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Vol. 21 No. 5 | Nov. 10 - Dec. 9/22

Celebrating 20 Years - July 2022!

INSIDE:

Remembrance Day feature: **Scott Taylor - remembering his father, Herbert Steven Taylor, who was an artillery gunner in the Second World War.**

“The reason most of us went over changed from patriotism to a belief that this could never happen again. War was hell.”

~ Herbert Steven Taylor

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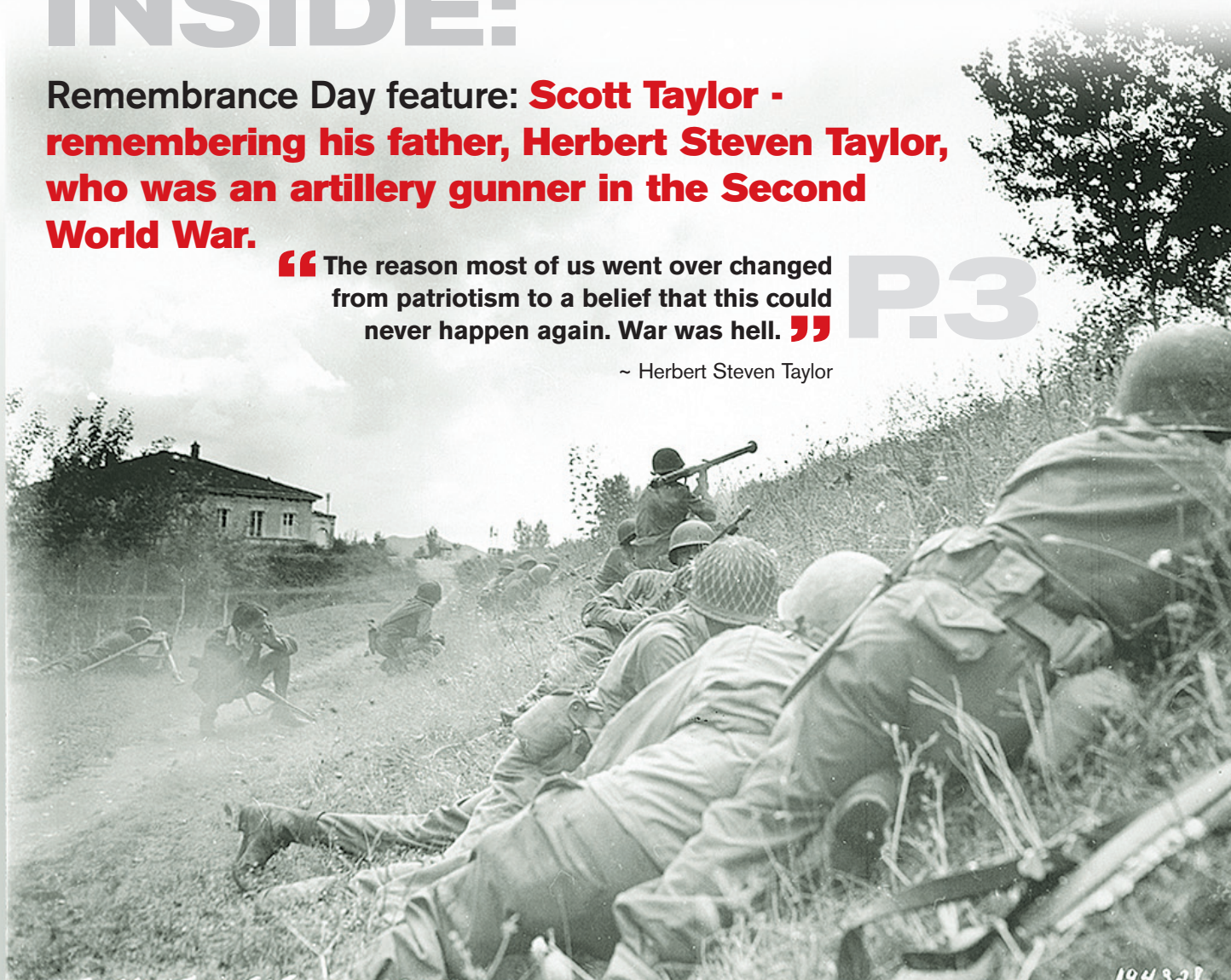


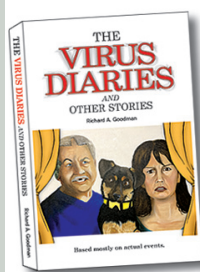
Photo courtesy Veterans Affairs Canada

ALSO INSIDE:

North Centennial Seniors - Fitness, Fun, & Photo Contest



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AVAILABLE SOON -
Short stories that made you laugh 'til you cried throughout the Covid-19 pandemic.

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Leaving a Legacy

It's always a good time to think about creating a legacy.

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Message from Minister Scott Johnston, Seniors and Long-Term Care

November, 2022



Hon. Scott Johnston

As falling leaves quickly turn to falling snow, I'm feeling thankful for the opportunity to serve Manitobans as the province's first Minister of Seniors and Long-Term Care.

In January 2022, the Government of Manitoba announced the creation of this department. Our focus is to lead the development and implementation of a provincial seniors strategy. Through this strategy, our government will make this province an ideal place to age.

To guide the direction and focus of the seniors strategy, Manitobans are being invited to share their views via online surveys and at town hall and events. Various engagement opportunities are open to the general public, seniors, family members, caregivers and people working with or providing services to seniors.

The results of several **EngageMB** online surveys and community consultations will be used to develop an integrated, whole-of-government strategy, led by the department of Seniors and Long-Term Care.

We are asking Manitobans to help the Manitoba Government determine what policies and programs will ensure that seniors can live healthy and active lives, safely and independently and in their own homes and community for as long as possible.

It is vital that resources be available for transitions between living settings; from seniors living independently in their own homes and communities, to living in another place. Quality, dependable and affordable supports must be provided when independent living is no longer possible.

I am encouraged to know how many citizens are already weighing in to help find the best solutions. Over the past few months, thousands of Manitobans have participated in **EngageMB** online surveys, stakeholder consultations and engagement with members of seniors groups and clubs.

The latest **EngageMB** survey is entitled Narrowing in on Our Strategy Focus.

To guide the direction and focus of the seniors strategy, we are once again asking for the thoughts of Manitobans, including the seniors, family members and caregivers, people working with or providing services to seniors and the general public. The results of this particular survey will be used to establish the vision and key concepts of the strategy.

Your voice matters very much in this continuing effort. Just a few minutes of your time is all it takes to be part of the solutions that we will find, together.

Visit <https://engagemb.ca/building-a-plan-with-manitoba-seniors> to participate.

~ Minister of Seniors and Long-Term Care - Scott Johnston

AITAA -Canada Chapter - Manitoba Alumni's - Get together, Majority of attendees were seniors

- Senaka Samarasinghe

Vice President of AITAA (**Asian Institute of Technology Alumni Association**) Canada Chapter Athula Rajapakse arranged a meeting with Manitoba Alumni on Oct 29th (SAT) 2022 from 11.00 am to 2.00 pm at Smitty's 2835, Pembina Hwy, Winnipeg. Attendees were: Chyngyz Erkinbaev (Kyrgyzstan), Marolo C. Alfaro and Lalaine Alfaro (Philippine), Purushottam Raj Singh and Damodar Pokhrel (Nepal) and Rangana Gurusinghe, Prabodini Semasinghe, Athula Rajapakse, Thiromi Rajapakse, Thilina Madushan and Senaka Samarasinghe (Sri Lanka).

The main objectives were to develop interaction among members and to improve membership drive.

Background Information

During Mid-2015 AITAA Canada Chapter was dormant. Malwila (Mal), Athula and I discussed and tried to re-establish. Those days there was no Zoom facility but we make use of Teleconference mode to conduct meetings. (1st AGM) - Sept. 13th (SUN) 2015 at 10.00 am MST with 37 participants. Out of which 16 were from the Province of Manitoba and 21 from other Provinces. Elected office bearers were Mal President, Rajib Secretary and



AITAA, Canada Chapter - Some Manitoba Alumni members met in Wpg.

Chetna Treasure. AITAA-Canada Chapter approved by AITAA President on Sept 23rd 2015. On Oct 10th 2015 our Constitution was approved by the General Members of AITAA Canada Chapter. On May 8th 2016, (1st ExCo) meeting conducted with Provincial Coordinators. Mal President, Chetna Treasurer and I was the Secretary. It was decided to call ExCo meeting every two months at Provincial level. (2nd AGM) - Oct 14th 2016, President, Xavier Fernando. President attended GMB in Oct 2016. Until the end of Xavier's tenure, I served as the Secretary. Nov. 19th 2019 Mal (from Alberta) attended a get together with Manitoba Alumni at Hotel Sheraton in Pembina Hwy. On May 23rd 2020, (3rd AGM) - conducted via Zoom (1st time Zoom used). Puru Raj Singh elected as President. (4th AGM) - June 18th 2022, Michael Du elected as President. Currently there are 225 members. ■



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Nov. 11, 2022: I Remember My Dad

By Scott Taylor / Photos courtesy Veterans Affairs Canada

My father, Herbert Steven Taylor, owned a large coffee-table-sized book called, *Some of it Was Fun*. It was a collection of letters, newspaper dispatches, cartoons, illustrations and photographs of the Second World War. My dad brought it out often to tell stories of what seemed to me to be the highlight of his life.

My dad was born in Ottawa in 1917. He was a 22-year-old Coca-Cola truck driver when the Second World War broke out. He said he didn't hesitate and signed up right away, proud to be a member of the Canadian Eighth Army.

He was an artillery gunner who was part of the 1943 invasion of Sicily, the first full scale combat engagement by complete Canadian Divisions since World War 1. He was part of the 1st Canadian Division with Operation Husky on July 10, 1943, and it made him what he was. He fought in Italy until the end of the War, came home met my mom, had a family and never forgot what he often referred to as the "best time of my life."

I found that odd, at times, considering his position on a number of issues. For instance, he loved Zane Grey. He read the stories of the cowboys for hours at a time, both in the evening after work and on weekends. But he never owned a gun. In fact, he never bought me a cowboy holster and pistol. He hated guns. Said he'd had plenty. He had many keepsakes from the Second World War, but he didn't want to be around a gun.

He hated politicians, with the exception of Winston Churchill whom

he called a "war leader, not a politician." He loved the Royal Family, said "they had more guts than all the politicians in England, America and Canada combined." He didn't think much of the U.S. Armed Forces, either, but he loved the Brits.

I didn't know. Didn't care, really. I've never formed an opinion. I just loved listening to the stories.

However, as I grew older, I began to realize his stories had little to do with the war. The war just happened to be the place where all these guys came together. These were stories about twenty-something friends, just buddies, smoking cigarettes, drinking camp-fire coffee (beer when they could steal it) and always, always, having each other's back.

He didn't talk much about shooting Nazis. He really didn't talk much about shooting anybody. He certainly understood why he was in Italy, but he had compartmentalized the death and violence and noise and hatred and simply remembered guys named Bucky and Sloots and Parks (he was called Dunc, because his favorite hockey player was an old Montreal Maroons star named Dunc Munro). I never met them, but I pictured them, like my dad, all decked out in the baggy green uniform with the helmet and the lung dart sticking out of his mouth.

I don't know war. I'm a lucky Canadian Boomer. I never gave a second thought to enlisting. My dad made it very, very clear that if the country calls, you have to go, but he also said this: "The reason most of us went over changed from patriotism to a belief that this could never



Italy 1944.

happen again. War was hell. The people who fought it were great, but I'd have preferred that I was playing ball with them, not engaged in a terrible life-and-death struggle. After World War II, there could never be another war."

As he read the paper, Korea made him cringe and later, Viet Nam made him angry. After living through Europe from '39-'45, he couldn't imagine people would do it again.

Continued on page 5

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I Can't Believe it's not butter

By Roger Currie



Roger Currie

That title is also the brand name of a very popular margarine these days. There is a tub of it in my fridge and it's a good quality grocery item. Right now it costs \$2.99 for 427 grams, while a comparable package of butter sells for \$6.99.

Sounds like a basic 'no brainer' to me, but the decades-long story of the battle between butter and margarine has more often been focused on things other than price.

The earliest margarine appeared in France in 1869, made from beef tallow. Very quickly it became a battleground for the dairy industry which has long been the subject of very powerful lobbies all over the world. Besides water and a relatively small amount of animal fat, olive oil and other similar vegetable oils have been the key ingredients in margarine for well over 100 years. Without artificial colouring, margarine emerges with a dull white colour that is not very appetising in appearance. **Colour** has been the battleground between the two camps since the 1890's.

From the earliest days of margarine, the sale of it was vigorously opposed by dairy farmers. The manufacture and sale of it was forbidden by an act of parliament in 1886. The law was enforced until 1917 when wartime shortages of butter caused the law to be rescinded. The ban was put back in place in 1923. A fierce battle between farmers and consumer organizations continued until 1948. The sale of margarine was finally legalized then, but provinces could still control the colour of the product. I have a vivid memory of my father taking the white blob that looked like lard and putting it in a bowl. The he added a slug of red dye and whipped it vigorously. The end result was reasonably close in appearance to the margarine we buy these days. Every province had to pass its own legislation. In Manitoba, it began as a private members bill. The member who introduced it was Steve Juba who later on was better known as Winnipeg's longest serving mayor, from 1956 to 1977.

