, he offers, "All I've done now is making a better model."

Jordan feels his dad was latent creative. One of his art projects involved boarding up a door in a room in their Montreal home so Jordan and his brothers couldn't

escape at night to terrorize the town. His father made a collage with magazine pages which he assembled and glued onto a piece of plywood. "And to watch him doing that - here is a businessman who was probably more comfortable berating someone about their shortcomings on the railway, but he was heavily engaged in making this art thing. This is something that can make everyone's life better," said Jordan.

"Moral injury" is one of Jordan's favourite quips (tongue in cheek). He feels a lot of that is pertinent to everybody's upbringing. Often there is a lack of understanding, through a young person's eyes, where things appear differently than what they are. "The idea of the moral injury - being hurt by somebody saying something to you or treating you in a harsh fashion. These are things that everyone is subjected to, and if you don't deal with them, then life becomes difficult. Moral injury is a burden of hopelessness." Jordan's intentions of putting his show together on moral injury is to expose the bullies of the world. We

discussed this further with the hope of bringing this message forward to benefit future generations.

Jordan hopped on his motorcycle and crossed North America, and when he returned to the prairies, Saskatchewan and Manitoba, he "wept" at the beauty of these provinces even after seeing beautiful scenery along his trek. "In Winnipeg, we have something special. There's Gordon Goldsborough's book - Abandoned Manitoba: Rivers, Rails, and Ruins - which provides local history and compelling stories about abandoned sites. People in our city are a special lot. Ya gotta love Winnipeg, otherwise why would we stay here," said Jordan. For the past thirty-six years, he has lived in the same house.

Well into fifty years of creating ideas for his sculptures, Jordan hasn't slowed down. He has perfected his ability to where he is capable of virtually building anything from clay. His finished product excites him. "Oh my God, that turned out really good!" he

Continued on page 6

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Elder Self-Neglect



Greg Marsh

My position as the Holistic Care/Spiritual Care Coordinator at a Personal Care Home here in Winnipeg allows me to regularly meet with our Residents: their average age is in the mid-eighties; the majority are women; most have dementia.

These individuals usually come to us due to declining health, limited mobility, and the onset of significant memory loss. If they had not moved in with us, their decline would likely have resulted in them living amid filth and squalor (unwashed dishes, piles of dirty laundry, in homes that don't get cleaned). At times these homes might become infested with bedbugs, lice, and cockroaches. Other characteristics of those living at home amid this decline includes an absence of healthy food and a lack of essential medications since regular shopping (including on-line shopping) can be too great a challenge.

This condition, known as **Elder Self-Neglect**, is characterized by an older person's inability to care for themselves due to physical and / or mental decline and limitations.

Understanding the Problem

While we might feel the preferred solution is for a person living in these con-

ditions is to seek help, too often psychological barriers prevent this. According to an online article on the Northwest Medicine website, these obstacles can include:

- Fear of losing their independence or giving up control
- A desire not to be a burden
- Lack of trust or an uncertainty of who to trust

If adult children are not involved in their elderly parents' care, there might not be others around to adequately help since their friends are likely in a similar state of mental and physical decline while provincially funded home care, while helpful, is sometimes insufficient.

The biggest challenge when helping these older individuals is respecting their wish to live at home as long as possible while recognizing the difficulties this will pose. This desire to remain at home is particularly acute when a senior couple live together since if one experiences a steep decline in abilities, the other often assumes the role of primary caregiver despite facing declining abilities themselves. Sadly, if the higher-functioning partner dies first or experiences a major illness or disabling injury, it often becomes necessary to move the less-able partner into a senior's home since no one else can care for them.

What we can do

Should we become aware of a situation where an older person or couple is living on their own and we are concerned about their ability to adequately care for themselves, it is helpful to follow these suggestions:

- Monitor the situation regularly**
(Visit the elderly person or couple in their home to see first-hand how they are doing. Also, phone the **Home Care intake number** at (204) 788-8330 to not only begin Home Care for a loved one but to receive an at-home assessment of them.)
- Identify potential support and help**
(Are there family members, neighbours, or community agencies that can come alongside to help if needed? Note: if there is a language barrier, consider contacting a church, temple, or cultural centre that matches the elderly person's background. Someone there might be able to help or intercede.)

While helping older individuals can be challenging and time consuming, there is great reward in providing care and love to people who have contributed much to our lives and society over the years.

Greg Marsh lives in Winnipeg. He can be reached at gregmarsh317@gmail.com

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Peter J. Manastyrsky

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obligation, confidential dialogue to discuss your question or concerns.

As an additional service to all Manitobans, A Step Beyond & Associates conveys a free power point presentation for members who belong to a community centre. Please call 204-663-4651 to arrange a scheduled date and time.

The 2024 tax filing season. All of us are preparing and selecting someone who is reputable to do our income tax return. Please call us, we can assist you in this matter.

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- Transcona Council for Seniors**
845 Regent Avenue / 204- 222-9879
tcs@mymts.net / www.transconaseniors.ca
- Transcona Retired Citizens Org.**
328 Whittier Ave. West
204-222-8473 / trco328@shaw.ca
- Vital Seniors**
3 St Vital Road
204-253-0555 / stmary@mymts.net
www.stmarymagdelenevpg.org
- Winnipeg Chinese Senior Association**
204-291-7798 / wcsa.wpg@hotmail.com
www.winnipegchineseseniors.ca
- Y.A.H. Seniors Club, Windsor Community Centre**
99 Springside Dr.
204-233-0648 / yah@windsorcc.ca

BEYOND WINNIPEG

- BEAUJOUR**
Beau-Head Senior Centre
645 Park Avenue
204-268-2444 / beauhead@mymts.net
- BINSCARTH/RUSSELL**
Seniors Services of Banner County
seniorservicesofbannercounty@gmail.com
204-532-2391
- BOISSEVAIN**
Seniors' Services of the Turtle Mountain Area
204-534-6816 / seniorservicetm@gmail.com
- BRANDON**
Brandon Seniors for Seniors Co-op Inc.
311 Park Avenue E / 204-571-2050
reception@brandons4s.ca / www.brandons4s.ca
- Health Checks** - 204-728-1842
brandonmbhealthchecks.ca
healthchecksbrandon@gmail.com
- CARMAN**
Carman Active Living Centre
47 Ed Belfour Drive / 204-745-2356
www.activelivingcentrecarman.ca
- CRANBERRY PORTAGE**
Jubilee Recreation of Cranberry Portage Legion Hall
217 2nd Ave. SE / 204-271-3081
- CRYSTAL CITY**
Crystal City & District Friendship Club Inc.
117 Broadway St. / 431-867-0122
crystalcityfriendship@gmail.com
- DAUPHIN**
Dauphin Active Living Centre Inc.
55 1st Avenue SE / 204-638-6485
www.dauphinseniors.com
- DELORAINE**
Deloraine Community Club Inc.
111 South Railway Ave E
204-747-2846

- DELORAINE**
Seniors' Outreach Services of BrenWin Inc.
204-747-3283 / sosbrenwin@gmail.com
sosbrenwin.com
- ERICKSON**
Comfort Drop In Centre
31 Main Street
204-636-2047 / areas@mymts.net
- FLIN FLON**
Flin Flon Seniors
2 North Avenue / 204-687-7308
- GILBERT PLAINS**
Gilbert Plains and District Community Resource Council Inc.
204-548 4131 / gpdrc@mymts.net
www.gpseniors.ca
- Gilbert Plains Drop In Centre**
22 Main Street North / 204-548-2210
- GIMLI**
Gimli New Horizons 55+ Centre
17 Loni Beach Road
204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.com
- GLADSTONE**
Gladstone Seniors Inc.
32 Morris Ave. North / 204-385-2205
- GRAND MARAIS**
Grand Marais & District Seniors
36058 PTH 12 / gmdseniors@gmail.com
www.gmdseniors.ca
- GRANDVIEW**
Grandview Seniors Drop In
432 Main Street / 204-546-2272
- HAMIOTA**
Hamiota 55+ Centre & Restore Community Co-op Inc.
44 Maple Avenue / 204-764-2658
- KILLARNEY**
Killarney New Horizons Centre
520 Mountain Ave
www.killarneybbseniors.ca
- Killarney Service for Seniors**
415 Broadway Ave. / 204-523-7115
seniorservice@killarney.ca
- LA BROQUERIE and STE. ANNE**
Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca
- LUNDAR**
Lundar Community Resources
35 Main Street / 204-762-5378
lrcr@mymts.net
- MANITOU**
Pembina Community Resource Council
315 Main Street
204-242-2241 / pembinacrc@gmail.com
- MINNEDOSA**
Minnedosa Senior Citizens Assoc.
31 Main Street S
204-867-1956 / mdsasca@gmail.com
- MORDEN**
Morden Activity Centre
306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca
- NEEPAWA**
Neepawa Drop In Centre
310 Davidson Street / 204-476-5103
Neepawa-dropin@outlook.com
www.neepawa.ca/district-drop-in-center
- NOTRE DAME DE LOURDES**
Club D'age Dor Notre Dame
204-248-7291 / ndslchezsoi@gmail.com
- PILOT MOUND**
Pilot Mound Fellowship Centre
203 Broadway Avenue / 204-825-2873
- PLUMAS**
Plumas Seniors Citizens Club Inc.
102 White Street / 204-386-2029
- PORTAGE LA PRAIRIE**
Herman Prior Senior Services Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

- PORTAGE LA PRAIRIE**
Portage Service for Seniors
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204-239-6312 / psfsmeals@shaw.ca
<https://portageserviceforseniors.wixsite.com/psfs>
- RIVERTON**
Riverton Seniors Activity Centre
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rfdc@mymts.net / www.rivertonfc.com
- SANDY LAKE**
Sandy Lake Drop In Centre
100 Main St. / 204-585-2411
- Municipality of Harrison Park - Age Friendly Initiative Committee**
204-585-5310
- SELKIRK**
Gordon Howard Centre
384 Eveline Street / 204-785-2092
executivedirector@gordonhoward.ca
www.gordonhoward.ca
- SNOW LAKE**
Snow Lake Senior Centre
71 Balsam Street
204-358-2151 / snowsrs@mymts.net
- ST. LAURENT**
Age Friendly Committee of St. Laurent
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- SOUTH JUNCTION**
Piney Regional Senior Services
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lgdseniors@gmail.com
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- STEINBACH**
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204-467-2582 / si55plus@mymts.net
www.si55plus.org
- SWAN RIVER**
Swan River & District Community Resource Council
126 6th Ave N / 204-734-5707
resourcecouncil@srseniorservices.com
- Swan River Senior Citizens Centre**
702 1st Street North
204-734-2212
- THE PAS**
The Pas Golden Agers
324 Ross Avenue / 204-623-3663
seniorsthepas@gmail.com
- THOMPSON**
Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
thompsonseniors.ca
- TREHERNE**
Treherne Friendship Centre
190 Broadway Street
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- VICTORIA BEACH**
East Beaches Social Scene
3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorscene.ca>
- East Beaches Resource Centre**
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>
- VIRDEN**
Seniors Access to Independent Living
204-851-2761
sail.cao.2023@gmail.com
- WINKLER**
Winkler & District MP Senior Centre
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director@winklerseniorcentre.com
www.winklerseniorcentre.com

HERB STEPHEN – Forward Thinking & Open-Minded Chief



A MANITOBA MOMENT

By Bud Ulrich

I recently met George Walker at the apartment block where I live, and we have become good friends. Since George is a former police officer, and a reader of the *Senior Scope* Newspaper, he facilitated my contact with Herb Stephen, Winnipeg's Chief of Police from 1995-1999. Our meeting was delayed for a bit due to Herb's recovery from a few broken ribs. At 91 years of age, these things can happen.

