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Selkirk re-ignites the 2022 Manitoba 55+ Games! June 7-9th

By Karyn Heidrick, AAIM 55+ Games Coordinator



Karyn Heidrick, Manitoba 55 Plus Games Coordinator.



Volunteers at the 2013 MB 55 Plus Games in Morris, MB.



On your mark, get set, GO! Men's track meet at the 2013 MB 55 Plus Games in Morris, MB.

Active Aging in Manitoba (AAIM) is excited to announce that the wonderful community of Selkirk is continuing the spirit of the Games and will be the host community for the next set of Manitoba 55+ Games, June 7-9, 2022.

Active Aging in Manitoba (AAIM) coordinates the annual games through partnerships with the provincial 55+ Games Committee and the Host committee from Selkirk, as a celebration of healthy living and proof that Manitobans of all ages can lead active, engaged, and healthy lives.



Karyn Heidrick

The Games emphasize recreational activities combined with social and cultural experiences.

This June, athletes from across the province will gather in Selkirk, MB, to participate in Manitoba's largest 55+ multi-sport event offering age-friendly competition in over 15 events ranging from Bowling to Pickleball and Slo-Pitch. The games are open to anyone 55 years of age or older, with many participants in their 80's and 90's.

Selkirk was onboard in 2020,

but the 55+ Games had to be put on hold due to the pandemic. However, the community is excited to rekindle the spirit of the Games and move forward with hosting the event this summer. With events and volunteers in place all set to go, Selkirk is re-grouping to ensure everything is in place for an exciting three days this June 2022.

Long-time Games participant and bowler Mike Baziuk says: "this is exciting news that the games will go ahead this June in Selkirk! We will have many bowlers participating from the South East region."

Continued on page 5

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The Lion

By Myles Shane

THE LAST SUPER BOWL

Feb 13, 2022. Super Bowl Sunday is the biggest day in American pro sports. Politicians have even argued it should be a holiday. Over a hundred million people around the world watch in 150 countries in 30 different languages There's over 7 billion dollars of betting on everything from who wins to which team has the best mascot. This year the half time show will consist of rap legends, Dre, Snoop Dogg, Eminem, Mary J. Blige, Kendrick Lamar and 50 Cent. By 7:00 pm the world will be watching the LA Rams take on the underdog Cincinnati Bengals led by their second year quarterback Joe Burrow.

That morning in Winnipeg snow whipped back and forth across the Shaarey Zedek cemetery as a crowd of mourners gathered all decked out in winter parkas and medical masks. This was Winnipeg in all its glory. This was Winnipeg mid winter and mid pandemic. Friends, colleagues and family were gathered to say their last good-bye's to one of Canada's great legal minds, Greg Brodsky. Rabbi Anibal Mass spoke eloquently about Greg's journey as a lawyer, a father and a devoted husband. While the snow continued falling from the overcast skies, Greg's son Daniel took the mike. He sported a fur coat, his dad's Blue Bomber toque, and a voice that sounded identical to his father's. He read from his notes as the surging winter wind tried to blow away his last words to his dad. Danny's voice was solemn as he tried to hold back his tears and spoke in a somber tone, "December 29, 1957, Greg was 17 and still in high school when I was born. We really grew up together. He also happened to be one of my best friends throughout my entire life."

THE LAWYER

There have been many great Canadian lawyers throughout history but there's no doubt Greg was one of the best. Not only was he vital in changing the laws of insanity across Canada, he also repre-



Greg Brodsky, revered lawyer, loving husband, father and friend.



Greg with one of his grandsons.

sented his clients with a never say die attitude. Greg always reminded me of a combination between Han Solo from Star-Wars and Indiana Jones from Raiders of The Lost Ark. There's a scene in The Empire Strikes Back which epitomizes Greg's personality. After narrowly escaping the Imperial attack on the Rebel base on Hoth, Han, Leia, Chewbacca, and C-3PO find themselves fleeing TIE fighters through an asteroid field, during which the droid claims that the odds against successfully navigating through it are 3720 to 1. Han's response is classic, "Never tell me the odds". It's this memorable silver screen scene and line of dialogue which truly is an anthem for Greg's life. Whatever the odds were, however small the



Greg and his wife, Sylvia.



Greg and his son Danny who works as a criminal defense lawyer in Toronto.

window was to succeed, Greg didn't want to know. He didn't know how to quit. He didn't know how to stop fighting for those who couldn't fight for themselves. He demonstrated how one person fighting against seemingly insurmountable odds to right the wrongs done to his clients could change the way other people are treated in our justice system.

THE BLUE BOMBER TOQUE

Danny's notes continued to flicker in -25 frozen tundra like conditions. You could see his breath freezing in the air. For a moment Danny was overwhelmed by his emotions but managed to to carry on. "Greg loved football and was a diehard Winnipeg Blue Bombers fan. His first pair of season tickets were in the end-zone. Every season he moved up until he was on the 55 yard line. My dad never missed a game unless he happened to be waiting for a jury verdict." Adjusting his dad's Bombers

Continued on next page

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The Lion, cont'd from page 2

toque his eyes looked towards the Heavens searching for answers. Danny continued, "My dad taught me how to play ball. We played countless hours throwing and catching the football. So it was only natural for him to become a coach of the Manitoba Minor Football League in River Heights. I'm not sure if he understood why I took a position with a different team after the first season. You see, his devotion to quality and fair play meant no one was going to be warming the bench. It meant everyone on his pee-wee team would have the opportunity to play the position he or she wanted. It was less critical for his team to make the playoffs then it was for them to be an example of equality, diversity and inclusiveness. Eventually playing ball with dad gave way to doing homicide cases together. I was lucky enough to play with my dad and work with him."

EUROPE, KOREA & HONG KONG

As a kid I remember our families vacationing together. (The Shane's and Brodsky's) When I was 11 we travelled to Europe. Memories of that trip will stay with me forever-Greg driving a mini-van through the French Alps while Sylvia was screaming, "Slow down Ger." and my mom was ready to pass out from dizziness. My dad (Fred Shane) the psychiatrist was of course attempting to keep everyone calm from the reality that at any second the van might drive off the mountain as crazy French drivers whizzed passed us. I can still taste the gourmet food we devoured at 5 star Micheline restaurants in quaint little French towns on the way to Monte Carlo.



L-R: Fred Shane, Eddie Winter, and Greg Brodsky running the New York Marathon. Despite having cancer removed from his leg years previous, Eddie was happy to complete this marathon with his buddies.

THE SOUL BROTHERS

As rays of sunlight seeped through the dark clouds the snow stopped falling for a moment, Shep Shell, Greg's blind friend, Winnipeg's great Para-Olympic athlete took the mike from Danny. He paused, took a deep breath, then said his final good-byes to his best friend in the world, "I've known Greg for 50 years. Over the years he became my big brother and best friend. He was instrumental in my qualifying for the 1988 Para-olympic games in Seoul, Korea. I was running in Manitoba as a qualifying marathon and at mile 19 my friend Fred said to Greg, "I think he's going to die. He's not going to make it." Next thing I knew a full wet sponge was thrown into my face which really ticked me off, but I got my strength back and finished the

race. Fred, Greg and I went on to the Olympics. We called ourselves the SOUL BROTHERS. With Greg and Fred's guidance I ran a 5K and the marathon. I set my personal best times because of those guys." Another deep breath and barely able to say the words filled with sadness, "Greg, Fred and I will always be together."

THE RUNNING GANG

One of my fondest memories of Greg was in the early 1990's. At the time I was living in New York working as an intern at ABC NEWS, living in a cockroach infested room on the upper west side across from Central Park. My dad, Danny, Shep Shell, Ada Letinsky (a competitive marathoner) and their friend Eddie Winters had all flown to NY from Winnipeg for one reason, to complete the NY marathon.

Their Sunday morning Kildonan Park running group were all there.

We all stayed at the St. Mortiz hotel on the glitzy Upper East Side. Greg was there with his wife Sylvia. The first night the hotel was robbed at 4AM by criminals armed with machine guns. Welcome to New York, the city that never sleeps. (now I know why).

What I'll never forget is Greg had been recovering from a knee operation and the night before the race he was literally hobbling around on one leg. That evening my dad, Greg and Danny taxied to several hospitals in NY asking various doctors to inject Greg's knee with cortisone. They all said, "no" for various reasons until they arrived at a hospital in Brooklyn where Greg provided a compelling argument, accompanied by my fathers medical savvy insisting that it was imperative Greg receive a cortisone shot in his knee because the pain was overwhelming and he'd been training for six months to run the grand daddy of all marathons - New York. Danny vividly remembers the next morning, "I started the race with Greg and Fred, but since I thought they were faster than me I let them go ahead. Later I was feeling good so I tried to catch up, but I didn't notice that I had passed them. I wasn't trying to pass them, I just wanted to finish with them. I found Greg near the end and then finished the race with him too." At mile 20 the pain in Greg's knee re-emerged worse than ever. I was watching the race from the sidewalk amongst thousands of cheering fans and my dad signalled me to run onto the course to pro-

Continued on page 4

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The Lion, cont'd from page 3

vide ongoing emotional support for Greg. With adrenaline pounding music pumping onto the streets, Greg hobbled the last six miles with his son and friends by his side. It was a triumphant effort for him which was symbolic of the way he lived his life.

A SONG OF ANGRY MEN

The next person to speak at the funeral was another one of Greg's running buddies and fellow lawyer Rob McClennan . He shared a story about how in 1995 neither of them had anyone to run with on Sunday mornings. During their first jog Greg asked Rob what he did Friday night and Rob responded he and his wife Joanne went to see Les Miserables. With excitement Greg quickly retorted he'd seen the play with Sylvia in London twice. After a few strides, Greg suddenly burst into song/shouting the lyrics from the musical at the top of his lungs. For the next mile, like a couple frat boys. they continued their escapades as they jogged down Wellington Crescent.

