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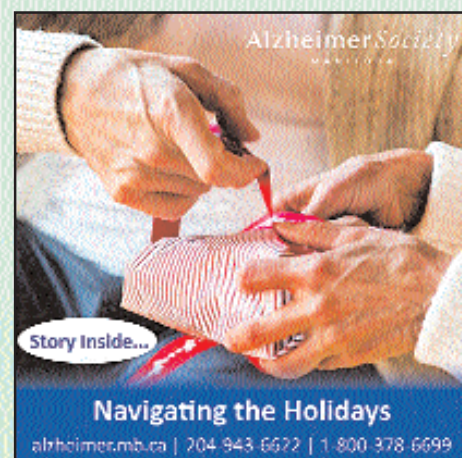
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“This seems weird enough to be interesting... What we're getting is spontaneous, improvised, holiday magic.”

~ Steve Locke

“All-in-all it was not a “baaaad” idea.”

~ Shirley Muir



Sheep flocked together in Selkirk, Manitoba to bring cheer, warm the hearts of visitors, and inspire poet creativity.

Manitobans flocked to a prairie downtown this near the end of November, 2022, to see eight sheep who were on site to inspire citizens to write poetry. (Ewe herd it here first!)

Citizens from ages three to 83 crafted poems based on festive winter words painted on the sheep's red cloaks – including **BLISS, CHEER, DRIFT, FROST, SHINE, SPIRIT, STAR, and WARM.**

The **Sheep Poetry** was part of **Holiday Alley**, a festival of art, sound, light, creativity and culture in downtown Selkirk, Manitoba (population 10,000, 45 minutes north of Winnipeg, surrounded by farming communities.)

A reel of stock footage and interviews with participants can be downloaded at...

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“As the sheep roamed around their pen it made different combinations of words and then you could write them on paper to make a poem. It was hilar-

ious and adorable,” said Colette Pancoe of Winnipeg, who joined the event with her young daughter Hazel, whose poem was,

“WARM BLISSful day
CHEERful STARry night.”

The exercise was led by poet-in-residence Steve Locke, who said when he was first asked by Holiday Alley to help make the connection between poetry and its agriculture roots, he thought, “This seems weird enough to be interesting.” Locke and his small fluffy flock attracted dozens of families and shepherded them to find their inner poet. Visitors either used the words on the sheep or freelanced with their own poems about sheep.

“We gave citizens a clipboard, some paper and said “go nuts” write whatever you want. What we're getting is spontaneous, improvised, holiday magic,” Locke said at the four-hour event that generated 80 poems.

Stephen Koop of Winnipeg brought his children and adult sister Danielle Koop of Vancouver to the event.

“I've never experienced anything like this. It's an amazing tradition. It's kicking off the Christmas spirit,” he said.

The Koop family poem was,

“As we toured Selkirk thinking
the season was blah
Knowing it needed just
a little more “baaa”
We turned the corner,
and it changed the tide
We saw some sheep with
names on their side.”

Holiday Alley credits a poet in England, who first created sheep poetry 20 years ago.

Holiday Alley worked with a shepherd living near Selkirk, Mb., Arik Lindal, to bring the sheep to town for an afternoon of culture.

“I'm 24-years-old from the north Interlake, Manitoba. My family has

Continued on page 5



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Active Aging in Manitoba (AAIM)

inspiring active lifestyles

Let it snow, let it snow, let it snow...

By Karin Whalen, Active Aging in Manitoba, Executive Director



Karin Whalen

We can hear Frank Sinatra singing; singing about loads of snow strangely puts most Manitobans in a festive mood. With the holiday season upon us, excitement fills the air, positive-spirited people abound, and the anticipation of festivities fills our cups with warm sentiments. Connecting with family and friends, attending holiday concerts, enjoying special meals, baking treats, and purchasing gifts for those special loved ones on our list all contribute to the magic and joy of the season.

