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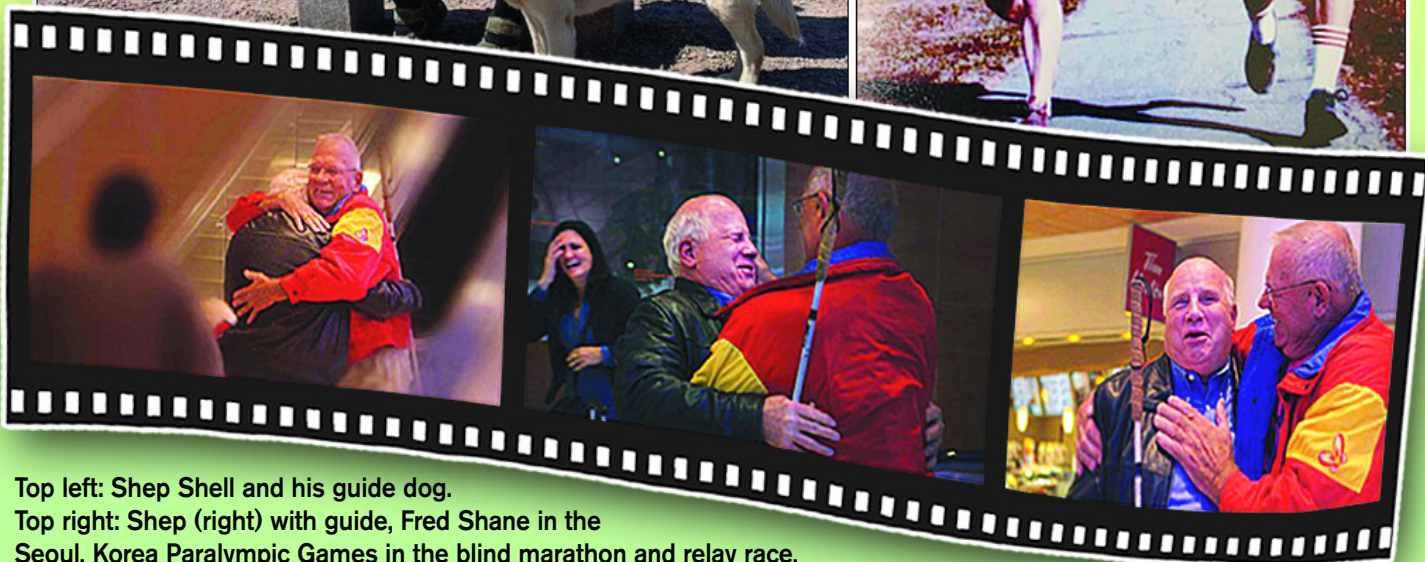
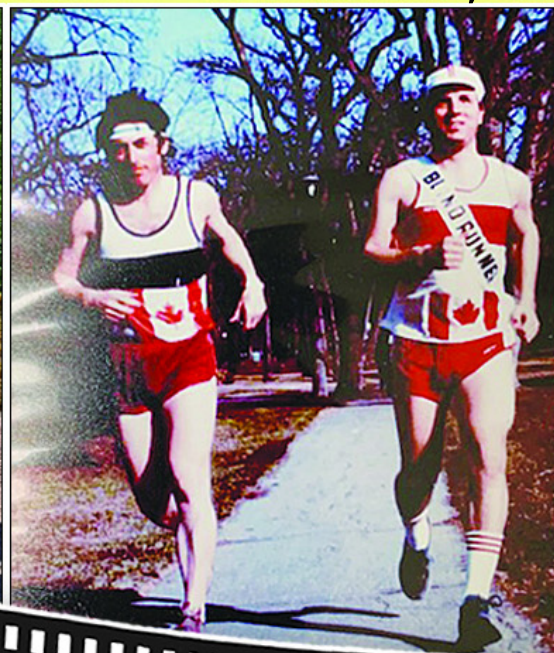


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Senior Scope

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*Shep Shell - accomplished paralympian and his
search for truth - the stuff movies are made of*



Top left: Shep Shell and his guide dog.

Top right: Shep (right) with guide, Fred Shane in the
Seoul, Korea Paralympic Games in the blind marathon and relay race.

Bottom: Scenes from the documentary movie, *Aida's Secrets* about finding long lost family members.
Shep meets his brother Izak Szelewicz (right) for the first time at the Winnipeg International Airport.

Asics, Nike, Adidas, Reebok and other trendy brands of runners pounded the worn and grimy roads as the sun rose in the early morning Seoul sky. The entire city smelled like the traditional Korean side dish Kimchee, a mixture of salted and fermented vegetables. The sound of adrenaline fuelled music meshed with a cacophony of noise emanating from millions of cars forming a symphony of city distortion. Flashbulbs flickered, film cameras whirled and helicopters flew overhead as Korean voices could be heard chanting, "hangug gaja". (Let's go Korea) International flags blew in the wind

while a plethora of vans, news crews and motorcycles stayed in front and behind the hundreds of marathoners representing different countries from around the planet. These were the sights, smells and sounds of the Seoul Korea 1988 Paralympic marathon. Shep Shell, the well known Winnipeg blind marathoner was representing Canada along with his guides, my dad Fred Shane and Greg Brodsky. Brodsky was supposed to run the first half of the marathon but because of an injury he had to pull out. The trio along with their friend Ada Letinsky had been training for over a year for this event- this was truly the

pinnacle of Shep's running career. The crowd in the packed Chamshil Olympic Stadium rose to their feet with a thundering ovation as Shep sprinted the final lap of the Olympic track and with the speed and strength he'd been developing his entire life he crossed the finish line. He was beyond exhausted but that Olympic high was still coursing through his muscular 140 pound greek statuesque athletic frame. Greg found his running buddies despite the chaos. The three men who were like brothers raised their arms triumphantly in celebration.

Continued on page 3

I know we were lost, but...
Our Dementia Journey

Story Inside...



Alzheimer Society
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Garry Moir's The Last Radio Show

By Mary Jane MacLennan



Mary Jane MacLennan

Veteran journalist and announcer Garry Moir has been “on the air” in one form or the other for 52 years. Now he’s taken a life behind the microphone and turned it into a musical theatre production about the trials of a failing radio station and its aging staff.

The Last Radio Show is set in Winnipeg in 1965. Moir says the station, which hasn’t kept up with the times, is going broke. They can’t find a buyer and they’re going off the air.

“And on this very last night, the very dysfunctional, elderly staff have to put on one final show about the Golden Days of broadcasting, and that’s what they do,” says Moir. **“It’s got music. It has poetry. It has drama. It has the old-fashioned sound effects.”**

He says the show is fun and entertaining, with an unexpected twist to the plot, but Moir isn’t about to give it away.

Moir launched the project to honour a milestone in Manitoba history.

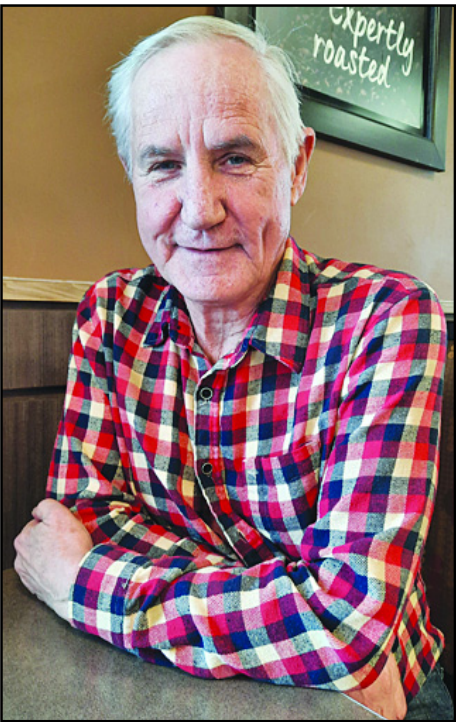
“This year, 2022, marks the 100th anniversary of the arrival of radio broadcasting in Manitoba. A few of us former broadcasters and present-day broadcasters were kicking around ideas that we could do to recognize this,” Moir says. “I always wanted to write a play; write a musical of some kind. It just sort of evolved from there.”

“The Last Radio Show”, staged by a Winnipeg seniors’ group, will run at the **Gas Station Theatre, April 29 and 30** at 7:30 p.m. Tickets are **\$20** (cash only) and will be available at the door, or by emailing gaelic1@live.com. All proceeds from the production are going to the **Canadian National Institute for the Blind**.

Moir says the contribution radio has made to the lives of Manitobans is undeniable.

“The reality is, radio reflects our lives. Radio reflected what was going on in our history,” he says. “It had a massive impact on our lives over the years, it really did, and very little has been written about it.”

Moir says the play offers a window into what happens on air and behind the scenes, both technically and in terms of the animated, sometimes wacky personalities that work in radio.



Garry Moir - takes radio to the stage.

“The characters are really an exaggeration of a lot of the people I’ve worked with over the years,” Moir says. “You have the announcer with the big ego. You have the womanizer. You have the plain weirdo. Radio seems to attract a lot of those.”

The cast members, who are all in their 60s and 70s, include long-time CBC host and personality **Ron Robinson** and Winnipeg actor **Jack Slessor**. Vocalists **Jan Harding-Jeanson** and **Greta McLean Wood** both worked in production at CBC Radio. Members of Winnipeg’s First Presbyterian Church, **Sally Dick** and **Betty Trevenen**, also sing in the production.

The Last Radio Show, which Moir says is the kind of show any age would enjoy, features music from the era and original tunes as well. Moir’s wife, former CBC announcer and host Agatha Moir, wrote the music with help from her brother, John Schellenberg. Garry Moir wrote the lyrics.

A highlight of the play is, “the complete history of radio in five minutes,” which Moir says is, “pretty neat.”

Radio and history have always been twin passions for Moir.

“Radio was part of my life when I was growing up. We listened to hockey. We listened to kids’ programs. I remember that,” he says. “By the time I was in high school, there was no doubt in my mind what I was going to do, and I did it.”



During Rehearsal. Top: Jack Slessor (left) and Ron Robinson. Above Jack (left) and Garry Moir. Right: Greta McLean Wood.



After retirement, in 2015, Moir wrote, “*On the Air: The Golden Age of Manitoba Radio*,” a handsome chronicle of Manitoba’s founding broadcasters including the staff of ‘68 CJOB Radio.

Moir’s clear, reassuring voice is still familiar to Manitobans, as he writes and presents a daily local history feature on 93.7 CJNU. Moir does his research in the Manitoba Archives and the Winnipeg Public Library, combing through old newspapers as a major source of stories.

“Every single day, I do a history spot on CJNU radio. It runs for about one minute and 30 seconds. We just talk about anything and everything that has happened in Manitoba way back when from the Depression, to Royal visits, you name it. We’ve pretty much touched on them all,” he says.

Moir was a familiar voice behind the Manitoba CBC news and worked in both private and public broadcasting across the country. Born near the US/Canada border in Snowflake, MB, he began his radio career at CFAM Altona. He worked at CKY and CKJS radio in Winnipeg before freelancing at CKEY Toronto. Moir worked for CKRM Regina and returned to Winnipeg to work at CKND TV and then CBC Radio.

He taught broadcasting at Red River College, but says he always “kept a finger in radio.” ■

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Shep Shell, *cont'd from front page*

FRED, SHEP & THE YMHA/1981

In 2006 Fred penned an article titled EYES FOR SHEP. The piece was a snapshot profile of his best friend Shep Shell. "I met Shep 25 years ago while I was training for my first Boston marathon, circling the track, counting my laps and fantasizing about crossing the storied Boston Marathon finish line. My memory of my first encounter with Shep has not dimmed over time. We were running around the track at the YMHA (Young Man's Hebrew Association) and eventually began to jog in tandem. Quickly, the conversation turned to the usual ritualistic manner characteristic of runners' dialogue. Are you training for a marathon? How many miles have you run today? But there was something about this run that was a little different for me. I noted he was grasping a lap counter in one of his hands. Every time we finished a lap his counter began to speak, "you have completed lap #1. You have completed lap #2." This is really strange I thought. After a while I turned to look at Shep and the obvious was inescapable. he was blind."

BERGEN-BELSEN, GERMANY 1946

My father and Shep immediately became quite close. In fact after a year of friendship Shep and his former wife asked if my parents would be their little girl Melanie's guardians if something were to happen to them. Over time my dad introduced Shep to fellow marathon runners, criminal lawyer Greg Brodsky and competitive runner Ada Letinsky. Not only would they train for marathons together, but they became invaluable parts of each other's lives. Our families vacationed together, had barbecues together and celebrated many of life's milestones. They were all truly instrumental in each other's lives, each offering

a unique perspective. As the bond between Shep and my dad deepened, Shep began to unravel his complicated history. In my dad's article he recounts Shep's past, "We learned that Shep's early beginnings were extremely traumatic. He was born in 1946 in the shadows of Bergen-Belsen - a Nazi concentration camp. For reasons he was never told by his father or his stepmother, his biological mother disappeared when he was an infant. For approximately two years Shep was placed in an orphanage.