A few years later the duo would run their first race together, a thirteen miler. Near the end Greg told Rob, "I have to tie my shoe. I'll see you at the end."

GUR ARYEH

Greg's mother, Edith Gitterman, immigrated to Canada from Tuchin, Poland, in 1921, and his father, Joe Brodsky, arrived from Kishinev, Bessarabia, seven years later. Joe and Edith were living in Melville, Saskatchewan, on April 15, 1940, when Greg was born. Greg's Hebrew name was Gur Aryeh which means young lion. That's significant because in ancient Israel the lion signified courage, might, and justice. Greg patently grew up to become a lion at the bar.



L-R: Greg Brodsky, Shep Shell, and Fred Shane at the start of the Boston Marathon.

The family, including his brother Ivan, relocated to Winnipeg when Greg was five years old. After arriving in their new city Joe and Edith opened J. B. Grocery and Meats. They ran the shop together until Joe passed away in 1978. The couple were also fervently involved in civic and Jewish causes. One family value they instilled in the children was the importance of community involvement and Tikkun Olam. For those unfamiliar with that phrase, it includes any activity that improves the world moving forward. Thus, it's no surprise that Greg became the President of the Shaarey Zedek Synagogue or a founding director of Skills Unlimited.

TYING UP LOOSE ENDS

The snow kept falling and it was even colder which is almost impossible to believe. For a second our scene froze in time as Rob revealed his last memory of his dear friend, "Fast forward to Wednesday night of this past week. We're both at the synagogue in the Simpkin Centre. It's nine at night and we're waiting for the funeral

home attendants to arrive. They eventually show up and I say to Greg, "I have to tie my shoe. I'll see you at the end."

THE SHIVA

The night of the funeral the family was sitting shiva. In Judaism this is the traditional mourning practice. If a loved one has passed on the family is supposed to stay home for a week and mourn the person's soul. During this time they can't change clothes, all mirrors must be covered, and absolutely no watching any devices. Nevertheless, today was Super Bowl Sunday and Greg and Danny had been watching together ever since he was a kid. Danny explains, "I excused myself from the meal of condolence to watch the last quarter of the Super Bowl because no matter where we were, from as far back as I can remember, my dad and I watched the game. When we weren't in the same city, we would watch the game separately, but have the telephone on speaker. Greg always bet a nickel on the underdog." ■

LIEUTENANT-GOVERNOR REQUESTS NOMINATIONS FOR ANNUAL HISTORICAL AWARD

March 7/22 - Lt.-Gov. Janice Filmon is encouraging the public to nominate a worthy Manitoban who has provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society. "In every community, in every city and town, there are individuals who devote their time and expertise to preserving documents, creating historical studies, restoring or maintaining historical buildings and artifacts, bringing the past to life in schools, museums and historic sites, and advocating for historical understanding," said Lt.-Gov. Filmon. "It is a pleasure to formally recognize Manitobans who take such pride in preserving and promoting the history of this great province for the benefit of us all."

The Lieutenant Governor's Award for **Historical Preservation and Promotion** is presented to those with experience in such endeavours as:

- the writing of historical publications and documents;
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As the oldest historical organization in Western Canada, founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms and organizations that have operated for over 100 years, recognizes important historical books with its Margaret McWilliams Awards

and encourages schoolchildren to learn about Manitoba's past through its Young Historians Awards. It publishes the *Prairie History The Journal of the West* and operates a comprehensive website with information on all facets of Manitoba history and heritage. The MHS will receive nominations from the public and will recommend up to three individuals to receive awards this year. Nominations to be considered for 2022 must be received by Friday, April 1. The awards will be presented at Government House later in the spring. Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba (www.manitobalg.ca) and the Manitoba Historical Society (www.mhs.mb.ca). ■

Manitoba 55+ Games! *cont'd from front page*



Our goal is to have at least one team participating in each age division." Last year's 2021 55+ Virtual Games inception was a resounding success, with over 45 communities taking part. 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!

Safety is always top of mind. AAIM and the Selkirk Host Committee will ensure a safe environment, making

some adjustments to events and activities abiding by the current public health guidelines. 2022 is also a qualifying year for the Canada 55+ Games! Kamloops, BC, is set to host the Nationals from August 23–26. Anyone who qualifies in the Manitoba 55+ Games can continue to represent Team Manitoba at the National 55+ Games.

The Games Registration season will open in mid-March. More Games information, including registration forms, will be available on the Games page on AAIM's website: www.activeagingmb.ca ■

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Aboriginal Senior Resource Centre - Winnipeg
527 Selkirk Ave., Winnipeg
(204) 586-4595
www.asrcwpg.org

Archwood 55 Plus
565 Guilbault St., Winnipeg
(204) 416-1067
archwood55plusinc.weebly.com

Barbara Mitchell Family Resource Centre
51 Morrow Ave., Winnipeg
(204) 946-9152
www.barbaramitchellfrcc.ca

Bleak House Centre
1637 Main St., Winnipeg
(204) 338-4723
www.bleakhousecentre.com

Broadway Seniors Resource Centre
823 Ellice Ave., Winnipeg
(204) 772-3533
www.bsrc.ca

Brooklands Active Living Centre
1960 William Ave. W., Winnipeg
(204) 632-8367

Centro Caboto Centre
1055 Wilkes Ave., Winnipeg
(204) 487-4597
www.cabotocentre.com

Charleswood Senior Centre
5006 Roblin Blvd., Winnipeg
(204) 897-5263
www.charleswoodseniorcentre.org

Creative Retirement MB
448 Burnell St., Winnipeg
(204) 949-2569
www.creativeretirementmanitoba.ca

Crescent Fort Rouge United Church 55+
525 Wardlaw Ave., Winnipeg
(204) 489-1925

Dakota Comm. Centre - Dakota 55+ Lazars
1188 Dakota St., Winnipeg
(204) 254-1010 E206
www.dakotacc.com

Dufferin Senior Citizens Inc.
377 Dufferin Avenue, Winnipeg
(204) 986-2608

Elmwood East Kildonan Active Living Centre
180 Poplar Ave., Winnipeg
(204) 669-0750
www.eekactiv.com

Fort Garry Seniors Resource Working Advisory Group
2nd Floor - 280 Smith Street, Winnipeg
204-792-1913
www.aosupportservices.ca/resources/seniors-resource-finders/

Good Neighbours Active Living Centre
720 Henderson Hwy., Winnipeg
(204) 669-1710
www.gnalc.ca

Gwen Sectar Creative Living Centre
1588 Main St., Winnipeg
(204) 339-1701
www.gwensecter.com

Headingley Seniors' Services
5353 Portage Ave., Winnipeg
(204) 889-3132 Ext. 3
www.headingleyseniorservices.ca

Manitoba Korean 55+ Centre
900-150 River Ave., Winnipeg
(204) 996-7003
www.ksam.ca

Pembina Active Living 55+
170 Fleetwood Rd., Winnipeg
(204) 946-0839
www.pal55plus.ca

Rady Jewish Community Centre
123 Doncaster St., Winnipeg
(204) 477-7510
www.radyjcc.com

Rainbow Resource Centre
170 Scott St., Winnipeg
(204) 474-0212, Ext. 211
www.rainbowresourcecentre.org

South Winnipeg Seniors Resource Council
117-1 Morley Ave., Winnipeg
204-478-6169
www.swsrcc.ca
resources@swsrc.ca

Southdale Seniors
254 Lakewood Blvd., Winnipeg
(204) 253-4599
www.southdale.ca

St. James-Assiniboia 55+ Centre
3 - 203 Duffield St., Winnipeg
(204) 987-8850
www.stjamescentre.com

St. Mary's Rd. Seniors
613 St. Mary's Rd., Winnipeg
(204) 257-0678
www.stmarysroad.ca

Transcona Council for Seniors
845 Regent Ave., Winnipeg
(204) 222-9879
www.transconaseniors.ca

Transcona Retired Citizens Org.
328 Whittier Ave. West, Winnipeg
(204) 777-5576

Vital Seniors
3 St. Vital Rd., Winnipeg
(204) 253-0555
www.stmarymagdelenewpg.org

Winakwa Active Seniors Club
980 Winakwa Rd., Winnipeg
(204) 253-4418
www.winakwacc.ca

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for more information: **204-953-2350**



sam.mb.ca

Advertising Feature

Seniors and Debt

- MNP Ltd. (See advertisement on page 3)

Just when seniors should be relaxing and enjoying the fruits of their labour, many find themselves struggling financially — an unsettling contrast to the ease they’d hoped to live their golden years.

Below are some of the most common reasons seniors fall into debt, along with practical tips to avoid debt from creeping up once they leave the working world behind.

Causes of Financial Difficulties

Reduction in income. Transitioning into retirement can be a tremendous adjustment for many seniors. Especially if they will only be receiving government pensions. Adjusting to this new financial reality can lead to an increase in credit card use to supplement limited income — which will unfortunately also mean limited ability to repay debt.

Medical costs. With aging comes an increase of health-related issues. Healthcare will provide for most basic medical coverage. However, this does not usually cover specialized medications, medical supplies and devices. If they can’t afford supplemental insurance, these costs will come directly out of a senior’s already limited budget.

Financially supporting family. Many seniors may feel obligated to lend money to relatives such as grown children or grandchildren whether they can afford to or not. If the senior is already on a limited income or feels pressure to borrow the money they subsequently lend, this can lead to significant problems down the road.

Gambling. Casinos are especially attractive for seniors because they can be fun, mentally stimulating and provide the opportunity to socialize without requiring much physical exertion. Unfortunately, these environments are also extremely effective at parting consumers with their money. Some harmless fun can quickly spiral into addiction and using credit to chase losses they couldn’t afford in the first place.

How to Avoid Financial Issues Later in Life

Reduce debt before retirement. It’s almost never advisable to enter retire-

ment with outstanding debt. If eliminating all debt before retirement is not possible, at the very least make an effort to understand what impact an income reduction will have on your ability to make payments and save for emergencies.