We spent the better part of the afternoon at the Northwest Law Enforcement Academy, chatting about his career and this well-established training facility. Herb is the founder and current president since its inception in 2001. The academy is located across from the Victoria Inn on Wellington Avenue (the old Eaton's Warehouse building). As I entered the reception area on the second floor, I received a warm welcome by another *Senior Scope* reader – I just had to mention this!

Lord Selkirk School located in the Elmwood area is where Herb attended school from Grades 1-12. This was the only school in Winnipeg which offered a K-12 program. After I asked Herb if he was a good student in grade school, there was a long pause, and with a smile he said, "I got the strap! The principal, Mr. Cochrane, administered the punishment. He was built like a BSH, and when Mr. Cochrane gave you the strap, you knew you got it good," said Herb. Other than this incident, Herb felt he was a pretty good student.

After high school, Herb got a job at Eaton's, just like so many other young city kids. Manitoba Telephone System was next, but he still wanted to be a policeman.

Herb recalled an old uncle of his, who was a detective sergeant with Winnipeg Police, who may have had an influence on his career in law enforcement, although his uncle never talked to him about it. "When I thought about careers, I decided that's what I wanted," Herb said. He attended the FBI Academy in Quantico, Virginia to gain formal training in law enforcement at the university level. He applied to the RCMP but got turned down. He feels with



Herb Stephen

the current demand for RCMP officers today, they will almost take anybody. Herb then applied to the Winnipeg Police and was accepted.

In 1956, Herb was appointed as a constable, then promoted to detective, advancing to superintendent of crime, and lastly appointed to chief of police for the City of Winnipeg. He was responsible for a multi-million-dollar budget, along with overall responsibility for 124 officers, support staff and policing of a metropolitan city. It's not difficult to see that Herb made the right choice. It didn't stop there with his subsequent founding of the Northwest Law Enforcement Academy.

Political interference can be challenging to the performance of a police chief. "I was lucky during my time as chief – Bill Norrie was the mayor. He was a super guy. He didn't stick his nose in. Bill said you're running the police department," Herb said.

Herb got along well with Pearl McGonigal, former Manitoba Lieutenant-Governor. He remembers visiting the McGonigal cottage in Lake of the Woods – and with a chuckle, he said, "She was known as pickerel-Pearl."

Another Manitoba Lieutenant-Governor, Philip Lee and his family became good friends with Herb. One of Mr. Lee's daughters, who has lost her vision, has become very close to Herb. They celebrated her 56th birthday over lunch the other day, and that's when he found out Pearl is 96 years of age.



There were significant events during Herb's 36-year career, one of which was a high-profile incident involving two police officers charged with theft and murder back in 1981. Herb was involved in disciplinary actions which, although necessary, can be difficult, especially when that person is armed. "It was a tricky thing, but we handled it well," said Herb. There are many things happening behind the scenes that we don't know about, and having an opportunity to sit down with a former police chief to get firsthand information is of interest to most of us.

Things were quite different for Herb when he was hired on the police force. He started on January 30, 1956, and was placed in a uniform and put out on the "beat" with a constable to show him around. Interestingly enough, that constable started only a week before Herb. They were together for a short while. Herb had a holster but was not issued a gun. Perhaps that was a wise decision. There was no training. He had to locate all the callboxes and make notes in his book. (Most seniors will know the purpose of callboxes.) Training came six months later when the police department had enough officers for a class. The only emergency communication device was the callbox, and if it was close by you were in luck.

During the cold weather, buffalo coats were worn by police officers back in the 1950s, and Herb recalls how it saved him. On Sunday nights, the buses didn't run, so there was no way to get out to the beat. The sergeant on duty gave Herb a ride to his location. They drove by McDermot and Princess where the Western Smallware building was engulfed in flames. As they passed the building, the fire blew out



a window which landed on top of the cruiser car. They were the first ones on the scene and called it in. This was at 12 midnight and Herb was still on the scene at 8:00 a.m., wearing his buffalo coat. There was a changeover of personnel and Herb went home. He stood his buffalo coat up to thaw out as it was frozen from the fire-hose spray. There is a benefit to those heavy coats – police officers remained warm during their shifts. Herb had to be back at the fire at 4 p.m. This building burnt for several weeks.

Herb gave a very detailed account of a serious incident. "On Friday, January 22, 1971, at 5:40 p.m., my partner and I were in the basement of the Toronto Dominion Bank, 285 Smith Street, across from what used to be the Winnipeg Tribune building.

Continued on next page

Jordan Van Sewell,

cont'd from page 3

said. Jordan showed me pieces he created when he was twelve, and they aren't much different than what he is doing now. It's most obvious, that he can cover any subject. Indeed, with his unique style, there is something magical about his works. He takes this viable stuff that's been around for 30 million years. He mixes the clay with water, forms his creation, and places it in a kiln with amazing results. Jordan developed "art" markets in many places, but was quick to note, "We got it all right here."

A recent sculpture of Jordan's provokes several questions about the burning of the Sutherland Hotel. Thirteen windows across the front of the hotel caused him to question the unlucky nature of that number. The reverse side of the sculpture illustrates Jordan's creativity which sends a message and perhaps a further question.

We had a most enjoyable morning talking about Jordan's artistic career, his time on the railroad, his wife Joanne Vanderhorst, their two adult sons, Jett and Zane, along with other subjects of mutual interest. The lyrics of Frank Sinatra's signature song, "I did it my way" best describes Jordan's career. However, he feels his life's venture is a little deeper than that. ■

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RETIREMENT COMMUNITY

Healthy Community Partnership Grant - ATTENTION Support Services to Seniors organizations - Submitted

Victoria Lifeline and its partner, Victoria Hospital Foundation, are excited to announce the call out for our **Healthy Community Partnership Grant**. Through this grant, we are committed to supporting viable projects, programs, and initiatives that enrich the health and well-being of Manitobans. Recognizing the correlation between healthy living and aging safely in place, the Healthy Community Partnership Grant was established to support the creation or enhancement of opportunities for health promotion among older adults.

Grant funds are awarded to non-profit organizations serving primarily older adults to purchase equipment and/or to support activities or programs that promote health and independence.

Grant details for the 2025 intake:

Applications accepted

beginning: February 28/25

Deadline to submit application:

May 31/25

Applicants informed by:

July 15/25

A total of \$10,000 is available and funds will be dispersed and awarded based on the evaluation criteria established for this grant.

The World Health Organization defines health promotion as, "the process of enabling people to increase control over their own health. It covers a wide range of social and environmental interventions that are designed to benefit and protect people's health." Victoria Hospital Foundation and Victoria Lifeline strive to create an inclusive grant program and encourages applications from a diverse group of organizations.

Please be sure to read through the guidelines on before applying. To apply for the grant, you will need to create an account if you don't have one already.

More information on the grant (including highlights from past recipients), the application link and the guidelines can be found on the Victoria Lifeline website.

If you have any questions about this grant or the application process, please contact Laney McGregor at lmcgregor@vgh.mb.ca or **204-477-3415**.

The Forever Young Club Manitoba - Celebrating 25 Years

The Forever Young Club Manitoba was founded by Barry Green and a few close friends in April 1997 to enjoy fellowship and to listen and dance to good ole Rock and Roll music from the 1950's & 60's. Music from the 70's was added more recently. We are celebrating our 29th year in 2025 and all our members remain young at heart, especially when dancing to our theme song which is:

"OLD TIME ROCK AND ROLL" by Bob Seger.

We live up to our motto: **YOU DON'T STOP PLAYING WHEN YOU GET OLD. YOU GET OLD WHEN YOU STOP PLAYING.**

Our dances are held on the last Saturday of each month (7:30 pm to 11:30 pm) from January to May, and September to December. There are **NO DANCES** in June, July, August... (Summer Shut-down). Dances are currently held at the ANAVETS Bingo Hall at 3584 Portage Ave. Most

people dress in casual wear for the dances. Some people like to dress up according to the theme - we usually have a theme for each dance, e.g. Halloween, Beach Party, Juke Box Jive. Our next dance is on March 29th and the theme will be St. Patrick's.

Music DJ's are at every dance and 3 or 4 times a year there is a live band. A light lunch is served, 50/50 draw, cash bar, complimentary coffee and water, door prizes.

Current costs for dances are as follows:

When just a DJ playing: Member: \$10.00 and Non-Member: \$15.00.

When DJ and Band: Member: \$15.00 and Non-Member: \$20.00.

Fundraiser in April: Member: \$20.00 and Non-Member: \$25.00.

December Festive Frolic/New Year's: Member: \$25, Non-Member: \$30

The Annual Fundraiser in April is to raise money for the FYC to keep costs affordable for all and also to raise money for charities such as Candlelighters Childhood Cancer



Support Group and Harvest Manitoba.

This year's Fundraiser dance on April 26 features the band Vintage

Groove. There will be a Silent Auction with great prizes in addition to the usual door prizes and 50/50 draw.

FYC Membership is currently only \$15 per year, which saves \$5 off the admission to each dance. We have about 100 members. Everyone 18 years of age & older is welcome to attend our dances. We are not a singles club, but welcome people from all walks of life be they married, dating or single, who enjoy dancing to good old rock and roll.

Dances are posted on our Facebook page: <https://www.facebook.com/fycwinnipeg> web: foreveryoungclub@wordpress.com. Email: fycwpg@gmail.com and cell phone: **204-261-4442**.