Shep still has faint memories of a post WWII world, "A German nurse at the orphanage took an interest in me and was able to convince a German doctor to attempt a radical surgical procedure, which provided me with the ability to see shadowy figures. Margaret, the nurse, was a widow with a young son. In 1949, she and my father married and our family moved to Canada and settled in Winnipeg." Later in life Shep would become a computer engineer and work for IBM.

MRS POLLOCK & THE SCHOOL FOR THE BLIND

With no blind schools in Winnipeg at the time Shep's father was informed by the CNIB (Canadian National Institute for the Blind) that he should send his son to a top notch school for the blind in Brantford, Ontario. However before this could happen young Shep would need to learn the basics. For a year he had a tutor named Mrs Pollock whom he'll never forget. "In our little house on Cathedral Avenue Mrs. Pollock taught me everything. She taught me math and how to read brail and most important the life skills to live independently." A year later Shep boarded a train for Brantford, to commence the first of twelve years he spent at the Ontario School for the

Blind. Since Shep's family didn't have the financial means to bring him home throughout the school year, he only returned to Winnipeg from June to August. "Brantford was the place that taught me survival skills and how to exist in the greater community." At Brantford Shep became a risk taker, learning how to ice skate, ski, play tin can hockey and roller-skate.

Shep fondly remembers those years, "Brampton was not a religious school per se, but did operate under the assumption that all students followed some form of Christianity. After my first year at school my parents realized that I was being exposed to Christianity and quickly informed the school that I was Jewish." This vital information was passed on to the Brantford Jewish community and for the next eleven years Shep was adopted and cared for by them. "All of my Jewish life-events were centred around Brantford, the community that hosted my Bar Mitzvah and taught me about Jewish holidays and traditions. The Brantford community is the reason that I feel strongly about my Jewish faith and culture."



Shep fixing a car.

HOME LIFE

At home his parents didn't talk about the holocaust or the war. In fact Shep's parents let him believe his step mother was his biological mother. It wasn't until he was 16 it was revealed to him the woman who raised him was not his birth mother. He was devastated by the truth. By 18 he left his childhood dwelling to start his own adventure. But tragedy would strike the family again soon after. At nineteen Shep's half brother succumbed to

Continued on page 4

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Shep Shell, cont'd from page 3

brain cancer. His parents who were still reeling from the holocaust were completely devastated.

GREG & ADA

In my father's article he recounted how Shep's two other best friends were always in awe of him. "Greg [Brotsky] was a guide with Shep in New York, Boston and of course was meant to be a guide at the the Paralympic Games. In speaking to Greg he refers to Shep as a road warrior. He recounts stories of Shep being hit by bicycles, rammed into the pavement by a car at the crosswalk and running in the deserted streets of Winnipeg at 5 in the morning by himself to train for a marathon. Greg said, "you know you knock him down, he just gets back up." Another one of Shep's long term running buddies is Ada Letinsky who talked about Shep with grace and affection. "He makes me laugh. In spite of his blindness, he is a leader. He takes things in stride. He gets through. He sees happiness as getting up in the morning and has somewhat managed to deal with the darkness in which he has to live his life."

MELANIE

Melanie, Shep's grown up daughter is a physician in her mid forties. She describes growing up with Shep as her father. "he was a terrific father, spoiled me, took me everywhere and doted on me."

Shep has always been extremely proud of his daughter. Perhaps in some ways Melanie was a gift from the Gods that could retell Shep's incredible story to future generations. "Melanie accompanied me to many of my athletic competitions and she developed a great compassion for all people with disabilities. Melanie's strongest attributes are her great determination and intellect to accomplish her educational and personal goals. Melanie is married to my son-in-law, Daniel Moscovitch and has three children of her own."

IT'S ME SHEP, ARE YOU THERE AIDA

At the end of my father's article he reached out to Shep's biological mother Aida. "In the last few years as Shep approaches his 60's he began talking more about his roots and how he felt dislocated in some regard. He disclosed that he knew he had a brother with whom he has never had any contact and had never been told about his whereabouts. He began to search and

through friends and the Red Cross, he discovered his mother's maiden name Edzia Zasadzinska. She was with his father after the war, Grzegorz Szwedek. On August 30 at the tender age of 33 she arrived in Halifax at Pier 23 on the ship SS. Today, Shep is looking for closure. He does not pass judgement on why she left him and why the mystery of his beginnings have not been disclosed. He is reaching out to find his mother and possibly others who share the same mother. He wants her to know he used his blindness to grow and enrich those whose life he touched. He wants her to be proud of him and to close his circle."

IZAK SZEWELEWICZ

When Izak Szwedek was a 10-year-old boy living in Israel, a classmate informed him his parents were not his real parents. Anxious, he approached his family about the distressing news. He wanted to know the truth. Why didn't he look like them? Why didn't he have their mannerisms? There was something different about him and it was time he knew what it was.

They fessed up - Izak Szwedek was born in the displaced persons camp at Bergen-Belsen, Germany shortly after World War II. This was a tumultuous time in Europe, with masses of people who had lost their family members and homes scrambling to start over. In 1948 at 3 years of age he was sent to Israel with other children for adoption. At the same time, Izak's biological mother, Aida, had immigrated to Canada. After settling in her new country she contacted Izak when he was an adolescent. They met several times and kept in touch. She even showed up at his Bar Mitzvah but she always refused to speak about Izak's father and never mentioned his brother Shep.

MELANIE PART 2

Melanie had recently given birth to her second child and taken the year off to look after her two children. She decided during this time she wanted to untangle the family mysteries. Did Shep have a brother, if so where was he? Was his biological mother still alive? Melanie started with researching the camp at Bergen-Belsen and the holocaust museum in Washington. She also decided to trace her dad's family back as far as possible and posted the family tree on the website **ancestry.com**. Her email was attached to the post.

AIDA'S SECRETS

Alon Shwartz and his brother Shual, Izak's nephews, found Izak's story so mysterious and fascinating they asked him if they could film a documentary about his search for his brother Shep. The documentary would win awards at film festivals all over the world and become such a hit it was acquired for television by the major American channel HBO.

Alon remembers what the impetus was for his documentary, "Four years ago, when I was sitting in my uncle Izak's living room, he started telling me that he recently came back from Poland, with his granddaughter (exploring Bergen-Belsen as part of a trip called March of The Living) and that's when he realized he might have a brother." In 2012 Izak received documents from the Bergen-Belsen's archive that delivered a shocking revelation, he had a brother named Shepsel. Izak couldn't believe it! His mind was racing. He had a brother! He wondered was Shepsel still alive?

MY HERITAGE

Afterwards, Alon began documenting everything on camera. He reached out to the company My Heritage and asked them to help locate his uncle's brother. Founder/CEO Gilad Japhet took a special interest in Izak's mysterious story, and requested that their senior researcher and head of genealogy, Laurence Harris, devote his time and expertise to locate Izak's family and uncover the truth. Together with Alon, Laurence embarked on a relentless and truly international search through the archives at Bergen-Belsen, Yad Vashem in Israel, Canadian and Israeli vital records, and online family trees. Finally Laurence saw Melanie's family tree posting on **ancestry.com**.

UNITED, 2013

Shep waited at the bottom of the escalator at the Winnipeg International Airport. By his side was Melanie and her little boy Oscar. Descending the escalator was Izak his wife and daughter Effie. In a few moments the long lost brothers were united. Izak stepped off the escalator and with tears of happiness the brothers embraced. Little Oscar got to meet his great Uncle Izak. Now, the most difficult part of their journey was about to take place-they were on the way to Quebec to meet their biological mother Aida and the film crew documented the journey.

Continued on next page

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Shep Shell, cont'd from page 4



L-R: Shep Shell, Greg Brodsky and Fred Shane at the 1988 Paralympic Games in Seoul, Korea.

SAINTE-AGATHE, QUEBEC

On the way to Quebec Shep and Izak had intense conversations. Shep wanted to know everything about his biological mother. Why wasn't she part of his life but had reconnected with Izak after sending him to Israel? What was Aida doing in Bergen-Belsen in 1945? Was she also a survivor of the camp? Neither brother knew. What they did know was in a few hours they'd be meeting their mother at a nursing home in Sainte. Agathe, Quebec. Aida's memory was failing her and she now needed support 24/7.

IT'S ME SHEPSEL

Shep, Izak, Melanie and Oscar entered Aida's room at the nursing home. Aida, a frail yet tough 89-year-old woman looked into Shep's eyes. It was clear she knew this was her son. "My Shepsel. My Shepsel." she cried. Shep broke down into tears as he hugged his mom as if he didn't want to let her go again. This was the woman who brought him into the world despite all of the adversity she faced during her life. While Shep continued hugging his mom and tried to ask her questions, Melanie noticed a picture of her on a table. It was of a young Aida. Something wasn't right. Aida was wearing a cross around her neck indicating she was Christian. Shep kept asking questions about his story but she couldn't remember or like most survivors of the war wanted to forget. Perhaps, with her failing memory Aida had erased the atrocities associated with those years. It was time for everyone to forget the past and create future memories they could celebrate together.

MELANIE PART 3 / Flashback to Seoul Korea, 1988.

Melanie, 13, and her mom Sharon woke up early the morning of the



You can watch Aida's Secrets on Amazon Prime, and view the trailer at <https://povmagazine.com/review-aidas-secrets/>

marathon and wished Shep luck. An hour or so after Shep left, a car picked them up. Sharon told the driver who spoke some broken English where the meet up point was. Melanie remembers the car was running late to the the designated meet spot, traffic was horrible and the instructions must have been wrong or perhaps something was lost in translation as the driver drove like a maniac up and down sidewalks and running lights until they arrived at the nineteen mile mark.

Melanie stood with her mom waiting for Shep and my dad Fred to arrive. In the shadows Melanie could see her father running, In her hand was a bell. She began to ring it over and over again until Shep realized his daughter was present. She ran along side her dad shouting encouragement. Shep who was running his best marathon time ever broke down into tears. After all of the emotion, after everything he'd endured over the years this was truly the highlight of his life. He was running the Olympic marathon beside his best buddy while his daughter was running alongside him inspiring his every move. Nothing could be better.

Shep's story is about a man who has lived an amazing life against the odds. It's a story about a blind man who believed in himself so much that he ran in the Paralympics, skied in the disabled world championships and drove his bike from Winnipeg to Atlanta for charity. This is the incredible true tale of a little boy born near the death camp Bergen-Belsen who grew up to be an amazing father and to this day, nothing in the world matters to him more than his wife Nancy, his beloved Melanie and his three grandchildren.

Aida's Secrets is currently playing on Amazon Prime. ■

John Osborn ANAF#1

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L-R: Major Christian Borland (3 tours Afghanistan/Medical Services), Mike Dodds (President, John Osborn ANAF#1), Ed Ryan (Korea, 3 PPCLI).

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Active Aging in Manitoba (AAIM)
inspiring active lifestyles

Fling into Spring!

By Karin Whalen, Executive Director



Karin Whalen

Spring. For Manitobans, it's the small window between winter boots and summertime shorts. Most of us are eager to get outside and enjoy the warmer weather after feeling cooped up in a deep freeze. Dormant foliage is coming to life, the landscape becoming greener and more alive. Our moods often match the season, eager to engage and participate in regular or new seasonal routines. Spring is the ideal time to catch up with neighbours and friends, as everyone emerges from their homes.

Most of us know that there are many benefits to taking activities outside. The fresh air and Vitamin D are great for boosting your mood, improving sleep, and reducing anxiety and stress. So take advantage of the warmer weather, go outside to get, or keep, active.

Consider making your physical activities social by engaging with a friend or a couple of friends as you feel comfortable. You'll be reaping physical and mental health benefits by doing something with another person(s).

We all know that exercise makes us feel better; however, start slowly and pace yourself if you haven't done much activity in a while.

Activity suggestions:

- Take a walk around the neighbourhood or in a community park.
- Go for a hike with a friend. Check out <https://www.alltrails.com>
- Try adding a set of urban poles while you walk. Urban poles are great for adding intensity and can assist with balance, warding off potential falls. Vary your routes. Ask a friend to join you.
- Pack a picnic and enjoy a meal outside. Explore a new site and bring along a friend.
- Visit a plant nursery for a feast to your senses or to help you get excited and motivated to do some indoor or outdoor gardening.
- Invite a few friends to try a game of bocce, croquette, or horseshoes; once enough snow has melted.
- Head to an indoor or outdoor driving range, gearing up for golf season.
- Volunteer; AAIM has many volunteer opportunities, as do other not-for-profit groups. For more information, www.activeagingmb.ca or call 204-632-3947.