Create and stick to a budget. Retirement is the end of an era, not the end of your lifestyle. No matter how little or how much income you expect to receive, budgeting is the only way to stay on track financially.

Plan to pay down any outstanding debts as quickly as possible. Continue saving for irregular and unexpected expenses. Make room for any healthcare related costs that may begin to arise. And be sure to set something aside for the retirement activities or purchases you’ve been looking forward to.

Don’t lend money unless you can afford it. Be honest with yourself, your partner and anyone asking for financial help about whether you can afford to provide support. If you cannot, remember there is no value in needlessly making two households struggle financially.

Keep up your social life. With plenty of time on your hands, you now have freedom to get more involved in social activities. Many seniors’ centres have card clubs, food and coffee services, dances, community events and volunteering opportunities.

Reaching out and finding a supportive and likeminded social circle will keep you active, engaged and happy.

How Friends / Family / Caregivers Can Help

A senior’s social network can play a key role in helping them avoid getting into debt and connecting them with the help they need if the signs of financial trouble are present.

If you suspect a senior in your community is experiencing financial problems, try discussing it with them to find out what support you can offer. If the problem is beyond your ability to help, connect them with a Licensed Insolvency Trustee to learn what options are available. ■

Seventy-year old woman assaulted by 28 year-old male

(Winnipeg)

On March 2, 2022, at approximately 8:30 a.m., Winnipeg Police Service Foot Patrol officers responded to an assault in the Skywalk system.

The victim (a female in her seventies) uses portable oxygen and travels in a motorized wheelchair. She was travelling through the Skywalk near the Canada Life Centre and Cityplace entrance when a male not known to the victim attacked her from behind. She was punched in the face, causing injury and breaking her eyeglasses.

Security interrupted the assault and contacted police while the suspect fled. The victim was assessed on scene by Emergency Services Personnel and subsequently transported to hospital in stable condition.

Officers searched the adjoining areas and located the suspect walking through Cityplace.

A 28-year-old male of Winnipeg is facing the charge of Assault Cause Bodily Harm. He was released on an Undertaking (as mandated per the Criminal Code). ■

Winnipeg Police Service:

Emergency or crime in progress, call: 9-1-1 / Non-emergency calls: 204-986-6222

Royal Canadian Mounted Police:

Emergency or crime in progress, call: 9-1-1

To report a crime, or for immediate police assistance, contact your local RCMP detachment or the police service of jurisdiction in your area.

www.rcmp-grc.gc.ca

Crime Stoppers Canada at 1-800-222-8477

Advertising Feature

Do You Qualify for a Tax Credit and Claim \$8662.00 on Your Tax Return?



By Peter J. Manastyrsky

In the last issue of the *Senior Scope*, an article appeared entitled *Hope you are claiming the \$8662.00 Federal Tax Credit on your 2021 Tax return*, identifying the fact that a non-refundable tax credit can reduce your tax payable for those who qualify.

People (young to elderly) who are unable to, or who are having difficulty performing basic activities of daily living because of their impairment, such as walking, bladder or bowel function, feeding or dressing themselves, or cognitive functions, and are markedly restricted would likely qualify. Majority of the Canadians who qualify for the **Disability Tax Credit** are not aware that the tax credit exists, and eligibility is available.

Disability Tax Credit is there for Canadians who are deemed to have one or more ailments that impact the activities of daily living, where those impairments are not likely to get better any time soon and have already been in place for a period of at least 12 months.

Many Canadians who could be applying for the **Disability Tax Credit** still don’t because of the misconceptions about what it is and who it is for. At times, applying for **Disability Tax Credit** can become a complex process at a time when the person with disability must cope through illness or some form of impairment.

This **Disability Tax Credit** is one of most frequently missed provisions on the tax return and under claimed. Therefore, **A Step Beyond & Associates** would advocate on your behalf and ensure that your application is interpreted and completed properly eliminating potential uncertainties.

A Step Beyond & Associates streamlines your information so that it is accurate before submitting the application to Canada Revenue Agency. Please give us a call for a free confidential consultation. **A Step Beyond & Associates** is an accredited member of the Better Business Bureau of Manitoba.

Manitobans have until the end of April to submit their 2021 tax return. All of us are preparing and selecting someone who is reputable to do our income tax return. If in doubt, please call **A Step Beyond & Associates**, we can assist you in this matter. Please be vigilant and attentive during these uncertain times. We are available and ready to support you by navigating the process of achieving and completing your tax credit application. “**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
204-663-4651

www.astepbeyond.cc

<https://facebook.com/StepBeyondAssociates>



Public Notice

Attention Glen Eden, Glen Lawn, Chapel Lawn Property owners with last names from A-M.

We are currently verifying ownership records as part of a digitization of permanent cemetery records.

Please contact us as soon as possible.

Call or email for more information on how to transfer your arrangements from another funeral home to Arbor.

Glen Eden Funeral Home & Cemetery

4477 Main Street, West St. Paul, MB
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431-813-8418
www.glenlawn.ca

Chapel Lawn Funeral Home & Cemetery

4000 Portage Avenue, Winnipeg, MB
431-813-8419
www.chapellawn.ca



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MANITOBA'S TOP EVENT FOR EVERYTHING CONNECTED TO YOUR OUTDOOR LIVING RETREAT

Submitted by Matthew Seth Ostrove

The **Cottage Country's Lake & Cabin Show** is back at the Red River Exhibition Park after a two-year absence due to the Covid 19 pandemic. This year's show is proudly sponsored by Aviva Insurance Canada. The 2022 event features over 160 booths with a plethora of new ideas on how to build or renovate your lakeside retreat. Cottagers can save themselves weeks of running around town by meeting all the local experts right in one place. The show starts again on Friday, March 18th, and runs through until Sunday, March 20th.

Tickets are just \$12 and can be purchased at the door. Seniors, respectively, get a discount and pay just \$10.00. Kids 13 and under can attend for free. There is no charge for parking at the event. ■

Friday, March 18
2 pm-9 pm

Saturday, March 19
10 am-8 pm

Sunday, March 20
11 am-5 PM

Advertising Feature

In-person Minds in Motion® Program Up and Running this Spring

- Alzheimer Society of Manitoba

This program connects people living with early to moderate signs of dementia and their care partners through fitness, fun and friendship. Participants take part in a gentle chair fitness class followed by socially engaging activity and conversation. For almost two years, Minds in Motion has been adapted to a virtual format to accommodate pandemic restrictions. Many participants took advantage of and enjoyed that option – and it will continue to remain available for people living all over the province. This spring, with restrictions loosening, community venues are planning to open up and welcome returning and new participants back for face-to-face sessions. At all times, provincial Covid regulations will be met to ensure a safe experience for everyone.

This is an extremely popular program: some participant pairs can't get enough, so many stay involved by participating in one session after another throughout the seasons. The cost is \$65/pair for the eight-week in-person sessions and \$45/pair for the six-week virtual sessions.

Why Attend?

This dementia-friendly program was designed to take place in community venues throughout Manitoba. Through these partnerships, people with dementia have opportunities to get out and participate in engaging and joyful activities with their family members and friends. Those taking part can do so in a supportive environment where everyone is included and respected.

What Participants Say

"Staff and volunteers who lead the program are helpful and understanding – it's been a very worthwhile program."
– Person with Dementia

"I enjoyed participating in both the physical exercise and the social activities. It was wonderful meeting and getting to know all the participants."
– Care Partner

Go to alzheimer.ca and click on "Minds in Motion Spring 2022" on the home page to register for a session at a location near you. You'll find the list of venues and their phone numbers, along with dates and times. (These are also listed in the sidebar on the next page.)

Virtual Minds in Motion
sessions are run via Zoom on Thursdays, 10:00 - 11:30 am for six weeks from April 21 to May 26.

Go to alzheimer.ca and click on "Minds in Motion Spring 2022" on the home page to register.

For more information about Minds in Motion, contact the coordinator at: mindsinmotion@alzheimer.mb.ca
See **Minds in Motion** Sessions on next page



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Call (204) 228-7063 or 1(855-933-5454) or send a message to rkhnatiuk@roosemaryhnatiuk.ca for an appointment. In person availability is dependent on current Public Health Guidelines.

Toll Free: 1.855.933.5454
rkhnatiuk@roosemaryhnatiuk.ca
Cellular: 204.228.7063

Communication in
ENGLISH • FRENCH • GERMAN



Minds in Motion®, cont'd from page 8**SIGN UP NOW FOR MINDS IN MOTION!****Virtual Spring Session (Province-wide)****ZOOM Webinar**

April 21 - May 26 | Thursdays, 10 - 11:30 am
 Register: alzheimer.mb.ca/mindsinmotion

Winnipeg Locations

Chalmers Community Centre, 480 Chalmers Ave.,
 Apr. 7 - May 26 | Thursdays, 10:30 am - 12:30 pm
 Call to register: **311**

Cindy Klassen Recreation Complex, 999 Sargent Ave.
 Apr. 6 - May 25 | Wednesdays, 10 am - 12 pm
 Call to register: **311**

Dakota Community Centre, 1188 Dakota St.
 Apr. 5 - May 24 | Tuesdays, 1:30 - 3:30 pm
 Call to register: **204-254-1010**

Rady JCC Fitness Centre, 123 Doncaster St.
 Apr. 29 - June 3 | Fridays, 10 am - 12 pm
 Call to register: **204-477-7510**

Riverwood Square, 1778 Pembina Hwy.
 Apr. 5 - May 24 | Tuesdays, 10 am - 12 pm
 Call to register: **204-275-7632**

St. James Assiniboia - Centennial Pool and Fitness Centre, 644 Parkdale St.
 Apr. 1 - May 27 | Fridays, 1 - 3 pm
 Call to register: **311**

The Wellness Institute, 1075 Leila Ave.
 Apr. 6 - May 25 | Wednesdays, 1:30 - 3:30 pm
 Call to register: **204-632-3900**

Regional Locations

BRANDON - Prairie Oasis Senior Centre, 241 8th St.
 Apr. 13 - June 1 | Wednesdays, 1:30 - 3:30 pm
 Call to register: **1-204-727-6641**

SELKIRK - Gordon Howard Centre, 384 Eveline St.
 Apr. 6 - May 25 | Wednesdays, 1-3 pm
 Call to register: **1-204-785-2092**

Restart Yoga and Commemorate Valentine's Day - Feb. 18, 2022

By Senaka Samarasinghe



Due to Pandemic Restrictions after Dec 17th 2021, we were unable to conduct in person yoga classes. Further, we postponed our Year End Get-together scheduled to be held on Dec 31st, 2021.