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



Steve Juba



Butter (left) and margarine (right).

Winnipeg South Baseball Wind-up 2022

- Submitted by Debbie Wiebe

The South Winnipeg Seniors Slo-Pitch (aka Winnipeg South) baseball teams held their annual banquet on October 21st at the Pembina Curling Club at 1341 Pembina Hwy. The event was organized by Gilles Meilleur, Betty Winterhault, and catered by Yum YUM Hospitality.



For more information on the 2023 season, contact Betty at 204-997-8043, Bob at 204-261-3033, or Mac at 204-475-1900.

Photos (L-R): Memobilia; President Doug Pratt, (Thanks for a great job!); Bob Chapil, Ben Hiebert, Will Tishinski, Metro Hnytko. (Will is our longest member of Winnipeg South); entertainment - Tom Dutiaume and Diane Desjardins (Thank you!).



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... I Remember My Dad, cont'd from page 3



The Italian Campaign

My dad passed away in 1991. He was 74 and because of his war experience, he was an avowed pacifist. There was no question he was a man of his time. He was good with his hands, tough, worked his ass off and was stubborn. He always knew best. We argued often, but I was there

when he died and I loved him dearly. Everything in my dad's life was a result of the six years he spent in the Canadian armed forces. It forged his approach to his entire adult life. Right or wrong. I always think about my father, but at this time of year, I remember him a little more fondly. I always saw him as a good soldier even though I have never had any idea what it took to be one. On Remembrance Day 2022, I hope everyone can remember their dad that way. From his stories, I still believe they were all good soldiers. ■

Advertising Feature

Approaching the end of 2022 tax year?
DISABILITY TAX CREDIT
on your mind?



By Peter J. Manastyrsky

Sadly, the weather has changed, and the end of the calendar year is approaching, but there is one thing that hasn't changed and still is available to us all - **Disability Tax Credit (DTC)**.

In our province many Manitobans with disabilities have never been aware that they may be eligible for a tax refund. The Income Tax Act provides a non-refundable Disability Tax Credit (can reduce your taxes to zero but not below) and available to all eligible individuals no matter what age level-from the young to the elders. As a general statement, individuals who have a significant and prolonged physical and/or mental impairment may qualify to claim this Disability Tax Credit. This tax credit is extremely powerful. As an applicant, you can claim some tax credit going back several years and potentially receive substantial dollars in refunded taxes. Now is the ideal time to investigate this Disability Tax Credit before you start thinking of filing your income tax return for 2022.

The common question - **Do I qualify for the Disability Tax Credit?** Simply contact **A Step Beyond & Associates**, no obligation, free consultation, dialogue with Peter, become familiar with the DTC program. We advocate on your behalf and ensure that your application is interpreted, completed properly, eliminating

potential uncertainties. Peter streamlines the information so that it is accurate before submission to Canada Revenue Agency. **A Step Beyond & Associates** has over a decade of experience. **A Step Beyond & Associates** is a member of the Better Business Bureau (BBB) of Manitoba and NW Ontario since 2010 with an A+ Rating. Peter is the representative for **A Step Beyond & Associates**. As the representative, I would be willing to provide a **Free PowerPoint presentation** about the Disability Tax Credit to group members such as Senior Community Centres, Active Living Centres, 55+ Centres, Clubs, or any Associations. Please call Peter at **204-663-4651**. As a final note, **A Step Beyond & Associates** will be involved in **The Pros Know 55+ Active Living & Resource Expo** at Dakota Community Centre, 1188 Dakota Street on **Friday, November 25th** from 10:00 am to 3:00 pm. Please come to the **Dakota Community Centre**, let's meet, let's talk, let's see if eligibility for the Disability Tax Credit is in your favour. **A STEP BEYOND & ASSOCIATES**
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NOVEMBER:

Falls Prevention Month

By Linda Brown, Active Aging in Manitoba Master Trainer and Consultant, Certified Falls Prevention Educator



Linda Brown

Some of us think about preventing falls daily, and others only think about fall prevention after a friend or a family member has a fall. Unfortunately, many people think about fall prevention AFTER they have a fall. The statistics are not great – 1 in 3 Canadians, 65 years or older, will have a fall this year. Anyone who has had a fall is at greater risk of having another fall. 50% of all falls happen at home, and falling is one of the leading causes of hospital admissions for older adults. Usually, this hospital stay is longer than all other causes for admission of older adults. (Canadian Public Health Agency, 2021)

The good news is that you can prevent a fall, which is key to remaining independent in your home. Regular exercise can help with muscle strength, endurance, mobility, and balance. As we age, our muscle mass decreases, and our ability to react quickly to a loss of balance also decreases. Therefore, our ability to recover from a loss of balance is not as good as it once was. Specific balance exercises can be done daily; even walking helps maintain balance and mobility. 50% of all falls happen at home, so here is a checklist to help you prevent falls:



One-leg stand

Walking the line

Here is a short checklist of what you can do to prevent falls:

- Remove tripping hazards such as scatter mats, and create clear walking space by moving/removing furniture
- Keep dark areas well lit – especially at night
- Keep steps and sidewalks clear of leaves, snow, and ice

- Wear shoes with good grips both indoors and out
- Use assistive devices, walkers and canes if needed
- Take your time when going from a laying or seated to a standing position
- Take medications as directed; know what medications may affect your balance
- Stay hydrated and well nourished

- Have vision and hearing checked regularly as vision changes and hearing loss can contribute to falls
- Manage any chronic health conditions with the help of a healthcare professional
- Be physically active for at least 30 minutes daily and include some strength exercises at least twice weekly.
- Do some balance exercises for a few minutes each day.

Some balance exercises you can do at home every day:

Walking the line: Using a chair or wall for support, step forward with one foot in front of the other as if walking a tightrope. Arms extended to help with balance. Add walking backwards on the tightrope as your balance improves, reducing the need for a wall or chair close by.

One-leg stand: Using a chair or wall for support, lift one foot off the floor and switch. To challenge your balance, move to one hand and no hands on the chair or wall for support—a further challenge – alternate opening and closing your eyes.

For more information and balance exercises, here are some resources: Active Aging in Manitoba’s website for a falls prevention webinar www.activeagingmb.ca and “Staying on your Feet” at www.preventfalls.ca

Morning Alms Giving Ceremony for Buddhist Monks

Senaka Samarasinghe

Aug 7th (SUN) 2022 - 6.45 am to 7.15 am

Ven. Balangoda Sugathasiri Thera the Resident Monk of Manitoba Vihara and Buddhist Cultural Association (MBVCA) invited devotees of Sri Lankan Seniors Manitoba (SLSM) to offer morning Pinda-patha (Food being

offered to the Bhikkhus (pinda); Bowl (patha) is one of the series of events of the ceremonial occasion named as Katina (three-month rainy season retreat) Pinkama (Buddhist ceremony) is the most merit-making event

of the year. All devotees offered Pindapatha for the two resident monks of MBVCA namely, Ven. Balangoda Sugathasiri Thera and Gampaha Rathana Thera. Other than SLSM devotees we invited

President and Office Bearers of MBVCA and three young families took the responsibilities to conduct three-month chain of meritorious events. Further, we called few other disciples from our community.

Apart from above we requested to be with us three long standing friends during this religious and cultural event namely, Terry Duguid, Member of Parliament in Canada, Jon Reyes, Member of Legislative Assembly, Province of Manitoba and Janice Lukes, City Councillor, City of Winnipeg.

After the ceremony Ven. Sugathasiri Thera conducted lengthy discussion at the Temple with three of them about future planned improvements of MBVCA. ■

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The Importance Of Seniors Centres

- Manitoba Association of Senior Communities

It's no secret that a large number of Winnipeg's community centres are in trouble. Gone are the days when every family sent their children to the local community centre to play sports or hang out after school. Gone are the days of the ladies auxiliaries filling the ranks of volunteers to run fundraisers, supervise programs and staff the canteens.

Yet despite the fact that community centres are suffering from a lack of volunteers, participants and programming, the City of Winnipeg persists in funding the old model and any suggestion to change it is greeted with a shrug.

There is another way to reinvigorate our community centres: we need to invite seniors' centres to come in and help run these vital city facilities. Seniors' centres have been booming in recent years. They enjoy a large number of participants looking to engage in physical fitness, social activities and classes to learn new skills. They also benefit from having volunteers.

Better than that, seniors' centres have a tremendously beneficial impact on the health and well being of society. They encourage healthy aging and aging in place. These strategies improve the wellness of

our older adults and of society as a whole.

If people are being physically active and socializing with friends, they tend to be happier and healthier. They have less frequent visits to the hospital and they live longer. These are all beneficial things for our society, especially as we grapple with soaring healthcare costs and declining healthcare services.

Our new Mayor Scott Gillingham and our city council have an opportunity to grab hold of this common sense approach. Invite seniors groups in to use and co-manage community centres. It's a sure-fire way to drive

more participation and better community programming for all ages while supporting a much healthier older population.

In doing so, the city can improve community services by centrally locating relevant organizations with little or no increase in the costs of constructing and maintaining existing centres. It's a big win for everyone - the city, seniors organizations and taxpayers. And this model is faithful to the original vision of community centres being places where community members can come together as volunteers to run programming that's important to them. ■

North Centennial Seniors – Fitness and Fun

- Laura Isbister

PHOTO CONTEST WINNERS:



I thought *Senior Scope* readers would be interested in an update of activities at the **North Centennial Seniors Association of Winnipeg (NCSA)**. I've also included names of various partners and network connections if you were interested in ideas for your own senior communities/organizations. The NCSA is celebrating its 39th year in 2023 and members come from all areas of the city. The NCSA has a program for their members that combines fitness and fun. Located within the Sergeant Tommy Prince Place (STPP) at the corner of Dufferin and Sinclair, the NCSA has a variety of activities to offer. Family activities at the STPP can be found within the pages of the City of Winnipeg's Leisure Guide.

A New Horizons grant (Government of Canada) allowed the NCSA to purchase laptop computers, printer, audio and video equipment and training to promote computer usage. Although the training was delayed by COVID restrictions, members enrolled for beginner classes or classes to upgrade their computer skills level with Staples on Ellice providing the technical expertise. The NCSA continued their exercise program throughout the summer – chair exercises, mat exercises and Zumba gold by certified instructors. Urban pole walking was introduced from *Active Aging in Manitoba*, with support from A&O/Point Douglas Coalition. Members also had opportunities to challenge



by Laura Isbister - Pet: Zoey (RIP)

their creativity with pizza & paint parties and twisted wire art. We were fortunate to get an art instructor from Artbeat Studios.

The Province of Manitoba's Department of Seniors and Long-Term Care with the Manitoba Association of Senior Communities provided interested NCSA members with an opportunity to share experiences and to make recommendations during focus group discussions. NCSA members are anxious to participate in plans to improve the senior community at large including access to community leisure centres.

Anytime Travel bused NCSA members and Dufferin Seniors members on a beautiful early fall day to South Beach Casino. The countryside was awash with the vibrant colours of autumn and the casino provided more flashing colours and an excellent buffet lunch. An historical river tour on the Splash & Dash, shopping at the Forks after lunch at the Pancake House was enjoyed on a perfect summer day.

Several of our members successfully completed the Food Handlers Certification Course facilitated by the City of Winnipeg. The class also included attendees from other senior centres and city staff.

I hope some of you also attended the Active Aging in Manitoba open house at the Wellness Centre and picked up some ideas for future health care presentations within your senior communities. This was an opportunity to network with other agencies and to keep



by Frank Czajka

our community informed.

In October, the NCSA was thrilled to see our complement of volunteers return for the Grandma and Grandpa Swim Program after a 2+ year absence due to COVID concerns. This intergenerational program brings preschoolers from local participating day cares to the STPP for a fun and safe time in the swimming pool. Every December, Santa makes a stop and in the spring the grandmas and grandpas host the spring carnival. This would not be possible without the support of the City of Winnipeg and the Winnipeg Foundation. I would be remiss if I did not recognize the efforts of one of the volunteers who knits dozens of toques and mitts included in each child's gift bag.

To keep our seniors aware of their surroundings and to keep safe, the Winnipeg Police Service gave attendees valuable information about being alert and staying safe. The Frauds and Scams presentation was held in the spring. Highly recommend these sessions for your communities. The summertime photo contest gave us "best pet", "best wildlife" and "best scenery" pictures to judge. I think all the entries were winners. The NCSA's version of the Amazing Race will see some interesting challenges and race to the next pit stop.

Is there a senior's community who does not have bingo? This is a very popular event and the return was



by Cathy Chung

eagerly enjoyed. Bingo and hot dog days return to the monthly schedule.

What I like to refer to as "music therapy" are ukulele lessons leading up to a recital at our Christmas luncheon. The NCSA is renting the ukuleles from Long & McQuade and I expect the Manitoba Conservatory of Music will need more earplugs for their instructor! Following the lunch will be a secret musical guest from afar – Hint: only the Pros Know.....