The joy of the holiday season does not extend to all; grieving the loss of a loved one, being isolated and alone, estranged from your family etc., can be overwhelming during the holiday season (see AAIM upcoming webinar). Take note of those around you who might find this time of year challenging. Reach out and extend kindness, ask them how they are doing, invite them for a walk or coffee/tea date, and let them know you care. You'll feel good about yourself and have the potential to lift someone else's spirits. You are giving the gift of joy!

Connecting with others during the season is what makes it unique and special. Please make it a priority for yourself, as socialization is excellent for your mental well-being, especially as you age. If you're still struggling and hesitant to fully participate and connect with others due to Covid, that's fine; engage as you are comfortable. Connecting with technology via the computer or phone is a great way to reach out to someone you haven't seen for a while; write a letter or a personalized note to an isolated older adult who can't get out much; you could be the highlight of someone's day. Get outside, walk with a friend or neighbour, and reap the benefits of fresh air, physical activity, and someone else's company. Pack a thermos for your walk and stop to share a warm beverage, a great way to slow down and take a breather from the busyness of the season.

Simplify your holidays. If anything feels like an obligation or chore, try being more intentional – do the things that bring you the season's enjoyment. Opt for a potluck holiday meal, if you bake - bake fewer items; you don't have to bake every conceivable holiday treat. Purchasing gifts can take a toll on the pocketbook, especially if you're

on a fixed income. Think outside the box. Talk to your friends, forgo gift exchanges and plan an afternoon together. Draw names for gifts mean you only buy for one person versus everyone, gift consumables, hand-made or recyclable gifts. Remember, the intent behind gift-giving; is an act of love and care; a perfect way to express that is by spending time with someone or giving a modest gift.

Keep things straightforward this holiday season, focus on what matters most to you, find balance and take care of yourself – incorporating activity on most days, providing you with energy and contributing to your mental well-being. Happy Holidays.

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December, 2022

Message from Minister Scott Johnston

- Seniors and Long-Term Care

Dear friends,

For the past months, I shared the opportunity to get involved in public consultations towards the development of a new seniors strategy, and you have responded in big ways. Thank you!

The 2021 Speech from the Throne committed to consulting with Manitobans to modify, enhance and implement a renewed seniors strategy so aging Manitobans can stay safe in their homes and communities as long as they choose. Our commitment to developing a comprehensive seniors strategy and action plan relies on hearing the perspectives of Manitoba seniors, their family members, and those who care for or work directly with older Manitobans.

I wanted to take this opportunity to highlight the broad engagement opportunities offered during these consultations and to express my gratitude to everyone who has been part of these efforts. We used many techniques and tactics to gain the input of Manitobans from across the province and to receive critical guidance throughout the process.

The Minister's Advisory Committee formed early on; comprised of experts working directly with seniors bringing advice with a range of perspectives.

A major highlight was meeting in-person with Manitobans in 11 communities: Winnipeg, Selkirk, Steinbach, Winkler, Brandon, Carberry, Portage la Prairie, Dauphin, Thompson, Flin Flon and The Pas. These meetings reinforced how important it is that together, we make bold and steady progress on our shared plans to improve the quality of life of Manitoba seniors. I look forward to continuing the discussion with more communities across the province.

Another important step to informing the Seniors Strategy are my meetings with stakeholders who support seniors province wide. Over the past several months I have been meeting with different organizations to discuss senior's needs, to give them the opportunity to share their thoughts as to where the more supports are needed.

As part of the consultation process, three highly detailed surveys launched on EngageMB and over 10,000 Manitobans participated. We held 20 focus groups, and 25 in depth interviews conducted with community leaders and subject matter experts.

We also took a multi-pronged approach to build and strengthen relationships, to share information, and to expand upon Indigenous participation, using a government to government approach with Indigenous-led organizations and leaders.

One of the most effective means of engagement was through Community

Engagement Networks (CEN). These are community organizations that actively work with seniors, especially those in hard to reach communities. The CENs provided invaluable guidance, experience, and insights to inform the future seniors' strategy. They ensured the gathering spaces and consultation practices met accessibility standards, recorded all participants' responses, and maintained a schedule of planned and completed events. Perhaps most important of all, they helped seniors complete the surveys, so everyone could be heard, regardless of their level of computer skill, visual acuity or dexterity.

