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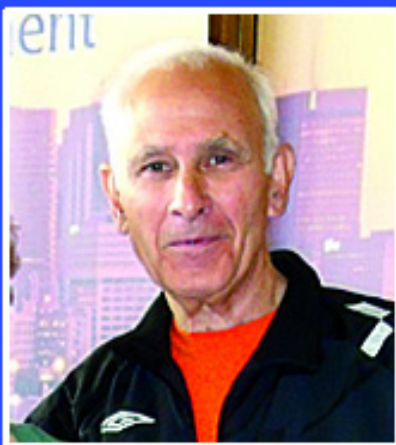
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SPOTLIGHT FEATURE

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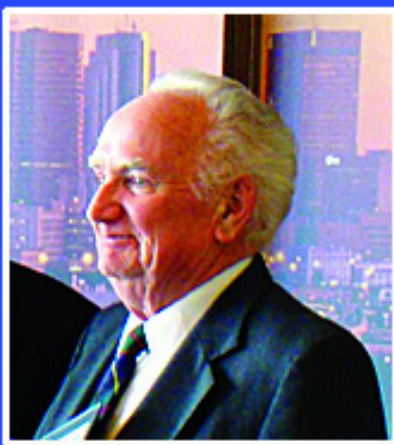
WINNIPEG | MANITOBA



Fred Van Dongen



Frances Lorentz



Bob Harris

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SPOTLIGHTS: Frances Lorentz / Fred Van Dongen / Bob Harris

3rd Annual Mayor's Senior of the Year Awards Recognize Three Recipients

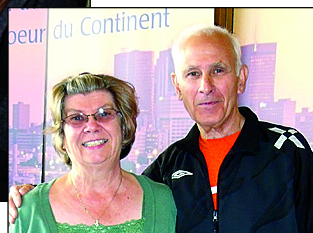
Winnipeg's youth are encouraged to nominate a senior they know. The Senior of the Year awards was developed to celebrate the achievements and accomplishments of seniors, and provides an opportunity for young people to recognize and learn from the wealth of knowledge they possess.



Frances Lorentz (right) with Mayor Sam Katz and nominators, Dennis Hiebert and Julene Michaels.



Mayor Sam Katz with Fred Van Dongen (centre), daughter Leona, and Grandkids, Nathan, Natasha, Calvin, Alexandra and Ben.



Fred's wife Renata, with Fred.



Bob Harris accepts his award from Mayor Sam Katz.

Frances Lorentz is no stranger to volunteering. Still, she was shocked to learn from the Mayor's office that the Radisson School students, Dennis Hiebert and Julene Michaels, in Transcona nominated her for the Mayor's Senior of the Year Award, and that she won!

Frances had volunteered at churches and Osborne House, a women's shelter, for nearly 30 years and had such a passion for helping others, that she started volunteering at the Radisson School about three years ago. She started with the breakfast program on Mondays, and now comes in every Wednesday and helps out wherever it is needed. And it is needed in so many areas. She enjoys crafting and reading with the kids. Frances has developed a strong bond with the students here, that if she misses

a day, they miss her and start looking around for her.

Frances finds it very rewarding to help others when she could be doing things for herself. Despite her own rough times in life, she always greets students with a warm smile and hug.

"I get much more out of it than I give," insists Frances hoping she is making a difference. At 70, she is retired, but when she was raising her own family, she still managed to dedicate her time to others. "When there's something important, you find the time," she says. And she vows that she will do it for as long as she can.

What would our youth do without people like you, Frances? Thank you and congratulations!

Fred Van Dongen was surprised to learn that all of his grandchildren nominated him for the 2011 Mayor's Senior of the Year award. He won in the category of Active Living for his role of coaching and teaching coaching of soccer to children 7-10 years old for over five decades – and he continues to do so at the age of 75. His wife, Renata, and the rest of the family are all very proud.

You can find Fred at the Norberry Community Centre on St. Mary's Road in Winnipeg, Tuesdays and Thursdays from 4:30 - 6:00 pm coaching kids. At one time, Fred coached every day on occasion.

"I enjoy being with young people, especially the younger ones. They naturally like me," Fred tells us. "I don't know why, maybe I remind them of their grandfather."

Some of Fred's coaching students

went on to win scholarships and play university soccer. Some even played for the Winnipeg Fury, a professional men's soccer team. Fred even coached a young Walt McKee, now retired Sports Director at the University of Manitoba. Walt also was the women's soccer head coach in his free time. Fred enjoys it when some of 'his' kids come up to him as adults saying they remember him. Fred says he hasn't changed much, but he is at a disadvantage when people come up to him, say, 20 years later from the time he coached them as kids, and they wonder why he doesn't remember them.

Fred was a Phys-ed teacher for nine years, too. Overall, he had coached and taught coaching to about 2500 people over the years.

Continued on next page



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SPOTLIGHT: Frances Lorentz / Fred Van Dongen / Bob Harris, cont'd

"It keeps me in shape," says Fred, adding that he also does weight training every day and has been doing so for most of his life. When weather permits, he also likes to take bike rides. He is proud to say he can keep up with 35-year-olds easily.

Fred was able to commit himself wholly as a coach and coaching teacher as he was self-employed and allowed himself flexible hours. He still is not retired from his business, "Scientific Instruments" (256-5222) a repair service for optical instruments such as microscopes, surveying equipment, binoculars, telescopes, etc.

Fred won an award by Mayor Juba in 1972 for his commitment to working with kids. Back then, he coached at the 'old' Alexander Park, which was located across from the current football stadium.

"I've had my day in the Sun," Fred says modestly. "But there are so many others who volunteer in hospitals, and such, but don't get recognition."

But Fred's dedication to the youth reaches far in the development of our upcoming generations.

"I teach kids the proper way of playing a sport, that winning isn't everything, and I don't believe in violence, especially in sports," states Fred.

Fred immigrated to Canada from Holland with his parents in 1952 at the age of 16. Back home he was already playing semi-professional European style football (similar to Canadian soccer). Although he yearned, and had an opportunity, to return and play semi-pro football, he persevered and stayed to serve his new homeland. And we should all be grateful he did.

Thank you and congratulations!

Bob Harris didn't even know about the Mayor's Senior of the Year Awards, yet, he too, became a recipient, thanks to two students—Braeden and Domenic—from Springfield Heights School.

Bob is credited for inspiring and motivating school-age children, from grade school to high school all over Winnipeg since 1970, to make positive choices for a better community. He teaches them values such as caring about themselves, and others around them and worldwide.

Locally, he mentors youth involved with K-kids (K for Kinsmen) club at Springfield Heights, and other clubs. He and his wife teach stamp collecting as well. There is more to it than you think. It is an art in itself. He also arranges projects such as food drives for Winnipeg Harvest, school fundraisers, plastic bag collecting to be made into frisbees for schools, and drink tab collecting for purchasing wheelchairs.