Today we restarted the yoga program and it will continue till the end of

March, each Friday at the above location. Luckily yoga trainer Smita Gupta agreed with our revised schedule.

Just after the session of yoga we made it a point to commemorate Valentine's Day. This session ended up with serving cakes for all participants. ■

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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 Seniors Centres member Venue Host for discussions on Older-Adult resources available in your area.



For more information, please contact us at: **prosknowexpos.ca**
204.414.9290 or email: redroadmusic@shaw.ca

Coming this Spring & Fall!

Six shows in 2022!

Spring: **Garden City, Charleswood & Fort Garry**

Fall: **St. Vital, Transcona & East Kildonan**

Dates & locations in next months Senior Scope Newspaper or you can go now to our website: **prosknowexpos.ca**

**PLEASE NOTE:**

Covid-19 Protocols as of March 15th will be at the discretion of each Venue and will be posted in advance. Thank you!



Manitoba
Association of
Seniors Centres

Senior Scope
News For and About Boomers & Seniors

LINDEN POINTE
A BRIGHTWATER COMMUNITY

Advertising Feature

Protein Benefits Older Adults - Heart to Home Meals

As we age, prioritizing a diet rich in essential nutrients becomes even more important for staying healthy, and maximizing quality of life. While supplements of all kinds exist, the best way to get the nutrition you need is with real food and whole meals, which contain a balance of nutrients that work together to positively affect your health.

Of all the vitamins, minerals, and amino acids your body needs, few are as important as protein. Generally found in meat, fish, dairy and legumes like soybeans, protein acts as a foundational building block for our bodies, and is essential for maintaining muscle mass, and keeping our bodies moving.

As we age, it can be difficult to get enough which can contribute to muscle loss and decreased mobility, among other problems. That's why finding solutions for getting the protein you need – beyond nutritionally sparse shakes and supplements – is very important.

Here's what you need to know:

What Exactly Is Protein

Protein is an amino acid, and one of three "macronutrients" – the other two being carbohydrates and fats. The "macro" in the description refers to their importance to human life because they all provide life-giving calories. Whereas micronutrients like iron or vitamin C are important to our wellbeing and "feeling good", without macronutrients, we simply couldn't survive long.

What makes protein so special is that in addition to providing calories, it also significantly contributes to the production and maintenance

of muscle mass. While for young people, getting lots of protein might be important for maintaining beach bodies, in older folks it means maintaining the muscles needed for a mobile and active life.

In addition to its muscle-building properties, protein also is an important part of regulating our hunger and helping us feel full. For Older Adults looking to maintain a healthy weight, snacking on foods high in protein will help satiate your hunger better than a carb-loaded snack – something of particular importance for diabetics who need to keep a close eye on their blood sugar.

The Importance of Protein for Older Adults

As we age, our bodies become less efficient with using the protein we intake, meaning we need to be even more conscious about how much we're consuming. This inefficiency becomes heightened in Older Adults who face a chronic or acute illness, especially ones resulting in hospitalization, which means it's best to get in the habit of getting enough protein *before* you become sick.

But even healthy Older Adults need plenty of protein, which is why the fact that a recent study found up to one third of Older Adults weren't getting enough is worrying. There were several reported reasons including dental discomfort, reduced appetites and impaired taste – impacting the overall consumption of food, as opposed to protein specifically.

If you prioritize your quality of life, finding strategies to prioritize food high in protein is essential. Recent research focused on "functioning" in

older adults (the ability to dress, bathe, walk up stairs, get out of bed, etc.) indicates that Older Adults who ate the most protein were able to maintain functioning longer than those who did not. In fact, the 2018 study which analyzed 2900 Older Adults over 23 years found that Older Adults who got the most protein were 30% more likely to maintain high degrees of function, even into their later years.

Another benefit of protein is helping both recovery and health maintenance when dealing with an injury or surgery that impacts mobility. Stuart Phillips, director of McMaster University's Centre for Nutrition, Exercise and Health Research in Canada said:

"Protein becomes much more important during events in an older adult's life that force them into a situation of muscle disuse – a hip or knee replacement, for instance."

While it might be easy to simply eat whatever's convenient without considering its nutritional value, finding strategies that make protein-

rich food accessible will help lead active and healthy senior years.

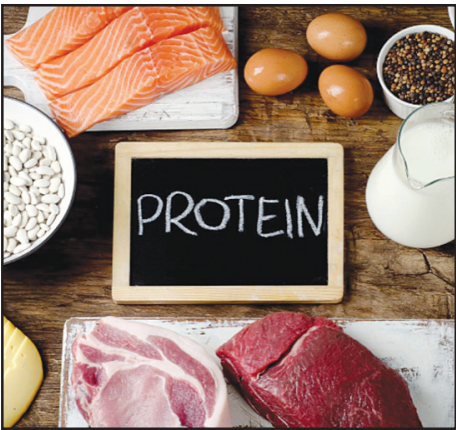
Consider Real Meals for Protein Instead of Shakes and Supplements

When it comes to taking meal replacements, supplements or shakes, it's always best to take your doctor's recommendation. If they feel it's best for you to get a nutritional boost with a supplement, make sure you take their advice! But for planning our own nutritional journey, it's important not to overly rely on shakes and supplements, which lack much of the benefits real meals provide.

Meals, when prepared properly, contain a variety of macro and micronutrients that combine harmoniously to provide you with readily available health boosts. With supplements and shakes, you might have access to a lot of one type of nutrient (like protein) but sacrifice your access to others. This is especially notable if you have a reduced appetite, where every real meal provides you complex nutrition instead of just making you feel full.

Sometimes it's "easier said than done" when it comes to eating real meals, however. You might not have the time, energy, or inclination to cook a whole meal for yourself every time – even if you understand the health benefits. Luckily, Heart to Home Meals provides the convenience of a shake with all the benefits of a home cooked meal.

Heart to Home Meals offers several delicious meals, that are full of protein. The Protein Assist Diet Code makes finding nutritious, high protein meals, easy to find. ■



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sam.mb.ca

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*Some conditions may apply.



SAFETY ALERT

Beware of electrical and natural gas hazards in a flood

During a flood, both electrical and natural gas safety are extremely important. Call Manitoba Hydro immediately at **204-480-5900** (Winnipeg) or **1-888-624-9376** if a flood-related electrical or natural gas emergency occurs in your home.

For your safety and to minimize flood damage to electrical and natural gas equipment in your home, consider the following:

Before a flood:

- Turn off the electrical main power switch only if the building is dry.
- Move portable electrical items to an upper floor or somewhere not at risk of water damage.
Raise large electrical appliances like a refrigerator off the floor, if possible.
- Prevent sewer backup by making sure the sewer backwater valve and sump pump are working.
- Contact Manitoba Hydro as it may be necessary to shut off the gas supply to your home.

If your basement floods:

- Do not enter flooded basements or buildings as they may have energized wires or appliances.
Electricity can move through water or wet flooring and cause a severe electrical shock or death.
Even a small amount of water on the floor can be dangerous.
- Call Manitoba Hydro to disconnect the power at the pole and shut off your natural gas service.

After a flood:

Remember that gas and electrical hazards may still be present long after flood waters recede.

Electrical and natural gas appliances or systems damaged by flooding may look safe on the outside, but they can be extremely dangerous if they're re-energized and used without being properly inspected by a licensed contractor. You may first need to contact a:


- licensed electrician to service your home's electrical system and arrange for an inspection.
- licensed gas fitter to service your natural gas appliances and equipment.

Your contractor will advise Manitoba Hydro when it's safe for your power or natural gas to be reconnected.

If your power was disconnected as a safety precaution, but you weren't flooded, contact Manitoba Hydro to arrange for an inspection to be sure it's safe to restore service without a contractor.

You can also learn about power line safety in flooded areas at hydro.mb.ca/safety.

Safety. It's in your hands.



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3459 PEMBINA HWY

 Come join us on Thursday nights at 6:15 pm on **YouTube** or **in the hall**. You can pre order or ask for delivery.

Cards available Tue-Wed-Thur-Fri-Sat-Sun from 3:30 till 6 pm.

WED. BINGO - Doors open 11 am. Start 12:55 pm.

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THE HALL ALSO IS OPEN FOR RENTALS.

Lounge is open. Call for hours and capacity - 204-269-4332.



March 3, 2022

Canadians need tax relief at the pumps

By Franco Terrazzano - www.taxpayer.com

OTTAWA, ON: The Canadian Taxpayers Federation is calling on the federal and provincial governments to immediately provide tax relief as prices at the pump soar.

"Canadians are feeling the pain of soaring gas prices and high taxes are making things worse," said Franco Terrazzano, Federal Director of the CTF. "Politicians could immediately make life a little more affordable by providing tax relief at the pumps."