I don't know if you remember from a previous article – but our founder Bernice Feledechuk was the recipient of a Manitoba 150 award. She in turn donated the cash value to the NCSA and the Bernice Feledechuk Volunteer Recognition Award was presented in November to its first recipient, the grandson of a member. We value volunteerism - The NCSA uses its members as volunteers to support all its activities including its paperback library.

For early 2023 we have ambitious plans. Highlights include a Member Appreciation/Gratitude lunch, presentation by the Alzheimer Society re: building a dementia-friendly community, Valentine's lunch, fundraisers, health info pop-ups, Hat Parade with NCSA members wearing special hats they've made followed by tea & dainties and a "Hat Fashion Show" by the Costume Museum of Canada.

You can visit the NCSA web page at ncseniors.ca for more details or view of copy of our monthly newsletter. ■

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Do not use this piece after August 30,
2024, as some of the information may be
outdated.



Part III:

Building the WHA Jets

By the summer of 1972, Ben Hatskin owned a professional hockey franchise, but he didn't have very many players. Then, on June 27, 1972, everything changed. With one sweep of the pen, the Winnipeg Jets were not only a legitimate hockey team, they were instantly the best team in the fledgling WHA. Add on two more stars and suddenly the Jets had become the talk of the hockey world. Meet the Big 3.

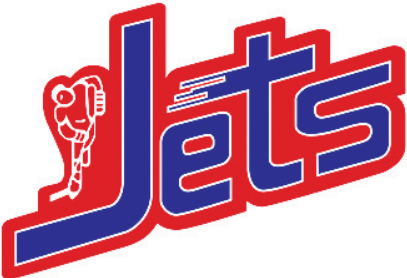
By Scott Taylor, Photos courtesy Winnipeg Jets: A Celebration of Professional Hockey in Winnipeg



He was big, strong, muscular, boy-ish and accessible. He was a superstar in every sense of the word. And when he signed that contract with Ben Hatskin and the Winnipeg Jets on June 27, 1972, Robert Marvin Hull changed hockey forever.

Bobby Hull, nicknamed the Golden Jet by a Chicago sportswriter because of his long strides, blazing speed and flowing blonde hair, was a magnificent leftwinger who professed to be a farmer at heart. He had been the greatest player in the history of the Chicago Blackhawks for 15 years when Hatskin decided that he was the one man who could give the Jets and the new, outlaw World Hockey Association, the credibility it needed.

In December of 1971, Hatskin called an accountant named Harvey Weinberg. He was Hull's business manager/agent. At the time, Hull was in the process of negotiating a new contract with the Hawks because he had no other choioce. Due to the NHL's Draconian reserve clause, the Hawks owned Hull's rights until the



Winnipeg Jets logo - 1972-73

day they wanted to forfeit them. It was a form a slavery on the rich and talented. Hatskin believed that if he offered the right amount of money, the 32-year-old Hull might consider leaving the NHL.

"I felt, overall, we'd get a good percentage of NHL players," Hatskin told the Winnipeg Tribune back in 1973. "But getting a superstar like Hull would mean instant-league in the minds of the public and the news media. Also it would cause other players to take the WHA seriously. There were only three or four superstars in hockey. All but Hull were tied up. He was our trump card. We went after him and we got him."

Hatskin went after him by telling Weinberg, "We'll pay him a million bucks." At first Hull and his agent thought it was nothing but talk, but as Hull became more frustrated with the Blackhawks, the offer started to have some serious merit.

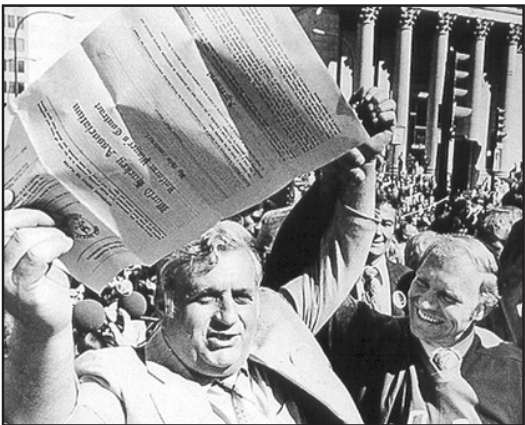
In the meantime, no one in the Blackhawks organization believed for a minute that the Golden Jet would leave the NHL. For somewhere in the neighborhood of \$250,000, paid over three seasons, Hull would sign with the Hawks. "Winnipeg didn't have a million bucks and the rest of the league wasn't really going to put up the money to give one team a superstar," so why worry. The Hawks believed all the talk was nothing more than a publicity gimmick.

Finally, on a beautiful afternoon in early June, Hatskin returned to Winnipeg from a meeting in Denver with Hull and Weinberg. At the end of the session, Hull shook hands with the Winnipeg owner on a deal that would make the WHA a legitimate big time hockey league and would give Winnipeg the brightest star in its sporting history.

After the meeting, Hull told the *Chicago Tribune*, "If Winnipeg pays, I'm gone."

Back in Winnipeg, Hatskin called a news conference and with a battery of microphones under his nose, he told the world: "I'm 99.99 per cent sure that he'll sign. It looks good."

A few days later, Weinberg called Hatskin and hockey changed forever. Hull said Winnipeg accorded him the best of two worlds after he signed contracts worth \$2.75 million that would cover the next 10 years of his life. Late that afternoon at Portage and Main, Hull signed a very public contract with the Jets. The size of the turn-out surprised Hull as traffic backed up for blocks on three sides of one of Canada's busiest intersections -- Portage and Main -- at the peak of the 5 o'clock rush hour.



Ben Hatskin with Bobby Hull

People stood on their parked cars to catch a glimpse of the Golden Jet.

"I was a little pessimistic how people would react toward me," Hull told the Free Press. "People getting a lot of money sometime bring out the envy in others, but these people were great. The thrill is certainly one of my two greatest. It was a lot like scoring the 51st goal."

No. 51 in the 1965-66 season snapped Rocket Richard's 21-year-old record of 50 goals. Hull, ultimately, scored 54 goals that season, then scored 58 goals in 1968-69.

The terms of what was considered to be the largest contract ever given to a North American professional athlete (at the time), were as follows:

1. He received an annual salary of \$250,000 from the Jets for the next five seasons.

For the next five seasons he would receive \$100,000 per year as a club executive.

He received \$1 million in cash from the World Hockey Properties Ltd., a branch of WHA owners who will find new, major endorsements for Hull whose share of all contracts will be 25 per cent.

It was a remarkable deal for the Jets and the WHA. The most well-known and probably, the best player at the time, had given the brand-new league some much needed authenticity.

At the time, very few NHL players could hope to match Hull's physical gifts. He had speed, a monster slap-shot and a powerful physique and he rode that combination to the top of the game in the 1960s.

Born and raised on a farm in Pointe Anne, Ont., Hull's amazing talent catapulted him through the minor hockey system and by age 16, he had signed what the NHL called, a "C-card" that made him property of the Chicago Blackhawks

He made his NHL debut in 1957-58 and finished his rookie season with 47 points and was runner-up to Frank Mahovlich as rookie of the year. Then, with the help of teammate Stan Mikita, he developed the curved hockey stick, led the Hawks to the 1961 Stanley Cup and in 1964-65, despite missing nine games due to injury, the Golden Jet scored 39 goals and helped Chicago reach the Stanley Cup finals, where they lost out to Montreal. At season's end he was awarded the Hart and Lady Byng trophies. The following season he set an NHL record with 54 goals and repeated as the Hart Trophy winner.

He was the best player in the game. In 1971-72, Hull hit the 50-goal mark for the fifth time and experts



WHA Chairman Gary David

believed he was the playing the best hockey of his career, but amazingly, that would be the last time the NHL would see him for eight years.

The next summer, Hull signed with the Jets and played so brilliantly, he almost single-handedly made the WHA a legitimate contender to the NHL's throne as the best hockey league in the world. When Ulf Nilsson and Anders Hedberg came over from Europe, the Jets' "Hot Line" became the most exciting thing in the game. In 1974-75, Hull not only faced the Soviets in the second Canada-USSR series, he also went on to score 77 goals in the regular season to establish a new record for a major professional league.

How good was Hull? Well, in 1973 and 1975 he was chosen the WHA's MVP and in 1976, 1978 and 1979, he was an integral part of the Jets' three Avco Cup victories.

Following the NHL/WHA merger in 1979, Hull remained with the Jets for 18 games in the 1979-80 season before a trade sent him to the Hartford Whalers to play alongside Gordie Howe. He retired after that season with 610 goals in 1,063 regular-season games.

Hull finally took his place in the Hockey Hall of Fame in 1983 along with old teammate Stan Mikita.

THE ORIGINAL JET: NORM BEAUDIN

The first player signed by the new Winnipeg Jets wasn't Bobby Hull, nor was it the first player announced, Ernie Wakely. Officially, the "Original Jet" was a 31-year-old journeyman rightwinger named Norman Joseph Andrew Beaudin.

Beaudin was from Montmartre, Sask., and had been a near career American Hockey League player. He started his pro career in the old Western League in Spokane in 1961. He moved to Hull-Ottawa in the Eastern Pro League before moving to the Central League.

Before he joined the Jets, he played with Pittsburgh, Buffalo and Cleveland in the AHL. In fact, he played in 11 different cities in 11 seasons as a pro and played a grand total of 25 games in the NHL with St. Louis and Minnesota.

No wonder he was delighted to sign a contract in Winnipeg.

"It's the major leagues and some of our clubs are stronger than teams in the established league," Beaudin told Free Press hockey writer Reyn Davis after the WHA's first pre-season schedule ended in 1972. "It's a terrific league but actually I'm not

Continued on page 11

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Manitoba Sports History - Building the WHA Jets, cont'd from page 10

surprised. I knew it would be terrific months ago when the various player signings were being announced.”

When he joined the Jets, the 5-foot-8, 170-pound Beaudin was the father of four young kids. He'd had enough of traveling and enough of low end minor league paycheques.

“It took me a spell to get o get to the big time,” he said. “The WHA has a wonderful pension plan. At 31, I'm good for six or seven years. Let's put it this way: With four kids at home, I've got extra incentive to stay here.”

In his rookie year in the WHA, Beaudin had 38 goals and 65 assists. It was the best season he'd ever had and the best season he would ever have. Of course, he did play on the Luxury Line with Christian Bordeleau and Bobby Hull.

THE BIG JUMP: CHRISTIAN BORDELEAU

Jets fans will always remember the Luxury Line – the No. 1 line Jets in Year 1 of their WHA existence with Christian Bordeleau at centre, Bobby Hull on leftwing and Normie Beaudin on the right side.

However, fewer Jets fans might remember that were it not for the intelligence of the WHA's two founders, Gary Davidson and Dennis Murphy, Bordeleau might never have left the NHL to become a Jet.

When rumours began that the Jets would soon offer the Golden Jet, Bobby Hull, \$1 million to play in Winnipeg, it piqued the interest of 24-year-old Christian Bordeleau. A tiny 5-foot-8, 170-pound speedster

who had been Hull's centre on occasion in 1971-72.

Trouble was, Bordeleau's WHA rights actually belonged to the Los Angeles Sharks.

“So what?,” thought owner Ben Hatskin, GM Annis Stukus and player personnel director Billy Robinson. “This is an outlaw league, let's be outlaws and see what happens.”

So, the Jets signed Bordeleau and waited for the Sharks to scream to the league office. The Sharks did scream bloody murder, but to their surprise, the league took a wait-and-see attitude as well.

“We weren't stupid people,” said league president Gary Davidson. “Like the Jets, we knew that Bordeleau wanted to play with Hull. Having a player of Bordeleau's speed and skill

was good for the WHA. So, we appeased the Sharks as best we could – after all, the Sharks owner, president and GM was my friend and league co-founder Dennis Murphy -- and we honoured Winnipeg's contract.”

Looking back, it was a brilliant decision by Murphy. The league got Bordeleau to jump from the NHL while Jets fans got to watch the speedy little centreman score 47 goals and 101 points in his rookie year on the Luxury Line.

It took a lot of work in a very short time, but with the signing of the three components of the Luxury Line, the Winnipeg Jets were now a legitimate major league professional hockey franchise. ■

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- Heart to Home Meals

Every year Heart to Home Meals introduces a new menu that reflects the evolving tastes of our customers and aims to make sure good food gets even better.

We also look for opportunities to offer new foods or ingredients that provide you with nutritionally balanced meals suitable for a variety of dietary needs. Again in 2022/23, we have some new meals and desserts to look forward to.

Most years, the focus is just on the food but this time we felt it was important to enhance your understanding of the meals. We want to assist you in making more informed choices and have more control over the types of food you like, want and need.

Working with our consultant dietitian Andrea, we have made it easier to identify meals that best suit your specific diet using a new Diet Code.

Here are the codes and how to read each one.

ProteinAssist™

These items contain a minimum of 20g of protein per serving. As people age, they need to increase the protein intake in their diets.

CarbControl™

These meals contain 50g or less of carbohydrates per serving. It is rec-

ommended you spread your carb intake throughout the day to maintain a healthy blood sugar level.

Low Saturated Fat

These meals contain a maximum of 2g of saturated fat and trans fat combined per 100g. The energy from these meals is no more than 15% from the sum of these fats.