If you wish to attend a dance you must **RESERVE A SPOT** by calling, texting or emailing with the full names of people planning to attend (so enough food is ordered for the dance). You must also notify by phone or email if you find that you are unable to attend the dance after registering. ■

Herb Stephen, *cont'd from page 6*

We had information the bank was going to be robbed. We had no Kevlar chest protection. I had my little gun, a 2-inch barrel five shot Smith & Wesson, and my partner had his 12-gauge shotgun loaded with slugs. At 5:40 p.m. we heard on our radio they were sending all the cars to Sherbrook and Portage. Two masked men were seen going into that bank. Right away we knew it was a ruse to draw the police cars away. Immediately after that call, we heard a commotion upstairs. I went up the front stairs and my partner went up the back stairs. When we reached eye level, there was one guy behind the teller's cage with a mask on, and another guy just inside the back door with a gun and mask. As soon as we challenged them, I yelled, 'Hold it - police'. The

thieves opened fire. One bullet entered the casing on the door where my partner was coming up the stairway. I fired two shots. The first shot hit one guy in the head. I think it killed him instantly. My partner shot the other robber in the groin with his shotgun, but he got out of the bank and ran down Portage Avenue past Eaton's and down Hargrave. He collapsed in a snowbank. He lived, but he went to jail for a long time." Herb was amazed to find out that as soon as the robber got out of jail, the City of Winnipeg hired him as a bus driver. Herb was upset. Let's hope that the robber turned his life around and made something of himself! Later, a good thing happened - The Canadian Banker's Society set up an award for acts of bravery.

Herb and his partner were the first to be recognized, travelling to Quebec to receive their gold medals. More interesting stories followed. I'm sure we could have spent many hours chatting away.

During the first day students are enrolled in the Northwest Law Enforcement Academy, Herb provides a sound message, "If you have Grade 12 and you're 18 years of age, you can apply to the Winnipeg Police, but they won't hire you. They want life skills and post-secondary education, preferably police related. The Academy offers extensive training in law enforcement - it's this type of background that's needed." Students enrolled in the academy spend five hours each day for 11 months. Successful graduates of the program are

usually employed in a variety of law enforcement agencies.

Herb was married for fifty-six years, and sadly his wife passed away from cancer fourteen years ago. His daughter lives in Florida, and his son is a retired sergeant with the Winnipeg Police Service. Herb has one grandchild. Herb remarried and his present wife has a son who is employed with the Winnipeg Police Service, a daughter in Winnipegosis, and two grandchildren. There are several relatives involved in law enforcement - indeed, you might say, they are a "police family".

With a grin, Herb says he relaxes watching police shows on television. "I've done this for many years, even prior to working as a police officer." ■



RAQUEL DANCHO

Member of Parliament for Kildonan—St. Paul

Working hard for seniors!

If you are a resident of Kildonan—St. Paul looking for assistance regarding a federal government concern, please reach out to my office, we would be happy to help.

raquel.dancho@parl.gc.ca

mpraqueldancho.ca

204-984-6322

National Nutrition Month inspires Healthy Eating - Alzheimer Society of Manitoba

There's no better time than **National Nutrition Month** (March) to talk about healthy eating and its impact on our brains! What we eat plays an important role in our long-term health, including brain health.

Studies have shown that diets like the Mediterranean or MIND diets, which focus on whole foods like fruits, vegetables and healthy fats, can help protect your brain. These diets have been linked to lower risks of dementia by promoting heart health, reducing inflammation and providing the essential nutrients your brain needs to function at its best.

Your diet impacts your brain in several ways:

- **Reduces inflammation:** Brightly coloured fruits and vegetables are packed with antioxidants, which combat inflammation in the brain. This can lower the risk of cognitive decline as you age.
- **Supports cognitive function:** Healthy fats like those in olive oil, nuts, and avocados improve blood flow to the brain, supporting memory, focus, and overall cognition.

Eating well can be simple - and delicious! Here's a taste of what experts recommend:

- **Count colours, not calories!** Bright fruits and vegetables, like blueberries, broccoli or bell peppers, are rich in nutrients that protect the brain.
- **Healthy fats are important for a happy brain.** Nutrient-dense foods like olive oil, nuts and avocados support cognitive function and improve blood flow to the brain. Research shows these foods are



Shopping healthy.

particularly valuable for brain health, helping to lower risks associated with aging.

- **Limit processed foods and sugars.** Too much sodium or sugar can impact blood pressure and blood sugar levels, increasing the risk of dementia by 60%. Limiting foods high in added sugar and salt can make all the difference.

The Brain Health Food Guide from Baycrest Health Sciences is an evidence-based guide that focuses on foods to support aging brains. This guide includes a variety of healthy foods that supply your brain with the nutrients it needs to function best. To read the full guide, visit baycrest.org.

Here are a few tips the Brain Health Food Guide suggests:

- Grill, steam, or bake foods instead of deep frying
- Keep your kitchen stocked with:
 - Dried or canned beans

- Frozen or canned fish
- Frozen vegetables and fruits
- Add beans or legumes to soups, stews, salads, and stir-fries
- Snack smart. Choose nuts, fresh fruits, chopped vegetables, and low-fat yogurt
- Keep hydrated. Drink water or other unsweetened drinks

For more information on eating healthy to support your brain health, go to alzheimer.mb.ca/nutrition.

THINGS TO DO - MARCH 2025

Education Session:

Conversations about Driving

Tuesday, March 18, 2 - 3 pm, Virtual via ZOOM

Are you concerned about your family member/friend who lives with dementia and is driving? Become informed about how dementia can impact driving and learn what's involved in a medical assessment by the Driver Fitness Department. Register for free at alzheimer.mb.ca.

Dalnavert Museum Dementia-Friendly Tours

Saturday, March 29, 10 - 11:30 am,

Dalnavert Museum, 61 Carlton St, \$24 +tax/pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to moderate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea

and coffee and a closer look at some artifacts. Learn more at

alzheimer.mb.ca/communityprograms

Tune-Up Café

Tuesdays, 6:15 - 8 pm, Convalescent Home of Winnipeg, 276 Hugo St North, Winnipeg, free to attend but registration is required.

Tune-Up Café is for individuals living with early to moderate signs of dementia and their care partners. It's an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! Learn more at

alzheimer.mb.ca/communityprograms

Minds in Motion

Various dates, times and locations across the province.

Join us this winter 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

Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. There are a variety of unique groups to choose from, so you can find the right fit for you. Learn more at alzheimer.mb.ca

Winnipeg Police Service: March is Fraud Prevention Month

Grandparent Scam 2025

Scams are constantly evolving and changing and they are tailored to target certain segments of the population and today we are going to discuss one of the most cruel and targeted scams, the emergency or **Grandparent scam**.

Although parts of the scam have evolved the basics framework remains. A phone call that a grandchild, child, niece or nephew is in a bind and needs money urgently. The reason could be getting arrested and needing bail, being in a car accident where someone was injured, being sick or injured and needing funds for medical treatment or numerous other approaches.

They typically start with a younger sounding voice speaking, sometimes asking "Do you know who this is?" It is common for minimal contact with this caller before

you get passed to a lawyer, police officer, customs agent or doctor who explain the situation and the need for funds to help your loved one. They will use various ploys to keep you from checking out the story with others. This could be saying there is a Gag order in place, saying your loved one is embarrassed and wants to tell the family themselves or even threatening you with legal consequences.

Then they will try and get the money. This could be asking you to deposit funds into a bitcoin ATM, sending cash through the mail or sometimes even sending a courier or "bondsman" to pick up the funds. Typically by the time the ploy has been discovered the money is long gone.

How do we protect ourselves and our loved ones from falling victim to this scam?

The easiest and most effective path is educating ourselves and our loved ones on the various scams out there and recognizing a few important factors.

Stress response – The scammers will try and make the situation dire, with severe consequences for your loved ones, this fear can cause even the most educated person to act in a manner or do things that you normally wouldn't.

Time – The scammers instill a false sense of urgency and pressure you to make fast decisions. The victims think they don't have the opportunity to verify information.

Payment method – The scammers aren't going to ask for a cheque or bank draft. They ask for funds that are easy to move quickly and hard to trace. Most common are cash, cryptocurrency or gift cards.

How do we combat these scams. Educate yourself and have conversations with your family and friends so they are educated as well. Make sure that your loved ones know to verify information with a trusted individual. Police, the courts and medical facilities will never ask for money directly from you, if money is owed or needed for bail, these processes occur at the medical facility or the Court building in your area.

The most effective way to combat scams targeting our most vulnerable is by maintaining open communication.

And always remember, when in doubt, just hang up!

For more information please visit the **Canadian Anti Fraud Centre** at www.antifraudcentre.ca.

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Our March Host Sponsor is the Manitoba Historical Society!

CJNU is incredibly excited to welcome the Manitoba Historical Society as our March Host Sponsor!

The Manitoba Historical Society (MHS) – founded in 1879 – is the second oldest such organization in Canada. Our mandate is to preserve, promote, research and educate, and it is an accessible portal for anyone and everyone with an interest in Manitoba history – from its built heritage to its many varied stories that weave their influences through our provincial fabric.

It is said that history is our greatest teacher. As Canada confronts an existential threat from a tumultuous neighbour to the south and seeks to restore balance to one of world’s most peaceful international relationships, history can guide us.

We have been the grown-ups in this room before, from The U.S. War of Independence and United Empire Loyalists to the Royal Proclamation of 1763 and, of course, the War of 1812. Each was a seminal marker that helped shape Canada’s national character.

In Manitoba, we recently marked Louis Riel Day, which includes more lessons, chiefly about the crucible of democracy that this province fashioned. Manitoba drafted new branches onto the tree we planted with this country’s constitutional monarchy.

Then, there is where we live. Our location, climate and geography have helped shape our char-

acter and destiny as Manitobans and Canadians. We stood up when called on to defend democracy, and HMS continues to honour that history by providing the key to unlock our past.

We do this through our awards programs, including the Margaret McWilliams awards for excellence in writing books about Manitoba history, and our awards to organizations and businesses that have operated for over 100 years. We also accomplish this through our public education efforts, including an acclaimed digital history website, and a trove of books and artefacts, which became part of the basis of today’s Archives of Manitoba, the Winnipeg Public Library and the Manitoba Museum.

We offer insight through our highly acclaimed Prairie History magazine, our videos, and our field trips, public lectures and tours. We work to help people discover the rich tapestry of Manitoba’s past and its fascinating secrets and hidden gems.

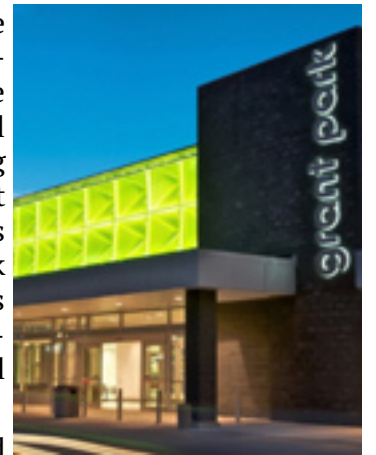
As we navigate this latest transition, the MHS is uniquely placed to help nurture the calm and determination we’ll draw on to chart a course for the future.

For those interested in becoming a member, or to financially support the MHS and continue our mission to keep Prairie and Manitoba history alive for current and future generations, visit MHS.ca today.



Live on Location at Grant Park!

The CJNU Remote Studio will be broadcasting LIVE from the always wonderful Grant Park Shopping Centre throughout March and April. This visit to Grant Park marks a full ten years since our first broadcast from the mall back in 2015!



