Seasonal influenza is upon us once again, and governments and the health care system are once again involved in a major effort to not only help Canadians avoid being struck down personally by the flu, but also to try to prevent spreading the nasty bug to others. Make no mistake, this is a disease that takes hundreds of thousands of lives around the world each year. As we commemorate the end of World War I, it’s worth remembering that many millions died in that conflict, but more people died in the flu pandemic that followed in 1919 than were killed on the battlefields.

As we commemorate the end of World War I, it’s worth remembering that many millions died in that conflict, but more people died in the flu pandemic that followed in 1919 than were killed on the battlefields.

My father Andrew Currie was an 8-year-old lad in Balgonie Saskatchewan who almost died of the flu. I can’t help thinking that his survival then somehow helped to give me a stronger immune system to battle the flu and other serious ailments.

Fingers crossed, I have never been laid low by a major case of flu, but at 71, I’m not taking any chances.

All Canadians regardless of age are strongly urged to get the flu shot. For those who work in health care it is absolutely mandatory. The disease spreads quickly, especially in close quarters like hospitals and personal care homes. Last winter, Winnipeg and other communities in southern Manitoba were hit by one of the nastiest flu outbreaks in recent years, and the effect on health care was major.

Peggy Prendergast is a Winnipeg senior who fell in her kitchen last December and broke a hip. Her very difficult recovery over Christmas was worse than it might otherwise have been because of how the flu was affecting care at Seven Oaks Hospital where she was treated. As Peggy recalls “Patients were everywhere, including hallways. Regardless of what else they were being treated for most of them also had the flu, including some who had received their regular flu shots”. Peggy was one of the lucky ones because she had received the relatively new Fluzone high dose flu vaccine, developed by Sanofi Pasteur, the vaccine division of Sanofi, a global biopharmaceutical company based in France. The vaccine is specially designed to better protect people over 65. As a result, Mrs. Prendergast did not have the flu added to her already difficult situation.

The cost of each shot is $70, a significant expense for seniors on fixed incomes, but the value of the shots has been proven in cases like Peggy’s. In many provinces...
LETTER... to the editor

re: Roger Currie article, The importance of Elders...

Kindly pass my comments on to Mr. Currie please.

I read with interest your article in the Senior Scope and found it both sincere and genuine. I have not read the article you were apologizing for because I am visiting Manitoba from Alberta, but I really don’t need to. The title alone indicates it would have hit a few raw nerves.

Don’t be too hard on yourself, ours is a history that has always been crowded with annals of cruelty and like any other lesson in life, learning it can sometimes be painful. I am moved that you are taking the time to participate in some cultural activities, in particular, talking to Indigenous people as each has a very different perspective, as they too try to move past this very difficult time in our history. I know we all try to move past the hatred and anger (which you probably felt as a result of the article) we learned it was difficult. I am not a residential school survivor but I had an Indian mother and the racism she experienced and which I observed as a child, still haunts me to this day. I used to listen to your show when I lived in Manitoba and always found you to be a thoughtful broadcaster. You need to use those same thinking provoking skills as you continue to learn about our history. Don’t be burnt twice... we are all very different, some of us believe, among other things, in the pow wow trail, others have assimilated and choose not to recognize, but one thing we do have in common is our strong belief in mother earth and our desire to sustain her and therefore our own humanity. I wish you the best and feel confident that you continue your journey of learning you will find many of us who will support you.

Cheers!

LaVina Gillespie
Peace River, AB
(fan elder visiting my home province)

Time to be jabbed... flu, cont’d from front page

including Manitoba, governments have agreed to make the high dose shots available to all resident of personal care homes and similar facilities at no cost.

Samed says discussions are ongoing in all Canadian provinces to have the cost of the high dose vaccine covered for everyone 65 and older. For now, seniors can pay to be vaccinated at three locations in Winnipeg.

1. Meadowood Medical Centre at 155 St. Mary’s Road (204-253-6873)
2. Grand Medicine Health Services at 220A Cree Crescent (204-885-0768)
3. Shoppers Drug Mart at 50 Sage Creek Blvd. (204-254-7771)

Check for other locations at www.fluhd.ca

For younger Canadians, health officials say this year’s regular flu vaccine appears to be more effective than last year’s, but it’s always a bit of an exercise in trying to hit a moving target. The dominant flu strain this year is A-H3N2, and the new standard flu shot protects against that, plus another A strain called H1N1, as well two B strains called Victoria and Yamagata.

Last winter’s flu season across Canada was a bit of an anomaly, surprising even some of the experts. Not only was there a high number of cases of H3N2 starting in the fall, but there was a late winter–early spring surge of influenza B cases.