Gas prices are soaring across Canada. As of March 3/22:

\$1.56 per litre in Halifax

\$1.69 per litre in Montreal

\$1.62 per litre in Ottawa

\$1.59 per litre in Toronto

\$1.50 per litre in Winnipeg (173.9 as of Mar 9/22)

\$1.52 per litre in Regina

\$1.53 per litre in Calgary

\$1.85 per litre in Vancouver

The federal carbon tax is set to increase to 11 cents per litre on April 1. This will be the third time that the federal carbon tax has increased during the pandemic. Prime Minister Justin Trudeau said he will increase the carbon tax to nearly 40 cents per litre of gas by 2030. The federal government is also implementing a second carbon tax through fuel regulations that could add an additional 11 cents per litre.

The federal government and some provinces charge a sales tax on top of other fuel taxes. That means that as the price of gas and fuel taxes increase, the tax-on-tax costs Canadian drivers more money.

South Korea, India, Poland, New Jersey and 25 Indian states and union territories are cutting fuel taxes. American President Joe Biden is considering gas tax cuts. Florida Governor Ron DeSantis proposed a gas tax holiday and Ontario Premier Doug Ford said he would reduce provincial fuel taxes before the next budget.

"The federal government is continuing to make the tough times tougher by hiking the carbon tax," said Terrazzano. "Canadians need relief and that means the feds and provinces should immediately reduce the tax bill at the pumps." ■



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MISC EVENTS

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.

Manitoba Genealogical Society - Discover your family history. For info visit: <https://mbgenealogy.com> or call 204-783-9139

Forum Art Centre - 120 Eugenie Street. For info: 204-235-1069 or online: www.forumartcentre.com

Anavets Assiniboia Unit 283 - March 19th Karaoke is Cancelled. Sending apologies. Mar. 25 - Marvels; Apr. 1 - Geoff & Rockets; Apr. 8th - Karaoke with live band 'The Second Time Around'; Thur. Apr. 14, just before Good Friday - the DMG Band; 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. We rehearse Thursdays starting Mar 3, continuing to the end of June, 7-9 pm at Lutheran Church of the Cross, 560 Arlington St., enter by the front doors facing Arlington. Lots of free parking in the north & south lots. Bring your own music stand. Music will be sent by PDF. Contact me at pantages14@gmail.com.

Winnipeg Model Railroad Club - Annual Open House, Sat. Apr. 9, 10-5, Sun. Apr. 10, 10-4, at the Charleswood Legion Hall, 6003 Roblin Blvd. Wheelchair accessible. Admission by donation. Proceeds to support St. Amant Center. Learn more about The WMRC through its blog, published by Paul Ullrich <http://winnipegmodelrailroadclub.blogspot.ca>

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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

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

spare with us. \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning measures and social distancing being exercised, masks or face shields worn and minimal contact. Call/text 204-770-3903.

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

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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: [Facebook Page Administrator](#) to monitor, receive and post info pertaining to lost dogs. Work from home. Must have internet access, a Facebook account, Gmail account, 6 hours to commit per week, ability to work in potentially stressful situations, be able to maintain a polite disposition, able to take direction. Ability to phone people with updates is desirable, but not required. We offer in-home training via Messenger, etc. and provide necessary materials. Email: recruit@winnipeglostdogalert.com or go to www.winnipeglostdogalert.com.

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: [Treasurer](#) to handle daily maintenance of accounting, donations, charitable receipts, etc. Must have 3-5 years accounting/bookkeeping experience and be familiar with the operation of a Registered Not-for-profit org., QuickBooks, PayPal, Benefity and Help Canada type Donations. Must be able to commit 8-10 hours/month. Send resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com for more info.

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

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](#) & District Senior Resource Council Inc. 785-2737; [Stonewall](#) - South Interlake Seniors Resource 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 [Whittemouth/Reynolds](#) 348-4610 or [Winnipeg River](#) Resource Council 367-9128

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by March 3rd for the March 10/22 issue.

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

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+ Lazars 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.

Dufferin Senior Centre - Mon. Bingo 1 pm; Thur. Yoga 10 am; Sat. Mar. 12 Dance 12-3:30 pm, Band Hwy 6 with a light lunch; Tue. Mar. 22 Dance 1-3 pm, Band Hwy 6; Sat. Mar. 26 12-3:30 pm, Band, Steve and Friends with light lunch. Starting Sat. Apr. 2 and every following Saturday, Dance from 12-3:30. We also have perogies for sale. Proof of vaccination needed. Call 204-771-3325.

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+ (new location – 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, Bingo PALS (by phone), Conversation Cafe (by phone), PenPALS with Henry G. Izatt School, On-line exercises, Book Club, Cooking. Outdoor fun includes: Senior Skate Tue-Wed-Thu 1-3, Jam Pail Curling. Canteen is open! Office hrs: Tue-Wed-Thu 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.

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

Honouring Women on International Women's Day - March 8/22.

“Strong women don't have ‘attitudes’, we have standards.” (Marilyn Monroe)

The Pros Know 55+ Active Living & Resource EXPOS 2022

Six Shows
coming in
2022

Visit prosknowexpos.ca for dates, locations & On-Line Resources for Seniors!

The Expos are picking up some steam!



Exciting it is! I must say that even though we knew the *Pros Know Expos* were going to have a second year, we never thought that the collective buzz from last October would roll into 2022 like this. We are overwhelmed by the anticipation and commitment from the majority of last years presenters to have this continue and expand for 2022. As previously mentioned, this year we are going from four shows to six shows. Three in the Spring, two in May and one

in June, with three in the Fall, two in September and one in October. Details such as exact dates and locations are constantly being updated on our website at: www.prosknowexpos.ca and we'll be having half page ADs here in Senior Scope in April, May, August and September with all the details you can cut out and paste on your fridge. We suggest using magnets... :) (It's a guy thing!).

We can't say enough about our Partners The *Manitoba Association of Senior Centres* and of course *Senior Scope Newspaper* (Celebrating 20 years this year!), the cores behind our desire to do this for everyone. We are also truly humbled by the addition of people picking up 'Show Sponsorship' packages. The commitment these folks are showing as well to see this happen for all of us is top shelf community involvement. The first three we'd like to mention are very well known names in these parts and all have established themselves as

leaders in their respective fields for the caring and well-being of our 55+ populations. To start we'd like to mention our first 'Gold Sponsor' *The Courtyards at Linden Pointe*. For the past two years Linden Pointe has been a faithful and committed Older Adult Residence specializing in Independent Living and Memory Care for our 55+ community. I'm sure you've seen the many great ads on the back page of this paper and the write-ups we've done as well for them. The next two need zero

introduction, but our friends at *Victoria Lifeline* and *The Seniors Moving Company* have come on board as 'Bronze Sponsors'. Over the course of 2022 you will see various articles and their inclusion into our 'Guardians of Excellence' group. Thank you to all three for your support and dedication to all of us. Hang on to your seats, there is going to be so much great resource material and help presented to make sure we stay safe during this upcoming transition period. Stay Healthy! Rick & Trish!

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Honouring Women on International Women's Day - March 8/22.

"A really strong woman accepts the war she went through and is ennobled by her scars." (Carly Simon)

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Our volunteers will deliver them at the end of the month. First come, first-serve basis.

Thank you to all of our community partners and professionals who have made this project possible as well as the Government of Canada's New Horizons for Seniors Program for funding the project.

To request your first package or activity kit contact us at
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email labseiner@shaw.ca
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This project is funded by the Government of Canada's New Horizons for Seniors Program | Canada

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Appreciation

Venerable Buddangala Ananda Thera

(April 29, 1943 - December 28, 2021)



From School to Temple

Venerable Buddangala Ananda Thera before his ordination was Ananda Weerasekera. He was a schoolmate of mine at Nalanda College, Colombo and I have very pleasant memories of our school days. He was a brilliant student and had an outstanding career in school. He was head prefect, athletic captain, captained 1st Eleven soccer team, represented junior and senior cadet platoons, pioneer member Sarvodaya (voluntary movement), leader of debating team, and President of the literary union. College magazine of 1959 reported that Ananda, as was his lay name, was an outstanding athlete. In the same magazine, it was reported that he had been selected to represent Ceylon (now Sri Lanka) schools which participated in the Asian Schools Soccer Tournament held in Malaysia. In Malaysia, Ananda had been acclaimed the best in the side. His performances in school would have helped him for his later achievements in life to be the Vice President of Football (Soccer) Federation of Sri Lanka and captaining the Sri Lanka Soccer Team.

Young Ananda joined the Sri Lanka Army in 1964. His professional (military) career magnificently accomplished within 42 milestones such as Officer Cadet (26-3-1964), Major General (5-4-1996) and Adjutant General (25-10-1997). In 1966, Ananda graduated from the Pakistan Military Academy in Kakul and was adjudged First in the Batch. As a military officer he obtained six awards as well as honours and six military medals. In 1998, at the age of 55 he retired from the Army.

In 1994, he completed his MA from the University of Kelaniya, Sri Lanka. He continued MPhil and PhD studies in the same university. His dissertation was on the topic "Buddhist Approach for Conflict Resolution".

In view of his military and academic qualifications and his varied experiences, the President of Sri Lanka hand-picked him when he was serving in the Sri Lankan Army to be the Commissioner General of Rehabilitation on secondment (1990-1995). The urgent task assigned to him was to rehabilitate nearly 14,000 youths detained for insurgent / terrorist activities during the civil riots in Sri Lanka and to integrate them into civil society.

Under the above program, I planned for a Buddhist Temple, namely, Madanwala Rajamaha

Viharaya in Girandurukotte to be one of the rehabilitation centres. The Chief Monk of the temple Ven. Sirisumanasara Nayaka Thera was not very much in favour. Hence, I arranged a meeting for Ananda to meet the chief monk. After a short meeting Ananda managed to persuade the Nayaka Thera. That was a character trait that I observed in him - a strong persuasive power.