We’d like to extend our profuse thanks to Corey, Brandon, and all of the team at Primaris—who manage both Grant Park and Kildonan Place—for their incredible support of CJNU over the past decade.

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 to learn more and join our co-op!

March - Fraud Prevention Month

Every year in March, Fraud Prevention Month raises awareness about the growing threat of fraud and scams. It's essential to stay informed and vigilant. Here are some specific tips to help you stay safe and avoid becoming a victim of fraud:

1. Be Skeptical of Unsolicited Communication: If you receive a suspicious or odd message from a trusted business or friend, contact them through a different means of communication to confirm it's them.
2. Protect Your Personal Information: Use strong, unique passwords for online accounts. Never share sensitive information, like your Social Security number or bank details, over the phone or online unless you trust the source.
3. Monitor Your Financial Accounts: Regularly check bank statements and credit card bills for suspicious activity. Set up alerts

for unusual transactions and report unauthorized charges immediately.

4. Be Wary of Phishing Scams: Avoid clicking on links or opening attachments in unsolicited emails. Verify the sender's authenticity.
5. Be Cautious of Investment Opportunities: Research any investment thoroughly and seek advice from a financial professional. Be skeptical of unsolicited offers and avoid investments that seem too good to be true.
6. Educate Yourself and Others: Stay informed about the latest fraud trends and share information with friends and family.

Always report suspected fraud. If you believe you've been a victim, report it to your local police and the Canadian Anti-Fraud Centre (CAFC) at 1-888-495-8501. Even if you're not a victim, report suspicious activity to the CAFC. ■

LE CHALET de LA BROQUERIE INC.



Le Chalet de La Broquerie in partnership with Manitoba Housing, currently has subsidized housing suites available in assisted living offering meals and light housekeeping services and homecare personal services. We welcome everyone over the age of 55 to share this unique establishment in our ever-growing community of La Broquerie. For more information, please contact us at **204-424-5892**, email us at lechalet1969@gmail.com or check out our website at www.lechaletdelabroquerie.com.

CELEBRATING International Women's Day



NELLIE KENNEDY
MLA for Assiniboia
204-888-3188

JIM MALOWAY
MLA for Elmwood
204-415-1122

LOGAN OXENHAM
MLA for Kirkfield Park
204-831-6689

JD DEVGAN
MLA for McPhillips
431-323-6014



MALAYA MARCELINO
MLA for Notre Dame
204-788-0800

MIKE MOYES
MLA for Riel
204-421-4666

TRACY SCHMIDT
MLA for Rossmere
204-661-1377

BILLIE CROSS
MLA for Seine River
431-323-6026



RENÉE CABLE
MLA for Southdale
204-222-9038

ROBERT LOISELLE
MLA for St. Boniface
204-505-2800

ADRIEN SALA
MLA for St. James
204-792-8779

CARLA COMPTON
MLA for Tuxedo
204-416-1140

DAVID PANKRATZ
MLA for Waverley
431-323-4891

The Benefits of Staying Active at Misericordia Terrace

There is no doubt that the move to independent living from your forever home can be a difficult one to make but the benefits of communal living are there if you are ready and willing to see them. One of the main benefits that comes with a move like this is the opportunity to take part in activities that have been planned for you. **Misericordia Terrace** strives to plan activities to fit the needs of all our residents with a focus on the body, mind, and soul. But what does that mean?

Physical activities provide the foundation for all other forms of wellness for older adults. A sedentary lifestyle can lead to greater susceptibility to injury, higher incidence of obesity, cardiovascular problems and a number of other serious diseases. It is well proven that senior physical activity decreases the risk of stroke, cancers, type 2 diabetes, depression, and dementia. It also lowers the deterioration of overall health and allows individuals to maintain their independence longer and age in place. It is recommended that seniors participate in



approximately 150 minutes of moderate aerobic activity per week and those who experience mobility problems engage in physical activity at least 3 times a week to improve balance and prevent falls.

Activities with a social focus are also crucial to overall wellness, especially to maintain a meaningful and satisfying life. Without consistent social interaction, seniors can experience a variety of conditions including loneliness, depression and an increased risk of dementia. It is noted that



older adults that are able to engage in regular social activities experience significant improvements in their physical, mental and emotional health outcomes with much of this improvement resulting from the ability to maintain healthy relationships and a continued sense of being a part of the community.

Activities that engage the mental faculties are also incredibly helpful to overall senior wellness, especially in preventing or slowing the progress of forms of dementia. The va-

riety of activities is wide enough to accommodate many individual preferences and includes puzzle solving, board games, reading and much more. These sort of mental activities will also improve the emotional health outcomes of older adults, especially in combination with physical and social activities as mentioned above.

Call Sarah at **204-788-8020** to book your appointment to visit us so that we can show you all that Misericordia Terrace has to offer. ■

Wellness goals for 2025

- Heart to Home Meals

The new year is well under way, going into our 3rd month of 2025 and that means it's the perfect time to look at what goals we should have that prioritize our wellness. We still have a couple of months of winter left here in Manitoba. And this goes beyond losing a few pounds or eating more vegetables (although for some those can be great goals!) Wellness also means considering our emotional and mental health too.

Everyone's goals need to be as unique as they are. For instance, some people may want to eat a bit more to maintain weight and get proper nutrition while others may want to cut back on snacking. It's important to consider what's right for you.

For seniors, this can be especially important as we age and may need to prioritize strategies that benefit our body and mind. Here are a few ideas for goals to set at the start of this year that look after your holistic health.

Goals for your body

Exercise regularly: Regular physical

activity is important for seniors to maintain strength, flexibility, and balance. This can help prevent falls and other injuries and can also improve overall health and well-being.

Many community centers offer a variety of exercise classes specifically designed for older adults, such as yoga, tai chi, and low-impact aerobics. Walking, swimming, and cycling are also great options that are easy on the joints and can be enjoyed outdoors. Just make sure to check with your doctor to make sure a new activity is right for you.

Eat a healthy diet: This is a big one for us here at Heart to Home Meals. A healthy diet is important at any age, but it becomes increasingly important as we get older. Eating a balanced diet that is rich in fruits, vegetables, and lean proteins can help seniors maintain their strength, energy, and overall health. Our meals are clearly labeled so you know you're getting the nutrition you need.

Limiting sugary drinks and snacks and limiting saturated and trans fats can also help you maintain a healthy weight and

lower their risk of chronic diseases such as heart disease and diabetes. This doesn't mean you have to cut out all sugar! Having something to look forward to eating is a healthy practice too.

Drink plenty of water: Hydration is extremely important for seniors, as your body's ability to regulate fluid balance can decline with age. Without enough water, you risk problems like fatigue, confusion, and an increased risk of falls.

Water is the best choice for hydration, but you can also get fluids from other sources such as soups, fruits, and vegetables. It's also a good idea to carry a water bottle with you so you can easily stay hydrated throughout the day. In fact, keeping a water bottle on hand is a great, easy, and straightforward goal to set this year!

Goals for your mind

Get enough sleep: Getting enough sleep is good for every part of your body but can be especially good for your mind. It can help you feel more rested and alert,

and can also improve mood, memory, and cognitive function.

Establishing a regular bedtime routine and creating a comfortable sleep environment can help you get the rest they need. This may include setting a consistent bedtime, avoiding screens before bed, and making sure the bedroom is cool, dark, and quiet.

Stay mentally active: Engaging in mentally stimulating activities such as puzzles, reading, or games can help you give your brain a boost and prevent memory loss that's related to aging.

Many community centers and libraries offer classes and programs specifically designed for seniors, such as language classes, art classes, and computer classes. Learning a new skill is a great way to stimulate your mind and can be fun as well!

Goals for your emotional wellness

Stay socially active: Social connections and activities are important for everyone to stay mentally and emotionally healthy. Participating in activities such as volunteering, joining a club or group, or simply spending time with friends and family can provide a sense of purpose and fulfillment.

Even if your mobility is limited, using technology to stay in touch with friends and families, or joining an online community is a great way to keep up a social life.

Manage your stress: Stress can have negative effects on both physical and mental health, and it is important for everyone to find ways to manage it. Engaging in activities such as yoga, meditation, or deep breathing can be helpful in reducing stress. Seeking support from friends and family, or seeking professional help if needed, is also a great idea.

A Healthy Outlook for 2025

It's hard to deny the motivation we feel at the beginning of a new year, let's refocus and prioritize our wellness for the rest of the year. Leveraging that to set goals that prioritize our health is a great way to increase our wellness now, and down the road. One place you can start is with Heart to Home Meals, where eating well is made easy (and delicious). Get in touch with us today **204-816-8659**, and we'll show you how we can help you reach your wellness goals this year! ■

CELEBRATE OUR 5TH ANNIVERSARY WITH THE *Try and Taste Us Bundle.*

If you've never tasted our tempting meals made for seniors, our 6 favourites will certainly make your mealtime easy and enjoyable.

This bundle includes:

- Spaghetti and Meatballs
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- Traditional Turkey Dinner
- Beef Stew
- Macaroni and Cheese

All 6 meals for

\$71.50

Locally owned and operated by Fred Pennell

204-816-8659

HeartToHomeMeals.ca





If you require assistance with end-of-life decisions, the following pages may provide valuable guidance.

- A celebration of life, a funeral or a memorial...
- Preplanning and prearranging...
- Cremation, burial, green burial...
- Memorial headstones, monuments, lawn markers...
- Handling your estate and carrying out your wishes...
- How to choose an executor...

11	KILCOLLINS CREMATION SERVICE
12	MEMORIAL WOODLAND OF MANITOBA
12	ORGAN DONATION
13	DIGNITY MEMORIAL
14	WESTWOOD MEMORIALS
15	KENDRA L. d'EON, BARRISTER, SOLICITOR, NOTARY PUBLIC - KLD LAW
15	ARBOR MEMORIAL
16	BRUNET MONUMENTS
16	DYING WITH DIGNITY - THE MAID PROCESS
16	HAYDEN ANNING, LAWYER - TACIUM VINCENT & ASSOCIATES
17	BRANCH & PYRE CREMATION CARE



Helping families through challenging times - Kilcollins Cremation Service

At Kilcollins Cremation Service, it is our mission to help guide families through one of life's most challenging times with dignity and reverence but always in a manner that is suited to their needs.

Today many families are choosing basic cremation allowing them a greater range of options around when, where and how they will memorialize their loved one.

Whatever choices are right for you and your family, we are here with the knowledge and experience to help you explore all your options, and guide you step by step through a process that leads to sound, informed decisions without any pressure.

Whether you are seeking information or advice on arrangements now or for the future, we are here to help. We can meet in our office or in the comfort of your home.



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for Basic Cremation



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“No Hidden Costs”

- At the time of need or when planning ahead.
- Meet in our office or in the comfort of your home.