Join our Manitoba 55+ Games, June 7-9th in Selkirk.

Selkirk is excited to host this year's Annual 55+ Games, abiding by public health orders. The Games emphasize



Left: Longstanding Games participant Jack Dubnicoff, urban poling.
Right: Some members of the Caboto Centre playing Bocce Ball.
Both bocce and urban poling are events in the Games.



recreational activities combined with social and cultural experiences. Join in the fun, participate, volunteer or cheer the athletes on as they compete in various events. On the heels of the in-person Games in Selkirk this year, a month-long set of **Virtual Games, June 10 - July 10, 2022**, will take place for anyone interested in continued participation or just joining in; allowing for greater capacity, reach,

inclusion, and needed motivation to move!

To register OR for more Games information - www.activeagingmb.ca

Move more and sit less; the adage holds true. As we age, keeping active and maintaining and seeking out connections with others can bring greater happiness and contribute to overall healthy active aging. It's never too late to start. ■

Advertising Feature

Hair Salon under new management - senior couple blessed to serve the community



Nena & Nap Ebor. (above)
Salon De Manila III (right)



Salon De Manila 111, operating inside PCCM (Philippine Canadian Centre of Manitoba) on Keewatin Street, is now under new ownership and management of entrepreneur couple, Nap and Nena Ebor. Nap and Nena assumed ownership on August 1, 2020.

As seniors ourselves, we would like to honour seniors by offering a 15 percent discount for their haircut. As a retired couple who are still called to serve the community through our hair salon, we are still encouraged to make our envi-

ronment a better place by making our customers feel better through the services we offer at Salon De Manila.

We are open Tuesday to Saturday 9 am-6 pm, and Sunday 10 am-6 pm. We are closed Monday. We welcome walk-ins but encourage everyone to call us for an appointment.

My wife, Nena, and I are both blessed to be a blessing to others. We are so grateful to God's goodness and faithfulness, and we want to express that gratitude through our generosity to others.

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Health Care Heroes in Manitoba

By Roger Currie



Roger Currie

One of the titles I considered for this column was *'Before and After'*. The problem is the central element driving everything is **Covid-19**, and many of us are wondering more and more if there will ever be an *'After'*, especially those of us born in the front end of the *baby boom*. The pandemic is now in its third year in Canada and elsewhere. Ontario and Quebec are in the *Sixth Wave* already! Making such definitions and quantifiers is becoming more difficult because several provinces including Manitoba have dismantled their 'dashboards' and other mechanisms that put boundaries on the disease. Mask mandates will soon be totally gone. Many experts say that more deadly variants of *Covid-19* are likely, but will we have adequate infrastructure to deal with them?

So, assuming there's general agreement in the room that Canada is still dealing with a pandemic, what has been the cost of the crisis so far? The impact on health care in all parts of Canada has been devastating. Here in Manitoba almost 2,000 people have died. Many others have been left with longterm health difficulties and hundreds of new cases are still showing up in health care facilities of various kinds every day.

The term *'triage'* is heard more and more as time goes by. It originated in warzones in the 19th century. Nurses on the battlefield had to decide who was deserving of care because they weren't likely to die right away. The rate of vaccination has been high, especially among seniors in Manitoba. As a result Covid infections have tended to be less severe and the recovery rate is remarkably good.

When the pandemic began the major fear was that Covid cases would overwhelm the intensive care units of our hospitals and make things difficult for others in need of care. I'm talking about patients with cancer and heart problems, and those in pain who are waiting for hip and knee replacements. There is a very long list of people waiting for *MRI*'s and other vital diagnostic tests.

At the end of February the story became very personal for me, a disabled 74 year old single pensioner. Spinal Stenosis has had me on a walker fulltime for almost five years. Fortunately I have been mostly pain free. When I crawled into bed on the evening of Tuesday February 22nd I had no idea that I would soon be tak-

ing an ambulance ride to St. Boniface Hospital. I was awoken out of a sound sleep by chest pains. They weren't all that severe but they were unmistakable and I grabbed the phone and dialed **9-1-1**. The paramedics arrived in barely ten minutes and luckily I managed to get up and unlock my door so they didn't have to force their way into my apartment.

The skilled professionals went to work immediately, including preparing the major artery in my right arm to receive a mechanical **stent** which may well have saved my life. The chest pains were gone by the time I was settled in the ambulance and they have never returned. I have also had absolutely no shortness of breath, the other major problem associated with a heart attack. I'm thinking I got off rather easy, but I would be in cardiac care at St. Boniface for five very busy days.

There were endless tests, many pills, and relatively little sleep. I am 6'5" and morbidly obese. I came to the conclusion that my hospital stay could well be described as *'non-violent torture'*. However, let me quickly reassure everyone reading that none of the staff at **St. B** could ever be described in such harsh terms. From nurses to orderlies, to food service folks, to cardiac surgeons and paramedics, I always had the feeling that I was in the hands of professionals who were dedicated to the health of their fellow Manitobans – definitely the *'Better Angels'*.

On the sixth day after my heart attack a friend drove me home, and a short time later came my trusty pharmacist with an amazing variety of pills. The professionals who put together the *'blister-packs'* are a special kind of health care hero. Before the end of April I will finally meet my new cardiologist at Assiniboine Clinic in Winnipeg. No doubt there will be more details to share about my medical journey in the coming weeks.

The health care that Manitoba Seniors enjoy has probably never been under greater stress than it is right now. Hopefully that stress level won't cause many overworked nurses to opt for early retirement. We have never needed them more than we do right now.

The crisis that began with **Covid-19** in March of 2020 is far from over.

Roger Currie is a 74 year old Winnipeg writer. He has managed to avoid Covid-19 and he is feeling remarkably good after surviving what he hopes will be his only heart attack.
rogerc@mymts.net

COVID-19 - 4th dose Vaccine available

April 6, 2022 - Based on recommendations from the National Advisory Committee on Immunization, Manitoba will be offering a second booster dose of COVID-19 vaccine to:

- residents of personal care homes and elderly persons housing congregate living sites (such as supportive housing and assisted living) with no age limit;
- individuals aged 70 or older who live in the community; and
- First Nations, Inuit and Metis people aged 50 or older, regardless of where they live.

The second booster should be Pfizer or Moderna and given at least six months after their last booster dose. Based on the timing of previous vaccine campaigns for these groups, the second booster will be offered as early as mid-April and remain available over the coming months.

For most people, the second booster dose will be their fourth dose of vaccine. However, for immunocompro-

mised people who received an initial series of three vaccine doses to offer stronger protection against COVID-19, the second booster would be their fifth dose. This dose should also be given six months after their first booster.

Manitoba continues to post weekly COVID-19 epidemiology reports, including vaccination coverage, at **www.gov.mb.ca/health/publichealth/surveillance/covid-19/index.html**.

More Resources

- COVID-19 in Manitoba: **www.manitoba.ca/COVID19**.
- Vaccine campaign: **www.manitoba.ca/vaccine** and **<https://protectmb.ca>**.
- Testing information: **www.manitoba.ca/covid19/testing/index.html**.
- Outbreaks: **www.gov.mb.ca/covid19/prs/index.html**.

Advertising Feature

Overlooked a \$8662.00 Disability Tax Credit on Your 2021 Tax Return?



By Peter J. Manastyrsky

Manitobans are in a process of completing their 2021 tax return, a major task, must be completed by the end of April. For all of us this is an annual obligation and commitment. As always there is something new to every tax return but one area that doesn't change, the **DISABILITY TAX CREDIT**.

What is the **DISABILITY TAX CREDIT**? This is a federal tax credit which is non-refundable. It helps people with disabilities (impairment) to reduce the amount of income tax they might have to pay, reducing the amount of tax payable and by allowing some relief for disability costs.

The **DISABILITY TAX CREDIT** is available to all Canadians from the young to the elderly who have a qualifying severe and prolonged impairment that impacts the activities of their daily living-where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months.

This **DISABILITY TAX CREDIT** is one of the most frequently missed provisions on the tax return and under claimed. Once you have become familiar with the **DISABILITY TAX CREDIT** you can benefit from it in two ways: by adjusting your previous returns and the second way by continuing to deduct the tax credit savings on returns you file in the future.

Also, this **DISABILITY TAX CREDIT** is transferable to a caregiver (spouse, common-law partner or other supporting person) if the impaired person does not have enough of an income to generate tax payable that can be reduced by this non-refundable credit.

A STEP BEYOND & ASSOCIATES can assist you through the procedure to achieve this unique tax credit.

Therefore, **A STEP BEYOND & ASSOCIATES** specializes in helping people of all ages to get the benefit you deserve. We advocate on your behalf and ensure that your application is interpreted and completed properly eliminating potential uncertainties and streamline the information so that it is accurate before submission to Canada Revenue Agency. **A STEP BEYOND & ASSOCIATES** guides you through the entire process. Please give us a call for a free confidential consultation.

"Replace Your Disability With Dependability" become eligible for the **DISABILITY TAX CREDIT**.

A STEP BEYOND & ASSOCIATES DISABILITY TAX CREDIT

(see advertisement on page 4)

Peter J. Manastyrsky
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Food for the Mind

Heart to Home Meals

Sometimes, eating can seem a little mechanical. You know you need food, like a car needs gas or electricity, to run, and so mealtime might seem like little more than a stop to refuel. But for humans, and especially Older Adults, what we eat can have a much greater impact on our day-to-day quality of life than simply keeping the tank full.

We've written before about the health benefits of eating foods rich in protein, and how they can maintain your muscle and mobility later in life. Certain foods can be great for building your body, but did you know eating can also impact your mood, memory, and mental wellness?

Our brains are filled with a variety of chemicals, hormones, and receptors that all react to the food we eat. In fact, Serotonin (sometimes called the "Feel Good Chemical") is produced in our guts and is directly impacted by what we eat. That means making smart choices about our meals can really affect how we feel and give us an opportunity to improve our mental wellbeing.

How Food Affects How You Feel

What we eat has a major impact on how we feel. There's a really simple example of this -- are you familiar with the term "Hangry"? This portmanteau of hungry and angry describes the grumpiness many people experience when they are inadequately fed. It's a direct connection between the discomfort of hunger and our mood. Eating food high in protein and fibre can help you stay full and avoid feeling "hangry" throughout the day.

There are also nutritional impacts on how you feel as well. Certain chem-

icals like Omega-3s have been shown to combat depression and improve mental wellness when eaten in substantial enough quantities. Omega-3s and other brain-boosting amino acids can have long term positive impacts on your emotional wellbeing and should be part of any diet.

In the shorter term, vitamins and minerals that provide energy and help regulate it are shown to help you maintain a good mood. One of these is B-12, which is most commonly found in meats and dairy products but is available for plant-based eaters in legumes. Even if you do eat a lot of animal products, taking a complex B vitamin supplement is a good way to take full advantage of its energizing benefits.

4 Foods to Consider for Your Mood

When you're reaching for your next snack or meal, consider the contents and how they impact your emotional state. Here are a few mood-boosting foods that will help you not only feel full, but good too.



- 1 - The Trail Mix Usual Suspects:** Reach into a bag of trail mix, and you're more than likely to pull out a handful of some of the best moods foods. Nuts, seeds, and berries are all exceptionally good at helping you feel good, and the combination maximizes the impact. Not only are nuts and seeds high in protein and fibre which will help you stay full and avoid "hanger", they are also rich in the chemical tryptophan, which is an amino acid responsible for producing serotonin, which is one of the hormones associated with a positive emotional state. As for berries, there are some studies that suggest diets high in them may stave off depression. As for the short term, along with the proteins and fibre of nuts and seeds, a delicious bite of a sugary berry is a well-earned treat!
- 2 - Feeling Fine with Fatty Fish:** As we noted above, Omega-3s are an essential nutrient for maintaining long-term mental wellbeing. And nowhere are they found in higher quantities than in fat-rich fish like salmon and albacore tuna. Because your body cannot produce Omega-3s on its own, your diet needs to be adjusted to ensure you're receiving an adequate amount. Even if you're not a fish fan, other foods (like eggs) are sometimes fortified with them, so make sure to keep your eyes out for Omega-3s on labels and descriptions.

Try our Maple-Flavoured Glazed Salmon - Fillet of salmon dressed with a delicious maple-flavoured glaze, served with a side of vegetable rice pilaf, brussels sprouts and carrots.