On May 1st, 2007 (Full Moon Day), Ananda entered the Buddhist Order with the name Buddangala Ananda at Buddangala Aranya Senasana (Forest Hermitage) in Ampara District under the tutelage of Kalutara Dhammananda Nayaka Thera. There are two notable features in this hermitage. Firstly, in the stupa are enshrined the relics of the Buddha and of His chief disciples Arhant Sariputta and Arhant Moggallana. Secondly, the monastery has a recorded history of nearly 2300 years.

Accompanied by late Ari and Chandani, I visited Venerable Buddangala Ananda in Ampara in September, 2010. Ven. Ananda has translated the life story of Thai Buddhist nun Silamata Chai from English into Sinhala and the first copy of the book was handed by him to his loving mother on May 14th 2011. Subsequently, he took a keen interest in the Bhikkhuni order and established a Bhikkhuni Centre in Ampara.

On March 6th 2012, Viharadhapathi, (Chief Abbot) of Siri Vajiraramaya Temple, Bambalapitiya Most Ven. Tirikunamale Ananda Mahanayaka Thera (Chief Prelate) invited Ven. Buddangala Ananda Thera to see for himself the almost 100-year-old library at Siri Vajiraramaya.

Ven. Buddangala Ananda Thera arranged a visit to North America in 2016. But as the Canadian visa was getting delayed, he visited USA and returned to Sri Lanka. With the help of Hon. Terry Duguid, Member of Canadian Parliament, I was able to get a Canadian visa for him in August 2018 and I had organised sermons to be delivered by him in Toronto, Winnipeg and Calgary. Unfortunately, he became sick and as a result, he was unable to visit Canada.

May his sojourn in sansara be short and may he attain the Supreme Bliss of Nibbana in the shortest possible time!

Senaka A. Samarasinghe
Winnipeg, Canada
Jan. 30th 2022



ANGELA CHALMERS: OLYMPIC MEDALIST

By Scott Taylor / Photos courtesy Chalmers family

As we continue to look back on Manitoba's glorious sports history, it's time to remember one of the greatest Canadian track athletes of all time. Shilo's Angela Chalmers.

It was a hot, humid early evening in Barcelona, Spain, typical of Catalonia in August, when a wispy-thin indigenous woman in a red Canadian pinnie came roaring between runners. She slipped past Ireland's highly-regarded Sonia O'Sullivan, and then, with one last, long stride, hit the finish line, raised her arms, smiled widely and collapsed on the track in her exhilaration and disbelief.

As nearly 80,000 people in Barcelona's Estadi Olympic rose to their feet. Yelena Romanova and Tetyana Dorovskikh, the two pre-race favorites from the Unified Team, finished first and second while Shilo, Manitoba's Angela Chalmers, whose mom was watching the race on TV back at Birdtail Sioux Dakota Nation north of Virden, had run between two members of the lead pack just before the finish line and claimed both a surprising and breathtaking Olympic bronze medal.

And then, as she stood before the world's sport media, she cried. She thought about a promise she'd made to her late father and she cried.

"He died in 1984, eight years ago," she said on the night of Aug. 2, 1992. "And I told him when he was in the hospital that someday, I would win an Olympic medal. This was for him."

It was the pinnacle of Chalmers' athletic career and it came a few days before she would be eliminated in the semi-finals of her strongest event, the 1,500. She was a quiet, 28-year-old distance runner from a small Western Manitoba town and while she would still have plenty of success at the Commonwealth Games of 1994, her Olympic bronze medal made her a national star. She had won one of only two Canadian medals in athletics at the Games of the 25th Olympiad and one of only 18 Canadian medals in Barcelona overall. She was clearly at the top of her game.

"I knew I would run well because I had a great day," she said later. "I got up and was really relaxed. I never got nervous until I got to the track. I kept saying to myself, 'It's just another race.'"

"I had enjoyed myself for most of the day and probably ate too much for lunch. I just figured I'd get out and run my race - don't go too hard for too long, and maybe get to the podium."

Angela Frances Chalmers was born in Brandon on Sept. 6, 1963. As a child, she lived in various cities, from Shilo to Nanaimo and Victoria, B.C., and grew up racing against her brothers. She didn't start her actual running career until she got to Neelin High School in Brandon.

"These early races with my brothers pushed me and taught me how to win," she said. "From my brothers, I learned toughness, competitiveness and the desire to succeed. Those qualities are the reasons I was successful. Those mental skills I learned complemented my physical skills."

In 1979, Chalmers represented Neelin at the MHSAA Provincial Track and Field Championships and won the 400-metre, 800-metre and 1,500-metre races. She eventually accepted an athletics scholarship to the University of Northern Arizona, a superb place for altitude training, and earned All-American honours eight times. In 1986, she won the National Collegiate Athletic Association's Cross-Country title.

Her rise to prominence in Canada began with the 1981 Canada Summer Games in Thunder Bay where she won silver medals in the 800 and 1,500 and gold in the 4X400 relay. She didn't qualify for the 1984 Olympics in Los Angeles, but she did win a bronze medal in the 3,000-metres at the 1985 Summer Universiade in Kobe, Japan.

Chalmers participated in the 1987 Pan American Games in Indianapolis, winning silver in the 3,000-metre race. One year later at the 1988 Seoul Summer Olympic Games in Korea, she ran in the 1,500 and 3,000 but didn't earn a medal.

She finally made her mark internationally by winning gold medals in the 1,500 and the 3,000 at the 1990 Commonwealth Games in Auckland, N.Z. She became the first female to win gold in both those events at a single meet in Commonwealth Games history and was named Manitoba's Female Athlete of the Year by the Manitoba Sportswriters and Sportscasters Association and also won Athletics Canada's Phil Edwards Trophy for outstanding athlete in track events.

Then came Barcelona. She stayed on the heels of the lead pack for most of the race. "Running my race," as she said. She watched the two Russians pass her on the back stretch of the final lap but didn't panic. She held her pace and started sneaking between rivals in the lead pack.

On the final turn, as Romanova and Dorovskikh turned the podium battle into a two-woman match race, Chalmers found herself boxed in. Again, she didn't panic because she felt she had a lot left in the tank. She fought inside and

Continued on next page

THE BUZZ, cont'd from page 14

then found a seam to get outside and started passing runner after runner.

While the two Russians finished in eight minutes, 46.04 seconds and eight minutes 46.85 seconds respectively, Chalmers fought off Ireland's O'Sullivan to finish third in 8:47.22. O'Sullivan was fourth, right on Chalmers' heels, in 8:47.41.

The post-script to Chalmers' bronze medal is very interesting. This race became controversial because the top two Russian runners were long suspected of using banned substances to aid their performances. Not surprisingly, less than a year later, Dorovskikh tested positive for steroid use, but she still got to keep her Olympic silver medal because athletes in the early 1990s weren't given the same types of devastating and often career-destroying bans that they receive today. Meanwhile, most international observers also believed the gold medalist, Romanova, was doping. Romanova's greatest career finish in the 3,000-metres came at the 1992 Olympics in Barcelona. It was the only first place finish of her international career at that distance and she never won another international race. In 2007, at the age of 43, she was found dead of "unknown causes," alone, in her Volgograd apartment.

Perhaps Chalmers' greatest success arrived in August of 1994 in Victoria, B.C. After she led Canada into Centennial Stadium as our nation's Opening Ceremony flag bearer, she won the gold medal in the 3,000-metres, setting Canadian national and Commonwealth Games records with a time of 8:32.17.

That performance along with the gold medal she won in the 1,500 metres at the 1994 Grand Prix final capped one of the most remarkable careers of any Manitoba woman in sport.

However, even before she became a national running sensation, Chalmers was a respected spokeswoman for Aboriginal empower-



Angela Chalmers finished 14th at the 1988 Seoul Olympics.

ment. An advocate for Indigenous issues, Chalmers made efforts to connect with and inspire Indigenous youth from across Canada. In the Sioux language, her named is Dusmanwe, which means, "Walk Fast Woman."

In 1995 she received the National Aboriginal Achievement Award in Sports, in 2001, she was inducted into the Manitoba Sports Hall of Fame, in 2004, she was inducted into the B.C. Sports Hall of Fame and in 2019 she was inducted into the Athletics Canada Hall of Fame and the NCAA's Big Sky Conference Hall of Fame.

Now 58, Chalmers is married to former Australian middle-distance runner Simon Doyle. They have two children and live in Brisbane.

Read more about Angela Chalmers and Manitoba's other great athletes in *A History of Excellence: the Untold Stories of Manitoba's Indigenous Sport* available at McNally Robinson Booksellers and other fine businesses.



Angela Chalmers won Bronze in the 3000 metre at the 1992 Olympic Games in Barcelona and was chosen as flag-bearer for the 1994 Commonwealth Games in Victoria, B.C.



Angela Chalmers, 1990 MSSA Athlete of the Year.

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The logo for the Better Business Bureau (BBB), featuring the letters "BBB" in a stylized font.

Mother Calls from the Nursing Home



By Irene Worster-LoScerbo

“We just finished playing Trivia and I need you to Google something for me.”

I am shocked. Doesn’t Mom know everything about everything?

Ordinarily, if her good ear has managed to hear the Trivia question, she will be first to answer. Prestige and prizes mean little to her.

It’s the brain buzz, the electric, utterly delectable satisfaction of discovery—the seekandyeshallfindability of useful and not so useful words and information she can share with us or with her friends. Besides, she’s already won enough teddy bears and candy to start her own gift shop.

“What makes a flamingo pink?” she begs. “Our recreation director was mumbling again, so I missed her entire explanation.”

“I’m not sure,” says I, “but I’ll look it up if you want.”

She wants, so I grab my ever-ready Samsung Note 10 cell phone

(which I use for everything but phoning people). I repeat the Trivia question aloud to Miss Google who hides deep within the bowels of Samsung 10. She tells me that flamingos eat algae and small crustaceans loaded with beta carotene, an organic chemical that contains a reddish-orange pigment. The more such plant life and creatures it eats, the more vibrant the colour of the flamingo’s feathers, beak and legs.