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Saving lives can be as easy as having a chat at the kitchen table

Talking about dying while you're still living can be difficult. However, leaving family members to make decisions about organ and tissue donation during a time of crisis is even more difficult.

Having important conversations with loved ones about giving a gift of life and registering your intent to be a donor are the best ways to let families know how to honour final decisions. Within the organ and tissue donation world, family members are part of the journey to donation – they share health information about the person becoming a donor and give the final consent. If you have already

talked with them, it's easier for them to do the right thing. Think of this conversation as a gift for your family because it gives them valuable information about you and your end-of-life decisions, and it is a gift of hope and healing for someone you will never meet.

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. It is important to know that not everyone who registers actually become organ donors at the end of their lives. In fact, very few do. Less than 3% of all

deaths in hospital can be considered for donation because death must happen in a specific way for organ donation to be possible. It is a small window of opportunity, which is why it is so important to share your decisions with loved ones and to register.

Registering intent to be a donor in Manitoba takes just two minutes online at www.signupforlife.ca and three pieces of information – name,

birthdate and nine-digit Manitoba Health card number. Nearly everyone has the potential to be an organ and tissue donor, regardless of age or medical conditions you may be living with. By registering online, your decision is always available to the medical team and can be shared with your family. Should the situation arise, and donation becomes a possibility, the medical team will assess whether the person could indeed be a donor.

If you have questions or would like more information, please call **204-787-1897** or email info@signupforlife.ca.

92	CANADA'S OLDEST ORGAN DONOR
104	CANADA'S OLDEST TISSUE DONOR

Would you like to become a tree in your next life?

- Memorial Woodland of Manitoba

Spoiler alert! Many of us have not yet acknowledged that we will actually die some day. If this is something that you are prepared contemplate, then please read on....

The Memorial Woodland of Manitoba Inc. is a registered Manitoba charity, which has been created to facilitate an ambitious and creative "greener" project. Namely, to develop and

maintain a forest where the cremated (or aquamated) remains of individuals will be mingled with the root systems of newly planted as well as existing trees. Participants will also be invited to plant memorial trees without the addition of cremains. The Woodland will facilitate the optional placement of a discreet memorial marker to serve as a lasting legacy.

Your atoms will be recycled to become part of your own tree in a park setting.

This unique project will be situated on an 18 acre parcel of land near Tyndall, Manitoba, a drive of approximately 30 minutes from the City of Winnipeg.

Professionally designed and maintained, The Woodland will be an interactive gathering place. The fully developed forest will contain picnic sites, water features and pathways.

The first priority of the charity is to ensure that there is sufficient interest in the project before commencing development. The prime objective of the board is to ensure that the project is sustainable. A capital fund will be established to make sure that there

is the ability to care for the site in perpetuity. To date, 33 individuals have committed to becoming trees! More are needed! Many have said: "Build it and they will come!", but considering the uniqueness of this venture we will only proceed with the community's dedicated support. If you find this intriguing, we welcome you to visit our website at www.MemorialWoodland.ca and/or e-mail us at info@MemorialWoodland.ca

We will also be holding a one hour informational session about the project on Thursday, March 20th at 12:30 p.m. It is being hosted by the Good Neighbours Active Living Centre, 720 Henderson Highway. Free admission, but pre-registration is necessary either by calling their office at **(204) 669-1710** or you can register online at www.gnalc.ca

We will be happy to answer any and all questions, and update on the progress of our treeincarnation initiative.

All Manitobans are welcomed to embrace this *treeincarnation* initiative, either as participants or donors. ■

MEMORIAL WOODLAND of MANITOBA

Would you like to become your favourite tree in your next life?

We invite you to visit www.MemorialWoodland.ca to learn more about this **treeincarnation** project.

Contact us at info@MemorialWoodland.ca

Rendering of completed site by Tiana Swintak





Funeral Preplanning Reduces Stress - Dignity Memorial



“Funerals are not a pleasant subject to contemplate, and they are often very stressful and expensive events. Planning a funeral in advance can alleviate some stress on remaining family and friends.”

The death of a loved one is always stressful. Fortunately, preplanning is something you can do now to help your family. Preplanning helps to answer questions like: Did she want a traditional funeral with burial? Didn't

he say he wanted to be cremated? Should we have the service at the funeral home or our church? What music should be played?

Often, family members and friends are unsure of the answers and worry about making poor choices. Preplanning can help your family make better choices and significantly reduces the difficult decisions that traditionally confront loved ones at a time of loss. “Thinking ahead can help you make informed and thoughtful decisions about funeral arrangements. It allows you to choose the specific items you want and need and compare the prices offered by several funeral providers,” advises the Federal Trade Commission.

Preplanning can also be done at your convenience, allowing you to make informed decisions. Preplanning can help to protect you from inflation by securing today's prices for goods and services. For your family, pre-

planning allows them to spend their time supporting one another, sharing memories and celebrating the life that you lived. It lifts the burden of decision-making from their shoulders.

One of the best ways to pre-plan may be to sit down and put your thoughts in writing. The **Personal Planning Guide** offered by **Dignity Memorial**® providers is clear, concise, easy to complete and offered **free of charge**. This guide is a “fill-in-the-blank” final arrangement planner that takes you, step by step, through the recording of your wishes.

Prearranging your funeral or cremation service is a decision only you can make, but it is a decision that affects the people you love most.

Thomson “In The Park” Funeral Home and Cemetery
Tel: 204-925-1120

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Plan a beautiful, personal remembrance

The way you choose to be remembered should be a reflection of your personality and passions. These days, more than ever before, our funeral planners are helping customize final arrangements...your way.

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The death of a life partner is well recognized as an emotionally devastating event, being ranked on life event scales as the most stressful of all possible losses. The intensity and persistence of the pain associated is thought to be due to the quality of the bonds linking partners to each other.

When you lose a spouse, you not only lose a romantic partner, but also a best friend, a confidant, and the main person, who makes you feel special, important, and unconditionally loved. Coping with this profound loss can feel unbearable and very lonely.

Although there is no data to imply that all bereaved people need or want formal interventions, support groups can provide bereaved individuals with a place to tell their story and talk openly. Support groups can provide a safe setting for bereaved individuals to be authentic as they grieve and work through their loss.

By introducing people to others who are going through a similar experience, support groups offer a way in which to “normalize” the grief experience and validate feelings. Groups can offer opportunities to learn new roles, new ways of prob-

Westwood Memorials -

Honouring Legacies: A Family-Owned Memorial Business Serving the Community



Westwood Memorial on north Main, West St. Paul.



Curtis Link (left) with his nephew Josh Kubas.

In an era where large corporations dominate many industries, family-owned businesses continue to serve as the heart and soul of communities. One such business is **Westwood Memorials**, a locally owned memorial company that has been helping families honour their loved ones with dignity and care for almost 60 years.

Westwood Memorials was started by Herb Link in 1966 out of his home in Winnipeg, Manitoba with a simple goal: to create high-quality, personalized memorials that serve as lasting tributes.

Over the years, the business has remained in the family and has moved to 4284 Main Street in West St Paul, Manitoba. It is now operated by his son Curtis Link, who carries forward the legacy of craftsmanship, compassion and community.

What sets Westwood Memorials apart is not just their expertise in stonework but also their deep understanding of the emotional journey families go through when choosing a memorial. "Each memorial tells a story," says Curtis Link. "We take the time to listen to families, understand

their wishes, and create something that truly represents their loved one's life and memory."

The process of crafting a headstone is both an art and a science. From selecting the right memorial—to carefully engraving names, dates, and personal messages, every detail is meticulously handled. Advances in technology have allowed for intricate laser etching and customized designs, but the personal touch of handcrafting remains at the core of the business.

Despite industry changes, Westwood Memorials remains committed to traditional values: quality, integrity, and personalized service. Whether working with grieving families or helping individuals plan ahead, they take pride in offering guidance and comfort during difficult times.

For those seeking a meaningful way to commemorate their loved ones, Westwood Memorials continues to be a trusted name. With a foundation built on family values and a commitment to excellence, they ensure that every monument stands as a lasting testament to a life well lived.

For more information, visit Westwood Memorials at 4284 Main Street or at <https://westwoodmemorials.ca>

<https://www.facebook.com/westwoodmemorials>

Find us on Instagram:

https://www.instagram.com/westwoodmemorials?igsh=dDFIb3kyenV6Mnlu&utm_source=qr

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lem-solving, or coping by being involved in discussions with the facilitator and listening to the experiences of others.

Join us on Thursdays

May 1 to June 5, 2025

10:00 AM to 12:00 PM

Classes will be hybrid:

In Person:

Classes will be at the A & O Boardroom
200-207 Donald Street

Zoom:

The Zoom app is accessible to participants on their Smartphones, iPads or home computers.

Goals:

- To provide a safe setting to share stories of loss with others
- To validate and affirm feelings and experiences of the newly-bereaved and offer hope
- To promote the development of new coping skills

- To alleviate isolation and loneliness that may be part of the grief experience

Topics / Sessions:

- Week 1: Introduction -**
Exploring the Myths and Misconceptions about Grief and Grieving
- Week 2: Ripples in a Pond -**
Primary and Secondary Losses
- Week 3: Riding the Roller Coaster of Emotions**

Week 4: Surfing the Waves

Week 5: The Butterfly Effect – Transformation

Week 6: Moving Forward -
Setting Goals, Finding a New Purpose

.....
For more information or to register for this group, please contact Intake at **204-956-6440**.

The Executor's Juggling Act – Choosing the Right Executor

- Kendra L. d'Eon, KLD Law

An executor's job can often be a juggling act that plays out in the middle of a three-ringed circus of family drama.

Most people assume that your family members should be your executors, and that they will be hurt if they are not all selected to act for you.

My response to this is, "being an executor is NOT an honour."
Picture the following scenario:

You are at the table on your favourite holiday. One of the kids takes the last (insert beloved homemade food) and your adult kids start bickering like they are back in grade school. You give them a look and all is well.

Now, replace the food with a house. Imagine you are no longer there to diffuse the situation.

Suddenly, appointing everyone together does not sound appealing.

I ask my clients to consider some of the following questions before choosing their executor(s):

1. **Who is best suited for the job?**
If one child is an artist and the other an accountant, the accountant would do well as an executor whereas the artist would plan an excellent service and memorial.
2. **Are you selecting someone who will be available to act long term?**
When I'm working with seniors, I recommend picking at least one alternate executor that is younger than you. It is ok to list your spouse first, but ideally your alternate should be younger.
3. **Do you travel together?** If your entire family travels together regularly, it may be wise to have an alternate executor who could act if the unthinkable were to happen.
4. **Can your executors work together?** It is preferred to appoint executors one after the other, so it is clear who acts in which order. If you are considering joint executors, you need to consider how disagreements will be handled.
5. **Does your executor live in the same province?** Location can be a matter of practicality but that is not the only consideration. If you must appoint someone from another province, seek legal advice to be sure there are no unexpected complications. Generally, you should not appoint someone from another country.
6. **Should you avoid selecting a family member?** Sometimes it is better to have an impartial executor. Large or complicated estates should be handled by professionals. While the fees may seem high, your family may be grateful your estate is being managed properly. A neutral friend may also be a good choice if there is family drama, abuse, conflict, or estrangement. You want to choose someone you trust and minimize conflict where possible.