On a larger scale, he involves them in projects that will benefit kids all over the world. The biggest project he and the students are proud to be a part of is the collection of school supplies for schools in Africa.

Bob is a retired principal of 22 years of the River East High School division. He also is the President of the local Kiwanis Club, plus serves as a Clergyman doing church services and funerals. He has been the Minister of the Tabernacle Baptiste Church for 22 years and does one service a month at the Pilgrim Baptiste Church in Point Douglas.

Thank you, Bob, for being a great role model, not only for youth, but people of all ages. Congratulations. ■

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SENIOR'S DISCOUNT



Five Legends Who Should Be in the Hockey Hall of Fame By Scott Taylor

Every year, for almost 20 years, my old friend Ed Sweeney sent a letter to the Hockey Hall of Fame. Ed had a beef and it was a justifiable beef. He didn't like the fact that the Hall, Canada's most revered sporting hall of fame located in downtown Toronto, seemed to ignore (a) Winnipeggers and (b) Western Canadians.

So Ed wrote a letter every year to members of the Hall of Fame selection committee asking them to consider five hockey legends with ties to Winnipeg and every year, he got no response.

Because this year's new inductees to the Hall – Carman's Eddie Belfour (a good, but extremely rare choice in recent years), Doug Gilmour, Mark Howe and Joe Nieuwendyk -- were feted last Monday, I have decided to take up Ed's challenge. There are five hockey heroes with ties to Manitoba that deserve a spot in the Hockey Hall of Fame. Men who have been ignored for decades while lesser lights were honored.

I have decided to take it upon myself to write an open letter on Mr. Sweeney's behalf here in Senior Scope in hopes that it might alert Bill Hay or Jim Gregory or Harry Sinden or somebody on the Hall of Fame selection committee to the indisputable fact that to the hockey historians in the middle of Canada, the Toronto-based Hall is still a sad Eastern/American joke.

For more than two decades, Sweeney kept a list of five men, coaches, builders and players who should be in the Hall,

but for reasons he could just never understand, had been consistently ignored by the people who made the Hall's final selections.

For those who don't know Ed Sweeney, he was an old baseball player and bowling champion (he used to set pins at Billy Mosienko Lanes in Winnipeg's North End) who has always had that deep, abiding love for hockey that only a Canadian can have. He's the former curator of the Manitoba Hockey Hall of Fame and was, for a long time, an active member of the Canadian Association for Hockey Research. Nobody in Winnipeg had a greater understanding of the game and its history than Ed Sweeney. He also helped me research my book, *Winnipeg Jets: A Celebration of Professional Hockey in Winnipeg*, and I couldn't have found a better collaborator.

That's why, this year, I have taken it upon myself to offer up Mr. Sweeney's annual list of long-ignored hockey stars to the Hockey Hall of Fame, a letter that includes the names of five people who should be in the Hall, but have been left out for reasons I simply don't want to consider.

Here, once again, is "Sweeney's List"...

Robert "Butch" Goring: He played 16 years with L.A., Boston and the New York Islanders. Was a Masterton, Lady Byng and Conn Smythe Trophy winner and helped the Islanders win four Stanley Cups in the early 1980s. "If Clark Gillies is in the Hall, then Butch Goring should be in

the Hall," said Sweeney. He always wore a funny little helmet and in 2002, the Hall of Fame asked that he donate his helmet to the Hall. They weren't going to induct him for his outstanding play over 16 seasons but they wanted his helmet. Goring responded, "You don't get my helmet without my head in it." There is an outstanding profile of Goring at <http://www.legendsofhockey.net:8080/LegendsOfHockey/jsp/SearchPlayer.jsp?player=12752>

Murray Murdoch: The NHL's original Ironman, Murdoch played 11 years with the New York Rangers from 1926-27 to 1936-37, won two Stanley Cups and never missed a game. There is a tremendous profile of Murdoch at <http://www.newyorkrangers.com/tradition/bio.asp?Player=Murdoch>

Billy Reay: "Most people don't believe me when I tell them Billy Reay is NOT in the Hall of Fame," Sweeney always said. Reay retired as one of only two players to win a Memorial Cup, an Allan Cup and a Stanley Cup (with the Canadiens) and after retiring as a player he went on to coach the Chicago Blackhawks. He left coaching in 1976 with 598 wins – at the time, the second most in NHL history.

Lorne Chabot: Port Arthur's "Old Bulwarks" won a Stanley Cup with the Rangers and had 73 shutouts in his career back when the NHL was in its infancy. There is a fine profile of Chabot at

Continued on next page

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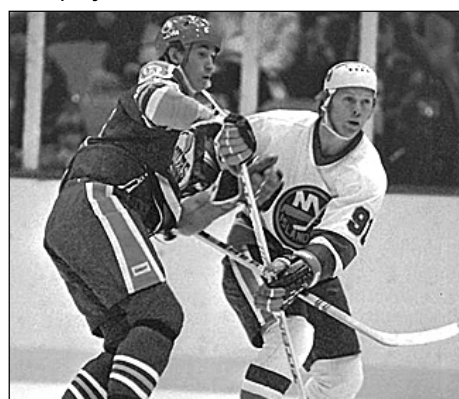
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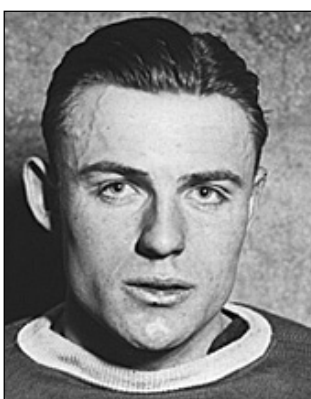
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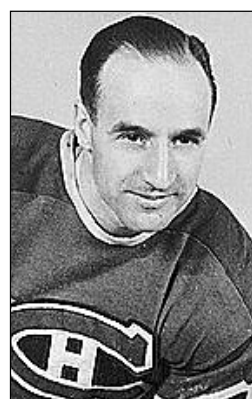
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Butch Goring (r) and Wayne Gretzky.



Murray Murdoch.



Billy Reay.



Lorne Chabot.

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Identity Fraud involves personating another person by using their personal identifiers, such as SIN numbers, birth certificates, passports, and driver's licences. Thieves will use the personal information of others to acquire credit cards, obtain loans, and purchase goods. Before revealing personal information over the phone, or through an email, find out how it will be used and if it will be shared. When in doubt hang up the phone.