Low Sodium

These meals contain a maximum of 140mg of sodium per 100g. Sodium is important to maintain the body's fluid balance but too much can lead to high blood pressure and heart problems.

High Fibre

These items contain a minimum of 4g per serving. Fibre helps in the fight against heart disease, lowers the risk of diabetes and moves waste through the body.

Vegetarian

These meals contain no meat. However, they may contain dairy products such as milk, cheese, or



eggs. There have been reports that suggest Older Adults who follow a vegetarian diet lower their risk of high blood pressure, diabetes, and heart disease. It is important that those who focus on a vegetarian diet get enough protein, calcium, and calories.

No Added Sugar

These desserts are made with no added sugar or use any ingredients that contain added sugars.

As Andrea explains, “The easily identifiable codes make meal selection straightforward and also highlight the opportunities to fine tune a person's diet through smart food selection.”

The aim of the new menu is part of our commitment to help Older Adults eat well and live well. A balanced diet is one of the key factors in maintaining a healthy lifestyle.

At the core of the Heart to Home Meals' philosophy is the goal of providing Older Adults with choice that leads to an improved quality of life. As our bodies age, it has an impact on lifestyle opportunities. Being able to remain healthy allows us to keep open many more options.

We hope the new menu is easier to use so customers can maintain a healthy lifestyle and be encouraged to try a few “new” selections that fit into their dietary needs.

You can learn more about our new diet codes in our new Fall/Winter edition of the **My Menu**. Request today by calling **204-816-8659**. ■

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Things To Do

WINNIPEG

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.)

Manitoba Coin Club - Monthly Zooms resume: **204-479-9124**, treasurer@manitobacoinclub.org.

Health / Wellness

Winnipeg Chinese Senior Assoc. - Diabetes Awareness & Prevention Program, up until Mar. 30/23. Walk-in Blood Glucose Testing, Tues. 10 am-12 pm, Thurs. 1 pm-3 pm, at Whyte Ridge Community Centre, 170 Fleetwood Rd. Open to public.

Music / Dancing

Senior Choral Society of Winnipeg - Practice in the basement of McClure United Church, 533 Greenwood Place, behind the CNIB on Portage Ave. Four part choir has room in all 4 sections - soprano, alto, tenor and base. Info, Gerda: **204-669-5570**.

Whirlaway Westerners - Learn Modern Square Dancing! Kirkfield-Westwood C.C., 165 Sansome Ave. All welcome. Carole **204-831-8954**.

Craft Sales / Fundraisers

Charleswood 55 Plus Active Living Centre - Wine Raffle, draw Fri. Dec. 9, 3 pm at the Centre, 5006 Roblin Blvd. Tickets avail. at the Centre.

North Kildonan United Church - Annual Christmas Bazaar, Sat. Nov. 19, 10 am-12 noon, Lower Hall at 174 Pentland St. (btw. McIvor and Gilmore Ave). Home baking, crafts, jams, pickles, candy, perogies, etc. Enjoy coffee and a muffin. Free adm. Lots of parking. info: www.nkuc.ca

RURAL MANITOBA

Misc. Events

Oakbank Springfield Kinsmen - Christmas Craft Sale, Sat. Nov. 19, 10 am-3 pm, Springfield Collegiate, 841 Cedar Ave. Oak Bank. \$2 Adm, under 12 free. Info: kinsmenoakbank@gmail.com

St. Adolphe - Forever Young - Old Time Dance, Sun. Nov. 13, 1-5 pm, St. Adolphe Pioneer Hall (upstairs of the rink). Entertainment: Group Therapy. Adm. \$6 includes lunch and chance to win a door prize. Tickets, Jules: **204-883-2440**

St. Andrews On the Red Anglican Church - Annual Old Fashion Christmas, Dec. 10, 1-4 pm, 3 St. Andrews Rd at River Rd, St Andrews MB. Craft & Bake Sale, childrens crafts, Refreshments, Photos with Father Christmas, Live Celtic Christmas Music with Two by Two at 2:30 pm, silent auction. Silver collection for replacement of church roof. **204-339-3090**.

Programs / Services

Beausejour - AA - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. www.aamanitoba.org or **1-877-942-0126**

Brandon - 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,

St. Andrew's Anglican Church - Vendor & Craft Sale - Sat. Dec. 3, 10 am-3 pm, Church Hall, 2700 Portage Ave. Hot dog, chips & pop avail. for purchase. Free tea/coffee. \$2 Adm. Children under 10 free.

Sports / Fitness / Games

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

Lady Bowlers - Wanted Fridays, 3 gms/wk, 12:45 pm at Polo Park Lanes. All ages/skill levels. \$10.75/wk. End of season meal and Xmas luncheon. 2 wk break Xmas/Easter Fri. off. Call/text **204-770-3903**.

The Pembina 55-PLUS Curling League - looking for curlers at the Pembina Curling Club at 1341 Pembina Hwy. Two games/wk, alternating btw Mon. Wed. and Fri. 1 pm. Teams established using random selection for each of 4 rounds (10 Games). Individual registration available for 1,2,3 or 4 rounds. Alternative is sparing. Registration info: 55pluscurling.com, or email: contact@55pluscurling.com.

Tuxedo Lawn Bowling Club - Learn how to Lawn Bowl and Play, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 2-4 pm. No equip. required. Introductory free play. Contact Virginia: **204-255-8828**

Vital Seniors - Bridge coordinator & players needed for Thurs. afternoon, 1-4 pm, at 3 St. Vital Rd, St. Mary Magdalene Church, lower level, \$4.50 per person per session, with VS membership. Call Les **204-452-2230** by June 30.

Volunteering

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed

to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, service@actionmarguerite.ca

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

Bethel Place - congregate meal program is looking for volunteers to assist in the kitchen and dining room. Lunch time and supper time shifts available. Commitment 3 hours once/wk. Must show proof of Covid 19 Vaccination. Info: Melanie Camara at mcamara@bethelplace.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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to join the dynamic caring team and support patient care. Training is provided for any Volunteer Role. Giftshop, open 10 am-4 pm (3 hour shifts), Rehabilitation/ Physiotherapy programs shifts, 8:30-12 noon and some afternoons. Visit www.misericordia.mb.ca, **204-788-8134** or email volunteer@misericordia.mb.ca

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschool-

ers from daycares. 1 hr/wk. Police check required. **204-582-0066**, M-W-F, or ncsc@shaw.ca.

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

St. James-Assiniboia School Div. - seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instructor at St. James Centennial and St. James Civic Centre Pools. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. Fully immunized against COVID-19 or valid exemption. **204-837-6697**, pghb@mymts.net

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

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Catherine.Linnemann@extendicare.com

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

Programs / Services

Anavets Assiniboia Unit 283 - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. Hall rentals. **204-837-6708**. 3584 Portage Ave.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 1-3 pm at Valour CC- Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehlerr84@gmail.com or Wayne: **204-792-3932**

Continued on next page

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by November 30th for the December 10/22 issue. Please advise us if your group is open again.

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 - Yoga with Juliette Nadeau. Gentle/invigorating yoga for 55+ at the TC Energy Centre in Ile des Chenes Thur. 9 am, and at Club Blés d'Or in Lorette, Wed. 10 am. Classes \$5. Classes for adults (including 55+) are Wed. 6:30 pm, 4 classes \$40, drop in \$12. Register: yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors **268-7300**; Victoria Beach - East Beaches Resource Center **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 **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Lac du Bonnet - Two Rivers Senior Resource

Council **345-1227**, Pinawa **753-2962** or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: **204-746-4547** or montcalmserviceprogram@gmail.com

Mood Disorders Assoc. of Manitoba - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises created for older adults. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca.

Morden Activity Centre and Services for Seniors - Wellness Expo, Mon. Nov. 14, 12-4 pm, 306 North Railway St., Morden. Dietician, Social Worker, Foot Care, Tetra Society, Physiotherapy, Osteoporosis, etc. **204-822-3555**

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

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

Seine River Services for Seniors - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**. **Les services rivière seine pour aînés** - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

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

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

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Falls Prevention program, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and much more. **204-467-2582**, si55plus@mymts.net, www.si55plus.org.

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

A & O: Support Services for Older Adults

- Programs to help you stay connected and active.

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

SCWW provides educational and recreational programming in a fun and interactive atmosphere by phone.

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

Things To Do

WINNIPEG, Cont'd

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. **204-452-9491**.

Creative Retirement Manitoba - Affordable Lifelong Learning. Classes a mixture of online and in-person. 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; Dances every Sat. 12-3:30 with light lunch and a 4-piece band. Bingo, Yoga, and Perogies for sale, Call Al: **204-771-3325**.

Elmwood East Kildonan Active Living Centre - Various events can be found on Facebook. Call to confirm activities over summer months: **204-669-0750**.

The Happy Gang - Christmas theme, Thur. Nov. 24, 1:30-3 pm, 207 Thompson Drive. Conversation, Cards, Table Games, Bridge. Complimentary light refreshments. Please bring an edible or usable wrapped item for an exchange between the guests just for fun. Chris: **204-895-7410**.

Lions Place Adult Day Club - Program: 1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and discussion, recreation, and hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or call Christine at the Club: **204-784-1229**.

Meadowood Seniors Club - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood carving, quilting. For more info contact. meadowoodseniorsclub@gmail.com.

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

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Fall Schedule TBA. Men's casual breakfast, PALPeddlers, PALPutter, PALHiking, Yoga, Older Adult Weight Training (online) office@pal55plus.ca, www.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.

Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

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

South Winnipeg Seniors Resource Council - Pop-up Office Schedule - to end of May, 2023: Outlet Mall - 1st Thur. of mo, 10 am-2 pm; Charleswood Library - 1st Fri. of mo, 10 am-2 pm; Bill & Helen Norrie Library - 2nd Tue. of mo, 10 am-2 pm; Rady Centre - 3rd Thur. of mo, 10 am-2 pm; Osborne Library - 4th Tue. of mo, 1 pm-4 pm. Schedule subject to change. Info: resources@swsrc.ca or **204-478-6169**

St. Vital Cards for Seniors - Cribbage: noon Mondays: Vera **204-894-9494**. **Whist:** noon Wednesdays: Sonja **204-254-1408** or Mario **204-955-8387**. St. Emile Parrish hall, 556 St. Anne's Rd.

Windsor Community Centre, 99 Springside Drive (St.Vital) - \$2 drop in. Call for Fall schedule. **204-233-0648**, office@windsorcc.ca

Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

Good Neighbours Active Living Centre
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2022 Christmas & Crafts SALE

Saturday, November 26th
9:00am - 2:00pm
FREE Admission / Auction Prizes
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204-669-1710 ext. 223
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Abe Silverman: A Story of Survival

By Myles Shane



The Wedding

On June 10, 1940 Marco Silverman and Amelia Bercovic were married in a secret ceremony. At the time marriage was strictly outlawed for the Jewish population of Romania. A chupa was set up at Marco's home and a Rabbi was called in to officiate. The wedding which was supposed to be a day to celebrate the couple's love ended in a bloody tragedy. Abe Silverman now 82 years old, who wasn't born at the time tells the story as if he was there. "When the rabbi and his 12-year-old son who attended the wedding stepped out of the house they were both shot by Romanian police. The officers warned the wedding guests not to break the law again."

The Last Pogrom

During World War II Romania, an ally of Germany, sent its forces into Moldova which was occupied by Soviet forces. As an act of revenge the Soviets bombed the city of Iași, Romania, which at the time was a hotbed for fascists and anti-semitic activity. Subsequently, from June 29th to July 6th 1941 the Jewish population was immediately targeted and accused of being communist spies. Jews all over the city were rounded up by the Romanian police and were thrown onto trains, not knowing their ultimate fate. A tenth of the population of Iași, more than 13,000 people perished in less than a few days. A few months after the program ended Abe's father was captured by the Nazis. "My Dad was captured and taken to a slave labor camp in Bassarabia in late 1941, 3 months before I was born."

The Ghetto

Those Jews who remained in Iași were forced into an assigned section of the town set up as an open ghetto, under curfew, where they lived in perpetual fear of expulsion to labour camps and braved regular beatings



At the refugee Camp in Vienna. Abe stands in front of his mother.

and persecution by both German and Romanian soldiers. Many of the homes in the ghetto were burned and eradicated leaving only ruins. Their homes had been emptied by thieves. Every corner, cellar and storage space was bursting with people. There was no heat, running water, electricity or washrooms. If freedom was heaven then this was clearly the depths of hell.

On May 28, 1942 Abe Silverman was born in the ghetto. With Abe's father in Barasaribia, his mother lived in a two room shack that housed at least 15 people. "My survival from the day I was born was insured by the residence of that shack." Of the 35,000 that lived in the ghetto only 11,000 were liberated by the Russians in 1944. "I wore the yellow star as decreed by law for the first three years of my life." Today Abe is manager of public affairs for the Alberta branch of the B'nai Brith, an international Jewish service organization committed to combatting anti-semitism and other forms of bigotry.

Barasarbia Labour Camp

"When my Father returned to Iași after being liberated from the slave labour camp he was recovering from typhus, full of lice, dressed in rags and weighed around 70 pounds. He was blind in one eye because of beatings. Marco was one of 700 of the 3500 young men who managed to survive beatings, disease, hunger and labor that would surely have killed most men.