While this is not an exhaustive list of considerations, it is meant to get you thinking about choosing the right person for the job. You can help your executor by keeping your Will up to date and making sure they know where to

find your Will and other important documents. If you would like more information on estate planning reach out to us at www.kldlaw.ca or **204-989-9850**. ■



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- Emergency estate planning services
- **Free** community presentations on wills and estates for your 55+ group

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Email: Kendra@KLDLaw.ca
www.KLDLaw.ca

Kendra L. d'Eon
Barrister - Solicitor - Notary Public

Too many people leave their funeral plans for a grieving spouse or loved one to handle during a difficult time.


By discussing details together today, you can make personal choices and protect each other from uncertainty.

Get started today. Visit us online or call for a FREE legal will kit and estate planner.

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www.glenedenmemorial.ca

Chapel Lawn Funeral Home & Cemetery
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431-631-0236
www.chapellawn.ca

Glen Lawn Funeral Home & Cemetery
455 Lagimodiere Blvd, Winnipeg, MB
431-631-0231
www.glenlawn.ca



Arbor Memorial

Arbor Memorial Inc.



Dying With Dignity Canada - MAID process -

Unwanted suffering is wrong

In March 2021, Bill C-7 — which included key amendments to Canada’s **Medical Assistance in Dying (MAID)** legislation — was passed into law.

Although Bill C-7 expanded access to MAID to include individuals whose deaths are not reasonably foreseeable, many people still aren’t eligible because they are in the early stages of a capacity-eroding condition — such as dementia, Parkinson’s, or Huntington’s disease — and cannot put in place an advance request for MAID.

In practice, an advance request would allow someone to make a written request for an assisted death before experiencing intolerable suffering from a known grievous and irremediable condition, disease, or disorder.

Then if, at some point, this person loses the capacity to make medical decisions for themselves — and, importantly, reaches a point where their suffering becomes unbearable — this formal request could be honoured.

An advance request could save a person from having to endure years — perhaps even decades — of unwanted suffering.

Key steps in the MAID process

- **The written request**

The forms for your province or territory can be downloaded from Dying With Dignity Canada, your provincial or territorial Ministry of Health, or from your local Health Authority.

- **The witnessing**

The written request must be signed by an Independent Witness. If you cannot find an Independent Witness, you can contact Dying With Dignity Canada to arrange for a trained volunteer in your area to sign your request.

- **The assessment process**

Once you submit your written request, you will need to be assessed by two independent assessors to determine your eligibility for MAID.

- **For an assessment for MAID in Manitoba**, contact the **Provincial MAID Team** directly at **204-926-1380** (local **Winnipeg** number), or toll free: **1-844-891-1825**.

- **The provision**

If you consent to proceed, the MAID provider will administer one medication that will induce sleep within one minute. The remaining medications will put you in a deep coma and stop your heart within 5-10 minutes.

At any point during your MAID process, you can change your mind, even on the day of your provision.

For more information:
1-800-495-6156
<https://www.dyingwithdignity.ca/>

Visit these sites for more info
<https://www.dyingwithdignity.ca/>

Advance Care Planning - <https://www.dyingwithdignity.ca/education-resources/advance-care-planning/>
Financial Planning - <https://www.dyingwithdignity.ca/education-resources/financial-planning-guide/>
End-of-Life Ceremony Planning - <https://www.dyingwithdignity.ca/education-resources/end-of-life-ceremony-guide/>
Digital Legacy - <https://www.dyingwithdignity.ca/education-resources/preparing-a-digital-legacy/>

Navigating an Estate Administration - Hayden R. Anning

Once you’ve planned the funeral, you may be left asking yourself, what now? Administering an estate involves more than just distributing assets—it’s a legal process that ensures the deceased’s wishes are honoured while fulfilling obligations

to creditors and beneficiaries. The following is a general overview of the process:

1. The Role of Probate

Probate is the process whereby the Court recognizes the validity of the will, thus confirming the executor’s

authority to carry out the deceased’s wishes. In cases where there is no will, Manitoba’s Intestate Succession Act dictates who inherits the estate, and an administrator must be appointed to oversee the process — a lawyer can help navigate the intricacies of these rules.

2. Identifying Assets

Around the same time, the executor or administrator’s job requires that they locate and list all of the deceased’s assets. From homes and bank accounts to personal items and investments, all assets must be identified, valued, and accounted for. This is crucial to ensure that nothing is overlooked. When planning your own estate, maintaining organized and accessible records can be a blessing to your executor.

3. Settling Debts and Taxes

Before distributing assets to heirs, the estate must take care of its debts. This means paying creditors, covering funeral expenses, and addressing any taxes due, including the deceased’s final income tax return. Ensuring all debts and taxes are paid

is a crucial step in limiting any liability to the executor or administrator.

4. Distribution of Assets

Once debts are settled, the remaining estate can be distributed. If a will is in place, assets are given to beneficiaries as specified. In cases where there’s no will, intestacy law determines how the estate is divided — a lawyer can help with determining the proper distribution. The executor’s role is to ensure accuracy and efficiency in this process.

5. The Timeframe

The administration process can take several months to over a year — depending on the complexity and agreeableness of the relevant parties. It is important that executors communicate openly with beneficiaries and meet all legal deadlines.

Administering an estate can be challenging, but with the right guidance and careful attention to detail, it can be a smooth process that honours the deceased’s legacy. If you’re looking for assistance with administering or planning an estate, give me a call. ■

Hayden Anning
 Lawyer | B.A., J.D., C.F.P.

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Dying With Dignity Canada - MAID process -

Your end-of-life rights must be respected

The lack of access to advance requests is a critical gap in our country's assisted dying legislation — and must be corrected.

With your help, we're calling on decision-makers to respect people's end-of-life rights by supporting advance requests for assisted dying.

The time to act is now

On October 30, 2024, Quebec became the first province in Canada to allow advance requests for medical assistance in dying. Our hope is that a legal advance requests regime in one province will have a cascading effect on the other provinces and territories.

Tell your Member of Parliament as well as the Ministers of Health and Justice and the Prime Minister's office to move swiftly with the legalization of advance requests, so that those who wish to can make a request for MAID while they still have the capacity and autonomy to do so. We can't lose momentum now.

If you are interested in calling or meeting with your MP, learn more at: <https://www.dyingwithdignity.ca/advocacy/advance-requests/>

An Ipsos poll, commissioned by Dying With Dignity Canada in 2023, asked respondents whether they would support advance requests for MAID. Overall support for advance

requests for individuals with a grievous and irremediable medical condition is 82%.

Background

Following the Carter v. Canada case, the Supreme Court of Canada struck down the federal prohibition on assisted dying in 2015. Medical assistance in dying (MAID) became recognized as a legal end-of-life option, and people across Canada whose deaths were reasonably foreseeable and met the eligibility criteria were granted the right to die with the help of a nurse practitioner or physician.

In March of 2021, Bill C-7 – An Act to amend the Criminal Code (medical assistance in dying) was signed into law, removing the criteria that a person's natural death must be reasonably foreseeable to be eligible for MAID, among other changes. Bills C-14 and C-7 mandated a Parliamentary Review of MAID that included topics such as advance requests, mature minors, MAID for mental disorders, the state of palliative care, and the protection of people with disabilities.



Celebrate Life, Simply.

Celebrate your loved one's life in a way that feels right for you and your family, without having to go through a traditional funeral home. - Branch & Pyre Cremation Care

At Branch & Pyre Cremation Care, we understand that many cremation families are opting out of using a traditional funeral home for their memorial service or Celebration of Life, and instead look to family and friends to help them create something unique and more meaningful for their loved one.



during the ritual of lighting a candle at home. My clients taught me that even the posting of a memory on social media could be a profoundly meaningful act. And that didn't cost a thing. I wanted to start a service for those families. The ones who wanted to say goodbye, simply. ■

Lee Barringer
Owner of **Branch & Pyre**

Branch & Pyre is a cremation service based in Winnipeg, Manitoba.

When it comes to planning a Celebration of Life or memorial service, families are doing things a little differently now, often times a little more casual, a little less formal.

For some, it might mean planning a tribute at a favourite local restaurant or hotel, or hosting a simple, intimate gathering in the backyard with the help of family and friends, while for others it might be a private moment shared over a glass of wine or a cup of tea, quietly remembering the good times right at home while looking through photographs and sharing memories.

A Message from the owner:

“As a funeral director, for me it wasn't always about the big funeral, the elaborate public tribute. Or how much families could spend to show how much they care.”

Throughout my career, some of the stories that I remember most were the simple ones. The private ones shared over a glass of wine, or

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The Pros Know 55 Plus Active Living & Resource CONFERENCE & EXPOS 2025

Visit prosknowexpos.ca On-Line resources for Seniors! 2025 Expos Info Now Available!

May 28th Show Conferences On-Line Registration Open!



Rick Roschuk
Trish Bennett

Marching Along! Hey Folks! Hope your February was a good one. It was so dang busy in these parts getting things ready as we do at this time for the shows. But amazing progress was made indeed.

One of those things, is our list of guest speakers for the 8 - 1 hour seminars we have on tap starting in the May 28th show. A rather diverse list of people with a wealth of knowledge to share with all of us. They are listed here in column number three!

We are over the moon with the whose who of speakers we have for you, if for one reason only, these folks are some of the cream of the crop when it comes to sharing what they can do for all of us. You will come out of these seminars with a new sense of what you can do to make your and the lives of your important people around you so much better. You can find links to their websites on many of our On-Line Resources website pages at www.prosknowexpos.ca. From there, simply go to our 'Shows Page' and you will find links for each seminar that will take you to the registration pages at Good Neighbours Active Living Centre's website. The rest is explained there for you to get signed in. They take great care of everyone! If you need help, you can call Good Neighbours at 204.669.1710. They will walk you through the process. That's it for now, plenty me thinks. Have a great March and we'll be back next month to set more plates at the table for you! **R&T Take Care!**

Wednesday, May 28th 11:00am

Room A:
Active Aging in Manitoba

Room B:
Desjardins Financial

Room C:
PEAM Prevent Elder Abuse MB.

Room D:
**Winnipeg Police Service
Crime Prevention**

Wednesday, May 28th 1:00pm

Room A:
Service Canada | CRA Outreach

Room B:
KLD Law - Wills & Estates

Room C:
CancerCare MB.