Additional information on Mass Marketing Fraud and Identity Fraud can be found at www.antifraudcentre.ca. If you wish to report a scam or instance of Identity Fraud you can contact the Canadian Anti-Fraud Centre at **1-888-495-8501**, or make contact through their web site.

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Five Legends, cont'd

<http://www.legendsofhockey.net:8080/LegendsOfHockey/jsp/SearchPlayer.jsp?player=18462>

John Ferguson: "Even if you don't count the fact, he was the best fighter in the NHL and a pretty good player during his time, John has to be in the Hall as a builder," said Sweeney. "He was assistant GM with Team Canada '72 and then GM of the Rangers. He built the Winnipeg Jets and had a lot to do with building the Ottawa Senators and San Jose Sharks of the early 2000s." How is Jim Gregory in the Hockey Hall of Fame and not John Ferguson? That's an abomination.

I hope someone out there in that big Eastern city will remember Goring, Murdoch, Chabot, Reay and Ferguson. One of the Hall's 18 selection committee members can nominate a candidate and perhaps this is the year they'll remember true greatness.

On behalf of Ed Sweeney, I hope that this is the year the Hall's gatekeepers will finally give their heads a shake. ■



The late John Ferguson.

Coffee Break
with Marion Clemens



Hello everybody and welcome to my last column of this year. I have one belated topic left over from October.

Frieda Ulrich (nee Kohler) - mother of Lorraine Kozera passed away Oct. 6. Lorraine and her husband John spent much time at Kin Place, Oakbank and often took Frieda with them, which gave us, living at Kin Place, a chance to get to know her well. What we all loved the most about Frieda was her lovely smile which often resulted in making new friends. And when she liked someone she often called us "liebes Kind" - meaning dear child. Her children paid tribute to their mother, saying: "We are so very, very lucky that you were our mother. You opened our minds and our hearts. You always picked us up when we fell down."

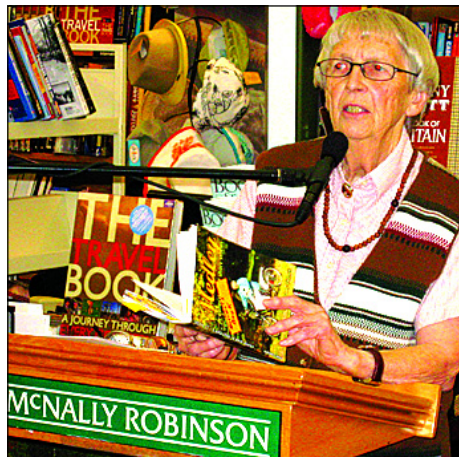
Halloween was celebrated at Kin Place Personal Care Home with a "Howling Hat Party" with everybody wearing an outrageous and colourful hat.

A Remembrance Day service was held at the Oakbank Baptist Church with pastor Radke presiding. CBC and CTV came out to Oakbank to tape parts of the ceremony, which added an extra special touch to this event. Students from Springfield Collegiate sent a band and the Springfield Collegiate Award Recipients (Poems competition) read their poems. A piper - Chief Stewart MacPherson from the Victoria Beach Police Service led special guests into the church. The Royal Canadian Air Cadet Squadron #6 Winnipeg led the colour Party and the Oakbank RCMP and Springfield Police Service the Sentinels. Fort Garry Horse provided the Honour Guard.

Special guest speaker Lieutenant Colonel Norm Gagne - Deputy Air Component Commander Operation : "Mobile" Libya gave a detailed and interesting account of his actions during the last decades. All-in-all it was again a successful ceremony, arranged by the Springfield Legion #146, Brent Reid and the Oakbank Baptist Church. Post Ceremony refreshments were served downstairs with thanks to the R. M. of Springfield and prepared by Legion #146 together with area volunteers.

And now it's almost December with all stores trying to entice people to spend a lot of money. But sometimes it's nicer to get some home made gift, which is always so precious and more personal.

If you still need some stocking stuffers, how about buying the book *Medley* - a collection of short stories - authored by me, Marianne Clemens. The book was launched Nov. 14 at McNally Robinson in Winnipeg. It is meant as a



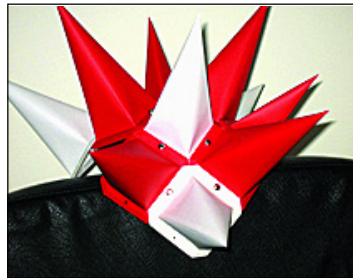
Marianne (Marion) at the launch of her book, Medley, at McNally Robinson, Grant Park.

lighthearted entertainment, to be enjoyed by the reader and is relaxing to read at the end of a busy day. It is available at McNally's Grant store in Winnipeg, but is also available in Oakbank, at the Post office, the RM. of Springfield office, the Springfield Public Library, the Family Fare Food Store and at Kin Place apartment 111, plus in Dugald at the Convenience Store.

Looking back at the year 2011, I wonder like every year - "where did it go so fast?" I hope it was a successful year for everybody and I wish you all a very Merry, blessed Christmas - celebrating Christ's birth, or if you from any other religion - celebrate your own faith.

And for the year 2012 - to start it with positive thoughts. Living one day at the time, because only 'today' (this moment) is important, the past is gone, the future unknown - so why worry about them. Wishing you for everyday in your life a new beginning, filled with happiness and excitement, and always remembering that you are a special person - each of us is different and sublime, just believe in yourself and God's guidance.

So long - I'll be returning in January 2012.



This is an example of the famous Herrnhuter Advents and Christmas Star. In Herrnhut, every house has one or more of these stars. They have been a tradition in Herrnhut and Niesky since 1821. These stars are being shipped all over the world and in my first column in 2012 I will share with you the interesting details.

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These quilts are given as gifts with no cost to the person requesting the quilt or the person receiving it. The impact, that receiving such a heartfelt gift has, cannot be overstated.

Over the past ten years, the organization has seen immense growth, and now includes over 1,000 volunteers in Ottawa and 30 communities across Canada. It should be noted that there are NO paid people in the organization – everyone is a volunteer in the true sense of the word.

Doris Toews, from Steinbach, MB, saw a picture and story about the quilts in the Farmer's Independent Weekly back in January or February of 2008. The picture was of the 10,000 quilt being presented to a recipient here in Manitoba. Doris called Betty in Ottawa to offer 'a quilt or two' to Victoria's Quilts Canada. The next thing Doris knew, she was starting her own chapter of Victoria's Quilts to give quilts to Manitoba recipients.

The quilts are made by individual quilters who work independently, or in groups who meet and create quilts together in a team setting, similar to the 'quilting bees' of times past. There are many other 'non-quilting' positions filled by volunteers, family and friends.

Since its inception in September 2008, the Steinbach chapter has donated over 275 handmade quilts to Manitoba recipients. Victoria's Quilts Canada delivered its 25,000 quilt in September 2011.