The Swiss Sanatorium



Toby and Abe on their wedding day.

Upon Maco's homecoming, he took up his previous trade working as a butcher. "When my mom became pregnant they decided they didn't want to raise their children under communist rule so they made plans for us to be smuggled out of Romania." The family boarded a train which took them to the Romanian Hungary border. Abe vividly recalls, "there, we were met by a Hungarian woman and a Russian soldier who were in the business of smuggling people who wanted to escape Romania and communism." Abe recollects, "my family then travelled much of the way via oxcart and walked from safe house to safe house until we reached the Austrian border." While hiding in the oxcart under a pile of straw young Abe saw a fire in the distance and screamed. Fearful of being spotted, Amelia muzzled her son's mouth, "I remember almost being suffocated."

The Magic Wallet

"Once In Vienna we were met by representatives of the Jewish agency who took us to the Rothschild Camp (displaced person camp). which was over flowing with lost souls." Abe recalls, "many of the buildings around us were piles of rubble from allied bombs." However with all the horror surrounding the Silvermans they did possess a modicum of luck. "My father and I were on the street when a jeep full of drunk Americans passed us. One of the soldiers was hanging out of the Jeep and lost his wallet." Abe sprinted onto the road and with his tiny grimy hands grabbed it. "It had \$1000 American dollars in it." To this day Abe still cherishes the wallet. That money would literally change their lives forever.

Tuberculosis

In 1948 the Silvermans were sent along with 300 holocaust survivors by train to Brehm, Germany to board



Abe and Jason Kenney.

a ship destined for Israel, but that never happened. While receiving a physical, Abe was diagnosed with tuberculosis. His family wasn't allowed on the boat and was forced to return to Vienna. Abe was sent to a sanatorium in Switzerland at the age of 6. "I was there for six months by myself and I remember the nuns being abusive."

Moose Jaw

In 1907 Abe's Aunt Becky Silverman immigrated to Moosejaw, Saskatchewan. In 1945 after the war ended she began searching for her family that may have survived the holocaust. With the assistance of the Red Cross she found the Silvermans and arranged for them to immigrate to Canada. Abe still remembers the Liverpool Cynthia en route to Canada. "The boat was an old troop transport with 2 large dormitories, one for men and the other for women and children. Crossing the ocean was so rough that occasionally a passenger would fall out of a upper bunk and was injured. Everyone was sea sick so very little food was consumed during the passage."

PTSD

The family moved to Moosejaw where Abe's dad found work at Canadian Packers. The thousand dollars Abe had found in the soldiers wallet was enough to purchase the family's first home. Unfortunately his dad would never be the same after surviving the camp. Once an exuberant man full of life he became a shell of himself. He had seen too much and would never discuss the horrors with anyone. Most of the time he kept silent and to himself. Occasionally he experienced long bouts of anger and frustration. Marco was now only a vessel as his kind soul could no longer deal with the atrocities of this unkind world. He was suffering from Post Traumatic Stress Disorder and

Continued on next page



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Abe Silverman, cont'd from page 14



Abe's parents' 50th anniversary.



The farm Abe lived on in Saskatchewan - 1958.



Abe and his float plane.

at times had psychotic breakdowns. He went for electric shock therapy but not even that type of radical treatment changed him. At times he would leave without telling anyone, forcing his wife to deal with life in a new country and raise the children alone.

Hoffer, Saskatchewan

"My mother was pregnant when my father was told he was being laid off." Abe's parents thought about the idea of applying for a farm in one of the 4 Jewish farming communities that had been established with funds from the Jewish Colonization Association (JCA) established by a German Jewish financier named Maurice Baron Hirsh in 1891. "My father, mother, younger brother, newly born sister and I arrived in Hoffer, SK in late May 1951 in the back of a truck which also carried our few meager belongings." They lived in a school teacherage for six months before the family received their farm from the JCA. "When we arrived, Sonnenfeld Colony was thriving. We had a Synagogue where I had my Bar Mitzvah. Our school was a one room classroom with one teacher and nine grades". Abe can still picture the family farm. "In 1952, my family received a farm 2 miles from Hoffer. It was a 2 bedroom house with no paint, no insulation, no electricity, no running water and no telephone. A barn, a chicken coup and two granaries rounded out the buildings. Included was also some old farm equipment."

At an early age Abe fell in love with planes. He was in school one day when a small airplane landed in a field behind the school. "That day I got hooked. When I left school in 1960 I wanted to go to Israel and join the airforce but didn't have the money for the air fare."

Finding Toby

Abe attended high school at Lyndale School in Oungre SK. After graduation he left home for the big prairie city of Winnipeg. "I started work on Jan 2, 1961 at Central Auto Wrecking on Logan Avenue. Central was owned by the four Braunstein Brothers." Abe's first job for them was taking cars apart. Eventually he

worked his way into sales. Around the same time he met the love of his life. "I met Toby on a blind date that was arranged by a mutual friend, Rose Ornstein." Toby introduced Abe to her good friend, Gwen, her boyfriend Norman, his best buddy Fred Shane and his girlfriend Lois (my parents.) The six of them would remain lifelong friends. "I lived all over North Winnipeg mostly in basement rooms. I moved from St. Anthony, Jefferson, McGregor and finally Main Street." After dating for a few years Toby and Abe tied the knot. "We were married in the Rosh Pina Synagogue on Matheson."

Silverman's Kosher Butchers

Abe's parents and 3 younger siblings left the farm in 1962. A year later the couple opened their own butcher shop, Silverman's Kosher Butchers. "Toby and I came to visit them in 1966 where I met Jack Cohen who owned Jasper Auto Parts. He offered me a job that I couldn't turn down so we moved to Edmonton."

Early on Abe was involved in a lot of different companies, "I was in the real estate business where I owned and developed a lot of land, a partner in a chain of Uncle Alberts Pancake House restaurants and had a short career as a Triple A baseball team owner, the Edmonton Trappers. "I also managed a rock singer with my good friend Bob Comfort."

After working at Jasper Auto, he partnered with his old boss Max Braunstein from Winnipeg and opened a Central Auto Working in Edmonton which became very successful.

The Recession

By 1980 Abe was on top of the world but in 1982 that same world fell into a deep severe economic recession. It lasted approximately from 1980 to early 1983. Many economists agree it was the most severe recession since World War II. The Canadian economy was devastated and the auto industry was severely affected.

Global Aircraft Industries

The recession may have forced many of Alberta's wealthiest into financial

chaos but Abe's survival instinct wouldn't let the economics of the time destroy him. Instead he believed in himself and with the same instincts that helped him survive the ghetto, the sanatorium and finding his way to Canada, Abe persevered. "The recession that started in early 1982 was devastating for the Alberta economy. Many businesses that had been around for 100 years closed up and old fortunes were lost. Much of the rest of Canada benefited from the cheap oil. The recession also hit Texas and Oklahoma and other oil producing states very hard. I lost a lot of money in Texas."

Abe recalls, "I bought my first airplane in 1975. My friend, Denny Fredricks, who repaired my airplanes, was the chief engineer for the Luscar Mines Aviation Department. In 1983 Denny left Luscar Mines and was looking for a new beginning. Together we started Denny's Aero". Later the partners changed the name to Global Aircraft Industries.

At Global, Abe always seemed to find himself in the midst of a new adventure, a modern day, aviation-themed Indiana Jones, so to speak. During one daredevil trip, he flew to South Africa and met his Israeli partner. A few months earlier, a contact had invited him to Angola to possibly buy several airplanes that had been confiscated by the government.

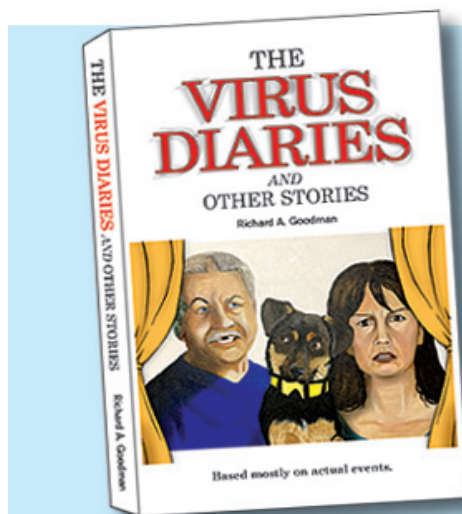
A charter flight was arranged to fly the partners to Angola. But, after their plane was tracked by an anti-aircraft missile battery in Angolan airspace, they were met by military police and immediately taken into custody. "They threw us in jail," Silverman recounted. "The conditions were awful. The toilets were overflowing with excrement. I immediately came down with severe stomach problems. The heat was unbearable and the water was vile." He was allowed one phone call, and he dialed up a well-connected acquaintance from Calgary. "Felix Vancol a Canadian who was married to the daughter of Col Bonga, a high-ranking Angolan government and military official. He had his father-in-law rescue us almost 11 hours later."

A Trip Back in Time

"When my father, mother and I arrived in Iasi Romania in 1999 not only was it traumatic because of the dark memories that flooded back but because Iasi was unrecognizable." The Jewish area with its little shacks with dirt floors and many Synagogues and shops were all gone. They were replaced by huge ugly Soviet style concrete apartment buildings. "Initially they were reluctant to go but I insisted and it turned out to be a mistake. My father was not well and the trip triggered many very bad memories."

Abe was only a little boy in the 1940's when he survived the ghetto. He was barely 6 while being treated for TB in a sanatorium by himself for months. He was almost killed escaping Romania in the back of an oxcart. The recession in the 80's practically destroyed everything he'd built but he was resilient. Today Abe is the Public Affairs Officer for the B'Nai Brith. He is trying to make the world a better place for Jews and any creed of people that experience racism. With the appointment of becoming the Public Affairs Officer, in many ways Abe's life has come full circle. At one time he was a victim in a war he couldn't fight. Today he is a spokesperson for a people that have been harassed for thousands of years and continue to be attacked. As the Public Affairs officer, Abe provides the voiceless a voice but at the same time preaches for peace, so no one ever again has to face another holocaust.

Abe says his proudest achievement in life is his family. The Silverman's have been married for over 50 years and have four children and seven grandchildren. Abe is still involved with the aviation industry and does some consulting. His biggest thrill in life was taking friends and family on plane rides. The last airplane he owned was a Hawk XP on floats, sold two years ago. "I've always loved to fly because it makes me feel free and like anything is possible." ■



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Dakota C.C. Our Last Show for 2022!

Fall Shows 2022!

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Last Fall Show!



November 25th (Friday)
Dakota Community Centre

1188 Dakota Street

10:00am - 3:00pm



Well! Before we go on to our last show of the year, we'd be remiss to take a moment to say thanks to our friends at Good Neighbours Active Living for their hard work and partnership in hosting on October 12th. We had over 200

in attendance with over 50+ folks getting their Covid boosters and how many more attending the RRC Polytech table for Blood Pressure testing. Thanks to everyone in attendance. Our tables worked exceedingly hard to look after our community members. BRAVO! This brings us to our last show of the year this November 25th back at Dakota Community Centre at 1188 Dakota Street. This show originally scheduled for September 8th, but due to a power outage in the area we had to cancel. We are fully booked with our amazing core of folks, services and products. Please feel free to go to our website at www.prosknowexpos.ca to see a listing of who is in attendance for you and your loved ones.

Another reminder that Shared Health MB and RRC Polytech will be in attendance for the 25th and we can't stress to you enough to please get your boosters and blood pressure checked. Shared Health MB will probably have the fall Flu shots available as well and yes Veronica you can get both at the same time. Show times are 10:00am to 3:00pm and we'll have our tentative 2023 Expo dates ready for you too. Eight great events, four in the Spring and four in the Fall with an even great variety of Services, Products and Wisdom for our 55+ community and family members. See you on the 25th... Thanks for your support! **Trish & Rick**

Thank you to these folks for being here with us to help you!



Shared health
Soins commun
Manitoba

Covid
Vaccination
Pop-Up Clinics



RRC POLYTECH | Blood Pressure Clinics
Bachelor of Nursing - Year 2

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Here are some more "Covid stories" that readers submitted with their contest entries in July and August.
THANK YOU FOR SHARING YOUR STORIES!

MY COVID STORY . . .

My COVID story

Working for the Federal government we expect changes to our work that make no sense. These are as I was told due to someone in Ottawa having a "Great Idea" that sounds nice but just does not make sense to where I work. When Covid arrived we all were given the opportunity to work from home. So out of 30 coworkers, there were only five of us left working in the office, wearing masks and practicing social distancing. Then one morning I came to work and there were arrows all over the floor to direct us to only walk in one direction and signs on the doors stating in only or out only. This I found to be funny as my floor was practically empty. Then a coworker from another floor came in and looked at all the arrows and said "Where is the meat department?" (like at a store). We all laughed.