Room D:
Victoria Lifeline

Details (Shows Page): www.prosknowexpos.ca

Our **2025** Expos
two **2025** Dates



720 Henderson Hwy.
204.669.1710 | gnalc.ca

**Wednesdays,
May 28th and
September 24th
10:00am - 3:00pm**

Things To Do - WINNIPEG *Continued*

FREE for non-profits and current advertisers. **Submit PSAs by April 4 for the April 10 issue.**
Email wording for your PSAs to: kelly.goodman@shaw.ca.

mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

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

Probus Club of Winnipeg - Social group for retired and 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.

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

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 or Judy **204-233-0648** or office@windsorcc.ca

Things To Do - RURAL MB

FREE for non-profits and current advertisers. **Submit PSAs by April 4 for the April 10 issue.**
Email wording for your PSAs to: kelly.goodman@shaw.ca.

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. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, info@aosupportservices.ca, 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 or **1-877-942-0126**

Brandon Nifty Needlers - Quilt Show, Apr. 25, (12-6 pm), Apr. 26 (10 am-4 pm), at Riverview Curling Club, 420 Maryland Ave. Brandon. Admission \$5.

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

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

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**

le des Chênes/Lorette - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. For all shapes and sizes; no experience needed. Contact Juliette: 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

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

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit niverville.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

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

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

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.

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**

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

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

Selkirk Services to Seniors - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or City of Selkirk. Volunteer

positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. **204-785-2737**, selkirkseniors.com

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

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, www.si55plus.org

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur. Next Mar. 20, 6:30 pm, at Something Beautiful restaurant, 307 Main St. Stonewall. Free jam session, beginners welcome, no formal instruction.

Stonewall - South Interlake Seniors Resource Council - Disability Tax Credit presented by Peter J. Manastyrsky - A Step Beyond & Associates, Mar. 6, 2-3:30 pm at 144-622 Centre Ave. **204-663-4651**

Teulon Seniors Club - Teulon Town Hall - Main St. Dances, 2nd Thur. of the month. Next dance, Thu. Mar. 13, 1-3 pm, doors open noon, lunch 3 pm, dance to The Mosaics Band. Apr. 10, Country Plus Band. Silent Auction, 50/50, door prizes, coffee/tea/juice. Admission \$10.

Thompson Seniors - **204-677-0987**, thompsonseniors55@gmail.com

Winnipeg Rings in the Year of the Snake with New Year Celebration - By Lu Gao

Winnipeg's rich cultural landscape was on full display on Feb. 8 at the townhall of Southlands Community Church as hundreds gathered to celebrate the 2025 Lunar New Year & Lantern Festival Gala, hosted by the Winnipeg Chinese Seniors Association (WCSA). The festival drew 350 in-person attendees and an additional 420 online viewers.

The event was more than just a Chinese New Year celebration—it was a cultural exchange. With participation from various ethnic communities, it showcased Winnipeg's growing multiculturalism. City officials and community leaders, including Winnipeg Mayor Scott Gillingham, MLA Jennifer Chen, MLA David Pancratz, and representatives from local organizations, were in attendance.

As part of the evening's program, distinguished guests also took the stage to present awards to WCSA's outstanding volunteers, recognizing their dedication and hard work in making the event possible.

The volunteers were honored for their commitment to preserving and sharing Chinese culture within the Winnipeg community.

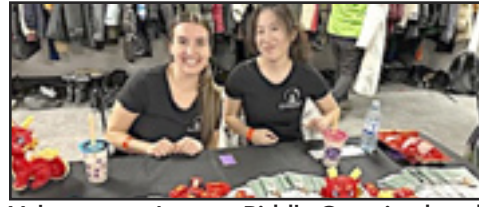
The festival kicked off with a lively Lunar New Year market, where attendees experienced calligraphy demonstrations, traditional paper-cutting, Chinese drumming, and even face-painting inspired by Peking Opera masks. The market buzzed with families sampling classic Lunar New Year treats such as tanghulu (candied hawthorn) and dumplings, which symbolize prosperity for the new year.

A photography station, featuring ornate traditional Chinese attire, allowed guests to step into the past, while a reading corner introduced non-Chinese attendees to classic Chinese literature.

The evening's performances were a spectacle of color, movement, and storytelling, blending tradition with modern artistic expression. The opening dragon dance, performed by Winnipeg's Chinese Dragon Dance Troupe, was a symbolism



Plum Blossom Martial Arts Academy



Volunteers at Lantern Riddle Guessing booth

of strength and good fortune.

Other highlights included a martial arts demonstration by local children featuring Winnipeg's Plum Blossom Martial Arts Academy, showcased swordplay, acrobatics, and Tai Chi, stunning the audience with their precision and discipline. Music and dance also played a central role.

Attendees from all backgrounds took



The lion dance

part in lantern riddles, calligraphy workshops, and New Year's games, creating a shared space for cultural appreciation.

There were three waves of red envelope giveaways, symbolizing good fortune, and a lucky draw, where delighted winners took home traditional New Year gifts.

The success of this year's gala reflects Winnipeg's evolving cultural landscape and the city's increasing engagement with diverse traditions. As the festival's final drumbeats echoed through the hall, one message was clear: Winnipeg is a city where cultures not only coexist but thrive together.

Happy Year of the Snake! ■

The Prairie Canada Carvers' Association Annual Show and Competition - Submitted

Can wood talk? Maybe not, however, it can tell a story. Come see over 100 stories being told by carvings made out of wood. Wood carvings of: birds; mammals; reptiles; whimsical carvings; wood burnings; walking sticks and a variety of caricatures carvings will energize your mind.

Our special theme this year is "Out of This World", and we hope this will also be an apt description for our show: **Sat. April 12 and Sun. April 13 Pembina Curling Club 1341 Pembina Hwy, Winnipeg. 9:00am to 4:00 pm each day. \$5.00 at the door/under 12 free**

Registration forms; competition rules and costs can be found at: <http://prairiecanadacarvers.com/events-2025-show/>.

Carving drop off: Fri. April 11, 4 pm.

Carvers of all expertise levels are invited to participate in this display and submit a carving that reflects something "Out of This World". Carvings should be roughly 4 inches tall and may be of any style. We hope this activity will give all participants a fun way to participate in a collective project!

Saturday and Sunday, some carving clubs will provide opportunities for the public to get hands-on experience with carving. There will be activities for children and adults. Full details will appear on our website as they are confirmed.

Due to popular demand, the **Garage Sale** is back. Items for sale will include books; magazines; wood; tools and more. In addition to the Garage Sale, books, tools, food and clothing will be available



to be purchased. Vendors such as Artist Emporium and Canadian Woodworkers will be featured.

Cocktail Carving Auction - Sunday, 2:00 pm. This is an opportunity for the public to support PCCA & take home a unique carving that fits in a cocktail glass.

There will be raffles of carving related items such as Bob Lavender's Merlin carving will be the **Prairie Canada Major Award raffle**. Tickets for this raffle will only be sold at show (see picture below).

Whether you are an experienced carver, an aspiring carver, or art appreciator, you will enjoy this event.

For information on any of the above, as well as new show details as they are confirmed, be sure to visit

www.prairiecanadacarvers.com or contact **Doug Fyfe** dougmyfe@shaw.ca 204-396-6409 or Lynda Baxter lyndabaxter0@gmail.com 204-255-6216.

Shedding Loneliness Through Men's Sheds

- Men's Sheds Manitoba

Ever heard of a Men's Shed? All over Canada, Men's Sheds have emerged as vital community hubs, offering older men a space to connect, engage in meaningful activities, and enhance their overall well-being. Originating in Australia, the grass roots movement has gained international traction, including here in Manitoba, where 10 independent Men's Sheds are active and operating around the province.

Men's Shed Manitoba supports and promotes the establishment of Men's Sheds across the province. According to Chairman Fred Bobrowski, Men's Sheds plays a crucial role in promoting mental health among older men.

"Many older men face loneliness or social isolation, especially after retirement, but being part of a Shed provides a vital sense of belonging," says Fred. "We often hear from Shed members how their Shed community has helped them feel valued, supported and less lonely."

All Men's Sheds are autonomous and offer a diverse range of activities, tailored to the interests and skills of their members. Activities range from woodworking to metalworking, gardening, card games, crafting -- and there's always an opportunity to talk over coffee. Most often, Sheds partner with local non-profit organizations to take on community projects, such as building fur-

niture for local schools or charities, creating toys for childcare centers, and participating in environmental conservation efforts like tree planting or community gardening.

"The aspect of giving back is key," says Fred. "When we know we're helping our community, we really feel that sense of purpose that can be lost after retirement," adds Fred.

In addition to being a place to work on hands-on projects, the Men's Shed often serves as an informal setting for health education, where members can access information or hear presentations on various health topics. This "health by stealth" approach effectively reaches men who might be reluctant to engage with traditional health services. Educational workshops are also a staple of many Sheds, offering sessions on technology skills or financial planning.

The positive effects of Men's Sheds have a ripple effect, extending far beyond the individual participants. Families benefit from the enhanced well-being of their loved ones, who often return home happy and fulfilled after a day at the Shed. And by fostering a sense of belonging and active participation, Men's Sheds contribute to building stronger, more cohesive and resilient communities.

At a national level, Men's Sheds Canada (MSC) exists to grow and strengthen the



Men's Shed movement and has ambitious plans to increase the number of Sheds in Canada from approximately 150 today to 1,000 by 2032.

Recognizing the role Sheds play in supporting men's mental health, federal governments in both Australia and Ireland now include significant grant funding for Shed development and sustainability in their health and aging policies.

"Ultimately, our objective is to inform Canadian policymakers about the pressing health issues affecting older men, highlight the positive social impact of Men's Sheds, and influence government policy



that supports older men's health," says MSC President Robert Goluch.

Interested in starting a Men's Shed in your community? Resources, support and startup funding is available. For information on how to join an existing Shed, start a new Shed or support Men's Sheds in Manitoba please contact menshedmanitoba@gmail.com. Website: mensshedsmanitoba.ca

For information on Men's Sheds across Canada, contact Men's Sheds Canada at info@mensshedsCanada.org. Website: mensshedsCanada.ca

Sri Lankan Senior Community

Sri Lankan guests enjoy Chinese New Year Lantern Festival Celebration

By Senaka Samarasinghe



Guests from Sri Lankan Seniors Manitoba (SLSM) - Doreen (President), Shyama (Secretary) and Senaka Samarasinghe (Past President) attended the Chinese Lantern New Year celebration.

Manitoba Government Tax Credits saving homeowners, renters money in 2025

Manitoba government tax credits introduced in Budget 2024 and coming into effect in the new year will put more money into the pockets of Manitoba homeowners and renters, Finance Minister Adrien Sala announced.

“These new tax credits will provide help for all Manitobans, but particularly those who need it most.”

Introduced in Budget 2024, the \$1,500 Homeowners Affordability Tax Credit will benefit more than 80 per cent of Manitobans, the minister noted.