Lori Blande, Winnipeg, heard about Victoria's Quilts from a friend and subsequently requested a quilt for a friend of hers. Lori was then introduced to Doris

and her chapter when she drove a quilt recipient out to Steinbach to personally thank the ladies for their wonderful gift.

Lori discovered that the dedicated ladies in Steinbach were donating not only their quilting expertise and time, but were also largely paying for their own quilting materials too. Since Lori admits she is 'not to be trusted with sharp objects such as needles' she volunteered to become the fundraising chair.

Since each chapter has to do its own fundraising, Lori and her fundraising committee held a quilt raffle to raise money to purchase a quilting machine and more material for the Steinbach branch.

The raffle draw was held on Saturday, November 12, 2011 at 4 pm at J & S Furniture on Ellice Avenue. The first prize was a queen size art quilt valued at \$800, second prize, an original painting (\$400) by Jim Corbett and third prize, a \$50 gift certificate from Rona. Congratulations to all the winners and a huge thank you to everyone who supported us by purchasing tickets.

Victoria's Quilts Canada – Steinbach branch is holding another fundraising event the following weekend, November 18 & 19th in Steinbach. That event will feature a quilt show and sale, a quilt raffle and a silent auction with amazing prizes, including a BBQ (retail value \$500) donated by Rona on Sargent Avenue in Winnipeg. Visit our website: www.VQCquiltshow.webs.com.

The quilt requests are increasing and the addition of the quilting machine would facilitate the quilting process, enabling the ladies to fill more requests and do it in a timely manner. Any extra money would be used to purchase quilt material, batting and flannel backing.

If you would like to donate a quilt or would like more information about other ways you can help Victoria's Quilts Canada - Steinbach branch for Manitoba call **Doris (204) 326-3148** or email her at:

Steinbach@victoriasquiltsCanada.com

Visit the main website: www.victoriasquiltsCanada.com ■



Top left: Doris and Hilde.

Bottom left: Learning to tie quilts.

Bottom right: Polo Park - Sept. 2011.



Be a Santa to a Senior Program is Back for the 2011 Holiday Gift-Giving Season for Isolated and Deserving Seniors



Volunteers at The Westhaven retirement residence in Winnipeg wrapping gifts for the 2010 Be a Santa program.

The Home Instead Senior Care network, Winnipeg's trusted provider of non-medical in-home care and companionship services for seniors, has launched its annual Be a Santa to a Senior campaign at the at the Victoria General Hospital on November 15th with Kerri Irvin-Ross, the Fort Garry MLA and Minister of Housing and Community Development.

This year the organization hopes to collect and distribute gifts to more seniors than ever before. 1000 gifts have been delivered to Winnipeg seniors in the last three years. The program is designed to give back to deserving seniors, as well as help stimulate human contact and social interaction for older adults who are unlikely to have guests during the holidays.

The Home Instead Senior Care network makes Be a Santa to a Senior a reality by partnering with local retailers, nonprofit agencies and volunteers from the community. This year organizations such as Victoria General Hospital, Victoria General Hospital Foundation, Victoria Lifeline, Holy Rosary and The Brick are taking part in the program.

"Many older adults continue to struggle to keep up as the cost of living continues to rise," said Julie Donaldson of the Home Instead Senior Care office in Winnipeg, "particularly those who live alone with no family nearby to help provide resources." According to the 2006 census, nearly 1.8 million Canadian seniors aged 75 and up were living alone.

Here is how the program works: Before the holiday season, nonprofit organizations in the community will identify isolated and deserving seniors and

provide those names to the local Home Instead Senior Care office at 581 Sargent Ave. Christmas trees will go up at the office and other participating locations that feature Be a Santa to a Senior paper ornaments with the first names only of the seniors, and their gift requests.

Holiday shoppers can pick up an ornament at a participating location, buy the item(s) on the list and return them, along with the ornament attached.

The program runs from Nov. 15 through Dec. 2, here's how to get involved:

1. Visit the website www.beasantatoasenior.ca. Enter your postal code to find the location of a participating location.
2. Remove an ornament, which has a gift idea printed on the back, from the Christmas tree.
3. Purchase a gift.
4. Return both the gift and ornament to participating location.

If you or someone you know is interested in volunteering to help with the program, contact Julie Donaldson at **953-3720**.

Businesses are encouraged to contact the local Home Instead Senior Care office about adopting groups of seniors.

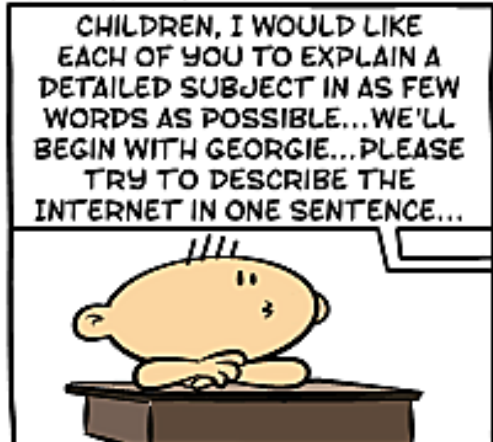
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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

~ Maya Angelou

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BY GEORGE SFARNAS © 2011



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The Alzheimer Society of Manitoba is looking for volunteer canvassers

to knock on doors and request donations during Alzheimer Awareness Month this January. If you can spare an hour or two canvassing a street in your neighbourhood, please call **943-6622** to sign up or visit www.alzheimer.mb.ca for more information.

All donations support valuable programs & services for people with dementia and the search for a cure.



A Seed Mess

By Sherrie Versluis

Owner of The Preferred Perch Wild Bird Specialty & Gift Store

It seems no matter where you shop nowadays, you are almost certainly going to find some kind of wild bird seed mix for sale. Everywhere from grocery, hardware, and bulk stores stock something to do with wild birds. Unfortunately, this is an area where there are very few, if any regulations on what is packaged and sold for birds. Understandably, many people shop based on price but in most cases, the cheapest bird seed can be a waste of your money and maybe even harmful to you or the birds.

When I first became interested in birds many years ago, I started the same way most people did. I bought a standard wooden feeder and a basic wild bird mix. The results were not exactly great but I thought that's just the way it is. My feeder was full of House Sparrows, seed was spilled all over the place, and the feeder required filling at least a couple times a day if not more. I remember at the end of every winter I literally had a mountain of seed under the feeder and cleanup was not pleasant. This Mount Everest of seed also brought me some furry, rather than feathered friends that were not quite invited to this seed party. To top it off, I could never clean it perfectly so what was left behind started to grow, and grow, and GROW! It was at that point of my life I became a certified unintentional gardener. Don't ask me what was growing but it was the most lush forest of greenery I have yet to see again. After a few winters of this disastrous situation I decided there had to be a better way. It was then that I really started my research of feeding wild birds which of course flourished to the point of owning The Preferred Perch.