- 3 - Consider Fermented Foods:** It can sometimes be surprising to think of just how much of our food is in some way fermented. From wine and beer to sauerkraut and kimchi, and even most breads, many of our foods rely on microorganisms to achieve its final flavour and form. However, not all fermented foods pack the same probiotic punch. Cooked and processed foods like bread and booze lack the live active cultures like kosher dill pickles and probiotic yogurt. It's these foods with the live microorganisms that have been shown to stimulate serotonin production in the gut, helping to boost your mood.
- 4 - Treat Yourself with Dark Chocolate:** Like all treats, chocolate is best consumed in moderation – even in its dark form. That said, dark chocolate has many advantages over its milkier kin, including being lower in sugar, and containing more flavonoids which have been linked to increased brain health. Mostly, though, the taste and texture of dark chocolate are enormously pleasurable and can be a healthier alternative to a mood-boosting treat.

There are plenty of foods available that can help improve your mood. Having access to them and seeing what their nutritional makeup is will help you make informed choices about what to eat to help your emotional wellness. That's why our meals are labeled and categorized to help you easily make food choices that are right for you, then conveniently delivered right to your door – just one more reason for food to put you in a good mood. ■

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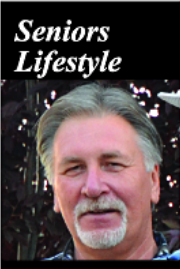
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What’s Independent Living?



By Rick Roschuk

Taking the stress to the trash and living a relaxing meaningful retirement!

Seniors Lifestyle Editorial

We’ve asked it before and we’ll ask it again? What do you mean by a stress free retirement? Well, first off, you’ve worked most of your life, maybe raised a family or two, if you have grand kids etc. and now with the house and yard a little too much work, you ask what can I do to find that relaxing and comfortable day to day I so richly deserve?

Now though nothing is perfect in life, there are folks out there who have made it their lot in life to help us do the transitions into older adult living as seamless and worry free as possible. The folks at Brightwater Senior Living have been honing the process of life transition for years now and they know a thing or two. So when it comes time to talk with anyone, especially for those of us wanting a great place to really live without those dang hassles coming with owning a property, The Courtyards at Linden Pointe is a true option for the best look-see in a Independent Living experience.

Case in point, **Lisa Bright, Sales & Marketing Manager (431.778.6105)** has available a number of really quite amazing and varied living scenarios, services and amenities that literally walk you down a relatively stress-free path to a unique Independent Living outcome. Let’s give some examples;



The Courtyards at Linden Pointe - 75 Falcon Ridge Drive

When you make your tour appointment to visit one of their open houses, you are treated to a number of options that include Studio, One and Two Bedroom Suites. The layouts and designs are clean and warm and very accessible where needed. This is so very important because you want a place that truly is your new home and that special place to cozy-up in at any time of day or night.

So, you’ve found the right suite, you love the location to all the various shopping and entertainment options, but what else is there? Well for starters on those days you don’t feel up to a drive anywhere, but you need a little self love, why not check out the impressive list of amenities and services right in your new building.

The Courtyards at Linden Pointe has been thoughtfully designed to include Premium Restaurant Dining, a lounge to watch sports and other events, All-Inclusive Meals, a Salon and Barber Shop. To help with your day to day items there are Light Care Services, Weekly Housekeeping and Laundry Service. And if that’s not enough, how about their Yoga & Fitness Centre, the Movie Theatre and for those so inclined, the Art Studio. A great combination to make life better and to make it easier for our well being.

I have been remiss in the past not to mention that Victoria who looks after their community events, plans amazing daily engagement activities including local entertainment for all.

Our last topic of discussion today has been dabbled a little in the past, but can’t be stressed enough. How do I move? I have so much to deal with before I can transition into this wonderful new life. What do I do? Where can I get help? Valid concerns, spot on questions. As leaders in 55+ Living, Lisa Bright and Linden Pointe are actively involved in our community networking with numerous older-adult life transitioning experts. These connections provide you with people who can help you declutter, stage, sell your home. They can help you with outside storage and the handling of valuables you wish to bring. They can provide the services and leadership needed for you to make the move again, as easy as possible, removing the stresses. I kind of like that.

One quick item, Linden Pointe has added various levels of nursing services for those who need it. Peace of mind too it seems! Not bad at all.

Please Note: That in the spirit of what we’ve been talking about, Linden Pointe is one of our **‘Gold Sponsors’** at this year’s **Pros Know Expos** across the city. Again proving to us their genuine desire to be leaders in our older adult community. You can see and read more about that at www.prosknowexpos.ca

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THE BUZZ

Scott Taylor

The World is at war and because that war involves Europe, it involves hockey. And because it also involves Russia and Ukraine, it also involves Manitoba. We live in a province where at least 100,000 of our citizens boast Ukrainian heritage and we have, almost across the board, pledged our support to the people of Ukraine in their fight for freedom from autocratic tyranny.

The Russian invasion of Ukraine has brought the Free World together like no other event in my lifetime. As old as I am, I was not around for the Second World War, although I heard the stories from a father who spent six years in England (1) and Italy (5) with the Canadian First Artillery out of Ottawa from 1939 to 1945.

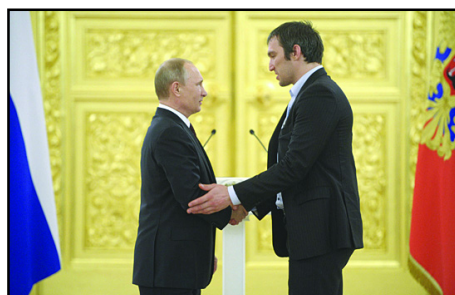
I am not an expert on modern warfare. It's a subject I will avoid. However, I started playing hockey at four and didn't stop messing around at the dual outdoor rinks at Windsor Community Centre until my late 60s. I've also covered five World Championships, seven World Junior

Championships, three Canada Cups and five Winter Olympic Games. I understand how the game is managed around the world and I must admit, I was impressed with how the International Ice Hockey Federation came together so quickly in support of Ukraine.

On Feb. 28, the IIHF banned Russia and its partner in crime Belarus, from all international competitions, "Until further notice." It could be a lifetime ban if Russia's illegal, mindless war continues.

"The IIHF is not a political entity and cannot influence the decisions being taken over the war in Ukraine," IIHF president Luc Tardif said in a statement. "We nevertheless have a duty of care to all of our members and participants and must therefore do all we can to ensure that we are able to operate our events in a safe environment for all teams taking part in the IIHF World Championship program."

"We were incredibly shocked to see the images that have come out of Ukraine. I have been in close contact



Putin and Alexander Ovechkin.

with members of the Ice Hockey Federation of Ukraine and we hope for all Ukrainians that this conflict can be resolved in a peaceful way and without the need for further violence."

I was surprised the IIHF stepped up. The federation's previous, long-time President Rene Fasel, has always been one of Vladimir Putin's lapdogs and he is not only supporting Putin as the Russian dictator murders children in Ukraine, but he also called Finland's gold medal win over Russia at the Beijing Olympics "lucky," and praised Russia as the better team.

The IIHF has taken a stand and that's good. Now, the NHL should do the same. It's time to send the Russian players home, especially Putin's unapologetic personal representative in America, Alexander Ovechkin.

According to almost all reports, with the exception of the pure Russian propaganda outlets, of course, Putin's forces are now slaughtering Ukrainian civilians for sport. Not for military gain, not for anything strategic, but for the sheer joy of killing. It's time to rid the NHL of people who, very likely, support this action.

From the start of the Russian invasion of Ukraine, objective reporters on the scene, all working for reputable media outlets, have shown clear, unarguable proof that Putin's forces have bombed hospitals and schools and murdered women and children. I have not heard one single Russian NHL player stand up to that.

Sure, I've heard the argument. "Oh, the poor Russian players can't say anything because they're worried about what Putin will do to their families back home." Are they? That's great, if they are. And if they are, then they should be home with their families in this difficult time. They should not be in North America earning gigantic paycheques and becoming the world's next oligarchs.

Don't forget, according to the outstanding reporter Rick Westhead at TSN, the Russian NHL players held a group chat during the first week of March in an attempt to take a united stand against the war. They couldn't agree on what to say because a number of the players were not against the war. They abandoned their attempt without making any statement at all.

You either stand with Ukraine or you don't. I stand with Ukraine and I don't believe North American hockey fans should be paying the exorbitant salaries of Russian players, many of whom clearly support the invasion.

The Russians have a professional league of their own to play in and until Putin withdraws from Ukraine, Russian citizens should be back home with their families, not availing themselves of the freedoms the Ukrainians are fighting so bravely to maintain. ■



The Pros Know 55+ Active Living & Resource EXPOS



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Flea-Market style shows with professional styling, marketing and partnerships.

These shows are tied in with some of the largest and best Older-Adult Friendly Resource Organizations and Companies in our City and Province.

Each show location / venue will have a Manitoba Association of Senior Centres member Venue Host for discussions on Older-Adult resources available.

PLEASE NOTE:

Covid-19 Protocols will be at the discretion of each Venue and will be posted on-line in advance. Thank you!



Spring Show No.1



May 12th (Thursday)
Garden City Community Club
725 Kingsbury Avenue
10:00am - 3:00pm

Your MASC

Hosts:



Spring Show No.2



May 26th (Thursday)
Charleswood United Church
4820 Roblin Blvd.
10:00am - 3:00pm

Your MASC Hosts:

Charleswood 55+
Active Living Centre

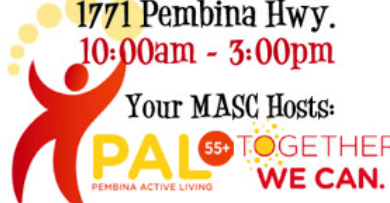


Spring Show No.3



June 10th (Friday)
Fort Garry Mennonite
Brethren Church
1771 Pembina Hwy.
10:00am - 3:00pm

Your MASC Hosts:



prosknowexpos.ca

204.414.9290 or email:
redroadmusic@shaw.ca



Manitoba
Association of
Senior Centres

Senior Scope
News For and About Boomers & Seniors

LINDEN POINTE
A BRIGHTWATER COMMUNITY

Advertising Feature

“I know we were lost, but...” Our Dementia Journey

- By Gary Elbers (for Alzheimer Society of Manitoba)

Summer 1971, lost and too ashamed to ask directions. This was the predicament after inviting my fiancé, Brenda, on our maiden car trip in Winnipeg. At every junction, I had to quickly decide – go straight or turn? I looked for landmarks in the distance and pretended I knew what they were.

My plan was simple: keep talking, stay calm and don't let her know we are lost. Hours later, I found Osborne Street. With conviction, I said, “Let's go home.” When we finally parked, she gently touched my arm, smiled and said, “I knew we were lost, but it's OK – we are together.”

Brenda, now my wife, is experiencing dementia, and it's not a trip – it's a journey. I don't remember when it started because, too ashamed to ask for help, I ignored, excused and doubted many early signs. I also thought I could handle it but soon became overwhelmed as the disease rapidly progressed. She began wandering, got lost driving and her cooking became unsafe. Eventually, I contacted the **Alzheimer Society of Manitoba**, joined a support group and began to educate myself.

I equate this dementia journey to again being lost and, at every juncture, having to decide – go straight or turn. This time, however, via the Alzheimer Society, I now have direction.

In 2019 I participated in the Society's Ambiguous Loss workshop, which helped enrich my relationship with Brenda. It enabled me to separate her from the disease and cemented my approach on this journey.

The workshop was designed to help caregivers recognize and explore their innermost feelings and emotions. In one scenario, we were asked whether we saw the glass as half full or half



Gary and Brenda Elbers.

empty. I discovered that if I consciously change focus (glass size), the water will overflow, providing more than I expect. For example, a few months ago while I was continuously talking, Brenda – who is in the advanced stage of dementia and aphasia – shouted, “Shut up.” I was surprised, shocked, stunned and delighted; that rude remark was music to my ears. It told me she was still processing information.

Now I sense the communication through her sounds and body language. I believe if I only focus on *what used to be* or *what we have lost*, the opportunity to take advantage of *what there is now* will also be lost.

Personally, I cannot change the course of her dementia, nor can I influence the past. The only impact I have is on this moment in time. So, for her, I've chosen to make today the best of the rest. If tomorrow comes, whether it's brighter or not, I will again make it the best of the rest.

As long as we are on this dementia journey, I will always reach out, gently touch her arm, smile and repeat *her* words engraved in my heart: **“I know we are lost, but it's okay, we are together.”**

Thank you to Gary Elbers for generously sharing his story.