More details in Manitoba can be found at:

Roger Currie is a Winnipeg writer and broadcaster, and a regular contributor to Senior Scope.

FLU FACTS

• In 2017, Manitoba became the first province in Canada to offer the high-dose vaccine.
• Five other provinces have since followed suit.
• Results from the first year of using the high-dose flu vaccine on Manitoba seniors in long-term care facilities showed promising results.
• The basic flu vaccine is free of charge to all Manitobans aged six months and older.
• Pnuv-P-23 vaccine, which helps protect against pneumococcal disease and is offered free of charge to seniors.

Check Manitoba’s seasonal influenza website or contact Health Links–Info Santé at 204-788-8200 in Winnipeg or 1-888-315-9257 (toll-free) for dates, times and locations for vaccines. Pharmacists can also provide immunizations to people seven years of age and older. For more information about the flu, visit www.gov.mb.ca/health/flu/index.html

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18+ ENJOY RESPONSIBLY
My Trip to an ER Under the New Emergency Regime in Winnipeg

By Peggy Prendergast

On December 6, 2017 I fell in my kitchen and broke my hip. After contacting my daughter and son-in-law for help an ambulance was called. It turned out that the emergency room for orthopedic surgery was at Seven Oaks Hospital which is diagonally at the opposite corner was at Windsor Park. A long and painful ride followed because the ambulance had no shock absorbers. Once in the hospital, on the evening of December 6, 2017, after a long and uncomfortable ambulance ride, I had to wait a couple of hours before it was determined where I would be going in the hospital and when and what surgery would be performed. A catheter was installed and I was given morphine for pain. I then was taken to a room, was told the operation would probably take place late the following afternoon. Actually, 48 hours later, with a 24 hour delay and still with a catheter and on morphine with little food, I received so called “emergency” surgery, a partial hip replacement. If the decision is providing stream-lined emergency care why are physicians not ready to perform emergency care in the chosen facility, often far away from where the patient actually lives when they arrived at the hospital? The following four days saw me up and walking with a walker and walkers.

Some had even had the regular flu shot but were over the age of 65 and it was not enough to protect them with their diminishing levels of immunity because of their age. At one point during the following ten days I was told by staff that I was the only patient in a pod of 20 that did not have the flu. There were times when I was doing my regular walks that there were patients in recliners in the hallway gasping for breath and with terrible rasping coughs. The nurse on duty was able to keep closer watch on them this way but the air was full of their flu germs. Why did I not get the flu? I had heard about the “high dose flu shot” that was being administered to patients in long term care facilities “free of charge” that were over 65 years of age. There are scientifically researched reasons for having this high dose flu shot. Although it was not free to me and not too accessible I believe it literally saved my life last year. I work with elderly seniors and am one myself with a chronic condition that warranted me paying the $85 to have this shot. I had no idea I would fall and be in hospital at the height of the flu season but because I had the shot I was protected. I believe THE High Dose Flu shot should be available free for adults 65 years of age and older as it is in some parts of our country. It would save many of our older adults from the complications that often ensue from the flu and all of us from the cost of the hospitalization of these unfortunate older adults. I believe:

IT IS TIME TO GET SERIOUS ABOUT THE FLU SHOT FOR OLDER PERSONS.

As we age, the natural weakening of the immune system increases the chances of getting influenza (also known as the flu), which can result in serious complications older adults. For the 2018-19 season an annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts. This includes:

- People 65 years of age and older
- Residents of personal care homes or long-term care facilities
- Individuals with the following chronic health conditions:
  - An immune system weakened by disease or medical treatment
  - Cardiac or pulmonary disorders
  - Neurologic or neurodevelopmental conditions
  - Diabetes and other metabolic diseases
  - Renal disease
  - Anemia or hemoglobinopathy
  - Obesity (body mass index ≥ 40)
m for example

To get your free flu vaccine and/or Pnu-eP-23 vaccine (pneumonia vaccine), visit your local public health office, nursing station, doctor’s office, pharmacy, Quick Care Clinic, ACCESS Centre, or the nearest immunization clinic. Remember to contact your health care provider first to check for flu and/or Pnu-eP-23 vaccine availability. Your local pharmacist can provide immunization services to people 7 years of age and older.

A further option to consider is FLUZONE High-Dose Influenza Vaccine. People in long term care facilities will receive this vaccine free. There is a charge for others. Check your insurance company for coverage and check with your doctor about the vaccine that is best suited for you. Consult: www.fluzonehighdose.ca for further information about this vaccine.

Respectively submitted by
Peggy Prendergast, Chair of the Wellness Advocacy Committee

Canada 55 Plus Games - Saint John, New Brunswick
August 21st - 24, 2018

Left: Lois Dudgeon, Team Manager for the Manitoba athletes, having fun at the Canada 55 Plus Games.
Right: Manitoba Fan Club.