~ S. Pruden (Wpg)

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My COVID story

We became prisoners in our own home when Covid impacted Manitobans. The uncertainty of contracting Covid was frightening to those with compromised immune systems when hearing the number of people who contracted in the hospital, in ICU and deaths. We learned to wash our hands again while singing Happy Birthday as an indicator how long we should scrub them, not just the quick sprinkle of water! Online grocery shopping was the new way to stock the cupboards, not to forget those hoarding of toilet paper! With government regulations changing it was confusing what was open,

what one could buy if in a store, mask or no mask, vaccine eligibility, etc... Our bubbles consisted of telephone calls, video chats over Zoom, teams, Facetime, Messenger for those with devices to physically see faces of others. Going to the gym became virtual too, some not knowing that their gym was closed. With my husband's 148 days in the hospital and numerous unit lockdowns, including him contracting Covid a few days before the new year, we missed ringing in the new year together. After the last hospital lockdown of 60 days we finally got to wish each other in person a happy new year on Feb. 23 a few days prior to his discharge. Today we continue being mindful that Covid is still here; "it's the new normal."

~ Barbara H.

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My COVID story

A thank you to those men and women who helped us get through it. Is it not ironic that exactly 75 years ago the people of the world were worried about the cruel enemy at their doorstep. It was a time we all prayed for deliverance. Then when we heard about the brave men and women who had fought to attain our freedom we thanked God for new found freedom and we thanked those people for their bravery. Their sacrifices made our freedom possible.

Who knew that as we are about to celebrate the 75th anniversary of that deliverance. We again hit upon an uncertain time facing a cruel and unpredictable enemy at our door. Again we count on our courageous men and women to help us. The

front line people; nurses, doctors, health care workers, home care providers, people who shop for their neighbours who are unable to do so. They are many and every and each one deserves our thanks!

No doubt many of our seniors will remember the time so long ago that they had to hunker down and stay away from other people. And we are again in a similar situation. Indeed we may not know what tomorrow brings but we do know this too shall pass. We will owe thanks to all those people who are working hard to keep the country going and help assure our freedom. A freedom to gather together again, to go to school, church, grocery store, work, visit family, and friends. We are reminded through all this that we can never take our blessings for granted and a fervent prayer goes out for the healing of the land.

Isaiah 26:20 - Come, my people, enter your chambers, and shut your doors behind you; hide yourselves for a little while until the fury has passed by.

~ n.d.j. hogeveen (Wpg)

.....

My COVID story

Just after it all started, in April 2020, I awoke one morning to see my side garage door

ajar. I feared the worst and yep, my son's bicycle was no longer hanging on the hooks. My first thought was that although he no longer lived at home, my son had entrusted me with hanging on to his bike. I felt so down that, despite a heavy rain coming down, I put up my umbrella and left the house. I walked back and forth in the rain, just trying to clear my head. A neighbour I'd never met came outside. I told her my tale of woe, so she told me one of hers. We instantly bonded. When you're having a bad day? Sometimes a friendly neighbour is all you need.

~ Patricia V. (Wpg)

.....

My COVID story

In order to help our 93 year old mother in law celebrate Mother's Day (when her immediate family consisted of 10 children, their spouses and many grand children) we drove by while she fed a visiting alpaca! Ten, at a time, could visit, in the yard at that time. Sadly, one sibling was lost, later on, to covid. I am an Early Childhood Educator and we made videos of songs and stories that we shared with families. Missed doing lunches with family.

~ Marcy T. (Wpg)

MORE 'COVID' STORIES TO BE PUBLISHED IN THE NOVEMBER ISSUE OF **SENIOR SCOPE**. IF YOU STILL HAVE A 'COVID' STORY YOU'D LIKE TO SHARE IN **SENIOR SCOPE**, FEEL FREE TO EMAIL IT TO kelly_goodman@shaw.ca, or MAIL IT TO **SENIOR SCOPE**, Box 1806, Stonewall, MB, R0C 2Z0.

Leaving
a Legacy

"No act of kindness, no matter how small,
is ever wasted."
~ Aesop

Time to think more about ‘Leaving a Legacy’

By Roger Currie

Millions of us ‘Baby Boomers’ are suddenly making the transition to becoming ‘seniors’? Is this really possible ?

Yes indeed. The oldest Boomers were born in 1946, and are now 75, or older. Many have already received a substantial inheritance from their parents and others. The financial issue that Boomers now face is “What will be OUR legacy, and how can we make it count in a way that benefits our larger community”.

Autumn provides a very different set of Legacy options than was the case back in May when I last wrote about this subject. There have also been substantial changes in the Canadian economy since May. Five months ago the Bank of Canada was making its first moves to raise interest rates, after several years. The reason was Inflation. The cost of many of our basic necessities, including groceries and gasoline, were suddenly rising at rate we had not seen in more than 40 years. There were many factors driving inflation. The Covid 19 pandemic had a significant impact on every major economy in the world. The decision by Russia’s Vladimir Putin to attack Ukraine had many economic consequences, including injecting chaos into world grain markets.

The good news in all of this, and there is some, there has been relatively little impact on the assets of the wealthy. If you are lucky enough to have lots of money, it’s always a good time to think about creating a legacy. Many charitable causes include a foundation where donations are invested. The Winnipeg Foundation is the largest and most successful of its kind and they help us create a regular opportunity to plan a legacy, and specify certain causes you want to favour in your will. Some useful information can be found here .. <https://www.willpower.ca/>

Historic Indigenous concerns such as abuse at residential schools and day schools are getting plenty of attention right now, including high profile apologies from Pope Francis and the Anglican Archbishop of Canterbury. There will probably be seniors whose legacy planning is being driven by these issues.

The Covid 19 health crisis, now in its third year, continues to put a strain on all of us. It’s difficult to see when there might be an end to it.

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

Ensuring a future of caring for kids

- Children’s Hospital Foundation of Manitoba

A family with a 6-month-old child in hospital, a retiree who volunteers time sewing preemie baby blankets, and you – reading this right now – all have something in common. You understand the value of a child’s health.

Since 1971, donors like you have contributed more than \$150 million to **Children’s Hospital Foundation of Manitoba** to help sick and injured kids get the care they need, right here at home.

Community generosity, coupled with a great track record of fiscal responsibility, ensures ongoing improvement in healthcare. Improvements like the purchase of Canada’s first Zeiss microscope, which enables pediatric neurosurgeons to see around corners in the brain and perform intricate brain surgery. Or building a new state-of-the-art Children’s Heart Centre to ensure the smallest hearts get the best care. Or having more than 300 internationally renowned researchers focused on childhood disease right here in Manitoba at the Foundation’s research arm, Children’s Hospital Research Institute of Manitoba.

Meredith McArthur recognizes the importance of the Foundation in the excellence at HSC Winnipeg Children’s Hospital and in child health research - and its continued importance into the future.

Meredith and her husband Brian are monthly donors. She has also volunteered with the Foundation and has met some of the families that the hospital helps. And she knows the Foundation staff are deeply committed to the cause because many of them have had their own children or grandchildren need care at HSC Children’s. Because of all this, Meredith and Brian recently updated their wills to add a bequest to the Children’s Hospital Foundation of Manitoba Inc. and know this future gift will be used where the need is greatest at that time.

I know people sometimes get uncom-



Mitchell’s life was saved thanks in large part to the generous donors of Children’s Hospital Foundation of Manitoba.

fortable talking about wills or bequests, but it’s a great way to help your loved ones understand what is important to you, and enables you to have an impact, long into the future.

Meredith enthusiastically encourages people to consider it: “Oh, please do it!” she recently told us. “The hospital strives daily to provide excellent health-care and is making real advances in medicine through ongoing research. Their goal is to have all children well, happy and on the road to becoming healthy, functioning adults. Legacy gifts will make that happen.”

Jillian Renaud knows how important these gifts are, and appreciates donors like Meredith and Brian who look into the future and recognize the need to continue caring for kids.

At six months old, Jillian’s son Mitchell had a minor fall that ended up with a trip by ambulance to HSC Children’s Emergency. There, a CT scan showed the largest epidural hematoma doctors had ever seen in a baby. Mitchell needed urgent, lifesaving neurosurgery for the brain bleed and a blood transfusion. Jillian says, “The doctors



Mitchell recovered thanks to care received at HSC Children’s Hospital supported by donors of Children’s Hospital Foundation of MB.

that saved Mitchell are our forever heroes... these people are truly in the right role to be so compassionate.”

She is thankful for the care she received and hopes any other families who need care, when they least expect it, will have it available to them to ensure recoveries are possible.

You can ensure the future of caring for kids by stating your commitment to the cause and making the Foundation a beneficiary of a bequest in your will or

of other assets like insurance policies. It is simple statement but a powerful one. In fact, your planned legacy gift can be your most powerful way to ensure better futures for children.

To learn more about leaving a bequest or legacy gift to **Children’s Hospital Foundation of Manitoba**, call Courtney Nodrick **204-894-9043** or email cnodrick@goodbear.ca, or speak with your financial advisor. ■

The gift of a future

You have the power to ensure a brighter future for kids in Manitoba.

Your support will:

- Unlock the mysteries of childhood diseases
- Build places of hope and healing
- Purchase specialized medical equipment
- Develop Child Health programs

Give Better Futures to sick and injured kids. That’s the power of your legacy gift.

For a confidential discussion on how your legacy can help, contact 204-594-5323 or info@goodbear.ca

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\$75M
GIVE BETTER
FUTURES

**The Children’s
Hospital
Foundation
of Manitoba**



6-month-old Mitchell had a fall and needed life-saving neurosurgery for a brain bleed.

Leaving
a Legacy

"How wonderful it is that nobody need to wait a single moment before starting to improve the world." ~ Anne Frank

Child Amputee Finds Inspiration From Second World War Veteran

- The War Amps Child Amputee (CHAMP) Program

Eight-year-old Isla McCallum is an energetic young girl with a big smile, and Charlie Jefferson, 98, is a veteran of the Second World War. At first glance, these two appear to have little in common, yet they share something special: They are both amputees.

Mr. Jefferson served as a Lieutenant with the Queen's Own Rifles Regiment. In 1945, in the Rhine Valley, Germany, he was injured by an anti-personnel mine explosion, resulting in the loss of his left leg below the knee.

When he returned home, Charlie joined **The War Amps**, which was started by First World War amputee veterans to help each other adapt to their new reality. Years later, these veterans established the **Child Amputee (CHAMP) Program**, which provides young amputees, like Isla, who was born a left arm amputee, with financial assistance for artificial limbs and the peer support of fellow amputees.

It was through The War Amps that Isla and her family heard about Mr. Jefferson. With Remembrance Day coming up, they visited him at his Ottawa residence.



Charlie Jefferson, a Second World War amputee veteran and Isla McCallum, a member of The War Amps Child Amputee (CHAMP) Program.

Isla was interested to learn about Mr. Jefferson and the medals he earned for his service. She was also intrigued that he too was missing a limb. Isla described Mr. Jefferson as a role model who made her feel proud to be an amputee.

Isla's mom, Jamie, says it is important that her daughter understands the sacrifices that many Canadians made for our freedom. "Mr. Jefferson and others risked their lives so that we could live in a better world."



Through The War Amps "Operation Legacy," Isla and young amputees across the country pay tribute to the veteran members of the Association who laid the foundation for programs that continue to make a difference in the lives of amputees today.

"Because of their work, child amputees have the tools and resources they need to be active, independent, and confident," says Jamie.



Make a *lasting impact* for amputees... with a charitable estate donation in your will. Together, we can improve the lives of all amputees, including traditional and modern-day veterans, adults and children.

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Provincial Outreach Therapy for Children Stories

- Manitoba Possible

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Break down
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Planned gifts make an inclusive & accessible society possible for Manitobans with disabilities.

Contact us to plan your gift today at (204) 975-3025 or
foundation@manitobapossible.ca

Family and community are important factors in any child's life, and that's why the **Provincial Outreach Therapy for Children (POTC)** program makes it possible for preschool-age children with disabilities to receive a variety of services at their homes or in childcare programs via a family-centred model.

"They really helped us. Mik really has a lot of improvement!"

The Pasaraba family was first connected with **Manitoba Possible** in 2018, after their daughter Mikelle, lovingly nicknamed Mik, transferred from the Specialized Services for Children and Youth (SSCY) Centre.

Through occupational and physical therapy, speech-language pathology, and connecting the family with specialized equipment the Provincial Outreach Therapy for Children's program (POTC) - and team members Heather, Rebecca, and Kelsey - have had a massive impact on the lives of Mikelle and her family in removing obstacles for the busy girl who loves to explore.

"The barriers we faced were lessened," mom Melanie shared, adding the equipment the family could access via the program has led to a fun activity for the whole family - biking around the neighbourhood.

The family-centred model brings together parents, siblings, child care providers, therapists and a range of other service providers who all play an important role in supporting children to reach their full potential and be active participants in their community. With everyone working together, services can be better coordinated to best meet the needs of children and families.

Now in kindergarten, Mikelle has outgrown POTC services with new abilities - like being able to scoot, use a walker and so much more.

"There's a lot of programs that can be accessed," shared Melanie, speaking to families who have children with disabilities, "if we do face some barriers in our lives, let's not lose hope."

For the Pasaraba family, community was a big help along their journey. The family is now friends with the Dela Peret's, who were also put in touch with Manitoba Possible around the same time regarding service coordination and therapies for their son, Marcus.

Despite the uncertainty of the novel coronavirus, the POTC team continued to work towards removing barriers for Marcus and his family - sometimes connecting via phone or Zoom, and even making in-person visits before code red restrictions came into place.