Canadian Legion Memorial Housing

Affordable Senior Housing 55+ in Winnipeg for Veterans, Spouses and Legion Members in good standing

Legion Crest

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Legion Gardens

675 Talbot Avenue

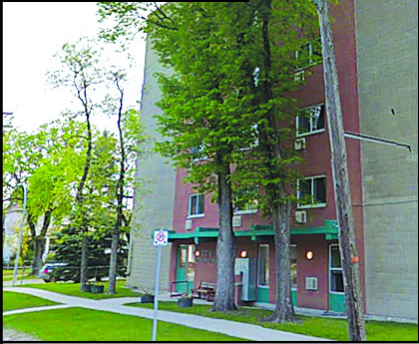
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- Apartment living or garden view with rear patio.
- Spacious and bright.
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Happy Easter Manitoba



Heather Stefanson
Premier of Manitoba

Scott Johnston
Minister of Seniors and Long-term Care

Manitoba
PC Caucus

Advertising Feature

SENIORS! Are you Equity Rich but Cash Flow Restricted – with Dreams Waiting to Take Flight?

- Royal LePage Prime Real Estate Ltd.

Wave that magic wand and grant yourself a few wishes. You have earned them. If you're approaching retirement, chances are you're starting to think about the lifestyle you'd like to lead with in order to maximize the return on your life. Many have worked hard, raised families, put their kids through university, helped aging parents through their last days, made sacrifices and put themselves on the back burner to the exclusion of all else – which is commendable indeed. You are now writing a new chapter – and you are the author of this happily-ever-after story. Make it a Bestseller and yourself the star. If you have a strong investment portfolio, financial freedom and good health; holding onto your home makes good sense. We are real estate professionals and we whole-heartedly support the merits of home ownership. However, for many retirees it makes more sense to rent after selling their home, in order to gain financial freedom and leverage their Quality of Life, carefree lifestyle – and realization of lifelong dreams. Life will soon regain some semblance of normalcy. Travel will resume, catapulting dreams into an orbit of reality. We also whole-heartedly support enrichment, social connection and people – wherever they may be along their journey on the shared path travelled by us all.

If your equity is tied up in your home and you have thought of selling; then there is no better time. There are 3 markets: a Buyer's Market, a Seller's Market and an In-Balance Market. In our forty years of selling, we must add a 4th market: a Pandemic Market. The shortage of product has leveraged pricing to unprecedented levels. We have not seen, or experienced, anything like it in our many years of Selling.

Start living the Dream – Your

Dreams – if you are not already doing so, by Selling while the Market conditions strongly favor the Seller. Find a rental that fulfills your dreams and ticks all of your boxes; whether it is overlooking a river view – within walking distance to amenities – or close to the grand-children. Buy new furniture, redecorate and stage your home to enjoy – and entertain. Buy that new car (or red sports car) and cruise, or that new pontoon boat and fish, swim and barbecue. Travel to all those places you yearned to visit. Just lock the door and go. Age and retirement is not what it used to be (we now speak with a seat at the table - age NOT retirement); dust off the golf clubs, take in a yoga class – get active: mind, body and spirit – and live each day turning your dreams into reality – a reality within your grasp.

We watched a salt-of-the-earth couple whom we loved and admired, do just that. They raised 5 children, and saved and scrimped over the years. Equity was tied up in their house. Although travel was not their thing; buying a new car, new furniture and clothes and eating out at nice restaurants were all luxuries that could not be a reality while raising a family, funding education and paying out the mortgage and keeping up with expenses. They built a house in the seventies when the children were small. They SOLD and received \$105,000.00 over the list price. We are not saying that this will be your experience; although the consumer will drive up the FINAL price. A proper list price, marketing and staging will leverage the outcome.

Selling in favor of renting in order to free up equity may not be for everyone as needs and circumstances differ. But – for many – there has never been a better time. ■

MY STORY PRODUCTIONS LTD.



Above: Frank Adamson.
Right: A video-recording in a relaxing setting.

My Story Productions is a new company, founded by **Frank Adamson**, the CEO, who is a prolific Actor, Producer and Writer who has worked professionally for over fifty-five years. At 81 years of age, he is embarking on this new endeavor of recording the life stories of seniors.

We are dedicated to creating personal video legacies of stories as told by family members who wish to leave something for future generations, who will see their faces, and hear their voices.

Seniors have valuable history and can relate their life experiences, establishing an ancestry moment that extends from earlier generations to their immediate families and creating an historical linkage for future descendants.

Everyone eventually will pass, and we keep losing these gems every day. How many times after someone has passed do you hear, "I didn't know that about him/her"? Every time a senior dies, it is like burning a library, to quote Alex Haley.

My Story Productions will record the stories of cultural groups that are either indigenous or who have immigrated to Canada.

We will be totally inclusive and offer other seniors a role in helping us to spread the word by compensation for leads that become our customers.

For more information, contact Monique Aquin Graboski at **204-957-7908** or mcgraboski@gmail.com.

"Every time a senior dies, it is like burning a library." (Alex Haley)

Glory to Ukraine!

A fundraising project is taking place at the Sevalas Ukrainian Deli in Transcona, Winnipeg. You may have seen them featured on CTV Morning Live and in the Winnipeg Free Press recently.

You can purchase wristbands entitled, "Glory to Ukraine" with net proceeds going the the Ukrainian Canadian Congress Provincial Council for the resettlement of Ukrainian refugees in Manitoba.

The insert card

is the 1st stanza of the Ukrainian National Anthem translated in English by a staff member at the Sevalas Deli who has a family member actively fighting the War in Ukraine.

The cost of the band is a suggested minimum donation of \$5.00 and is available at the Sevalas Ukrainian Deli at 126 Victoria Ave. W. (Tue. thru Sat.) Or call the Deli to pre-order at 204-224-4900. You can also contact Hilary Maxim Law Office at 204-224-2600.

Not intended to solicit properties currently listed for sale

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Glorious spirit of Ukraine shines and lives forever
Blessed by Fortune brotherhood will stand up together
Like the dew before the sun enemies will fade
We will further rule and prosper in our promised land
Proceeds to Ukrainian Canadian Congress Provincial Council
www.uccmanitoba.ca
Thank you for your support!

Glorious spirit of Ukraine shines and lives forever
Blessed by Fortune brotherhood will stand up together
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We will further rule and prosper in our promised land
Proceeds to Ukrainian Canadian Congress Provincial Council
www.uccmanitoba.ca
Thank you for your support!

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South Osborne Co-op is a unique housing concept. This building is a 55+ housing co-op. Utilities are included. One and Two bedroom units are available with balconies and air conditioning. Recently upgraded: elevators, windows, patio doors, siding, ventilation and lighting. Membership entrance fee will apply.

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Contact **SAM Management** for more information: **204-953-2350** sam.mb.ca



IN TUNE WITH OUR COMMUNITY

~ April 2022 ~

Celebrating 100 Years of Radio in Manitoba

2022 marks the 100th anniversary of radio in Manitoba. In early 1922, engineer Lynn Salton received a licence to operate an experimental radio station out of his home on Grosvenor Avenue in Winnipeg.

In April of the same year, the Winnipeg Free Press and the Winnipeg Tribune newspapers set up their own stations. Shortly after that, Eaton's department store established a radio department selling crystal radio sets.

In recognition of the events of 1922, CJNU has launched a special segment on Community Cafe called Radio Rewind, which can also be heard on Saturdays and Sundays at 10:05 a.m. Each week, Agatha and Garry Moir dig deep into the broadcasting archives and retrieve a segment of vintage local radio. They then tell the story behind the story. While some of these old recordings may not be the best quality, they are almost certain to trigger a memory or two.

The features include such topics as radio's role in the 1950 Manitoba flood, the power of rock 'n roll, disc jockeys in the 1960s and the story of one of the first female broadcasters ever heard in Canada.

Agatha and Garry are always looking for additional audio material and encourage listeners who have anything that might be of interest to please get in touch at garrymoir@gmail.com.



Part of the display at the Millennium Library—including several items on loan from the CJNU collection!

Several other events are also taking place as part of 100th anniversary celebrations. A history of radio display can be found at Winnipeg's Millennium Library. It is running from March through May. As well, a musical theatre production called "The Last Radio Show" will be presented at the Gas Station Theatre on April 29 and 30 at 7:30 PM. The produc-

tion will feature comedy, music, drama, poetry, and 'the history of radio in five minutes'. The event is also a fundraiser for the Canadian National Institute for the Blind. Tickets can be purchased at the door for \$20 (cash only) or by emailing gaelic1@live.com.

Stay tuned to CJNU 93.7 for more information on these and other events.

Our April Host Sponsor: The Manitoba Camping Association



We're delighted to be partnering once again with the Manitoba Camping Association. Here's a bit of background on the MCA from their Executive Director, Kim Scherger.

I know from personal experience that camp makes us better people. I directed a camp for 25 years (after volunteering for a few weeks, then working for three summer seasons as a program/activity/cabin leader and lifeguard). I had about 500-plus staff work for me over the years, and the numbers of campers... maybe 25,000. What I can say for sure is that every one of those people were affected by camp. Some of them became community leaders, members of Par-

liament, TV personalities, heads of corporations, lawyers, geologists, moms and dads, entrepreneurs, teachers, pastors, tradespeople, doctors, environmental scientists, nurses... the list goes on and on.

Over these past two years, I have had conversations and meetings with representatives from all three levels of government and public health representative—ensuring they are hearing about the importance of camp for the mental and physical health of campers, staff and parents. We advocated for sector-specific funding for camps, as they move into their third year with restrictions that have cancelled programs and retreats. Early this year, the Manitoba government announced there will be sector-specific funding of \$750,000 for our camps—some incredible news—but the future remains uncertain.

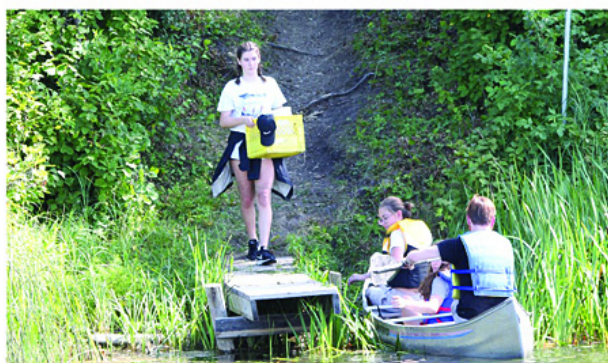
Our accredited camps have been given the green light to run overnight camps with few restrictions, but they still don't know what 2022 is going to look like and, like many non-profits, are concerned about the future. Will they have funding with any Canadian or provincial wage subsidy programs going forward? Will they have staff apply, as a good number have left the industry? Will they con-

tinue to be allowed to be open this summer? There are so many unknowns.

We are confident that supporters and businesses will continue to donate to our camps and the Sunshine Fund, to keep our industry afloat—but it will continue to be a struggle.

The message of the importance of camps needs to remain out there. We continue to stand together for camps in our communities in Manitoba and Northwest Ontario. We hope we can do some in-person events again this year to connect with our supports, camps and Sunshine Fund families.

Stay tuned to CJNU throughout April to learn more about the work of the Manitoba Camping Association, and the Sunshine Fund!



Campers learn valuable skills they carry with them into adulthood.

Find us @CJNU937 on Facebook and Instagram | Visit CJNU.ca to learn more!

Things To Do

WINNIPEG

Misc. Events

Harvest & South Winnipeg - Food Drive, Apr. 18-30, M-F: 1-7 pm, Sat. & Sun: 10 am-2 pm, 2537 Pembina Hwy, former Subaru Dealership. Accepting canned food, non-perishables, and financial donations. **Harvest@JaniceLukes.ca** or **www.JaniceLukes.ca**.

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.) Full Covid-19 vaccination and masks required.

St. Vital Art Group - Art Show & Sale, Fri. Apr. 29, 4-9 pm, Sat. Apr. 30, 10 am-4 pm, at the United Church, 1111 Dakota St. Free adm. 20+ artists, bake sale, etc.

Philippine Canadian Centre MB - PCCM FoodFest & Trade Show, May 14, 10:30 am-9 pm & May 15, 10:30 am-6 pm, 737 Keewatin St. Wpg (parking lot). Free adm. Info & vendor inquiry: Dante: **204-775-4928** or **thenewpccm@gmail.com**.

Forum Art Centre (120 Eugene Street.) - Art classes start Apr. 4. 10-wk format. **https://www.forumartcentre.com/classes** Also online art instruction. Info at: **register@forumartcentre.com**, or Alexis at: **alexis@forumartcentre.com**

Anavets Assiniboia Unit 283 - Apr. 22- Marvels, April 29 - Destiny. Back to full capacity with health rules still in place. 3584 Portage Ave. **204-837-6708**

The Winnipeg Pops Orchestra, a volunteer orchestra - looking for a Principal Cello and Principal Trombone. Rehearse Thursdays, 7-9 pm, Mar 3 to the end of June. **pantages14@gmail.com**.