Three key questions have been driving all these consultations. How can seniors live in their homes and communities for as long as possible as they age? How can we improve access to services and supports? And, how can Manitobans be supported to maintain active and healthy lifestyles?

The seniors strategy will be released in 2023. In the months ahead, the work continues, as our teams take what we heard from Manitobans and build the plan. I look forward to sharing what's next. Your government is listening to what matters to you. Thank you for helping to build a plan for Manitoba seniors that brings greater optimism, hope, and strength for tomorrow.

~ Scott Johnston
Minister for Seniors and Long-Term Care

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Merry Christmas! & Happy Holidays!

I'd like to express my heartfelt gratitude to my amazing team at *Senior Scope* - All those that help get the paper from start to finish each month ~ Printers, columnists, contributing writers, sales personnel, distributors, and the volunteers.

Special thanks also goes to my advertisers and loyal readers of *Senior Scope*.

Thank You!

All the Best to You for a Happy, Healthy, and Safe Holiday Season, and a Peaceful, & Prosperous New Year!

~ Kelly Goodman
Publisher, *Senior Scope*

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Is it really “The Most wonderful time of the year”?

By Roger Currie



Roger Currie

For some reason that song became an anthem for the holiday season, when the late Andy Williams recorded it back in 1963. Andy died of cancer in 2012 at the age of 84, and his death was a blow to all of us who love the Christmas season. He recorded a total of eight Christmas albums, none of which get nearly the radio play they used to enjoy.

Many other treasures of the Christmas season have fallen victim at least in part to the *Covid 19* pandemic. Indeed Christmas is making a strong comeback this year, after the bleak holiday seasons of 2020 and 2021. How strong is that comeback? Hard to say. Compounding the problems of the *pandemic* has been the worst inflation Canada has seen in decades. Grocery bills in particular have become a serious hardship for many of us, causing practitioners of the ‘*dismal science*’ (Economics) to talk a lot more frequently about the likelihood of a ‘*recession*’ in 2023.

If that was all we had to worry about it would be more than enough, but it's not. We have lots more health difficulties that have added to the woes of our weary health care professionals. We have a worse than average flu season, and a wave of respiratory

ailments that are especially hard amongst very young children. Just as was the case when the pandemic began, ventilators are in tight supply at Winnipeg's Children's Hospital. Did I mention that there's a rather serious shortage of doctors and nurses in Manitoba? It's a similar story in other provinces and territories. We are also having a hard time maintaining an adequate supply of things like children's tylenol.

I have mentioned fairly often that I'm quite content to be a mostly 'retired' journalist these days. You won't find me 'chomping at the bit' to report on the efforts of Winnipeg Police to investigate a series of murders of Indigenous women. We were already hearing about rising crime rates, during recent local election campaigns across the province. Other parts of our world are not peaceful this year, most notably Ukraine where Russia's Vladimir Putin has turned out to be just about the worst war criminal the world has ever seen.

Do I have any solid advice for seniors living alone at this difficult time of year? This will be my third Christmas in row since my wonderful partner Janice passed away. I work hard to maintain valued friendships on the telephone. I strive to keep the conversations lively and bright, and not too long. I am very grateful for long distance plans that have become much more affordable in recent years.

Regular readers will know that movies are one of my great passions. What might I recommend? I always manage to work in a screening of the tried and true old holiday chestnuts ... “*It's a Wonderful Life*” with Jimmy Stewart and Donna Reed never seems to get old, nor do Edmund Gwenn's white whiskers in “*Miracle on 34th Street*”. However my personal favourite is still the 1951 version of “*Scrooge*” starring the great Alastair Sim as the finest character ever created by Charles Dickens.