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How do you know if you have missed the mark? PART 2

Shirley Hill, CFP - Executive Financial Consultant, Investors Group

In the previous (Oct. 10/18) issue of Senior Scope we ended the article with a discussion on keeping your wealth for generations... or not.

As people, should we do the same thing repeatedly and expect the same results? Is it the past information we are using for decision making still relevant? Have you asked yourself in your thinking and planning? This question applies to every aspect of our lives. Below are some examples to consider:

1) Myth or truth?
   1) GIC's are safe – truth or myth?
   Is this a false sense of security?
   You decide for yourselves. They tend to produce very low earnings in so far as interest payments. If the GIC isn’t sheltered as an RRSP or TFSA, then even these low earnings are 100% taxable, eroding the value even more. The most important downside is they usually don’t keep up with inflation. Some people still believe they will receive an interest rate of 17%… that happened some 30 or so years ago, when lending rates were even higher. Unbelievably, some still feel that is on the horizon. If you hold these or are a POA for a family member is it time to re-examine and course correct? Whose money is it? Will all of it be spent by one family or invested to accommodate the needs of the family? Remember Marston said investors today cannot afford to make too many mistakes.

2) I need to take my CPP early at age 60 because I’m going to die young. – Maybe, as none of us are guaranteed tomorrow. However, the current life expectancy for men is age 85.5 and women 87. If at age 60 you start drawing on the CPP, you make an agreement with the Federal Government to pay a permanent cut in payments of approximately a third as a penalty, for as long as you live.

Another problem with taking the pension early is additional work income is added to the CPP generating more tax payable. In addition to the penalty, this additional taxability further diminishes the “spendable” amount you’d receive from the early CPP drawing.

Are there other areas in your life where you would be willing to take an income reduction of around a third? Any future indexing is calculated on the decreased amount further adding to the loss. Probably not. Is early CPP with the penalties incurred and an extended life expectancy another strategy which should no longer be followed? Again Marston said that it’s the plan and not the investment that’s the game changer.

3) A new and rather concerning pattern is also starting to emerge.
   We are starting to see families who have held managed money for years and more likely generations. Remember Marston said investors today cannot afford to make too many mistakes.

I) Not knowing what further action should no longer be followed?
   II) Any early CPP with the penalties incurred and the extended life expectancy another strategy which should no longer be followed?

Another problem with taking the pension early is additional work income is added to the CPP generating more tax payable. In addition to the penalty, this additional taxability further diminishes the “spendable” amount you’d receive from the early CPP drawing.

Are there other areas in your life where you would be willing to take an income reduction of around a third? Any future indexing is calculated on the decreased amount further adding to the loss. Probably not. Is early CPP with the penalties incurred and an extended life expectancy another strategy which should no longer be followed? Again Marston said that it’s the plan and not the investment that’s the game changer.

4) Communities may make mistakes.
   Communities may make mistakes.
   Communities may make mistakes.
   Communities may make mistakes.
   Communities may make mistakes.

As you can see by now, the whole pattern is also starting to emerge. We are starting to see families who have held managed money for years and more likely generations. Remember Marston said investors today cannot afford to make too many mistakes.

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How do you know...? - content from previous page

society. Please bear in mind that these are just observations and there may be further information that I have not taken into consideration.

a) Glen Murray, the former mayor of Winnipeg, once told the citizens and decision makers of Winnipeg to turn the city into a creative community. I don’t believe more budgetary funds were to be allocated for this to occur just in creative focus and strategies. Winnipeg rejected the idea. Was that a correct decision? You decide.

When I talk to family, friends and clients who fly to New York, the end decision is to go to the theatre. Clients who fly to New York, the end decision is to go to the theatre. Was that a correct decision? You decide?

b) Demographics - We have an aging community and our immigrating population are the old measurements still correct? The old measurements may be relative to what?

Could this one activity prevent the aging of golf in Canada? Could we develop something else that related? Is there a hidden cost and what is the future was calling? Are we making the main point by not engaging in heartfelt conversations about family wealth planning?

Should you or your family wish help with these conversations, this is one of our specialties.

What is in your family history?

reunion. They later moved to Nebraska as a family unit.

Coincidentally, the earlier-mentioned grandfather was a prominent building contractor who was engaged by the Bronfman family to build a major distillery in Moose Jaw, SK (a facility that has since become an historic site and can be visited to this day.) Search online for “Moose Jaw bootleggers”. Bronfman (Seagram’s) was a major supplier for Capone’s lucrative U.S. bootlegging operation.  