“Well, thank you! That I didn’t know,” says Mom.

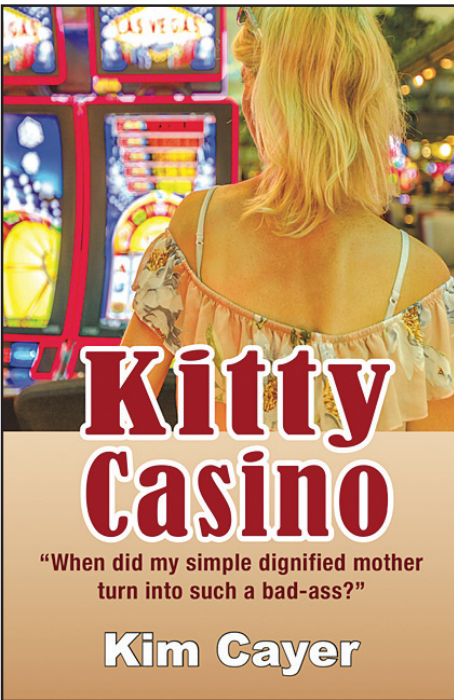
“I just can’t get over that little phone of yours!”

Mother continues to be amused by, but is no longer surprised by the unfathomable speed of my cell phone’s web browser.

Blind, partially deaf, and sitting pretty in her trusty wheelchair, she’ll be 99 years young next week. She’s never touched a keyboard, mouse, or computer, but she knows a smart phone when she sees one. ■

A BOOK TO MAKE YOU LAUGH...AND CRY SOME

KITTY CASINO, a funny fictional novel by Manitoba native Kim Cayer, will soon be available on bookshelves and through Amazon. Glowing reviews have been coming in such as, “The scenes with her mother often made me laugh, cry and then laugh again. I didn’t want this book to end!” and by another, “Three hundred and some hilarious pages after Kitty gets the boot from the nursing home, I was literally sorry the story had to end. I loved this pair.” This is a novel about a mother and her wild child daughter, Tammy. As a very young mom to three, Tammy lands a touring job with a rock and roll band. She leaves her three toddlers with Kitty, who is forced to raise them. It’s not until fifteen years later that Tammy returns to Toronto and thinks she will move back into her childhood home. Little does she know - things have changed in 15 years! For one thing, Kitty has developed a fondness for the casino slot machines. She also doesn’t think she belongs in a nursing home so meek and mild Kitty turns into a hell raiser, forcing herself to be evicted. Tammy discovers she now has to become caregiver



to her mother. What gives the story its emotional highs and lows is how they both try to make life together work. It’s a 348-page novel, perfect for the young-at-heart book readers. Keep KITTY CASINO in mind - post this on your fridge! - it comes out in the spring of 2022! ■



Bio of Kim Cayer - Kim Cayer is an entertainer and an author. Her last novel, NO FIRE ESCAPE IN HELL, was a #1 best-seller in Winnipeg. She has also written the hilarious book LIGHTS! CAMERA! DISSATISFACTION... Her memoir of a wild job she once held is called DIRTY NUMBERS and is available on Amazon. KITTY CASINO is her latest novel, coming out in the Spring of 2022. Look for it in bookstores and on Amazon! With luck, THE BOOK OF BOYS will next be published in 2023.

Villa Cabrini Inc. Senior Citizens Residence



main floor (e.g. restaurant, retailers, etc.), along with a fully serviced underground parkade.

- Villa Cabrini provides many unique features including:**
- one bedroom self-contained “55-plus” not-for-profit rental apartment style suites
 - large multi-purpose area and 2nd floor outdoor roof terrace
 - a main floor lounge, a library and a coffee shop.
 - laundry facilities on each floor.
 - underground parking.
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Located in the heart of Osborne Village, **Villa Cabrini** has immediate access to bus transportation, shopping facilities, restaurants, medical clinics, entertainment, churches and all of the services provided by the village.

- Services and Programs:** There are many stimulating and enriching programs and services available to the Villa Cabrini residents, for example:
- Onsite Tenant Resource Coordinator
 - Computer and Internet access in Library
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 - Bingo
 - Weekly mass
 - Entertainment, excursions, and special events
 - Various educational displays and workshops

FOR FURTHER INFORMATION CONTACT:
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In this excerpt, Kitty (Mom) has snuck out of the house and goes to a casino. Unfortunately, she gets lost coming home.

EXCERPT:

Finally I decided the best course of action would be to call the police. I was debating whether this was an emergency or not; would it be appropriate to dial 911 or find an alternate number, when the house phone rang. I scrambled to answer it.

“Oh, Tammy, I’m glad you’re home,” Kitty said sweetly. “I was wondering if you could come and get me?”

“Where are you?” I bellowed. “I was freaking out!”

“Oh, I’m sorry, I meant to be home by now,” she replied. “But I guess I got on the wrong bus.”

“So where are you?” I repeated.

“I’m not sure,” Kitty said. I heard her speak to somebody else. “Excuse me, where am I right now?”

“Who you talking to?” I asked.

“This nice brown boy,” she replied, while I gasped in horror at her remark. “He’s with all his friends

and I asked him if I could use his phone. They’re a very fashionable bunch, quite stylish with their matching bandanas.....”

“Mom! Quit talking!” I cut in. “I’m coming to get you! Give me an address!”

“Well, I got off the bus because I saw a pay phone, but when I got to it, the phone was missing,” Kitty said. Not a good sign, I thought. Definitely not the finest part of town. “So I came to this plaza because I saw the boys here, though I don’t know why... there’s nothing open...”

“Oh, Mom, stop talking!” I pleaded. “Just ask one of those guys to give you an intersection and I’ll be right there. Don’t go anywhere except... back to that phone booth. Shut the door and don’t speak to anybody else, please, I’m begging you.”

I heard her thank the cellphone owner and offer to pay him a quarter for the use of his phone. Yup, Kitty, that’s it...pull out your change purse. May as well pull out for wallet too; I’m sure the gangsters would want to see that next. ■

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IN TUNE WITH OUR COMMUNITY

~ March 2022 ~

St. Patrick's Day—More Than Just Shamrock Shakes...!

St. Patrick is known around the world as the patron saint of Ireland. But did you know that he was born somewhere in England or Wales? Here are a few more fun facts relating to St. Patrick!

Just who was St. Patrick?

As a youth, Patrick was taken prisoner by the Irish and held in captivity there for six years. During that time it is said that he heard God's voice - becoming a devout Christian before escaping captivity. He supposedly had a vision from an angel telling him to return to Ireland and become a missionary. Whether this is true or not, it is still widely believed that Patrick was the one who introduced Christianity to Ireland. It is also believed that he died on March 17th, the date upon which he is commemorated.

Why do we wear green?

Traditionally, the colour green has represented Ireland - the *Emerald Isle*. However, according to legend, the colour green also has the magical power to make people invisible to leprechauns or other fairy creatures.

Where do leprechauns come into all this?

The *lobaircin*, or leprechaun, most likely originated from Celtic folklore. In traditional folk tales, leprechauns were the ones who mended shoes for other fairies. Grumpy and mean-spirited, they were best known for their trickery. The leprechaun was never a symbol of St. Patrick's Day, but the 1959 Disney film *Darby O'Gill and the Little People* popularized the image of a leprechaun as a cheery, good-hearted soul - and the



Most depictions of St. Patrick - like this stained-glass window on display at a museum in Chicago - show him holding a shamrock. But did you know that there's no plant called shamrock? It comes from the Irish word *seamróg* meaning 'little clover'!

connection stuck. In spite of St. Patrick bringing Christianity to Ireland, the Irish have held a strong connection to traditional culture and folklore through the centuries.

How about 'raising a glass' with some traditional Irish beverages?

Initially, St. Patrick's Day was observed exclusively as a religious holiday. Until the 1970s, all pubs in Ireland were forced to stay closed for business on March 17th! It was only as recently as 1995 that the government of Ireland decided to use St. Patrick's Day as a chance to promote tourism.

What about here in North America?

Across the US and Canada, St. Patrick's Day parades have been held since the 17th century. Meanwhile, Ireland didn't hold a parade until the turn of the 20th century. Canada's first parade was held in Montreal in 1824. Probably the longest gap between parades was in Toronto. They held parades in the mid to late 1800s, but were banned in 1878 due to violence erupting between Protestants and Catholics. Torontonians had to wait 110 years for the parade to return in 1988!

Our March Host Sponsor: The Reh-Fit Centre

Our host sponsor for the month of March is the Reh-Fit Centre. Reh-Fit is a place where you and your well-being come first - a one-stop-shop for your health and wellness needs. Members enjoy exclusive access to a team of professionals including clinical exercise physiologists, nurses, massage therapists, athletic therapists and more.

These past two years saw the landscape of health and fitness change drastically. For Reh-Fit, this brought new meaning to its mission of building community health while challenging us to continue serving our community as a medical fitness facility.

Its focus throughout the pandemic has remained clear: how can Reh-Fit continue to provide services to the community in the best way possible? Through multiple closures and re-openings, the team at Reh-Fit changed, adapted, and readjusted to provide the guidance and assistance that has benefited so many Manitobans.

The Reh-Fit Centre - awarded Global Medical Fitness Facility of the Year twice - has been serving our community for more than



Work out at your pace at Reh-Fit

40 years. We are here to empower you and help you optimize your health. From team training to disease prevention and management programs, Reh-Fit continues to go above and beyond to ensure you feel safe and supported every step of the way.

Besides building strength, Reh-Fit works to build a sense of community and a culture where active lifestyles are the norm. It provides an accessible and supportive environment to help individuals achieve and maintain fitness and well-being. This includes expert guidance from professional personnel,

innovative health enhancement programs, and the integration of medical, rehabilitative and fitness services all delivered in a clean, service-oriented environment.