Thankfully those messy days are over and my birds and I could not be happier. When it comes to bird feed most think the more variety in the mix the better. This is not the case. Most mixes contain as high as 80% fillers which no backyard bird will eat. Fillers include grains and seeds like barley, wheat, milo, and corn. These fillers have good weight to them and make up the majority of what you get in a bag. The amount of edible seed is minimal and this is what causes birds to scatter, they are digging for something to eat. Most of the low quality seed mixes are actually made up ingredients that were not up to standards for other uses, such as human use. Sometimes you will find a mix that contains peanuts which seems like a bonus but this can be a problem to you and the birds.

Peanuts and corn can sometimes have a mold that can come right from



the fields or from improper storage. It is called Aspergillus Flavis and this mold produces a potent carcinogen called Aflatoxin. Eating anything that contains Aspergillus Flavis can be very harmful and can even cause death. It was discovered in 1960 when 100,000 turkeys died in England after eating peanut meal that was contaminated with the mold. Sometimes peanuts and even corn that have the aspergillus are used in poor quality seed mixes. In appearance, the tainted products may appear darker in color, are shrivelled looking, or have a dust-like coating on them. Basically, if the seeds don't look good enough for you to eat, they are probably not good enough for anything to eat.

To get the best results at your feeding station, use only one food per feeder such as Black oil sunflower or use a quality mix that does not contain fillers. Learn your seeds so that you can identify what is in the bag. If the mix has all edible products in it then even what falls on the ground will be eaten by ground-feeding birds, squirrels, or even rabbits. You could also consider using a completely shelled mix so there are no shells and everything will be eaten. Using a tube feeder rather than a hopper will reduce seed spillage and most have the option of attaching a tray. The tray serves as a seed catcher which really helps in keeping it clean. Making the right choices in your feeders but especially in the feed, will make all the difference in your success in attracting and feeding birds throughout the year. When spring comes, your cleanup will be minimal and you won't be picking weeds for the rest of the season or worse, taking down a mountain! Happy birding... ■

Victoria General Hospital - First in Winnipeg to Perform New Advanced Technological Laser Outpatient Procedure for Enlarged Prostate

The Victoria General Hospital is the first medical facility in Winnipeg to treat enlarged prostate using a new laser treatment called GreenLight™ XPS Laser Therapy. Enlarged prostate, also known as benign prostatic hyperplasia (BPH), affects more than half of all men over the age of 50.

GreenLight XPS Laser Therapy uses laser energy to remove enlarged prostate tissue. The result of this minimally invasive surgery is in an open channel for urine to flow through, with fewer risks of sexual and other side-effects common with a traditional invasive surgical procedure. Patients recently treated at Victoria General Hospital have experienced rapid symptom relief, a dramatic improvement in urinary flow and reported minimal side effects. More than 500,000 patients

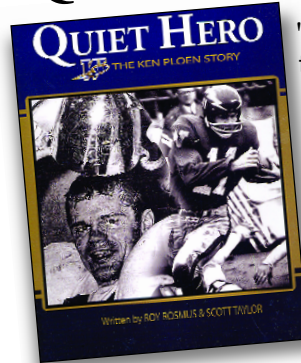
worldwide have been successfully treated using GreenLight Laser Therapy.

"The future of surgery at the Vic looks bright as we celebrate our 100th anniversary," says Victoria General Hospital President & COO Francis LaBossière.

Until now, treatment options for BPH in Winnipeg have been limited to a lifetime of costly medication which can stop working over time or can cause side effects. Or an invasive surgical procedure which is associated with higher risks and complications, such as impotence and incontinence.

The purchase of the GreenLight Laser Therapy system was made possible by the generosity of supporters and financial support of the Winnipeg Regional Health Authority. ■

Quiet Hero - The Ken Ploen Story



"Quiet Hero" is the story of the greatest decade in the history of the Winnipeg Football Club, but also the story of one of the most remarkable football players on either side on the Canada-U.S. border. The young man who brought Iowa its first Rose Bowl was also a young man who finished with an engineering degree, married another Iowa graduate, raised three terrific kids in Winnipeg and has remained a leader in his community for nearly 60 years. Oh, yes, he also led the Bombers to four Grey Cup championships in six appearances in 10 years, from 1957-66.

This is the story of Kenny Ploen, "The Quiet Hero," and how he turned the period from 1957-1966 into the greatest 10 years in the history of Winnipeg football.

Available at Chapters Polo Park or the Bomber Store at the Stadium.

Anyone can be affected by bed bugs.

Everyone can stop their spread.



Bed bugs are not a health hazard but they can create a lot of stress. Learn how you can protect yourself and help stop the spread of bed bugs.

What are bed bugs?

Bed bugs are flat, brown insects – about the size of an apple seed – that feed on human blood. They cannot fly or jump. They usually hide during the day where people sleep or sit. However, they can come out at any time of day if needing to feed. Reactions to bites range from no reaction at all, to itchy red bumps.

How bed bugs can get into your home.

Bed bugs can enter anyone's home. They are carried in on items like luggage, furniture and other household goods. If you find dark, reddish brown stains or black droppings on your mattress, box spring or pillow, there is a very good chance you have bed bugs.

How to keep bed bugs out of your home.

Search any used items, particularly mattresses, box springs and upholstered furniture for bed bugs before bringing them into your home. Look carefully in all seams and cracks. Use a magnifying glass and a flashlight. If you are unsure about whether or not bed bugs are hiding in a piece of your furniture, the heat from a hair dryer will force them out in the open.

What if you're renting?

If you find bed bugs in your apartment, your landlord is responsible for getting rid of them. You must co-operate with your landlord regarding instructions on how to prepare your home before and after any extermination.

For more information

To learn more about bed bugs and how to stop their spread, call toll-free 1-855-3MB-BUGS (1-855-362-2847), email bedbugs@gov.mb.ca, or visit manitoba.ca/bedbugs.



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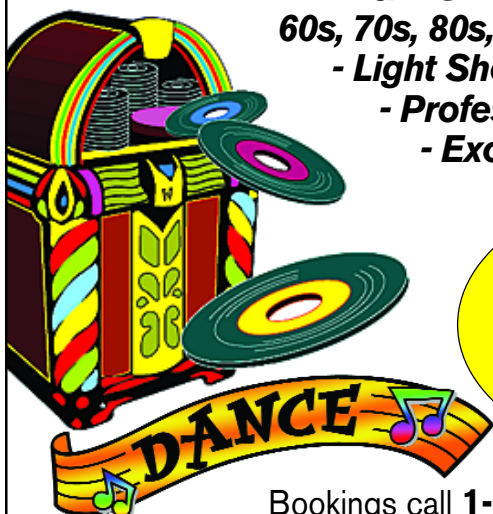
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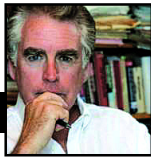
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6.