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Attention: Bob Strong, c/o kelly_goodman@shaw.ca

He would welcome your interesting discoveries or genealogical anecdotes.
expansion draft while I was hearing I had selected Joe Daley in the NHL, heard that the Pittsburgh Penguins at the time of the first expansion, "home listening to the radio in 1966, career was the day that I was at seven years of the league's existence. Daley was a three-time all-star and games played (308) by a goaltender, turned out to be one the highlights another highlight to his list. induction into the Manitoba Sports Hall of Fame, that was special," he said. "I was recognized for your efforts as an athlete, an individual is so much bigger. To be going into the Hall as was pretty neat for me. But this is of all of us who certainly got a pay factor for me and for hockey and for pretty good. So I left Bronx and went to East End Barons to play playground hockey and we had a pretty good team. "But by the time I reached Feste, I went back to Bronx and played out my minor hockey at Bronx, winning the provincial juvenile championship in my last year and that was special because no team had won a championship out of Bronx since Terry Sawchuk did it." After being property of the Boston Bruins as a 16-year-old, he became property of the New York Rangers as a 17-year-old. However, after attending the Rangers' Winnipeg training camp, he played his final year of juvenile at Bronx Park. In between, the Rangers signed a veteran goaltender and Daley was left unprotected long enough to be signed by Jimmy Skinner and the Detroit Red Wings.

Continued on next page
So in 1961, the Red Wings sent Daley and a group of other Manitoba players out to Weyburn to play for the Red Wings’ Junior B team. Daley was a member of the Weyburn Hawks when they won the Canadian Junior Hockey League’s Saskatchewan Junior League title. He was named to the All-Star team and got onto the radar of the National Hockey League’s Pittsburgh Hornets, playing 16 games for the American Hockey League’s Baltimore Clippers for three seasons and then, in 1970, the NHL decided to expand again.

“Punch (Imlach) was the GM of the WHA,” Daley explained. “I was the first player ever signed by the WHA’s Memphis Blues, who was playing in Memphis, Tennessee.”

After a great year in Weyburn, he went to the Red Wings’ training camp and had to beat out 10 other goaltenders for a job. That wasn’t going to happen, but he didn’t quit. He accepted an assignment to play for the Johnstown Jets in the Eastern Hockey League.

“We used to get our cash envelope every Monday,” Daley said with a laugh. “I don’t think it was a pro league at the time, but I got paid. We had one goalie and 15 players. It was unbelievable.”

He played there for two full seasons and then ended up playing for Coach Vic Stasiuk and the Memphis Wings in the Central League in 1965. He spent two seasons in Memphis, playing 16 games for the American Hockey League’s Pittsburgh Hornets, and got onto the radar of a number of NHL teams.

“In Memphis, Red Sullivan noticed me,” Daley said. “Red was going to be the head coach of the new Pittsburgh Penguins of the expanded NHL and he fell in love with my play and that’s why I got drafted by the Penguins. I like to say I was the first player chosen by the Penguins, but in the expansion draft, they took goalkies first, so there’s that.”

He was up and down between Pittsburgh and the AHL’s Baltimore Clippers for three seasons and then, in 1970, the NHL decided to expand again.

“Punch (Imlach) was the GM of the new Buffalo Sabres,” Daley explained. “He found out I was doing something in me and he made a deal with Pittsburgh so that he could get me in Buffalo. I think of the opportunity to come home and play in Winnipeg? And I’m thinking, ‘This has to be something coming from heaven because I wanted no part of the Red Wings anymore,’ so I said to Billy, ‘Yeah, I’m interested,’ and we worked out a deal on the phone. It was that quick. The next day I flew out to the NHL and I’d already cut a deal with Billy. The Red Wings called me in at the end of that very first season, the GM, said, ‘We’d like to discuss a two- or three-year contract and I said, “Okay, that’s fine.” So right after the season was over, I went and packed up my gear, came home with a brand new set of equipment and with no intentions of ever going back to Detroit.”

“The rest, as they say, is history.”

Daley had a wonderful seven years in Winnipeg and while he played on three Avco Cup championship teams, he also beat the greatest team in the world.

“On Jan. 5, 1978, after the Soviet National Team had won three straight games from the Jets in Tokyo, the Russians took a quick 2-0 lead, but with Daley in goal, the Jets battled back and beat the best team on the planet in front of a full house at Winnipeg Arena, 5-3.”

“Well, I was supposed to play the third game against the Russians in Japan, but in warm-up, I got hit in the ankle and could hardly stand up,” Daley said. “Unfortunately, for my goaltending partner, Gary Bromley, who enjoyed himself a little more than normal the night before, he had to play again. He was some upset. So I didn’t get a chance to play against the team there but when we came home, we played against them at Winnipeg Arena and we were very fortunate to beat them.”