"He's actually walking now - there's a lot of progress with the OT's and PT's (occupational therapists and physio-therapists). He's starting to stand on his own, and they suggested what equipment may be good for Marcus," shared mom, Melanie Dela Peret.

"It helps our family, especially our son, the support and equipment... Manitoba Possible is a great centre - they do a lot!"

Making mobility possible is just one of the ways the POTC program changes the lives of children and families with disabilities. ■



Dela Peret Family



Pasaraba Family with POTC team

Leaving a Legacy

The War Amps was started in 1918 by amputee veterans returning from the First World War to help each other in adapting to their new reality as amputees. They then welcomed amputee veterans following the Second World War, like Jefferson, sharing all that they had learned, as well as starting the Key Tag Service to allow these new members to gain meaningful employment and provide a service to the public.

This peer support was then passed on to a new generation. In 1975, war amputee veterans recognized that their knowledge and experience could help others, so they started The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs and regional seminars to young amputees.

“When he thinks about the luck he has had, the idea of giving back to the HSC Foundation isn’t a question.”

Elevated Generosity

HSC Winnipeg saved his father, now Jim Morden is expressing his gratitude by leaving a legacy gift - HSC Foundation

Jim Morden: “What we do as donors through the Foundation funds the extras that are so important.”

On Saturday, October 15, 2022, the **Health Sciences Centre Foundation** welcomed six new members to the **Bannatyne Legacy Circle**, an esteemed community that is committed to supporting Health Sciences Centre by endowing a final gift to the HSC Foundation when they pass away.

Jim Morden is one of the new members who is passionate about supporting health care in Manitoba. Here is an excerpt from his Bannatyne Legacy Circle story:

HSC Winnipeg gave Jim Morden 12 more years with his beloved father, Ronald. As an expression of gratitude, Morden became a regular donor to the Health Sciences Centre Foundation, and gave just as generously with his time as an active Board member and now as an Honourary Director. In 2022, he elevated his support by becoming a member of the Bannatyne Legacy Circle.

It was 2007 when Dr. Jeremy Lipschitz diagnosed the elder Morden with stomach cancer. The discovery was early, and Ron Morden was fit and feisty, and so Dr. Lipschitz and Dr. Larry Tan performed a complex procedure to remove part of Ron Morden’s esophagus and part of his stomach. The procedure saved Jim Morden’s dad’s life before he passed away in 2018.

Morden came to believe that everyone needs to contribute so that everyone can have optimal care, without exception. He also believes that personal success comes from a combination of hard work, skill, and luck. When he thinks about the luck he has had, the idea of giving back to the HSC Foundation isn’t a question.

Morden was born and raised in Winnipeg and attended the University of Manitoba. After graduating with a finance degree, Morden and his business partner opened Assante Corporation, ultimately selling it in 2003. They then co-founded Pavilion



Jim Morden is passionate about supporting health care in Manitoba.

Financial Corporation before selling it in 2018 to Mercer Canada where Morden is now a partner and works as a Private Wealth Counsellor. He continues to work for the joy of helping his clients secure their financial futures.

In his spare time, Morden enjoys golfing and travelling to British Columbia to visit his three daughters. Mostly, he describes himself as a homebody, happy to spend quiet time with his dog Odin.

Morden holds a special place in his heart for the HSC Foundation. He joined the Board in 2007, after his father’s life-saving surgery, at a time when the Foundation started to dream big, and the community started to see the massive potential impact of philanthropy on health care.

“The Foundation makes things happen and moves health care forward,” says Morden. “Public funds pay for the basics; what we do as donors through the Foundation funds the extras that are so important. It’s vital that we all do our part.”

To read the legacy stories of our newest Bannatyne Legacy Circle members, or to learn more about the importance and impact of legacy giving, please visit: hscfoundation.mb.ca. ■



Leaving a Legacy

A LASTING STATEMENT OF GENEROSITY AND A COMMITMENT TO SUPPORTING HEALTH CARE



Top L-R: Margaret and Paul Wright; John Broadhurst.
Bottom L-R: Jim Morden; Deirdre and R.M. (Bob) Kozminski.

On October 15, 2022, these generous philanthropists made a public pledge to support the Health Sciences Centre Foundation through their estates. By making this commitment, they have joined the esteemed Bannatyne Legacy Circle. The ripple effect of Bannatyne Legacy Circle members’ generosity is felt for many years to come, and we are forever grateful for their dedication to improving health care in Manitoba.

Anyone can be a legacy donor!

Visit hscfoundation.mb.ca/impact/legacy-giving/ for more information.



Health Sciences Centre FOUNDATION

Presented by



In Partnership with





IN TUNE WITH OUR COMMUNITY

~ November 2022 ~

THANK YOU for Supporting YOUR Radio Station!

As the wind whips the last of the leaves from the trees, it must be November in Winnipeg. Here at CJNU, I think it's fair to say we're still being 'blown away' by the whirlwind of support we received during our 9th Annual Pledge Drive!

At press time, over 500 donors have helped us raise in excess of \$67,000 - and we cannot thank each and every one of you enough for your support! Without the direct support of our listeners and members, we simply wouldn't be able to continue on the air.

We are so very close to our goal of \$70,000... and you might be the one who helps us get there - as it's not too late to donate!

If you make a contribution to CJNU before midnight on November 15th, it'll be counted toward the final Pledge Drive total for 2022, meaning you'll still be eligible to receive all of this year's Pledge Drive incentives!

\$60+ - a \$10 gift card that can be used at Grant Park and Kildonan Place

\$125+ - the \$10 gift card, PLUS an invitation to join us at an exclusive event at FortWhyte Alive

\$250+ - the \$10 gift card, the CJNU event at FortWhyte, PLUS a pair of tickets to an upcoming concert during the Winnipeg Symphony Orchestra's 75th anniversary season

\$500+ - all of the above, PLUS the opportunity to Play It Forward, and donate airtime on CJNU to the charity or non-profit organization of your choice

\$93.70 PRECISELY - a unique gift to celebrate 100 years of radio in Manitoba—a

strictly limited edition pressing of a 45 rpm single, and a CJNU USB Flash Drive—filled with the specially produced features commemorating the past century in our community which aired during this year's Pledge Drive.

And every Pledge of ANY amount received before midnight on November 15th will be entered into the Grand Prize Draw to win one of four packages valued at over \$400 apiece!

For those who have already made their pledges, please keep an eye on the mail in the coming days and weeks - and if your pledge was eligible for any of this year's incentives, you should be receiving them shortly!

This year's special \$93.70 gifts will be distributed a little later - hopefully in December - as we won't be having the 45 rpm single pressed until we know exactly how many we'll need. So, if you made a pledge of 'CJNU Dollars', we'll be contacting you directly as soon as we have them in hand.

Toward the end of November, and throughout December, CJNU celebrates The Season of Giving... Back. In next month's newsletter, we'll be doing as much 'giving back' as we can, by naming our Pledge Drive prize draw winners, acknowledging the amazing organizations that made contributions to this year's prize packages, and recognizing the incredible CJNU volunteers that stepped up and made prize contributions of their own.

Once again, on behalf of all of us here at CJNU, THANK YOU for supporting our Pledge Drive - and good luck in our Grand Prize Draws!

CJNU Remembers



MANITOBA AND NORTHWESTERN
ONTARIO COMMAND

For our audience, Remembrance Day has a special meaning. Many of us, as baby boomers, have a treasure trove of memories - stories our parents told us about their lives during the war. Many were in the service and many more were impacted on the home front, working in factories or support services.

The theme for the first part of November has always been CJNU Remembers. During this time, our regular programming adds some big band music reminiscent of the Second World War.

Our Community Partner during this period is the Royal Canadian Legion, Manitoba and Northwestern Ontario Command. The Legion has played a crucial role in the lives of veterans and deserves our thanks and recognition.

This year, we welcome back Canadian author Ted Barris, to talk about his latest book: *Battle of the Atlantic, Gauntlet to Victory*. The battle of the Atlantic, fought to a substantial degree by Canadians, was one of the significant events of the entire war alongside the Battle of Britain.

Be sure to tune in November 11th to hear Ted in conversation with CJNU's Grant Patterson, and to hear our special programming that day, including a short remembrance service at 11am. Let's not forget.

Our November Host Sponsor—the Riverview Health Centre Foundation

CJNU is delighted to once again welcome the Riverview Health Centre Foundation as our Host Sponsor for November. We asked their Executive Director, Bridgette Parker, to share some of her experiences in her first year with the Foundation:

I have learned so much about Riverview Health Centre (RHC) in my first year with the Riverview Health Centre Foundation (RHCF).

I've learned about the breadth of services offered to residents, patients and clients including long-term care, palliative care, rehabilitation programs and community programming. I've learned that the staff are warm and welcoming and truly care for those staying at RHC.

Most poignant for me is learning about the impact that Riverview Health Centre has on families. I can't even count how many times, when speaking with a donor or member of the community, that someone tells me about their connection to Riverview and that "the staff are like part of our family". Whether



someone is living at RHC for years, or are here for a shorter period of rehabilitation, staff are able to mark milestones with them and their families, leaving an indelible mark.

I recently met Kaitlyn, a 20-year-old who was in a very serious car accident at 17 years old and spent just over a month on the acquired brain injury rehabilitation unit at RHC, re-learning many skills she had previously taken for granted. As she was relaying her personal story, her gratitude was evident. She

is now a university student pursuing a teaching degree...something she didn't think was possible right after her accident.

Riverview Health Centre has cared for Manitobans between the ages of 16 and 108. We look forward to sharing more of the stories of lives impacted at Riverview over the next month on CJNU.

Riverview Health Centre Foundation is proud to play a part in these stories and you, as donors, can be too. Together, we're able to ensure that residents, patients, clients and staff at Riverview have what they need to make the most out of each day. care

Through a gift of any amount, you are touching the lives of grandmothers, aunts, cousins, fathers, sons, daughters, friends and each of their extended families. What an amazing gift!

Visit rhcf.mb.ca to learn more or make your donation today.

Bridgette Parker is the Executive Director of the Riverview Health Centre Foundation

Find us @CJNU937 on Social Media | Visit CJNU.ca to learn more!

Leaving
a Legacy

"To know even one life has breathed easier because you have lived. This is to have succeeded." ~ Ralph Waldo Emerson

Finding Support Through Community

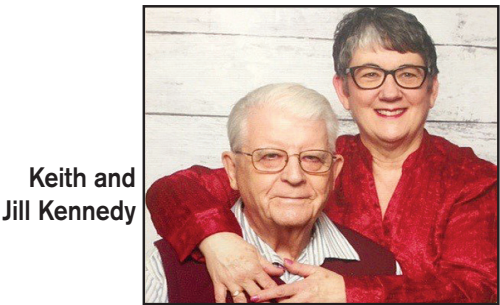
- Alzheimer Society of Manitoba (See ad on front page)

Jill and Keith Kennedy have always been active and social, so after Keith was diagnosed with early-onset Alzheimer's in April 2020, they wondered if their lifestyle would change.

Before Keith's diagnosis, Jill began noticing changes in Keith's daily life. "At first, we thought it was just signs of aging: forgetting words or walking slower," Jill says. "Then he began using a notepad to keep track of familiar things, like street names or names of family members we don't see often."

After meeting with a senior's mental health counsellor and many consultations with his family doctor and a geriatrician, Keith eventually received an Alzheimer's diagnosis.

Jill reached out to the **Alzheimer Society of Manitoba** for more information on dementia and learned about



Keith and Jill Kennedy

different support groups and community programs, like **Minds in Motion**. "We both enjoy **Minds in Motion**. The social time is fun, the chair yoga is invigorating and the games are great," Jill says. "We have lots of laughs which creates good memories and makes us want to go back again."

Jill also began attending a **Care Partner Support Group**. She believes

staying social and connecting with others is the best way to gain support.

"One thing that might hold people back from asking for help is the stigma – they might feel embarrassed and not want people to know. When you open yourself up, it's easier to get support. Let family know. Let friends know."

Jill says their seasonal campsite at Aspen Grove provides many opportunities for socializing, and they have a lot of supportive friends and neighbours. She even recently surprised Keith with an electric golf cart for them to drive around the campground.

"Keith had to give up his driver's license following his diagnosis, which was disappointing for him, so he loves being able to drive the golf cart because it gives him a sense of independence," Jill says. "The guidance we

received about finding new ways to stay active has been so valuable."

Jill and Keith feel a lot of support from the Alzheimer Society and their surrounding community. It's been over two years since Keith's diagnosis, and their schedules are packed with fun activities and social events.

"The more info you can get from the Alzheimer Society and other community resources, the better," Jill says.

The Alzheimer Society's **First Link** Client Support program connects people living with dementia and their families to information, support services and education as early as possible and throughout the progression of their dementia journey. To learn more about the **First Link** Client Support program, visit the **Alzheimer Society of Manitoba's** website at Alzheimer.mb.ca. ■

The Lung Association... Your gift ensures our work continues

- Lung Association

Ever thought about what causes your grandparents and great grandparents supported? In Manitoba, one cause many got behind was healthy breathing, namely the fight against tuberculosis (TB). TB was a deadly scourge affecting large numbers of people and there were not many treatments other than rest, fresh air and good nutrition. **The Lung Association, Manitoba (LAMB)** got its start in 1904 as the **Sanatorium Board of Manitoba** (the San Board) which was charged by provincial legislation with managing TB in the province under The Sanatorium Board of Manitoba Act. One of the first public health programs, the work of the San Board was supported by donations from individuals, fund raising drives such as the **Christmas Seals** campaign (still running), and grants from municipalities. Remember, at this time there was no Medicare program, no welfare, no employment insurance nor many hospitals. The funds raised supported the sanatoriums, such as the main one in Ninette, where people could get support to fight their TB infections. It

often took months to years to heal, so funding was necessary to provide long term care and then provide rehabilitation after the lengthy recovery process.