The School Tax Rebate for farm properties is being maintained at 50 per cent as

part of the Manitoba government’s commitment to support producers and their families, noted the minister.

This new tax change will make it easier for young Manitobans to buy their first home and easier for homeowners to afford their mortgage payments, the minister added.

Starting in the new year, the maximum Renter’s Tax Credit will be increased to \$575, which marks the first step to the Manitoba government’s four-year commitment of fully restoring the Renter’s Tax Credit to \$700. ■

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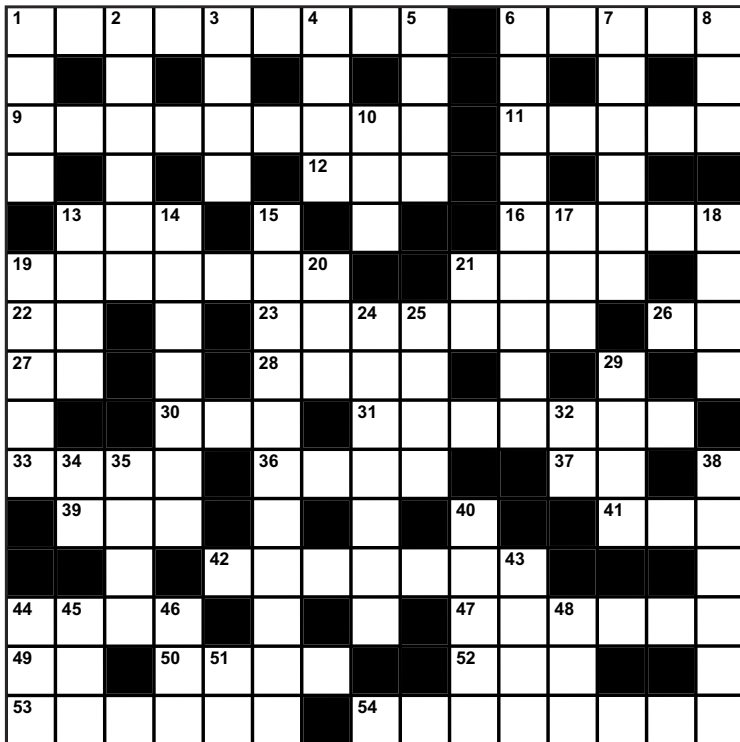
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CROSSWORD - Great Women By Myles Mellor

- ACROSS**
1. She refused to give up her seat on the bus (2 words)
 6. Great Italian actress
 9. One of the world's greatest poets, Emily _____
 11. 80's First Lady
 12. Finale
 13. Ryan of "When Harry Met Sally"
 16. "The Princess _____"
 19. Martin Luther King's wife
 21. Caught sight of
 22. Honorable, abbr.
 23. Simpson's song-writing partner
 26. "___ song" by Aretha Franklin
 27. Des Moines state
 28. You, for an old poet
 30. "How about that!"
 31. Finished a marathon, perhaps (2 words)
 33. "Ghost" star, Moore
 36. Annie Lennox nationality
 37. You, in Paris
 39. "The Bourne Supremacy" opening locale
 41. Teenage worry
 42. Originator
 44. Tarzan's girl
 47. WBA's Lisa
 49. Radio wave
 50. Drift



52. "... a note to follow so"
53. Tennis great, Althea
54. One of the most well-known nurses of all time, first name
8. Aye's opposite
10. "We're number ___!"
13. Beginning of a Da Vinci painting
14. Gladys Knight's midnight train destination
15. Margaret Thatcher, for one
17. "Lady in ___" -- Chris De Burgh song
18. Celtic singer
19. World famous chef, Julia
20. Top Bollywood star, former Miss India (nickname)
21. Manner indicated
24. Lizzie in "Pride and Prejudice" is an example of this
25. Achievement
29. "Vicky Christina Barcelona" star
32. ___ the break of dawn
34. For example, briefly
35. Earth's satellite
38. Best selling writer, Danielle
40. Quartet member
43. Stern
44. Military TV show
45. "What Kind of Fool ___" (2 words)
46. Triage sites, briefly
48. "___ Loves You"
51. Hawaiian honey-eater

SOLUTION ON PAGE 23

WORDSEARCH - Mardi Gras By Roni Alward & Senior Scope

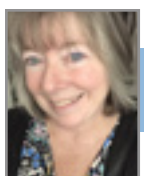
O U T R A G E O U S U M T U F R E N C H H
 G A X C U I S I N E O R O S J F R O L I C
 H L B A C C H U S T U Y T X X C O R O M P
 O O I A K Q R Z S O A E O N O B A L L M K
 U U F T B F S U C B N C L B Z D J E P M V
 L I B N T Y C R A G T I M E E L S A A P J
 I S E I S E Q U I N O A N D A W Z N R T M
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

- | | | | | |
|----------|--------------|-----------|------------|-----------|
| Baby | Court | Frolic | Louisiana | Rhythm |
| Bacchus | Creole | Fun | Mambo | Ritual |
| Balcony | Crepe | Ghoulish | March | Romp |
| Ball | Cuisine | Glitter | Mask | Royal |
| Bayou | Culture | Glitz | Music | Sequin |
| Beads | Custom | Gold | Orleans | Spectacle |
| Beignets | Dancing | Grits | Outrageous | Trinket |
| Blues | Doubloons | Gumbo | Pagan | Vow |
| Brass | Extravaganza | Horn | Parade | Zealous |
| Broil | Faith | Jambalaya | Party | Zest |
| Cajun | Festivity | Jazz | Plumes | |
| Cake | Fete | King | Procession | |
| Carnival | Float | Kinship | Purple | |
| Costumes | French | Krewe | Ragtime | |

SOLUTION ON PAGE 23

Can You Make My Slice Bigger?

International Women's Day, March 8, 2025



COMMUNITY NEWS

Trish Bennett

With the upcoming anniversary of International Women's Day, March 8th, some of our thoughts may turn to how far we have come since the inception of this day 112 years ago. A day that not only celebrates women and their achievements, but encourages us to fight for women for the following 364 days in the year and every year following that.

Wasn't it just a few years ago, 109 to be exact, that the first woman in Canada

earned the right to vote, right here in Manitoba? Or maybe, it was just 79 years ago that Viola Desmond broke down barriers in the fight against racial segregation in Canada? Maybe you're thinking about the day that the first female judge, Bertha Wilson, was appointed to the Supreme Court of Canada in 1943? Or maybe, just maybe, you are thinking about your mom, aunt, sister, or cousin who exudes the strong qualities like these women mentioned in history books.

What the day meant all those years ago hasn't fizzled. The movement has grown increasingly stronger and so have women. According to the *International Labour Organization*, women make up 42% of

the global workforce, 31.7% of Senior Leaders, with 25% of them in the top C-Suite. These figures are certainly impressive, but we still have a long way to go to reach "equality" in the workforce or our *'Bigger Slice of the Pie'*. On average, women still only earn 80-82 cents on the dollar in comparison to men in similar roles. To quote Gayle E. Smith, CEO of ONE Campaign, "*no one is equal until all of us are equal*".

In the 2023 report on *Women's Entrepreneurship in Manitoba*, it states that Women-Owned, small to medium businesses is 12.8%, up from 2.5% in 2020. Meaning that 25,500 businesses throughout Manitoba are women-owned and

operated. But let's not forget how women contribute outside of the workforce. Volunteering statistics show that globally, women make up 60% of that group. With more than 7000 not-for-profit organizations in Winnipeg, there are many places to volunteer. A great example would be Good Neighbours Active Living Centre. It is the largest Senior Centre in Manitoba with 1100+ members. The Centre embraces over 200 volunteers, of which the majority are women. In celebration of *International Women's Day*, (March 8th) visit your local Centre to support, share, volunteer and maybe, you will be the next woman we read about in the history books! ■



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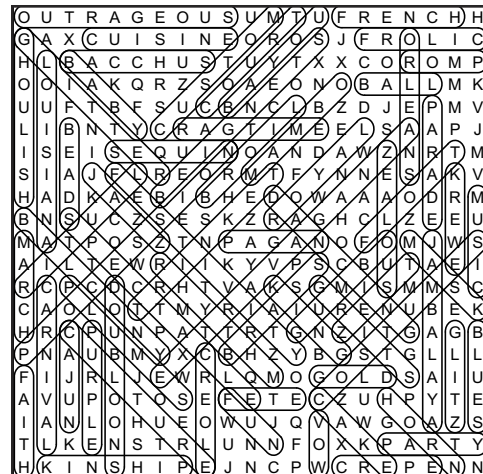
DETAILS AT SOUTHBEACHCASINO.CA

HOW SMART R U?

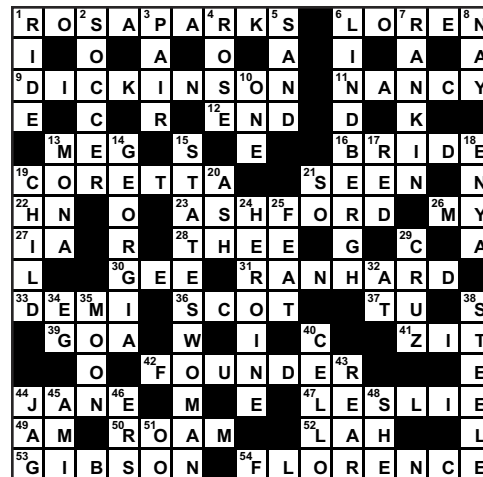
1. What famous father and son were each crowned King Bacchus at New Orleans Mardi Gras?
2. What day comes after Mardi Gras?
3. What is the signature Mardi Gras dessert?
4. What is traditionally hidden inside a king cake?
5. A man dressed as whom was credited with popularizing throwing beads during Mardi Gras?
6. Bacchus is the Roman god of what?
7. What is Mardi Gras called in the United Kingdom, Australia, New Zealand and Canada?
8. On average, how many people typically visit New Orleans for Mardi Gras every year?
9. What is the traditional phrase used to request beads during Mardi Gras?
10. The success of a Mardi Gras parade is measured in what?

ANSWERS TO THE RIGHT

WORDSEARCH - Solution



CROSSWORD - Solution



SUDOKU - Solution

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

HOW SMART - Solutions

1. Alan Thicke and Robin Thicke
2. Ash Wednesday
3. King Cake
4. A plastic baby
5. Santa Claus
6. Wine
7. Shrove Tuesday
8. 1.4 million
9. "Throw me something, mister!"
10. Trash

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LAUGH A LITTLE

I think the power company just billed me for the the street light, light of day, the moonlight, speed of light and light at the end of the tunnel!

There is 'lie' in 'believe', 'over' in 'lover', 'end' in 'fiend', 'us' in 'trust'.

It was much more fun to be 20 in the 70's than 70 in the 20's.

SUDOKU - Medium *Senior Scope*

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

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.

ANSWERS ABOVE

the CLASSIFIEDS

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