“When Anders (Redberg) stood up in the locker room after the game and said, ‘Guys, do you know what we accomplished tonight,’ really set in for all of us. Anders, a guy who played against the Russian National Team many times and probably never beat them (with the Sabres), said, ‘Guys, we were, a club team, that took them to task that night. It’s a memory that many fans in Winnipeg will cherish forever.”

An exhibition game or not, we beat one of the greatest teams in hockey history that many fans in Winnipeg will cherish forever.”

“An exhibition game or not, we beat one of the greatest teams in hockey history that many fans in Winnipeg will cherish forever.”

It’s always interesting to note that Daley was one of the last goalkeepers to wear a mask. In fact, he never wore one until his third season in Winnipeg.

“I never wore one for any length of time until my last five years in Winnipeg,” he said. “That was due to my goaltending partner, Ernie Wakely. Ernie, who is still a great friend, suggested that maybe I should get one made so my evening in the net would be a long one and he wouldn’t have to come in and replace me after I got hit in the face.”

After he retired, he coached the Penton Knights for a while, but returned to Winnipeg and opened up Joe Daley’s Sports Cards which is now, Joe Daley’s Sports and Framing. You can find him in the store every day.

“I played the game because I wanted to play the game,” he said with a smile. “At the end of the day, somebody paid me for doing something I loved to do. I think the game was very good to me. I hope that I gave enough back to the game that I don’t feel I cheated anybody. We had a lot of fun. Maybe more than we should have.”

“As I will say at the induction dinner, I have to thank Billy Robinson, Ben Hatskin, Barry Shenkarow and Michael Gobuty and all the people who made my last seven years as a member of the Winnipeg Jets the greatest years of my life. I’m 75 now and I can look back and be very proud of my career. Being inducted into the Manitoba Sports Hall of Fame will be a very special moment.”
Lest we forget...

Winnipeg wartime firefighter - John “Jack” Stewart Coull (1980-1944)
(Killed in action on July 3, 1944)

As we remember all the military personnel who served and lost their lives in the world wars, there are civilians who also served overseas and deserve to be remembered and honoured.

One such person is John “Jack” Stewart Coull, a Winnipeg firefighter who began his career with the Winnipeg Fire Department in 1932. He signed up with the Corps of Canadian (Volunteer) Firefighters in May, 1942 to serve overseas to supplement Britain’s National Fire Service.

The idea to form this national corps of 500 civilian men from across Canada was born right here in Winnipeg by firefighter David S. Dunnett who worked at the No. 3 Fire Hall on Maple Street, now the Fire Service Museum of Winnipeg.

September 7, 1940 saw 300 German bombers fly over London - the first of 76 long days of bombings and eight months of targeting British cities which became known as the Blitz.

Coull was one of three Canadians who died from this effort. He left his wife Erna and six-year-old daughter Joyce to mourn his death. A plaque erected near Wimbledon close to the site of his death remains to honour him: “Fireman J.S. Coull (Winnipeg) who died as a result of enemy action when a V1 flying bomb fell on part of Wildcroft Manor, adjacent to this site on 3rd July 1944.”

Another local firefighter, Robert Legree, was seriously injured in this same attack but survived. Coull is buried in Lossiemouth, Scotland – his birth place. Daughter Joyce Hiebert and her son Dave Stanko has since visited London for a plaque dedication for their beloved father and grandfather, and on to Scotland to visit his grave and family members.

Oh, Silent Cross (by Harry McFee, recently launched at McNally Robinson Booksellers on Wednesday, November 7th.

Oh, Silent Cross is a historical compilation that features the first-hand stories of 22 Canadian Forces Army veterans, as well as an impressive array of photos, documents, maps and other related materials. Harry McFee spent several decades amassing the information in an effort to keep these important stories alive through this 725-page book. He has also published a previous book called For We Were Young and We Had Wings, which shares the stories of 15 Canadian Air Force veterans.

Winnipeg-based writer Harry McFee has had a lifelong interest in the Second World War and the ripple effects it created for the following generations. He witnessed the impact of war on the people who served, including his only two uncles, as well as on the families waiting at home. As a result, he felt compelled to preserve their stories so that their experiences will never be forgotten.

Both books are available at McNally Robinson Booksellers - www.mcnallyrobinson.com or call 204-897-1441 (Harry McFee).

List of wars involving Canada (Wikipedia)

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In Flanders Fields

by John McCrae

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago We lived, felt dawn, saw sunset glow, Loved, and were loved, and now we lie In Flanders fields.