Sports & Fitness

Lady Bowlers - Fridays, 12:45 pm at Polo Park. For ladies of all ages. Or can spare for \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning measures and social distancing exercised, masks or face shields worn and minimal contact. Call/text **204-770-3903**.

RURAL MANITOBA

Misc. Events

Selkirk & District Horticultural Society - Annual Plant Sale, Fri. May 27, 6-8 pm at Selkirk Memorial Hall, 368 Jemima Street. All sorts of plants all donated by members of the Society. Cash only. Free adm. Free pkg. Silent auction, 50/50. Wheelchair access. Covid protocols followed.

Programs / Services

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: **204-727-6641**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - Cancer society Transportation Program, fee for service contact list, Erik kits. *Facility available to rent.* **204-638-6485**, **www.dauphinseniors.com**

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

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

Gentle Yoga - with Doreen, Mondays, Apr. 11-June 13, 7 pm, at Deer Lodge C.C., 323 Bruce Ave. E. \$10/class registered, \$12 drop in. **dwuckert@shaw.ca**

Yoga Sessions - Lorraine's Gentle Yoga, Chair yoga, chair cardio, wrist free flow yoga, yin yoga. **Lorrainesyoga2017@gmail.com**, **204-228-3118**, **lorrainesgentleyoga.com**

Volunteering

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair, Wpg. Volunteers need for "Grandma & Grandpa Swim Program" for one-on-one pool play time with preschoolers from participating daycares. 1 hr/wk. Police check required. Enquires: **204-582-0066**, M-W-F, or email **ncsc@shaw.ca**.

The Alzheimer Society of Manitoba - looking for new leaders in the community to fill two board member positions to help guide the organization's work to support families living with dementia in MB. Those with diverse backgrounds strongly encouraged to apply Apr. 22. Visit **Alzheimer.mb.ca** for more info.

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: **Facebook Page Administrator: recruit@winnipeglostdogalert.com** Volunteers needed for: **Treasurer. Resume to president@winnipeglostdogalert.com**. Visit **www.winnipeglostdogalert.com**

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

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111**, **service@actionmarguerite.ca**

Email ready-to-print electronic PSAs to: **kelly_goodman@shaw.ca**. **FREE** for non-profits and current advertisers. Submit PSAs by April 30th for the May 10/22 issue.

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at **yogaforyoumanitoba@outlook.com**

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and **District Seniors Resource Council 376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches Resource Center (Victoria Beach) 756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch Seniors Resource 372-6861**; **Gimli Seniors Resource Council 642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton & District Seniors Resource 378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Selkirk & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource

Caregiving with Confidence - Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or **jnybakken@aosupportservices.ca**

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit **www.deerlodge.mb.ca/volunteers.html**

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

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

Victoria Lifeline - Melissa: **204-956-6773** or **msitter@victorialifeline.ca**

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: **cliewicki@extendicare.com**

Programs / Services

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

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults - Our programming will remain the same. **Caregiving with Confidence: 204-452-9491** for more info.

Creative Retirement Manitoba - Affordable Lifelong Learning. Classes a mixture of online and in-person. Some classes starting soon: Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit **creativeretirementmanitoba.ca**.

Dakota 55+ Lazers Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 217. **WHIST**, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Council **467-2719**; **Springfield** Services to Seniors **444-3139**; **Teulon** and **District Seniors Resource Council 886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet 345-1227**, **Pinawa 753-2962** or **Whitemouth/Reynolds 348-4610** or **Winnipeg River** Resource Council **367-9128**

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: **sts@heritagecentre.ca** or **204-388-9945**

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Volunteers needed. Services: transportation, friendly visits/calls. Coordinator Bev Collet: **204-248-7291** or **ensemble@mymts.net**.

Montcalm Service to Seniors - Joanne: **204-304-0551** or **jbarnabe@hotmail.ca**

Seine River Services for Seniors - Help and support with transportation services,

Dufferin Senior Centre - Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12-3:30 with light lunch and a 4-piece band. Perogies for sale, Call Al: **204-771-3325**.

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair, Wpg. Mon-Wed-Fri - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, health & safety presentations, travelogues, etc. **204-582-0066**, **ncsc@shaw.ca**, **ncseniors.ca**

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. Call **204-832-0629**.

Men's Shed - New in Transcona, at Oxford Heights C.C. **www.menssheds.ca**, **204-224-4941**.

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - In-person and online classes: yoga, fitness, resistance training, Zumba, Tai Chi, Let's dance, painting and writing. Drop in activities: bridge, five-pin bowling, pickleball, Lunch PALs, Book Club, Cooking. Outdoor fun: PALpeddlers/PALputters/PALHiking, Painting/crafting/gardening. **PALCares** - outreach program - partnering with South East PCH, Siloam mission, Harvest & More! Canteen is open! Office hrs: Tue-Wed-Thur, 9-3:30. **www.pal55plus.ca**, **office@pal55plus.ca**, **204-946-0839**.

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email **otr@rainbowresourcecentre.org**.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **204-987-8850**, **www.stjamescentre.com**.

St James RCL Legion # 4 - Whist players needed to join a small group of seniors. Whist is an easy card game to learn and play. Mondays, 1-4 pm. Play is dependent on covid restrictions and weather. Call **204-889-3338** for info.

companionship, homecare services. Melanie Bremaud: **204-424-5285**.

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

Springfield - Springfield Seniors - **204-444-3139**, **springfieldseniors@mymts.net**. Stick curling, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception **204-320-4600** (Sonja, Program + Volunteer Coordinator) **204-320-4603**, **https://www.patporteralc.com**

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: **204-677-0987**, **thompsonseniors55@gmail.com**

A & O: Support Services for Older Adults - Programs to help you stay connected and active.

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

Call/email to inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** | **info@aosupportservices.ca**

SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.

Download the **SCWW 2021 Program Guide** at: **www.aosupportservices.ca**

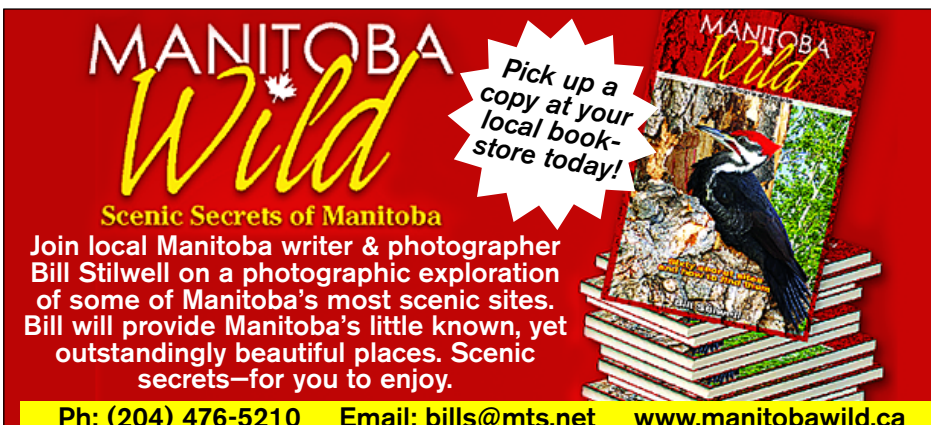
An Invitation

By Metro Hnytko

Winter is slowly letting go of us and spring is just around the corner. It's time to start thinking about warm weather sports like golf, hiking, and of course baseball. There's nothing sweeter than the sound of a well hit baseball in summer. It gets all of your instincts into play – the hitting, the running, and the scoring are all character building parts of sports. In summer, there are house leagues if you just want to get better, or organized tournaments where

you go to show off your abilities. Either way, it's great fun.

An invitation from Winnipeg South Seniors Mixed Slo Pitch baseball club to join teams and the informality of Tuesday and Thursday house league play. All on Grade AAA diamonds in Fort Garry at 1377 Clarence at Hamelin – just off Waverley. To join and have fun, please call Betty at **204-997-8043**, Bob at **204-261-3033** or Mac at **204-475-1900**. ~ Metro Hnytko



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Six Shows
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2022

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2022 Expos Just a Month Away!



Show Time! I can't believe that it's only four weeks till the first of our six shows for 2022. As noted previously we have three in the Spring and three in the Fall across the city to help our 55+ community live better lives. Some people have asked us why we're doing this and truthfully as time goes on the reasons keep adding up. In 2019 we saw the need to bring these resources to the people right in their neighbourhoods as a result of our meeting so many great

folks over the course doing our Saturday morning radio show on CJNU. There seemed to be a common thread with our guests that they felt the need to have better reach into the community we all served together.

Looking back, it made no sense to us why this wasn't happening already. Well, we have an answer for that one now...the amount of work required and the needed commitment from a large group of like-minded people to see the vision through. Nobody wanted to tackle it and quite frankly in hindsight I totally understand. This has been way over our pay-grade on many occasions. That said, we have ZERO regrets for the resources poured into this as the rewards continue to be over the top.

On May 12th we open the doors at Garden City Community Centre at 725 Kingsbury Avenue. The same place we started last October's shows. This time we have lessons learned, great folks returning and many new faces to make

the 2022 Edition of the Expos better on so many levels. For example, as mentioned last month, we're celebrating the addition of Gold, Silver and Bronze Sponsors to the fold. This in itself gives us more resources to get the messaging out there to everyone. The addition of 40+ brochure stations around the city doesn't hurt and with the ability to publish things in-house, we can message as needed where needed.

The addition of some of the best Senior Centre members from the MASC group

(Manitoba Association of Senior Centres) as our Venue Hosts, we know there will be a healthy lot of folks interested in the products and services our Exhibitors are bringing to their tables.

As we expound regularly, 'Knowledge is your Power'. These shows are intended to help you find the missing pieces you might need now or in the future to make your well-being as easy a task as possible. They might even serve to protect a few of us from harm. Till then; *Stay Healthy! Rick & Trish!*

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Zing into Spring at PAL - Pembina Active Living (55+)

The Zing into Spring event at PAL on March 29 was well attended. There were demos of classes each hour, and several booth displays offering information on services in the community. Councillor Janice Lukes made some announcements. There also was a fine selection of food, dainties and beverages. Susan Fletcher, Ex. Dir. hosted the event. She also is a line dance instructor. Info on programs: www.pal55plus.ca / office@pal55plus.ca.



Photos (L-R): Susan Fletcher, Susan chatting with the crowd, Brightwater's Courtyards display, Janice Lukes, Chinese senior grp (Tai Chi Soft Ball demo), volunteers serving food (top), Line dance demo (bottom).



Travel / Leisure

Have an event or activity to announce? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

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FOR THE LOVE OF  READING

Retired teacher writes a book about his Mother’s Recollections

By Gene Kirichenko

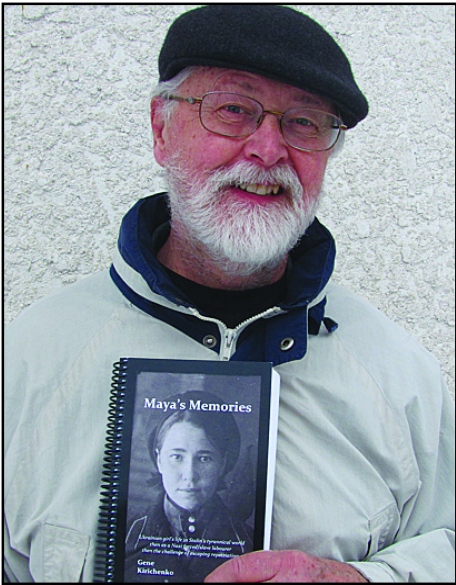
After retiring from Glenlawn Collegiate, where I taught for forty years, I got involved in a deeply personal journey. I self-published a book called “Maya’s Memories,” which is a collection of memories in the form of anecdotes that my mother recalled about her life in Ukraine between the mid-1920s to the early 1950s.

The book addresses why I am here in wintery Winnipeg. It is about my mother’s memories of life under the dictatorial, feared to the bone, Joseph Stalin. Then, it recalls Maya’s experience after the German Nazis took control of Slovyansk, Ukraine and loaded her and other teens into a boxcar. After that, the girls were taken into Bavaria, Germany to become forced slave labourers. I am here because my mother and father, who the Soviets wanted repatriated, chose Canada to emigrate to. And Winnipeg was the city for them and one-year-old me. And, even though arriving with under a dollar and settling in was not easy, Canada, as my father wrote in the margin of Alexander Solzhenitsyn’s book, *One Day in the Life of Ivan Denisovich*, – “Canada is heaven.” Fear and absolute control were never experienced as they were in Ukraine SSR and Kuban.

I am still a teacher, but as a substitute teacher, and I get into a classroom as time permits. The joy of spending time with teens and sharing knowledge, along with setting a climate for learning, is still with me.