In 1975 the **Lung Association** name was adopted for a new division of the San Board tasked to support healthy breathing in general as new treatments for TB became available and long-term residential care was no longer needed. The San Board was officially wound up with the repeal of the San Board Act just in the past June. The LAMB corporation continues as a registered charity under the Corporations Act (Manitoba) and keeps its official incorporation date as May 1927.

The legacy of our previous generations and current donors continue to fund programs covering the gamut of healthy breathing promotion and disease prevention efforts such as youth smoking and vaping prevention, adult smoking cessation, lung cancer prevention through promotion of radon testing in the home, **LUNGtivity** exercise program for people with chronic lung disease, various support groups, supporting Manitoba respiratory

researchers, and many more healthy breathing initiatives.

For the last century, generations of Manitobans have ensured that support

continues through a meaningful and thoughtful legacy gift in their will. Your legacy gift will ensure that this vital work continues and generations to come can look forward to breathing with ease. ■



BREATHETHE
the lung association

1 in 5 Manitobans suffer from lung disease.

Enhance **your legacy** with a gift in your will to the Lung Association, Manitoba. **Together we will help Manitobans breathe with ease!**

BREATHING LIFE INTO MANITOBA FOR OVER 100 YEARS

 mb.lung.ca 204.774.5501

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter “F”

1. This is the technical name of your thigh bone:
2. This was the home of artist ‘Renoir’:
3. This country was ranked the happiest in 2020:
4. This state may again determine the U.S. Presidential election:
5. They estimate there are about 369,000 of this type of plant:
6. Name a word meaning doing something with ease:
7. What is the common cheese used to make a Greek salad:
8. “S’ Wonderful” is a song from which film musical:
9. This is Canada’s moto:
10. This lovely plant has a name which is difficult to spell, which is correct:
FUSCHIA DUSCIA FUCHIA FUCHSIA
11. This is the total number of days in Jan., July and November, less 40:
12. This internet social site is now both loved and hated:
13. This is Japan’s highest mountain peak:
14. This movie starring Tom Hanks won 6 Academy Awards:
15. Britain had a mini war with Argentina over these islands:
16. They invented the metric number system:
17. If you’re going to buy an expensive new car you’ll need the:
18. This is a popular tourist destination in the central Pacific:
19. She played Princess Leia in the original *Star Wars* TV series:
20. This is the name of the Calgary NHL hockey team:
21. This is the name given to male horses under one year of age:
22. She is 82 and looks 49, she was a Vietnam war activist and continues to fight for important social issues in Washington:
23. Which of these was the first to manufacture automobiles, Ford or Fiat:
24. Trump refuses to take Covid advise from this leading scientist:
25. In 2020 Christmas will be celebrated on this day:
26. This is to behave amorously with no serious romantic intentions:
27. This movie made North Dakota famous:
28. This is a trade mark of men’s underwear:
29. Trump and Putin met here in 2018:
30. The Rivera resort community is located here:



This is a copyright publication, you have our permission to PRINT or FORWARD this Quiz Challenge to Tenants, Retirement Residents, Members, Friends, Staff, Retirement Homes, Hospitals, Clubs, Families and Associations.

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

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

~ Author, Gary Adams

With Printable Puzzle Books, you SAVE 75%. A new way to buy books and SAVE! Books are delivered as an e-mail attachment. They can be printed, read on screen or saved for future enjoyment. Extra copies can be printed as a gift for friends or family. To order, visit www.mindandmemory.ca

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

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\$2 to \$10 - Payment by cheque is now accepted.

Helping to keep brains "Sharp" and "Exercised"

Today's Recipe www.PeakMarket.com

Puffed Cheesy Cauliflower

Metric	Ingredients:	Imperial
1	medium cauliflower	1
50 ml	butter	1/4 cup
30 ml	flour	2 tbsp
250 ml	milk	1 cup
-	salt & pepper	-
50 ml	fine bread crumbs	1/4 cup
3	eggs, separated	3
250 ml	cheddar cheese, grated	1 cup

Wash cauliflower and divide into small florets. Cook in boiling water until tender, drain.

Heat butter in saucepan. Add flour, stir over low heat for 2 minutes. Remove from heat. Add milk gradually, stir until smooth. Return to heat, stir until boiling. Add salt and pepper and most of bread crumbs. Stir in egg yolks, cheese and cauliflower; adjust seasoning to taste.

Beat egg whites until stiff, fold into mixture. Place in greased casserole dish. Sprinkle with remaining crumbs. Bake in preheated 400 F (200 C) oven for approximately 30 minutes, until risen and brown.

Serves 4

A to Z Trivia ‘F’ SOLUTIONS

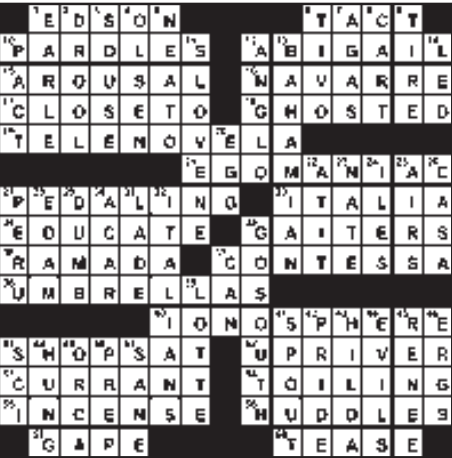
1. Femur
2. France
3. Finland
4. Florida
5. Flowering
6. Facile
7. Feta
8. Funny Face
9. From Sea to Sea
10. Fuchsia
11. Fifty Two
12. Face Book
13. Fuji
14. Forrest Gump
15. Falkland Islands
16. France
17. Funds
18. Fiji
19. Fisher (Carrie)
20. Flames
21. Foal
22. Fonda (Jane)
23. Fiat
24. Fauci
25. Friday
26. Flirting
27. Fargo
28. Fruit of the Loom
29. Finland (Helsinki)
30. France

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca

WORDSEARCH - Solution



CROSSWORD - Solution



A & O: Support Services for Older Adults is excited to be a partner of **Home Instead's Be A Santa to A Senior** program again this year. Last year, A & O delivered over 2,700 gifts to older adults in Wpg. You can donate as an individual or as a group. Contact A & O at **204-956-6440** or santa@aosupport-services.ca to donate or for info. Indicate this donation is for the **Be a Santa to a Senior** program.

A&O
Support Services for Older Adults

Home Instead
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THE CLASSIFIEDS

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Approx. 30 words.
Photos \$5 extra

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For personal items / private sales OR for existing paying advertisers of *Senior Scope*. All listings must be pre-paid: cash, cheque, money order. No credit cards. Listings and payment must be received min. 7 days prior to printing.

For details, call: **204-467-9000** or Email: kelly_goodman@shaw.ca

BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE

EMPLOYMENT

JOB OFFER: Glen Lawn & Desjardins Funeral Homes - are looking to add to our team casual host/ reception room staff. Email resume to jtalbot@arbormemorial.com in the subject line state: Host Information required.

JOB OFFER: Seven Oaks Transmissions looking for a parttime general helper for various duties in an automotive shop. Duties include shop maintenance (general maintenance, assisting technicians, shuttling customers, picking up parts, etc). Valid Manitoba driver's license required. Hours. 7 am-12 noon. **204-338-7067** or bev@sevenoakstransmissions.com

JOB OFFER: St. James-Assiniboia School Division - Swim instructors required for weekday mornings in St. James area. \$18-\$23/hr. Red Cross Water Safety (WSI) or Lifesaving Society Swim For Life Instructor (SFL) or YMCA Swim (YSI); Current Standard First Aid and CPR C certification; Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check; Fully immunized against COVID-19 or valid exemption. For info or email applications: Gail Henderson Brown, Program Coordinator at pghb@mymts.net

FOR HIRE: Retired print journalist and book editor. If you have a collection of memoirs or any other piece of writing you want some help with, call Rick at **204-651-4008**.

MISCELLANEOUS

SUBLET FOR RENT: Dawson Trail Apt. (seniors 55 plus). Windsor Park area. 2 bedrm, 2 bath, on 3rd floor. In-suite laundry. Available Dec. 1st. 2022. Info: **204-253-2944**.

FOR SALE: Red velvet Santa suit (vg cond) \$80. New post hole digger \$30. 25 lb propane htr c/w tank \$45. New 120V auto polisher \$25. Bissell Power Rug Steamer \$100. RCA VHS camera, case, battery and charger \$60. RCA VHS player \$40. New stationary bicycle \$85. **204-792-8361**.

FOR SALE: New Brother sewing machine (portable). Lots of features. \$300. 2 pictures 11x14 in wooden frames (Wpg scenery). \$10 ea. **204-889-3770**.

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

Sell those unused items! Make some extra cash!

MAIL LISTINGS with payment payable to: Senior Scope. Box 1806 Stonewall MB R0C 2Z0. NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.

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WORDSEARCH - (MEDIUM) By Myles Mellor

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AHALLNSESANUNWRNNE
MOSSI EKICKLINGEAVC
ESTORYEUAAASTOGIANO
DTCDLADNLALNANSNRN
OTNNUYFIENIMAGINED
AUOERKETFAQPIPEVDS
CNSUCCESSFULLYEELG
HHJURKDBNUIOKBGLOW
IALSANHOPEDCOREVSP
EPLAAL EATLESUWEEDU
VPISOLATEDWDTLTTFZ
EYEDONLSSLEOTITOAZ
MDRPI SORTTVNBENICL
ERDARWUIIHEEENNGEE
NAHATHDCCLAWSVERBS
TCOOTEXHAUSTTYCUBE
SECONESTAPETEAMUSE

Achievements	Cube	Hath	Puzzles	Teasing
Acre	Date	Hoped	Race	Test
Agent	Deck	Host	Rafts	That
Aloud	Difficulties	Imagined	Rates	Tour
Also	Done	Isolated	Rich	Twos
Amuse	Duke	Jury	Rung	Undress
Asia	Elves	Kick	Salt	Unhappy
Asked	Engines	Liquid	Sand	Union
Assured	Envy	Moss	Save	Unit
Beef	Even	Name	Scale	Urged
Best	Excited	Neck	Seconds	Uses
Bites	Exhaust	Need	Snap	Usual
Boat	Eyed	Nets	Sting	Vast
Calm	Face	Never	Story	Velvet
Chain	Feed	Oars	Successfully	Verbs
Claws	Fuel	Only	Sweet	Wear
Coin	Glow	Pipe	Tadpole	Weed
Cone	Gran	Pluck	Talent	Well
Core	Hall	Pots	Tape	We've

SOLUTION ON PAGE 22



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CROSSWORD - (HARD) By Myles Mellor

ACROSS:

- Pelé's real first name
- Negotiation skill
- Sentence alterations
- Second first lady
- Awakening from sleep
- Where Basque is spoken
- Near (2 wds)
- Wrote (for)
- Latin American soap
- Self-admiring sort
- Making a bike go
- Roma is here
- Teach
- Quaint footwear
- Big name in Inns
- Chef Ina Garten's "Barefoot ____"
- Collapsible canopies
- It reflects radio waves
- Patronizes (2 wds)
- Like St. Paul, vis-a-vis St. Louis
- Type of berry
- Working hard
- Tick off
- NFL get-togethers
- Stare, open-mouthed
- Make fun of

DOWN:

- Country rocker Steve
- Be overly avid
- Lush
- Daily Planet's photojournalist
- "Peachy!"
- Popular video recorder
- "... Jumpin' Jack Flash, it's ..." (2 wds)
- Country-club rental
- Wear down
- Deal, in a way
- Eastern European
- Goes with Saxon
- Nassau native
- Induced
- Goes with head
- Plugging away (2 wds)
- Basketball Hall-of-Famer Archibald
- Seine sights
- Televises
- House in Honduras
- S.A country
- Dutch cheese
- Slow
- Rent-____ (2 wds)
- Add cargo
- Gucci and Vespucci
- Turn bad (2 wds)
- Pink-slip
- Memorable soprano Lehmann
- Old Faithful, e.g.
- A deadly sin
- Betty's sister on "Ugly Betty"
- Malicious forces
- "Chicago" star
- Energies
- Biol. or chem.
- Exhibited
- Whale type
- Get ready, for short
- Mentally sound

SOLUTION ON PAGE 22

FACEBOOK FUNNIES

You thought you knew stress! When I was young, if you missed a television program you simply missed it. **FOREVER!**

Running a business: On the surface - Cool as a cucumber. On the inside - Squirrel in traffic.

I never make the same mistake twice. I do it like, four or five times, just to make sure.

People who look after chickens are Chicken Tenders?

Astronomers got tired of watching the moon orbit the earth for 24 hours... so they called it a day.

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