Take up our quarrel with the foe: To you from failing hands we throw The torch; be yours to hold it high. If ye break faith with us who die We shall not sleep, though poppies grow In Flanders fields.
Imagine having the power to be able to do anything I want to do. I would create a safe haven for all the poor, disadvantaged children in the world. I dream of granting a carefree childhood to those in war-torn countries, young ones who have never known peace in their land. I envision having enough money to build homes for the homeless, jobs for adults who need work, and adequate healthcare for everyone. What if these things could actually occur? I can only dream of these incredible things taking place. What if I do a series of small deeds to help others in need? I believe that if added together, these small acts of kindness could become something much greater. (MH)

I can only dream of these incredible things taking place. What if I do a series of small deeds to help others in need? I believe that if added together, these small acts of kindness could cause a great change in our world.
Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio.

Just say No

It is not a great time right now for Canadians who have traveled in space. Our first astronaut, federal Transport minister Marc Garneau, has failed miserably in helping to replace Greyhound as a means of basic transportation between communities on the prairies.

Former high Julie Payette has been Canada's 29th Governor General for just over a year, and has been Canada's 29th Governor General since her term as Governor General ended in 2005. Clarkson has collected more than a million dollars from the taxpayer to cover a range of expenses, all of which are subject to almost no public scrutiny. This is in addition to the $140,000 annual pension she receives as a former Governor General. The newspaper article pointed out that our Governors General are subject to even less scrutiny over what this money is for than the 92 year old Queen herself. While she was on her throne at Rideau Hall, with

Greyhound as an aide, she sent out what seemed to be almost a form letter.

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AVALON RIVER CRUISING

See the World Differently with Avalon. Learn about the Avalon Difference, 2019 Group Departures & Current Specials.

Presentation: November 28, 2 pm
Henderson Library
1-1050 Henderson Hwy • Wpg
Please R.S.V.P. limited space

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Temple Gardens Mineral Spa

Soak - Rejuvenate - Renew - Relax in the Mineral waters which have Healing components to soothe stiff muscles & sore joints! Treat yourself to a soak in the warm Mineral waters heated to 2 different temperatures offering an indoor outdoor experience in Moose Jaw, SK.

Chicago

Enjoy the views from the large windows of the Amtrak Empire Builder Train watching the Mississippi bluffs, rolling farm land of Wisconsin, skyline of Milwaukee and Chicago before pulling into one of 24 tracks of the historic Union Station downtown!

April 20-26th, 2019

$1450.00 pp dbl occ

Tour Includes:

Transportation from Winnipeg to Red Wing, MN return, Amtrak Empire Builder Train Economy Ticket Red Wing to Chicago Return, 8 Nights Lodging, Admission to Shedd Aquarium, The Field Museum, Art Institute, Science & Technology Museum, Architectural Boat Tour, 2 Breakfasts, Hotel across street from Buckingham Fountain/Grant Park & Tour Director accompanying tour.

Newfoundland - Labrador Tour

Join us for Whales, Puffins, Lighthouses, Root Cellars & Icebergs!

June 26-July 8th, 2019

$3800.00 pp dbl occ

Tour Includes:

Transportation from Winnipeg to Red Wing, MN return, Amtrak Empire Builder Train Economy Ticket Red Wing to Chicago Return, 8 Nights Lodging, Admission to Shedd Aquarium, The Field Museum, Art Institute, Science & Technology Museum, Architectural Boat Tour, 2 Breakfasts, Hotel across street from Buckingham Fountain/Grant Park & Tour Director accompanying tour.

Tour Includes:

Lodging at Temple Gardens Mineral Spa Resort, Motorcoach Transportation, All Meals, 2 Boat Tours, Entrance To Gros Morne, Signal Hill, Cape Spear, Ryan House, Bonavista, Trinity, Twillingate Prime Bench Fishing Museum, Ferry to Labrador, Plus Tour Director whom flies with the group from Winnipeg!
**HEALTH/WELLBEING**

**MISCELF**

**Volunteers needed to support our creative community. New positions: Emergency Response Team. Must have driver's license and some medical knowledge. For more information, call 204-296-5698.**

**Volunteer opportunities. Visit www.misericordia.mb.ca/volunteer or call 204-452-9491.**

**Victoria Lifeline - Home Service Representative. Volunteers to provide telephone support on a volunteer basis. Call 204-668-0967.**

**Career Development Program at Concordia Hospital - seeking Gift Volunteers. Volunteers are asked to commit to an 8-week program in a professional environment and have fun! Contact J. Paterson at 204-575-0332, ext. 2225 or volunteer@hsc.mb.ca.**

**Continued on page 12**

**APRIL 2018**

**CONSUMER DENTURE CLINIC**

**CURE DENTAL**

**Established 1946**

**• Premium Quality Teeth from Europe & USA**
**• Advanced Denture Technology**
**• Modern Material with unsurpassed durability**
**• Free Consultation & Dental Plans Accepted**
**• 5 Year Guarantee**