There was a real plus in my retirement from full-time teaching. I was able to do other things. One of the significant things was to research and write “Maya’s Memories” which involved interviewing my mother for over four years. In my book, I take Maya’s voice so that as a reader you get the sense that Maya is talking to you. As a retirement benefit, I was able to take Mother for breakfast once a week.

We would have a breakfast morning together – she’d talk; I’d listen and ask questions, and it all grew from there. The 312-page book begins with short summaries of *Stalin’s World* and *Hitler’s World* as well as a *Parable about Stalin’s Rule*. This parable deeply describes the psychology behind Stalin’s reign.



Gene Kirichenko, author of *Maya’s Memories*.

There are twenty chronological chapters that begin when Maya was two. Included are visuals like black-and-white photos, sketches, illustrations, diagrams, documents and maps. My mother’s reminisces end with recalling what life was like immigrating to Canada – a place of cultural change, a new language to learn, and newfound freedom.

While the book serves as a historical document in many senses, the reader will be drawn to its warmth and humanity – and above all – hope. It also serves as a reminder to all of us not to repeat the atrocities of the past.

For me, it was important to write this book to honour my mother. It was also important to me to let people know about the suffering my parents went through, including the time during the Holodomor. It was also important for people to know about the deaths and suffering millions experienced under Stalin and the Nazis.

After writing this book, I am left with the feeling that Canada is a great country, and we should be kind to immigrants... they are here for a reason.

Please send me an email at eugadamez@hotmail.com for more information about the book or to access it. And I would be pleased to hear any comments or questions that you might have. ■

THE BUFFALO HUNT

By Rick Goodman © Copyright 2022



Ever since I can remember I’ve been drawn to the outdoors. If it involved hunting or fishing or camping, and not too much work, I’d try and get there somehow. My father never understood the attraction. My having been born on a small Manitoba Interlake farm, he figured, could give a boy all the fresh air a boy could ever hope for, what with picking field rocks, shoveling cow poop, and throwing hay bales. I begged to differ.

My cousin recently researched our family tree and discovered that our maternal grandmother was a treaty Indian. Since the Canadian Indian Act has been amended my family is now entitled to status. That kind of explains the hunting and fishing. You can’t argue with genetics. As far as the aversion to hard physical labour goes there’s probably a latent redneck hill-billy gene buried somewhere in the family. It shows up periodically through the generations and it seems I’m a carrier. Although you’d be hard pressed to convince me that demonstrating a strong work ethic by picking field stones on a hot summer day is preferable to sitting in the shade with a cold beverage and a good book.

It’s peaceful here in the orthopedics ward. Gives a person lots of time to reflect on how if he’d done things a little different he probably wouldn’t be lying here in traction for the next six weeks or so. Not that I regret becoming a full bore card carrying Indian. But exploring my roots with a little less exuberance would have been a lot less painful. Although compared to my roommate I have no cause for complaint. I call him Bob. Bob is the silent type, not that he has much choice, being covered in plaster except for three toes, a thumb, and a set of lips. There’s hoses going in and hoses going out. As far as communicating goes Bob has drawn the line at farting and moaning, generally in that precise order.

“What do you think Bob,” I asked early on. “You think they alphabetize the injuries and put them in the same room? Like buffalo and buses maybe?”

“Brapp!” he replied with a real stinker and then moaned, “OOOH!”

It’s hard to talk to a guy like that.

My father was of Icelandic heritage. That meant there was ancient Viking blood pumping through our family’s veins. It was somewhat of a letdown to be out raking hay in the hot August sun when I should have been out pillaging and looting and sailing the high seas, ripped out of my mind on unlimited quantities of mead. Those guys rocked! And they had these really cool hats with horns on them. And furthermore, as a Viking, if you got snuffed while out pillaging and looting you got to go to a place called Valhalla where, if I understood it correctly, you sat around all day swilling mead and impressing the girls with some such tales about what a great warrior you were. Which if you were such a red hot warrior what were you doing in Valhalla in the first place. But as a recruitment brochure it made for pretty compelling stuff. It certainly beat the stuffing right out of sitting on a cloud playing a harp. I was a horn headed warrior at heart right up to the time my brother coldcocked me with a stick of firewood. That was the first time I’d had my bell rung. Nothing changes your world view quicker than a good stiff shot in the head. I was a pacifist when I regained consciousness. I was no longer interested in being a Viking. I was just a kid with a lump on his head and a lot of romantic notions about what life might have been like in the good old days.

It would be sixty years before my bell

rang again and this time I would ring it all by myself. The whole thing started with a pemmican making project and went downhill from there. I’d been studying up on the Indigenous culture and among other things found out how important this stuff was for survival. Indigenous people had to make literally tons of it to survive the winters. It’s a simple recipe. You take a buffalo and cut it into really thin strips which are hung in the sun to dry. Then you pick a bunch of berries and lay them out to dry as well. While everything is drying you trim all the fat off the carcass and render it down. When the meat and berries are dry you pound them into a powder and mix them with the rendered fat and pack the whole mess into a bag you made out of the buffalo hide. A man could survive on less than a pound of it a day.

Making pemmican may not be complicated but it is labour intensive. In the old days the women beat the dried meat and the berries into a powder with a couple of rocks. I used an electric dehydrator and a food processor but even so it took a while to dry and grind up five pounds of meat. A buffalo wouldn’t even notice if you wacked five pounds off his arse so my hat is definitely off to anybody who could grind up the whole animal with a couple of rocks.

Our granddaughter Alexis came out to spend a few days at our fish camp with us. We were sitting around one evening nibbling pemmican and I was explaining to her how it was made. This wasn’t something that could hold a six year old’s interest for long. Boredom was setting in so I told her how I hunted buffalo back in the day. How I’d gallop into a herd on trusty old Paint, a whoopin’ and a hollerin’, and start laying them low with my six shot bow and arrow.

This was more like it to Alexis! “Can we go hunt a buffalo tomorrow Papa?”

Explaining that we’d have to have a real buffalo to have a top notch buffalo hunt. “We could use a pretend buffalo,” she said. And just because trusty old Paint had gone to that big pasture in the sky didn’t mean we couldn’t use Bea’s old bicycle. I thought I had her stumped when I explained that I’d had to give my six shot bow and arrow to the Canadian army because they couldn’t afford bullets anymore.

The kid was way ahead of me. “We’ll use a slingshot.”

Over breakfast the next morning I laid out my hunting strategy. An old 12 ply truck tire would be our buffalo and the slingshot would substitute for the six shot bow and arrow. We’d head out to where the big hill runs down to the lake. Alexis would give the buffalo a push to get it rolling and I’d give chase on Bea’s trusty old Schwinn. I’d carry the slingshot ammo in my mouth. Pulling up beside the buffalo I’d spit a marble into my hand, load the slingshot, dispatch the beast with one shot and then we could all go fishing.

“That’s the craziest thing I ever heard of,” said Bea, “I’ll get the video camera. And put the ambulance on speed dial.”

I’d been up and down that hill a million times and didn’t remember it being that steep. I was wondering how a six year old had talked me into launching myself off a cliff on a rusty old bike with no brakes and a squeaky wheel when she ran out of patience and kicked the buffalo tire down the hill.

“It’s getting away!” she hollered and gave me a shove.

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Circles for Reconciliation is a group of Indigenous and non-Indigenous participants that meet one day/week for 10 weeks to listen, learn, share stories and discuss the true history of the Indigenous people, their culture and language. The Circles are free. For info visit: <https://circlesforreconciliation.ca>.

Led by Dr. Kristin Reynolds, C. Psych. and Ms. Stephanie Dudok, PhD Candidate, at the University of Manitoba (REB: HE2021-0196)

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Research participants will attend:

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- Focus group meetings will each occur approximately 2-4 weeks apart
- Focus groups will take place virtually using Zoom videoconferencing
- Meetings will be audio-video recorded

Research participants will complete:

- Consent form and background survey before participating in the first focus group
- A link to the survey will be emailed to participants to complete online

Participants will receive:

- \$25 e-gift card for Amazon.ca each time they attend a focus group meeting

[total participation = \$75]

Please contact the Study Coordinator if you are interested in hearing more or to
participate in a short conversation to see if you are eligible to join a focus group:

 Dudoks3@myumanitoba.ca

April 6, 2022

Budget 2022 Will Provide Significant Investments to Strengthen Seniors Care

As part of Budget 2022, the Manitoba government is committing over \$15 million in initial funding to support the implementation of the 17 recommendations of the Stevenson Review to strengthen care and enhance capacity at long-term care facilities throughout the province, Premier Heather Stefanson and Seniors and Long-term Care Minister Scott Johnston announced today.

“Manitoba seniors have worked hard, sacrificed for their families and given back to their communities, and they deserve compassion and dignified care,” said Stefanson. “Our government is committed to strengthening Manitoba’s long-term care system and Budget 2022 will provide significant investment to support our promise to Manitobans. Today we are reaffirming our commitment to see all 17 recommendations of the Stevenson Review fully implemented.”

The over \$15 million in initial funding will support the following:

- enhancing infection prevention and control within the long-term care sector, which includes a provincial

- program manager, regional leads and 50 infection control staff;
- more than 200 full-time equivalent housekeeping staff as well the first phase of allied health staffing, 44 full-time equivalents; and
- improvements to information and communication technology to better support operations and patient care.

Over \$260,000 in additional funding will also strengthen capacity for quality and standards officers as well as Protection for Persons in Care Office capacity, the premier noted. This funding will also support better integration of personal care homes within the broader health system by permanently establishing a provincial personal care home liaison to lead stakeholders in developing and maintaining a better system of communication, planning and collaboration across the health-care delivery system.

The province also released the final report of the Stevenson Review, an independent external report following a serious COVID-19 outbreak at the Maples Long Term Care Home between

Oct. 20, 2020 and Jan. 12, 2021. Seventy-three staff and 157 residents tested positive, and 54 residents died. The government commissioned an external review, led by Dr. Lynn Stevenson, and accepted all of the report’s 17 recommendations for action.

Four themes are highlighted in the review: resident safety, staffing compliments, infectious disease and pandemic preparedness, and communication with families and staff.

Among the system improvements already underway, the report highlights:

- Establishing an overall staffing plan to stabilize staff compliments for personal care homes (PCH). The staffing plan commits to increases for direct-care nursing, health-care aides, allied health staff, Infection Prevention and Control (IPAC) staff and housekeeping.
- Over the next year, new staff will be hired and trained to lead and implement the IPAC plan. Gaps are being addressed across the program and standardization of policies and procedures are underway.
- Improved processes are now in place

to address cross-system communication issues. A medical long-term care leadership structure has been created to provide consistent medical guidance and communications between provincial medical leads, regional medical leaders and medical leads in PCH.

- Advancing health resource planning to address infection control and addressing long standing staffing challenges in PCH are driving priorities for the Department of Seniors and Long-term Care.

Collectively, the responses and action plans stemming from the *Stevenson Review* are establishing a stronger foundation to rebuild Manitobans’ confidence in both the province’s and the private sector’s PCH system, the minister noted.

Stefanson and Johnston noted the Manitoba government extends heartfelt condolences to all the families who lost loved ones living in the province’s personal care homes during the pandemic.

To view the final Stevenson Review and learn more about the province’s response, visit:
www.gov.mb.ca/health/maples_review.html. ■



April 11, 2022

BUDGET SHOE TRADITION TAKES ON NEW MEANING AS SYMBOL OF MANITOBA'S UNWAVERING SUPPORT FOR UKRAINIANS

Forgoing the tradition among Canadian finance ministers to purchase a new pair of shoes for budget day, Finance Minister Cameron Friesen met with Manitoba’s Ukrainian community today and announced the presentation of new shoeboxes filled with personal items for people forced to flee the brutal war of aggression launched against Ukraine and its people.

“We are preparing for the arrival of thousands of Ukrainians here in Manitoba with open hearts and outstretched arms, and we will care for them with a full range of provincial support services,” said Friesen. “Our government’s unwavering support will continue, as we deliver necessary housing arrangements, health and mental-health care, education, child care, social assistance, language services and labour market assistance. The normal budget shoe tradition provides another opportunity to stand with Ukraine during this terrible ordeal, in partnership with our own Ukrainian-

Canadian community, as a further symbol of our unique cultural connections and enduring bonds.”

Over the last month, Manitobans of all backgrounds have come together to support the Ukrainian people as they seek safe refuge, with thousands attending rallies, raising funds and volunteering to help, the minister noted.

The government’s preparations for the possible arrival of thousands of Ukrainians began within days of the Vladimir Putin-ordered Russian invasion on Feb. 24. In addition to providing \$800,000 in direct humanitarian aid so far, the province immediately established and staffed a dedicated Ukrainian Refugee Task Force to co-ordinate operational planning and preparations across government.