As a medical fitness facility, one of the most important services Reh-Fit's team offers is one-on-one lifestyle coaching. At the centre, coaching helps members set goals - like how many times to visit the centre per week - and devise strategies to make those behaviours last.

The Reh-Fit Centre is a safe and welcoming place for so many in our community. As you may already know, Reh-Fit is a charitable organization; membership dues do not cover the costs needed to care for facilities and equipment, support important community programs, or drive innovative initiatives that extend their impact across the province.

To learn more, visit reh-fit.com or call 204-488-8023 for more information.



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SLOW COOKER CORNED BEEF & CABBAGE

INGREDIENTS:

- 1 medium yellow onion, cut into large wedges
- 3 large carrots, cut into thirds
- 2 stalks celery, cut into thirds
- 1/2 lb. baby potatoes, halved
- 1 (2-3 lb) corned beef brisket
- kosher salt
- Freshly ground black pepper
- 1/2 cup pickling spice
- 3 sprigs thyme
- 2 bay leaves
- 1/2 green cabbage, cut into large wedges



INSTRUCTIONS:

Put onion, carrots, celery and potatoes in your crock pot. Place corned beef on top and season generously with salt, pepper, and pickling spices. Scatter thyme and bay leaves over meat and fill crock pot with water until it is almost completely covering the meat.

Cook on low for 9 to 10 hours, or on high for 4 to 4 1/2 hours, until meat is tender. Add cabbage to crock pot and cook on high for 45 minutes to 1 hour more until cabbage is tender and cooked through. Remove meat and vegetables from slow cooker, slice and serve.

Serves 6.

WORDSEARCH - March on!

M	O	N	T	H	O	Q	E	S	T	O	U	T	B	U	W	B	O	X	B	O
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ALE

AQUAMARINE

ARIES

BEEF

BEER

BLOODSTONE

BLUE

BREAD

CAESAR

COD

COOKIE

CORNED

CREATIVE

DAFFODIL

FAIRY

FISH

FLOOD

FOLKLORE

FOOD

FUN

GOLD

GREEN

HAPPY

HEALTH

HEAT

HISTORY

HOROSCOPE

IDES

IRISH

LAMB

LEGENDS

LEPRECHAUN

LION

LOVE

LUCKY

MARCH

MELT

MIDDLE

MONTH

MYTHICAL

NURSES

PEACE

PIES

PISCES

POT

PRAY FOR UKRAINE

PURPLE

RAINBOW

RAM

ROSEMARY

SHAKE

SLEET

SLUSH

SMART

SMILE

SNOW

SODA

SPRING

ST PATRICK

STEW

STOUT

SUN

THIRD

TREASURE

WARM

WEATHER

WHITE

WISHES

WOMEN

SOLUTION ON NEXT PAGE

CROSSWORD - Old? Never!

By Adrian Powell

ACROSS

- What balloons often do
- Kirk's "Star Trek" successor
- Low-voiced choir lady
- Everything
- Trounced
- Spanish Old Master
- Change in Bucharest
- Old, or from Noah's boat
- Judy Garland, to Liza Minnelli
- Big Australian bird
- Drive crazy
- Carries around
- Spoke aloud
- Old, with one "
- White-coated stoat
- Mars, to the Greeks
- One of the musical Gershwins
- "Buenos "
- Sign of infection
- Yemen's main port
- Tennis match segment
- Flashy style
- Festoon
- Old, or in need of some serious dental work
- Carpet layer's calculation
- Why bread goes up
- Military chaplain
- Common kitchen meas.
- Something to come up for
- Old, or finally on the way down after a tough climb
- Luau staple
- Chanel of fashion
- Flared skirts
- Female sheep
- Have memorized
- Sent to the gallows

DOWN

- Something to read
- Prefix meaning "oily"
- Roma, basically
- Big supporter of
- Hand-written poker payment promise
- Most adorable
- Tiny building block of matter
- Ones who just say "no"
- Notorious insecticide
- Schedule
- Car buyer's need, often
- Newbie
- Like some good
- whiskey
- What bears are covered in
- Frequent name in an elevator
- Sardine container
- Wpg - Beausejour direction (abbr.)
- I do it every day (and so do you)
- Ottawa bureaucrats, slangily
- Oxford U's 700 year old college
- What ghosts might do
- Recorded with a camcorder
- Straight up and down
- Pharaoh's key of life
- Long, thin cigar
- Big commotions
- Big white Everglades bird
- Tell whoppers
- Hive resident
- Flight landing info
- Thin
- Promoting excessively
- Acne memento
- Mary Kay rival
- 1920's architectural style
- Where your tibia is
- Minnesota's neighbour
- Big name in Manitoba's history
- "Got you!" exclamation
- Jamie__ Curtis
- Something hippies once dropped

SOLUTION ON NEXT PAGE

SUDOKU VERY EASY

By Senior Scope

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

Happy St. Patrick's Day - March 17th!




Each 3x3 cell has the digits 1-9.

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

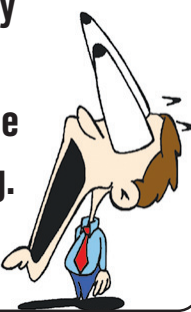
Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE

So if your electric car runs out of power on the highway, do you walk to a charging station to get a bucket of electricity?



Apparently, I snore so loudly that it scares everyone in the car I'm driving.



Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter "W"

1. This is the capital of New Zealand:

2. In the beginning he was the voice of Mickey Mouse:

3. The nasty bug we call a "Yellow Jacket" is really a:

4. This is the alcohol used to make a Irish Coffee:

5. This Canadian was Captain Kirk in Star Trek:

6. This Beatles song deals with ageing:

7. This Canadian was "The Great One":

8. This is the famous soccer stadium in London, England:

9. Bees do this to communicate:

10. He was the main character in the movie Fargo:

11. She was the fish in the funny movie starring John Cleese:

12. The song "Don't Make Me Over" was sung by this popular entertainer back then:

13. This is the official name of the internet:

14. This salad is made from diced apples, celery and walnuts:

15. This expands the sound in your home entertainment system:

16. She is reported to have been the first woman TV commentator:

17. He was a memorable rather large guy who promoted hamburgers:

18. Toto the dog appeared in this original movie:

19. They say this is the center of the universe" (or North America?):

20. This fatherly like character said don't squeeze the Charmin:

21. If you go on vacation and go sailing you are likely sailing on a:

22. This hotel chain claims to be world's largest with 8,000 hotels in 66 countries:

23. A real Bloody Mary must have a touch of this:

24. He is the popular host of "Let's Make A Deal":

25. This is the Royals' family name:

26. He was a very popular member of the Cheers cast:

27. In this city during the summer they sell over 200,000 Slurpees:

28. We need to play this Louis Armstrong song every morning:

29. Where they make a lot of money but refuse to give samples of their products:

30. This song by Tom Jones had the ladies throwing their underwear up on the stage:

& Mind
& Memory

Shows for Seniors

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

~ Author, Gary Adams

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A to Z Trivia 'W' SOLUTIONS

1. Wellington

2. Walt (Disney)

3. Wasp

4. Whisky

5. William Shatner

6. When I'm Sixty Four

7. Wayne Gretzky

8. Wembley Stadium

9. Waggle Dance

10. William Macy

11. Wanda

12. Warwick (Dionne)

13. World Wide Web

14. Waldorf

15. Woofers

16. Walters (Barbara)

17. Wimpy

18. Wizard of Oz

19. Winnipeg

20. Mr. Whipple

21. Wind Jammer

22. Wyndham

23. Worcester Sauce

24. Wayne Brady

25. Windsor

26. Woody Harrelson

27. Winnipeg (7-11 stores)

28. What A Wonderful World

29. Winnipeg (The Mint)

30. What's New Pussycat?

CORRECTIONS- FEB. 10 TRIVIA:

6. She was the Roman Goddess of Love and Beauty. Answer. Venus.

12. This is where you would expect to find gondoliers. Answer Venice.

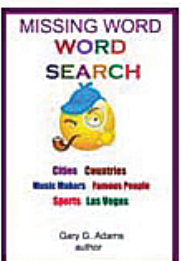
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Gary G. Adams author

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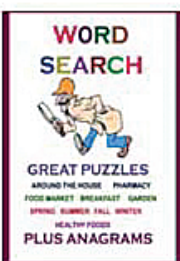


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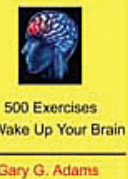
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WORD
SEARCH



GREAT PUZZLES
AROUND THE HOUSE PHARMACY
FOOD MARKET BREAKFAST GARDEN
SPRING SUMMER FALL WINTER
HEALTHY PEOPLE
PLUS ANAGRAMS

Keep Your
Brain Young



500 Exercises
To Wake Up Your Brain

Gary G. Adams

Helping to keep brains "Sharp" and "Exercised"

LAUGH A LITTLE

The English Language:

The word QUEUE is just a Q followed by 4 silent letters.

You can drive in parkways and park in driveways.

You have fingertips but not toetips.

You can tiptoe, but not tiptinger.

You recite in a play and play in a recital.

WHY?

Why are eggs packaged in a flimsy paper carton and batteries are wrapped securely in plastic hard as steel?

Why do you have to give 'two cents worth' but you get only a 'penny for your thoughts'?

Why is lemon juice made with artificial flavour and dish-washing liquid is made with real lemons?

CROSSWORD - Solution

POP	PICARD	ALTO
ALL	ROUTED	GOYA
LEU	OUT OF THE	ARK
MOM	EMU	ANNOY
TOTES	SAID	
FOOT IN THE	GRAVE	
ERMINE	ARES	IRA
DIAS	PUS	ADEN
SET	ELAN	BEDECK
LONG IN THE	TOOTH	
AREA	YEAST	
PADRE	TSP	AIR
OVER THE	HILL	POI
COCO	ALINES	EW
KNOW	HANGED	DAL

SUDOKU - Solution

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

WORDSEARCH - Solution

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



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