**428 Portage Ave. Suite 500, Winnipeg - Full service • Monday to Thursday 9 am to 5 pm, Friday 9 am to 3 pm**

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**Call 204-225-7823 or 1-800-561-1230**

**SERVING MANITOBANS FOR OVER 70 YEARS!**

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**WINNIPEG**

**Listings available at www.seniorscope.com (Events page)**

**MUSIC**

**The Winnipeg Male Chorus • Yule Sing Concor, Sun., Dec. 2, 3:00 pm, in the Christman Chapel, 1565 Graham Ave., Winnipeg.**

**Learn Modern Square Dancing at the Kirkland Fire-Westwood, 165 Sarsen Avenue in Wpg. Sat. 7:30 pm, Sun. 2:00 pm. Couples & new dancers welcome.**

**Seniors’ Choir - Inviting new members. Practices Mondays, 10 am-12 noon, at McClure Place, 533 Greenwood Place. No auditions.**

**The Happy Headshakers - Senior men’s chorus, performing in various senior venues, afternoons only. Rehearsals, Wed. 1-2 pm, 653 Knowles Ave. Adults $15, students $8.**

**MUSEUMS**

**The Community Health and Wellbeing Program in W. Kildonan.**

**Art Fair, Nov. 29- Dec. 2, 12 noon-9 pm, at the Maranatha Church, 910 Sturgeon Rd.**

**North Kildonan Community Players - Presents Disney and Cameron Mackintosh’s The Lion King, Nov. 30-Dec. 22. Call 204-452-9491.**

**Whirlaway Westerners Square Dance - Fridays, 12:45 pm at Polo Grounds. FREE**

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**DINNERS/LUNCHES**

**St. Andrews Branch - Sat, Nov. 17, 4:30 pm, 60 Manito Ave. Under $5, Free Tickets. Call 204-364-2232.

**Senior Scope • 204-467-9000 • kelly_goodman@shaw.ca**

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**APP CALL**

**Call 204-296-7677 or 204-688-0967**

**Salvage Senior Men’s Curling - New curlers and spares are invited to join us every Mon. and Wed. at 10:30 am, North Kildonan Community Curling Club. For info and applications: Call 204-269-77-90.**

**Deer Lodge Wednesday Ladies Curling - Wednesdays, 1 pm, at Deer Lodge. Mid-season, intermediate curlers needed. For our League.**

**Leisure Seniors Centre - Mon., Oct. 15, 1:00 pm, at St. Michael’s Parish, 400 Day Street, Winnipeg. **

**Deer Lodge - Spares or full-time positions available. More info contact: Brynn at 204-296-7823**

**Wildwood Senior Men’s Curling - New curlers and spares are invited to join us every Mon. and Wed. at 10:30 am, North Kildonan Community Curling Club. For info and applications: Call 204-269-77-90.**

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**WINNIPEG**

**Listings available at www.seniorscope.com (Events page)**

**The Women of Excellence from The Women of Excellence - Winnipeg - Luncheon, Tue, Nov. 20, 12 noon, RCC Convention Centre, 500 Portage Ave., Winnipeg.**

**St. James #4 RCL Ladies Auxiliary - Christmas Luncheon, Sun., Nov. 18, 12-10:30 pm, Silver Dollars Room, St. James #4 RCL, 425 St. James St.**

**Proceeds support community services for hope@boomdonenext.com**

**204-235-1069**

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FAST FACTS ABOUT MENTAL ILLNESS

• Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
• By age 40, about 50% of the population will have or have had a mental illness.
• In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.

The Canadian Mental Health Association (CMHA), founded in 1918, provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all people to flourish and thrive.

For more information, visit cmha.ca
St. Thomas Anglican church was in existence until 1872, when the Dominion Government granted land in the valley of the Rapid River (now Little Saskatchewan River) to John Ralston, on which to build a church and establish settlements. The first arrived in 1874, along with the missionaries. Services of the Church of England were at a home in 1876 at Oddfellows Hall. In 1880, the place of worship for the Anglicans, but by 1880 there was no need for a resident priest. Subsequently, from January 1880, baptisms and marriages were recorded by successive priests, Rev. J. B. McCallum, Rev. R. A. McDonald, and Rev. George Turnbull.