'Trending' – people killing time while applying for a life



By William J. Thomas Humour Columnist

So it's a beautiful day and you have some time on your hands and you're feeling kinda trendy! (Or as Sarah Palin might say – "mavericky.")

According to the hottest trends on the internet you could go planking, owling or even plowling and then treat yourself to a real tasty coning.

I agree. Having looked at the options you now desperately want to go AWOL.

As a hot new social media trend, planking is known as 'the lying down game'. I know what you're thinking. Until now you thought the 'lying down game' was the trademarked property of the Toronto Maple Leafs.

People who plank take photos of themselves in unusual or exotic locations while lying face down, their hands along their sides and feet outstretched. And that's pretty much it. No action, no high-planking, no sudden-death overtime – just lying still as a board and posting your position on the internet.

From atop the Taj Mahal to the base of the Lincoln Memorial, people with no visible means of a real life are planking all over the world.

The internet offers photographs of classic plankers who have become 'celebrity plankers' because of their feats, sorry feats. There's a photograph of a large, bald guy planking on a four-lane highway in Lagos. There's a woman in dreadlocks planking perfectly on what looks like a twelve-pack of toilet tissue. And there's the Nigerian Naija Plank in which six people are stacked on top of each other in a triangle of rope. They look like they're being transported to the Perfectly Still Museums.

I believe this new and popular game called planking evolved from watching a dog play dead.

There is actually a movement underway – did I mention that as I'm writing this I have

not had anything to drink – for Global Planking Day. Yes if there's one thing the world can finally come together on, it's quietly doing nothing whatsoever in unison.

Planking is the kind of game the whole family can enjoy – a Toronto mother and her grown son plank together and the fact that she was able to lie lifeless on a bag of garden soil on her very first attempt; he calls her a "born planker" – as long as that family is not currently connected to the real world. Let's hope they never find out about holding your breath until you pass out.

Exactly how dreary does your life have to be to send a photo of yourself to all your friends and indeed the world of you lying very still on the ass-end of a parked recycling truck?

Bored? Participants of the game of planking make death by natural causes look like a 30-minute workout.

Sorry, I should not tar all plankers with the same colourless brush because earlier this year an Aussie took planking to a new level. That level turned out to be seven stories straight down to the street after he rolled off the balcony he was trying to plank on. So for the last seven seconds of his life this planker was really alive, his brain buzzing like an electrical short in a fuse box. He'll be the first inductee into the Planking Hall of Fame in Lifeless, Iowa.

But bad fads pass quickly, thank goodness and plankers are so yesterday that the social media network is now grappling with the existential question: "Is owling the new planking?"

Owling is like planking except the person/player/poser perches atop something odd in a still, bird-like crouching position. So it's knees up, hands and feet together and the wide-eyed look of an owl. They say imitation is the highest form of flattery, but owls that have seen

humans imitating them are flying into car windshields on purpose.

But wait, owling does not necessarily have to replace planking because according to a photograph on the net of a wide-eyed owler crouched on the clenched buttocks of a two-chaired planker – presto! Plowling!! Yeah, mix match, develop the hybrid and magically you have a two-man team with nothing between them including a brain.

And coning, this summer's hottest trend involves ordering an ice cream cone usually at a fast food drive-thru and then grabbing it by the ice cream and eating away at the cone. Honest. You could have me tested at this point of the day and only caffeine and a high level of astonishment would show up in my blood stream.

Say what you like, but compared to planking, owling or even plowling, coning offers action, stains, stickiness and a dramatic genetic link to our earliest beginnings as chimpanzees.

Man oh man, whatever happened to the exciting trends of my day like swallowing live goldfish or jamming 13 people into a phone booth or knocking up the homecoming queen?

I realize we live in an indifferent and dumbed-down world which is why people like Sarah Palin and Michele Bachmann are members of right-wing political parties and not registered with Clowns of America International. I get that.

However, if you are of sound mind and body, why would you not use these gifts to walk per chance or read a book or upgrade yourself to a couch potato and watch TV instead of ... okay, that's it. It's not yet noon but I'm taking a smash of something strong right now.

For comments, ideas and copies of **The True Story of Wainfleet**, go to www.williamthomas.ca

PUZZLING!

Answers on next page

STR8TS

SUDOKU X

Medium

Easy

		6		8			4	
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How to beat Str8ts –

Like Sudoku, no single number 1 to 9 can repeat in any row or column. But... rows and columns are divided by black squares into compartments. Each compartment must form a straight – a set of numbers with no gaps but it can be in any order, eg [7,6,9,8]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

2	1		4	5	
	6	4	5	3	2
	4	5		2	1
4	3	6	2	1	5
3	5	2	1	4	
	2	1	3		

To complete Sudoku X, fill the board by entering numbers 1 to 9 such that each row, column, 3x3 box and both diagonals contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku X and www.str8ts.com for Str8ts.

If you like Str8ts and other puzzles, check out our books, iPhone/iPad Apps and much more on our store

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Community Events & More

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EVENTS

Pembina Active Living, PAL55+ - The last Still Bloomin' garden club meeting of the season, Thur., Nov. 24, 1-3 pm, at the Richmond King Community Centre, 666 Silverstone Ave., Wpg. Topic: organic lawn care, with a presentation by the Eco Network. Refreshments served. New members welcome, a nominal fee of \$2. Call: **275-6311**

Good Neighbours Active Living Centre - Annual Craft Sale & House Party Extravaganza, Sat., Nov. 26 9 am-2 pm, 720 Henderson Hwy., Wpg. A variety of crafts & an assortment of house party vendors available. Rainbow Auction. Lunch available for purchase. Call to register: **669-1710**

St. Basil's Parish - Christmas Bake and Food Sale, Sat., Dec. 3, 9 am-2 pm, 202 Harcourt St., Wpg. Christmas Baking, perishke, cabbage rolls, cabbage & potato perogies, borsch. Luncheon and raffle. Everyone Welcome.

Stroke Recovery Association of Manitoba (SAM) - Annual Christmas Dinner, Sun., Dec. 4, 4:30-8:30 pm, at the Army Navy Legion at 300 - 1395 Ellice. Tickets \$15 now available - Call Sherry: **942-2880** or e-mail: sherry@strokerecovery.ca

The Winnipeg Philharmonic Choir - "An Afternoon with the Phil". 'Magnificat' is the theme for the Phil's traditional Holiday celebration, Sun., Dec. 11, 3 pm at Bethel Mennonite Church., Wpg. Consider bringing your group out to a concert for just \$15 per ticket (regular Senior ticket price \$20). Senior's discount applies to groups of 10 or more people. Phil season and individual concert tickets are available by calling Judy Asker, Executive Director: **896-7445**.