The task force is working with the Ukrainian Canadian Congress and other Ukrainian-Canadian organizations, the settlement sector, community groups and other non-government organizations to welcome Ukrainians

to Manitoba and co-ordinate a full continuum of support after their arrival.

The minister noted that in addition to support for immigration and settlement services, Budget 2022 will make strategic investments to strengthen services for all Manitobans and build a brighter

future full of hope and opportunity.

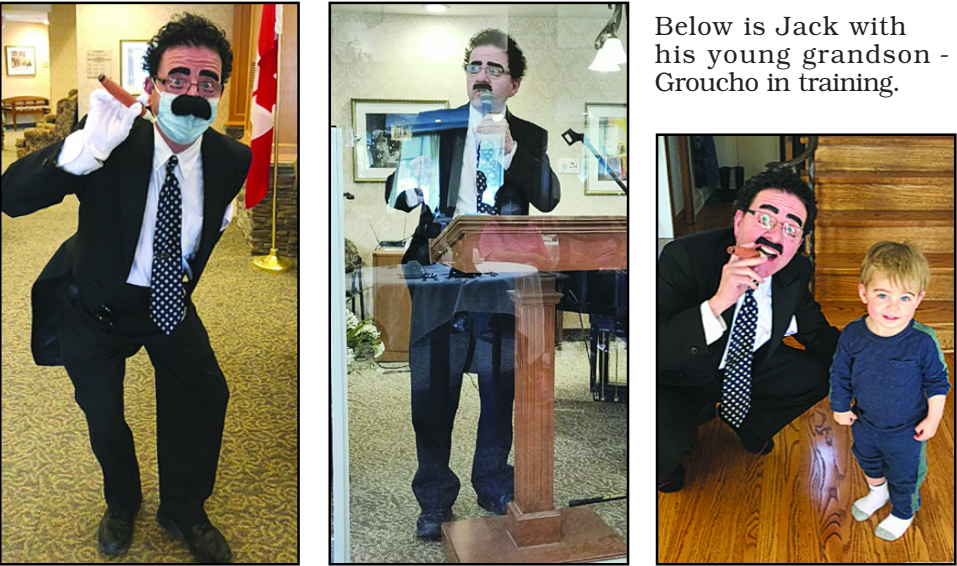
To learn more about the government’s Ukrainian response, how to help and to receive updates, visit <https://manitoba4Ukraine.ca> for information in English, French and Ukrainian. ■

.....

Groucho - back 'hamming it up' again

Jack Slessor (aka Groucho Marx or Charlie Chaplin) is happy to be out visiting in person again since Covid arrived. Below he is at Shaftesbury Park Retirement Centre in Winnipeg. In the first photo, Groucho is masked

up making a safe entry. In the second photo, Groucho is experiencing the life of a hamster behind glass. Thank you Anastasia Atkinson, Activity Director at Shaftesbury Park for the photos.



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Today's Recipe

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Orange Sweet Potatoes

Metric	Ingredients:	Imperial
500 ml	sweet potato, thinly sliced	2 cup
2	medium carrots, sliced	2
5 ml	orange peel, grated	1 tsp
125 ml	orange juice	1/2 cup
5 ml	lemon juice	1 tsp
15 ml	cold water	1 tbsp
5 ml	cornstarch	1 tsp
30 ml	almonds, slivered	2 tbsp

In a covered large saucepan, cook sweet potato and carrots in enough boiling water to cover, about 10 minutes or until tender.

Meanwhile, in a small saucepan, bring orange juice to boiling over medium heat. Stir in orange peel and lemon juice. In small mixing bowl, stir together the cold water and cornstarch; stir into the orange juice mixture.

Cook and stir over medium heat until thickened and bubbly.

Cook and stir for 2 minutes more.

Transfer cooked vegetables to serving dish. Drizzle orange juice mixture over vegetables. Sprinkle almonds on top.

Serves 4

WORDSEARCH - In the Country

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

Algeria	Egypt	India	Malta	Spain
Andorra	Estonia	Italy	Mexico	Sudan
Angola	Ethiopia	Jamaica	Moldova	Tobago
Aruba	Fiji	Japan	Namibia	Togo
Bahamas	Finland	Kenya	Nauru	Tonga
Benin	France	Kyrgyzstan	Nepal	Ukraine
Bosnia	Gabon	Laos	Nigeria	USA
Brazil	Gambia	Latvia	Panama	Wales
Canada	Georgia	Lebanon	Peru	Yemen
Chad	Ghana	Libya	Philippines	Zaire
Chile	Godthab	Macau	Poland	Zambia
Congo	Guam	Malawi	Qatar	
Cuba	Guinea	Malaysia	Romania	
Cyprus	Haiti	Mali	Slovakia	

SOLUTION ON NEXT PAGE

CROSSWORD - It's Just A State Of Mind

By Adrian Powell

ACROSS

1 Valletta's nation

6 Had one's socks blown off

10 Coffin stand

14 At full throttle, on ship

15 Senegal's African neighbour

16 Biblical son of Isaac and Rebekah

17 What Yeats said he was in the poem "Down by the Salley Gardens"

20 Painful shoulder inflammation

21 Yeast, e.g.

22 The Big Band ____

23 Prefix meaning new

24 Scatterbrain

25 Doris Day and Frank Sinatra movie of 1955

30 Revolt

33 "Diamonds ____ a girl's..."

34 Vientiane's official language

35 Ancient Peruvians

36 On the other hand

37 Important piece of china

39 US drug approval gp.

40 Crestfallen

41 Throws water on

42 1984 hit song by Alphaville

46 Provide, as for oneself

47 Dog or cat, usually

48 Sign of an infected wound

51 Pic taken at arm's length

54 Not very talkative

56 What lightly turns to thoughts of love, according to Tennyson

58 Camera essential

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20								21					
22				23				24					
			25			26				27	28	29	
30	31	32				33				34			
35					36				37	38			
39					40				41				
42			43	44				45					
			46					47			48	49	50
51	52	53					54				55		
56						57							
58						59				60			
61						62				63			

DOWN

1 Perhaps

2 Illicit French affair

3 Secord, Canadian heroine of 1812

4 Sardine containers

5 Related to the pain of coronary heart disease

6 Embryonic membrane

7 Rolls of dough

8 Fairy's cousin

9 Greyish igneous rock

10 Modern name for

11 Important ancient Egyptian goddess

12 "With the greatest of ____"

13 Big German industrial area

18 Devoured

19 Solemn pledge

24 Move like a hummingbird

25 Yell that means thumbs up

26 Like a lot of Vegas stagewear

27 Quaint word of regret

28 Evaluate

29 Little piggies

30 Repeated musical phrase

31 Post WWII's French ____-China

32 Sign of an old

war wound

36 Shakespeare, e.g.

37 Popes

38 Wheel nut

40 Where Dakar is

41 Songs for two

43 Emanate freely

44 Vampire's target

45 Handy kitchen device

48 Old Finnish copper coin

49 Pop the top off

50 Something Fred Astaire had

51 Boxing Day special, say

52 Looked longingly at

53 Really drawn-out

54 Regal Indian lady

55 Abel's murderous brother


57 Giant extinct NZ bird

SOLUTION ON NEXT PAGE

SUDOKU MEDIUM

By Senior Scope

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



HAPPY EASTER!

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

Kelly Lewis Artistry

kellylewisartistry@yahoo.com : @KellyLewisArtistry on FB
204-513-0593 : kelly_lewis_artistry on IG

*Kelly Lewis is a local winnipeg artist who specializes in affordable Pet Portraits.
Contact Kelly Lewis Artistry to get your quote on a custom Pet Portrait today.*



I have no Monet for DeGas
to make the Van Gogh
because I am Baroque.

I woke up hungover to the sound of
my neighbour mowing the lawn.
I just rolled over and decided he'll
just have to mow around me.

LEAD ME NOT INTO TEMPTATION...
OH WHO AM I KIDDING? FOLLOW
ME, I KNOW A SHORTCUT.

I'm writing a book about all the
things I should be doing in my life.
It's going to be an oughtobiography.

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter "X-Y"

- This is a huge digital copying company:
- This is a Michael Jackson song:
- This is a movie classification:
- This is An Olivia Newton John song:
- This is a from of electromagnetic radiation used to make images of the human body:
- This marks the exact location:
- This is a Sony Smart phone:
- This was a music talent show originated by Simon Cowell in 2018:
- This is the tissue that transports nutrients up from the roots of a plant:
- This is the sex chromosome that occurs in pairs in the cells of a woman:
- This is the Roman Numeral for ten:
- They say this Paul McCartney song was one of the best ever written:
- This Beatles song said "So We Sailed Up To the Sun, Till We Found the Sea of Green":
- This chap plays soccer at age 87, they say he is:
- She was John Lennon's lady:
- This is a hand of cards with no card above nine:
- This is a motion of a boat moving steadily side to side:
- In Greek mythology Hebe was the goddess of:
- This actor was born in Russia. He came to fame starring in "The King and I":
- This is the Roman Numeral for number 32:
- This is Billy Crystal's familiar catch phrase (and one of my favorites):
- This was one of the early internet search engines:
- This is a condition caused when a golfer misses a close put:
- This is a kids string toy created in the Philippines:
- This book brings back fond memories in later years:
- This is a feeling of wanting to be with someone romantically:
- This man made the first manned orbital flight:
- He is reported to be smarter than the average bear in Yellowstone park:
- This is a reference to boring or empty talk made popular on the Jerry Seinfeld show:
- This is the Roman Numeral number for 39:



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


To request direct e-mail sends to friends or family, forward address to trivia@shaw.ca

~ Author, Gary Adams

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Visit www.seniorscope.com/fun.html for more **A-Z Trivia**.

An elderly man thinks his wife is losing her hearing so he decided to test his suspicion. He walked 25' behind her and asked, "Can you hear me dear?" No response, so he moved a little closer. Again asked if she could hear him. Still no response. He then stood right behind her and asked one more time, "Honey, can you hear me?" His wife replied, "YES, for the third time... Yes! I can hear you!"



SUDOKU - Solution

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

CROSSWORD - Solution

MALTA	AWED	BIER
AMAIN	MALI	ESAU
YOUNG	AND	FOOLISH
BURSITIS	RAISER	
ERA	NEO	DITZ
	YOUNG	ATHEART
RISEUP	ARE	LAO
INCAS	BUT	PLATE
FDA	SAD	DOUSES
FOREVER	YOUNG	
	FEND	PET PUS
SELFIE	RETICENT	
AYOUNG	MAN	SFANCY
LENS	AONE	FINAL
EDGE	LAIR	SNIPE

WORDSEARCH - Solution

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

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A to Z Trivia

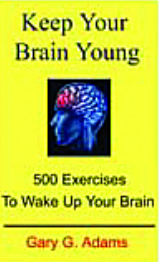



'X-Y' SOLUTIONS

1. Xerox	9. Xylem	17. Yaw	24. YOYO
2. Xscape	10. X Chromosome	18. Youth	25. Year Book (School)
3. X Rated	11. X	19. Yul Brynner	26. Yen
4. Xanadu	12. Yesterday	20. XXXII	27. Yugi Gagarin
5. X - Ray	13. Yellow Submarine	21. You Look Marvelous	28. Yogi
6. X Marks the Spot	14. Youthful	Tonight	29. Yada, Yada, Yada
7. X Phone	15. Yoko Ono	22. Yahoo	30. XXXIX
8. X Factor	16. Yarborough	23. Yips	

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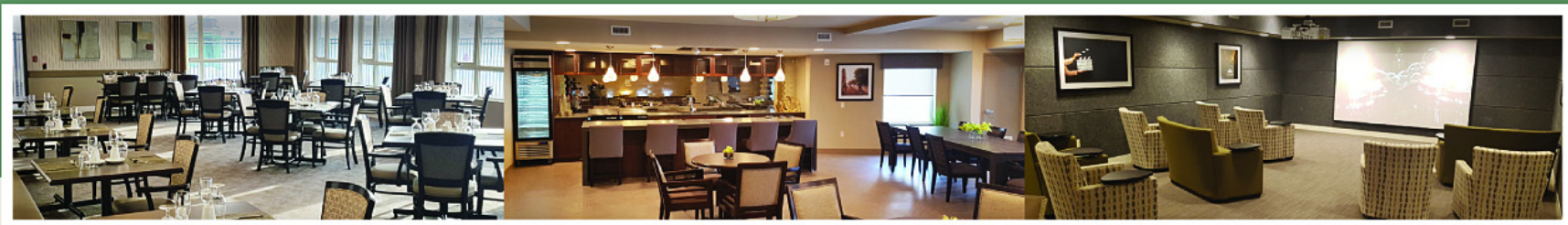
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