The first baptism in the Parish was of George Norman Hindson, son of John George and Elizabeth Hindson, on August 1st 1880. The first wedding was of Charles Freeman and Sarah Christine on November 9th 1880. The first wedding in the church was of J. H. Piresley and Thula Mary Pascoe on June 17th 1882. The first funeral was of the infant daughter of Thomas and Mrs. McClune on May 27th 1880. When St. Thomas was completed in the fall of 1883, it replaced TANNER'S CINNAMON, Marney (Strathclair), Shoal Lake, and Swan River (Romeo) Moravian churches. The church was enlarged in 1906 with the addition of a chancel and a vestry, mainly through the efforts of J. G. McCallum, the minister, and his wife, and a sup- portive congregation.

Donations to the church over the years include the cross (Mrs. Fred Pike), chancel chair (Mrs. A. McIvor), altar vases (Mrs. Sarah East), communion silver vessel (Mrs. George Balkwill), communion bread box and baptismal font (Mrs. E. S. Gardner) and the pulpit (Hindson family).

St. Thomas Anglican church was in active use until the mid 2000s when the pews could no longer support it. The church remained open, though, but fell into disrepair. Considering its deterioration through age and the extensive vandalism, the intent recently was to demolish the church. However, members were not to keep it standing as a church.

Photographed by Tyrrell Mendis in 1991

Tyrrell Mendis has photographed more than 700 years of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, Testaments of Faith, Manitoba’s Heritage Churches is now available, and he would like to be a little church like most of our seniors in Senior Scope, or would like to make a little church like this? Contact Tyrrell Mendis at 204-774-0677 or (204) 774-0677; www.theimpresionists.ca.

See all listings at www.seniorscope.com (Events page)
**Avocado Cilantro Bagel Spread**

**Metric**
- 1 fresh ripe avocado
- 30 g goat cheese
- 1 ml onion powder
- 10 ml fresh cilantro
- .5 ml black pepper
- 15 ml fresh squeezed lime juice

**Imperial**
- 1
- 1 oz
- 1/4 tsp
- 2 tsp
- 1/8 tsp
- 1 tbsp

**Ingredients:**
- 1 fresh ripe avocado
- 30 g goat cheese
- 1 ml onion powder
- 10 ml fresh cilantro
- .5 ml black pepper
- 15 ml fresh squeezed lime juice

In a medium bowl; combine avocado with goat cheese, mixing until well blended.

Add onion powder, cilantro, black pepper, salt and lime juice; mixing well. Let stand for 1 hour at room temperature to let flavors blend. Serve with fresh plain or toasted bagels. Garnish with fresh lime slices and a sprig of cilantro. **Serves 4**

**WORDSEARCH - AUTHORS**

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**CROSSWORD**

The larks, still bravely singing...

By Adrian Powell

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**SOLUTION ON NEXT PAGE**

**SUDOKU EASY**

By Senior Scope

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**NEW LASER LIGHT SHOW AVAILABLE**

New Laser Light Show Available - Professional Equipment
Excellent Sound - Security Cam - Special Rates

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**November is Fall Prevention Month!**

1 in 3 older adults falls each year. It’s time to take action! Subscribe in November for a **FREE** month of HomeSafe with AutoAlert fall detection

Call (204) 956-6777 or 1-888-722-5222

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Book for your Spring & Summer events now!

New Laser Light Show Available - Professional Equipment
Excellent Sound - Security Cam - Special Rates

Solutions and info call
1-204-746-4318
(Morris, MB)

**FREE LASER OFFER with all booked Parties**

Book for your Spring & Summer events now!
I am a guitarist and play at many functions and events. I was asked recently by a funeral director friend to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a cemetery out in the country. I was not familiar with the back roads and I got lost.

When I finally arrived an hour late I saw the funeral director had already left. Only the digging crew were still there and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the road and I got lost. When I finally arrived an hour late I saw the funeral director had already left. Only the digging crew were still there and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the road and I got lost.
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Ask your healthcare provider for the FLUZONE® High-Dose flu shot and get protected now.

*We tested doses FLUZONE® vaccine against laboratory-confirmed influenza caused by any viral type or subtype.

FLUZONE® High-Dose (inactivated) vaccine is used to prevent influenza in adults 65 years of age and older. FLUZONE® High-Dose contains an inactivated strain of influenza virus. Annual vaccination using the current vaccine is recommended for prevention against influenza in the elderly. Persons with a history of severe allergic reactions to eggs or egg products or any component of FLUZONE® High-Dose should not receive the vaccine. FLUZONE® High-Dose will only protect against the strains of influenza virus contained in the vaccine. Those that are closely related. FLUZONE® High-Dose is not indicated for the prevention of hospitalization or death after the onset of illness. As with all vaccines, FLUZONE® High-Dose does not protect 100% of people vaccinated. Allergic reactions can occur. The most common side effects are pain at the injection site and muscle aches. Contact your healthcare provider if you are allergic to any component of the vaccine. For more information, visit www.fluzonehighdose.ca

SANOFI PASTEUR