But my parting recommendation will be a recent addition. “The Man Who Invented Christmas” stars Dan Stevens who was killed off in *Downton Abbey*. He plays Dickens who was a young writer in 1833. He was hard up against a publishing deadline, and the result was “*A Christmas Carol*” which introduced the reading world to Ebenezer, Cratchet and Tiny Tim, etc. The biggest pain in Dickens' life was his father John Dickens who emerged from Debtors Prison in time for the holidays. TIF father is played by Jonathon Price, and it's delightful all the way through.

In the immortal words of my former colleague Peter Warren, have a peaceful Christmas.

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

JUST BRING ME A CASSEROLE

By Kathy Kristjanson

“It is with profound sadness that we announce the peaceful passing of **Herbert Weston Ball** with his wife, Kathy Kristjanson by his side. Married for 28 years, Kathy was his best friend and the love of his life. Herb will be greatly missed by all who knew and loved him.”

The reality is that many of my friends and family will be experiencing the loss of a spouse or partner within the next few years. And although the circumstances will all differ, the resulting grief will be overwhelming. The greatest disappointment that I experienced after Herb passed away was to realize how few people really understand grief. I had over 200 people contact me in the first two weeks after his death, all expressing love and concern. And then things got busy with details to be sorted out with his estate. But by then most friends and family thought that they had provided what support they could and I didn't hear from them again. They may have thought that I was strong enough to deal with the grief alone. Or they may not have known what to say so it was easier not to call. Or they thought that I would call if I needed to talk. But what I experienced is that grief can be overwhelming. So when you need the most help, you are not in the position to reach out

to people. It's easier hiding your head under the covers. I personally found that the worst thing that someone could say was: “Call me if you need anything”. Simply put, if I was emotionally able to make the call, I wouldn't need the help.

A number of months after Herb passed away I met a wonderful grief counselor who reminded me that grief needs to be shared. And I realized that many people, including some of my closest friends and family, didn't know that. So I thought it was important to write an article about my experiences, hoping that I could in some way help others when they experienced such a loss. My husband had many medical issues for the last ten years of his life, so some people said: “At least you were prepared for his death.” In terms of insensitivity that hits the top of the bar. I spent ten years as his primary caregiver whose purpose was to keep him alive. And I realized after he passed away that I had never once thought of what I would do without him. So I was definitely not prepared for his death. And even for those that might have been prepared, it does not mean that the grief is any less overwhelming.

Being alone after spending 30 years with someone is a huge adjustment. Some of you who experience this in the future will be lucky enough to have

children to support you. Herb and I did not have any children, but I am forever grateful for the unwavering support of my immediate family and best friend since Herb's death. But there are many of you that will be suddenly alone, thinking that you will have support from friends and extended family. It may come as a rude awakening to find that very few of these people stick around during the tough times. On a positive note, you will find support from the least likely places. The people that I worked with for 30 years sent flowers, (which was lovely) and then I didn't hear from them again. But cousins and friends from my childhood that I had lost touch with got in contact and kept calling. One friend in particular, who lives out of town and has a very busy life, contacted me once a week for a year just to make sure I was OK.

So when you are faced with the situation of a friend or family member whose loved one passes away, my message is clear – don't stop reaching out with phone calls, visits, or text messages. Or, it's always a great idea to drop off food! Everyone experiences grief in their own way, but it doesn't end after the funeral – it's ongoing. So continuing to reach out is really all you need to do – you don't need to have any answers, you just need to listen. ■

Advertising Feature

Navigating the Holidays

- Alzheimer Society of Manitoba

The holidays can be a challenging time of year, filled with feelings of joy and sadness and often causing mixed emotions for families living with dementia. While typically a time for celebrations, traditions and gatherings, the holidays can also be a time when families may experience a sense of loss for the way things once were.

Changes in ability do not alter a person living with dementia's importance in the family or their need to be included. By considering new ways of thinking about the holidays and modifying traditions, families can find meaningful ways to celebrate and create new memories while accepting the range of feelings and emotions that may arise.

Here are some things to consider when navigating the holidays, with special advice from Emily Kinnaird, Education Coordinator at the Alzheimer Society.