St. Anne's Church - Senior's Dance, Dec. 1, 12-3:30 pm, at St. Anne's Church, 35 Marcie and Gilmore. Music by Pride & Joy. Call: **669-7557**

The Nearly New Shop - The sale of the year has arrived for vintage lovers. The Nearly New Shop's annual **Vintage Sale runs from Nov. 25-Dec. 9**. This is the shop's most popular sale of the year. All vintage and retro finds will be on sale for unbeatable prices. The deals don't stop throughout the month of December at the Nearly New Shop, starting with its **2-4-1 Sale from Dec. 9-16**. Buy one item and get another item of equal or lesser value for free (sale includes clothing only). 961 Portage Ave., Wpg. Its hours are Monday to Saturday, 10 a.m. to 4 p.m. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba in support of pediatric research at the Manitoba Institute of Child Health and equipment and programs at Children's Hospital.

St. Chad's Anglican Church - Christmas Musical, Fri., Dec. 16, 7 pm; Sunday School Pageant & Potluck Luncheon, Sun., Dec. 18, 11 am; Christmas Eve Services, Dec. 24, 3 & 9:15 pm, 3390 Portage Ave., Wpg.

ALS Society of Manitoba - Lite Up A Life in support of The Brummitt-Feasby ALS House a home with 24/7 care and support for those living with ALS. Purchase 3 bulbs for \$5 or 7 bulbs for \$10. Lite a whole tree (150 bulbs) for \$150.00. Donations can be mailed or dropped off to 493 Madison Street, Winnipeg, MB R3J 1J2. Call: **831-1510** ext. 4, or email: HOPE@alsmb.ca

Fort Garry Women's Resource Council - Introduction to Wen-Do Self Defense Information Session, Nov. 28, 7-8:30 pm, at 1150A Waverley St., Wpg. Please note this is not a class. Space is limited - Pre register by calling **477-1123**. This is a women only event - no childcare is available. Working in partnership with Wen-Do Winnipeg.

Speech Masters in West Winnipeg (member club of Powertalk International) - 6-session Powertalk courses, 2nd & 3rd Tuesdays, at St. James Collegiate, 1900 Portage Ave., Wpg., Room 111. For info: **837-4757** or gmac3@mymts.net

Forever Young (seniors) - Christmas Banquet, Dec. 10, Springs Church at 725 Lagimodiere Blvd., Wpg. Sound Foundation quartet performing and serving turkey dinner with all the trimmings. Call: **233-7003**

Norman Art Group of St. James, Assiniboia - meet Wednesdays, 7 pm, Bordaire Community Club, 471 Hampton St., Wpg., Guests and new members welcome. Call Marion: **837-8852** or Bev: **837-1176**

Age & Opportunity West End Senior Group - Free Social Dance, Mondays 1-2:30 pm. Belly Dancing course Fridays 10-11:30 am, Hula Dancing course Wednesdays 10-11 am, at the Clifton CC, 1315 Strathcona St., Wpg. Chinese Social Gathering Wednesdays 9-11:30 am, Line Dancing Wednesdays 1-2 pm at Isaac Brock CC at 715 Telfer St N., Wpg. Woodcarver's group meets Friday afternoon from 1-3 pm at the Clifton CC. Register Computer course Mondays & Wednesdays 10-12 noon at the Isaac Brock CC. For info: **772-9581** or visit www.ageopportunity.mb.ca

The Winnipeg Humane Society - Paws for the Season, Sun., Dec. 4, 45 Hurst Way, Wpg. **988-8811**

St Charles United Church - Craft and Bake Sale, Sat., Nov. 26, 9 am-2 pm, at 673 Isbister St., Wpg

Annual Bazaar - Craft and Bake Sale - Sat., Nov. 26, 10 am-2 pm at Parkside Plaza, 1630 Henderson Hwy., Wpg. Hot dog lunch available.

The Khartum Ladies Auxiliary - Annual Fundraiser, Bud, Spud & Steak Dinner, Fri., Nov. 25, 6-9 pm, Tijuana Yacht Club, Canad Inn Polo Park. Silent Auction (including a trip for two anywhere West Jet flies), 50/50 Draw, Door Prizes. Admission \$18. Contact Shrine House at **925-1430**

SOCIAL PROGRAMS / SERVICES - WINNIPEG

Archwood 55Plus at the Archwood Community Centre, 565 Guilbault St., Wpg. - Daily fitness and social activities: Mon. Pole Walking & Yoga, Tues. Strengthening Balance and Zumba, Wed. Silver Sneakers Walker, Thur. Cardio & Painting Class, Fri. Line Dancing, Remembrance Day Luncheon Nov. 7, 12 pm, International Day, a potluck get-together, Nov 17, 1 pm. Christmas Party Luncheon Mon., Dec 5, 12 pm. Christmas Light Tour, bus daytrip to Portage la Prairie, dinner at Alto's, Dec. 9. Bus departs 3:30 pm. Call Erith: **253-1779**, Jean **255-2223** or Melinda **962-3331** or e-mail: archwood55@gmail.com

Central Corydon Community Centre - Adult Drop In - 1st and 3rd Wed. of month, 1 pm, 1370 Grosvenor, Wpg. BINGO: Mondays 7 pm - 1170 Corydon, Thursdays 7 pm - 1 Sir John Franklin Rd. Bridge: Mondays 1 pm - 1370 Grosvenor. Cribbage: Tuesdays, 1 pm - 1170 Corydon. Walking Club: Mondays & Thursdays, 9 am. For info: **488-7000** or www.centralcorydoncc.com

Seine River Seniors out of Archwood Community Centre - 565 Guilbault Street, offer birthday lunches on the second Tuesday of each month. Call Orysia at **261-4055**. Exploring Restaurants, the last Friday of the month; Upcoming Celebrations Dinner Theatre Matinees on Tuesdays (Nov. 1, and Feb.7) Call Fran at **269-8584**. Creative Writing in English and French on alternating Thursdays. Call Pauline at **253-8160**. Email: seineriverseniors@gmail.com for more info.

Pembina Active Living 55+ - New Fall Programs at Richmond Kings Community Center, 666 Silverstone Ave., Wpg. and other locals. Call Alanna to register: **946-0839**, or email: pal55plus@gmail.com.

Y Women - Group of 55+ that meets every 2nd Thursday afternoon, at the downtown YMCA-YWCA of Winnipeg. (Cost to join is \$10.00 per session, session is Jan.-June, Sept.-Dec.). We have different speakers and take tours. Ladies contact Bonni Pereira: **953-7317** or email: bpereira@ymcaywca.mb.ca.

The Seniors' Choral Society - under the direction of Richard Greig, are now accepting new members for their upcoming season, beginning in Sept. No audition required. For more info, please call Mary: **221-3373**.

VOLUNTEER OPPORTUNITIES - WINNIPEG:

Stroke Recovery Association of Manitoba knitters - If you knit, the Stroke Recovery Association of Manitoba (SAM) needs knitters to contribute to our Knits for Charity program. We sell knitted goods to further our programs to improve the quality of life for stroke survivors and their families. See our website at www.strokerecovery.ca.

Rupert's Land Caregiver Services - Volunteer Drivers needed for Ring-a-Ride", a transportation program, to take clients residing in South West Winnipeg to appointments, shopping and social outings. Flexible hours. Compensation for gasoline and parking is provided. For more info: call us at **452-9491**

Bethania Personal Care Home and Pembina Place - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. For info, call Nita: **654-5046** or email nita.dueck@bethania.ca

K.I.N. Resource Council for Seniors - Bluebird Lodge Congregate Meal Program, 97 Keewatin St., seeking volunteers to help with the 4:30 meal - 3 hours once a week. Call **774-3085** for details.

Meals on Wheels - Want to volunteer? Deliver noon hot meals to people in your community, 2 hrs, once/week or twice/month! Training, screening and gas honorarium provided. **956-7711**

Mensheds Manitoba Inc. - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1 pm-4 pm, model building, carving, cribbage, coffee, camaraderie and more. Call Doug: **832-0629** or **804-5165**

Community Events & More

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Gordon Howard Centre (Selkirk, MB) - Old Tyme Halloween Dance, Sat., Oct. 29, 7-11 pm, Gordon Howard Centre, Banquet Hall. Tickets \$10, Prizes for best costume, spot dance, door prizes. Lunch 9 pm. Live band "Group 4". Annual Fish Fry - Pickerel Dinner - Fri., Nov. 4, 6 pm, at Gordon Howard Centre. Old time country music by "Country Girl Irene". For tickets or info for both events, call: **785-2092**

Springfield Services to Seniors - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues & Fri. @ 5 p.m. Wed/Thurs. @ noon Call **Vivian @ 444-3132**; Dugald: Mon/Wed/Fri. @ 5 p.m. Sign up sheet at lodge; Cooks Creek: Mon/Wed/ Fri. @ noon Call **Jean @ 444-6000**; Anola: Mon. to Fri. @ noon Call **Brenda @ 866-3622**.

Springfield Services to Seniors - Cooks Creek Seniors 1 pm, Nov. 30, Springfield Library; Diabetes Info Session 2 pm, Springfield Library; Nov. 30; Bingo 7 p.m. Dugald CC, Nov. 30. Call **853-7582**

Ritchot Senior Services (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **883-2880**

The Services to Seniors programs in North Eastman - Services: transportation, friendly visiting, phone calls, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIC®, errands, etc. Call the site nearest you. Brokenhead Outreach for Seniors at **268-7300**, H.E.L.P. Centre (East Beach area) **756-6471**, Springfield Services to Seniors **853-7582**, Two Rivers Senior Resource Council, Lac du Bonnet/Pinawa **345-1227** or Whitemouth/Reynolds **348-4610** and Winnipeg River Resource Council **367-9128**

South Interlake Seniors Resource Council Inc. - Services for seniors and those with disabilities. (Stonewall, RMs of Woodlands, Rosser, Rockwood-wards 1,2,3,4). Services include Driver/Escort Program, Mobility aid Lending Service, Handy Helper, Housecleaning, Friendly Visiting, Telecheck-Telephone buddy, E.R.I.K., Life Line. Caregiver Support Grp. meets last Wed. ea month. For assistance and Resource info. **467-2719**

Community Events & More

SOCIAL PROGRAMS / SERVICES - WINNIPEG (Cont'd):

Dakota 55+ Lazars Program - Dakota Community Centre, 1188 Dakota St., Wpg. Floor Curling, Floor Shuffle, Line Dancing, Whist, Tai Chi, health presentations and social activities. Programs run Tues., Wed. and Thur. Call Karen: **255-2061** for more info

55+ Men's Club, St. James Assiniboia 55+ Centre - Various programs for men only group to address physical, emotional and social well-being. Drop in for coffee, camaraderie, fun, mentoring & more. For info, call **953-8841**. St. James Assiniboia 55+ Centre Satellite site: 3172 Portage Ave., Wpg.

Vital Seniors - St. Mary Magdalene Church, 3 St. Vital Road, offers: Bridge, Thursdays, 1-4, Gerry **257-5027**; Carpet Bowling, Tuesdays, 1-3, Fran **253-9456**; Line Dancing, Mondays, Beginners 11:45-1, Prairie Stars 1:15-2:45, Fridays, Beginners 9-10:30, Intermediate 10:40-11:40, Warren **334-3559**; Scrabble, Mondays, 12-4:30, Don **487-7835**; Lunches, last Tuesday each month, Ray **256-8660**; PACE - People with Arthritis Can Exercise, Wednesdays, 11-noon, Bernice **253-9244**.

Jewish Child and Family Service - offers Bereavement Group which is specially designed for those who have experienced the death of a loved one. Begins Tuesday, Jan. 18 until Mar. 8, 7-9 pm (8 wks). No charge to participate. Contact Jewish CFS: **477-7430** to register. This group is jointly sponsored by Jewish CFS and Hospice and Palliative Care Manitoba. Adults of all ages and cultural backgrounds welcome.

Age & Opportunity West End Senior Centre - Free Social Dance, Mondays, 1-2:30 pm. Belly Dancing course, Fridays, 10-11:30 am at the Isaac Brock CC, 715 Telfer St N., Wpg. Woodcarving group meets Fridays, 1 pm, Clifton CC, 1315 Strathcona St., Wpg. Monthly events: Birthday parties, special outings. Call: **772-9581** for more info.

Norberry-Glenlee CC - offers the following programs: Square Dance: Monday's 6:30-10:00, Seniors Bingo: Tuesday's 11:00-2:45, Bridge: Wednesday's 12:00-3:00, Red River Seniors Cards: Thursday's 11:30-3:00, Light & Lively Fitness: Intermediate M/W/F am. and Beginner M/F am, at 26 Molgat Ave., St. Vital, Wpg. Call **256-6654** for more information.

Le Conseil des francophones 55+ - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. **793-1054**, 201-605 Des Meurons St. Saint-Boniface, Wpg., conseil55@fafm.mb.ca.

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