Place and setting

- Choose familiar places for your gatherings to help avoid confusion
- Reduce external stimulation as much as possible (turn down the TV or music to make sure the volume isn't overwhelming)
- Turn blinking lights to a still mode or off completely
- Celebrate only the occasions and traditions that are most important to your family

"Changes in a physical space, like the addition of a Christmas tree and decorations, can be disorientating for someone living with dementia," says Emily. "It's important to adjust your space as needed."



Timing and scale of event

- Plan your gathering in the morning or afternoon if the person living with dementia typically goes to bed early
- Keep celebrations short. For longer gatherings, consider only attending the most meaningful part
- Plan for smaller, more personal interactions rather than large gatherings to minimize stress and feelings of being overwhelmed
- Establish a quiet area at your gathering where the person living with dementia can retreat and have someone keep them company when needed
- Plan festivities on a day and at a time that best suits the person or people living with dementia

Emily says the best way to include someone living with dementia in festive plans is to prioritize their needs.

Participation

- Do calming activities with the person living with dementia to help reduce overstimulation. Baking, looking through old photos or wrapping gifts are a few activities you can try
- Involve the person with dementia in preparations and decision-making, especially with tasks they can still do or enjoy
- Bring gifts and items that have meaning to the person living with dementia
- Take your time and don't rush through activities or visits
- Be open to talking about past events and memories of similar occasions that the person living with dementia may remember

"When my family got together for the holidays, we would try to focus on the needs of our family members living with dementia and the time we spent together," Emily says. "We'd live in the moment and meet them where they were at."

To learn more about best practices when visiting someone living with dementia over the holidays, visit our website at Alzheimer.mb.ca.

If you're struggling this holiday season, remember you are not alone. The Alzheimer Society is here to help. For more information or support, connect with us by calling **204-943-6622** (Winnipeg) or **1-800-378-6699** (toll free in Manitoba), or visiting our website at Alzheimer.mb.ca. ■

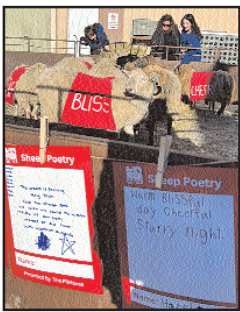
Eight sheep create eighty poems, cont'd from front page

been farming for multiple generations with cattle; however, I started with sheep about six years ago. I chose to participate in this event out of pure curiosity, I had never heard about sheep poetry; and I knew I had to see what it was about. This is a totally new ballpark for me," said Lindal.

Holiday Alley co-founder Shirley Muir said that the festival is always looking for avenues to help people connect with their creative side and share their culture.

"We know if we stopped a few hundred people on the street and asked them to write poems they would be a bit 'sheepish'. But when eight adorable sheep are leading the way, how can you say no. All-in-all it was not a 'baaaaad' idea," said Muir.

Holiday Alley is in its 6th season and is a Red River North Tourism project that brings art, light, sound, culture and creativity to support the revitalization of downtown Selkirk.



Jason, Victoria, Heather, Tommy, 🐾 Harper & Reagan

 *Merry
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& Happy Holidays*

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Marshall Quelch: the All-Around Athlete

By Scott Taylor, Photos courtesy Marshall Quelch



Marshall Quelch just might be the greatest all-around Manitoba athlete you've never heard of. In fact, there was a time when this kid from Transcona might have been Manitoba's best.

He was an outstanding judoka, weightlifter and football player and he even took the occasional turn in the boxing ring. And in September, his friends and even some of his opponents on the field, nominated him for induction into Manitoba's Sports Hall of Fame.

Quelch was a star in three different sports between 1958 and 1970. He was a late bloomer although there was a reason for that. Born on March 25, 1937, he was 14 when he first went to the local boxing club and fell in love with the sport. The problem was, the polio epidemic hit and everything suddenly shut down.

"It was no different than the COVID epidemic that we just went through," said Quelch. "One day I was going to the boxing club and the next day it was shut down. Polio was a very scary thing.

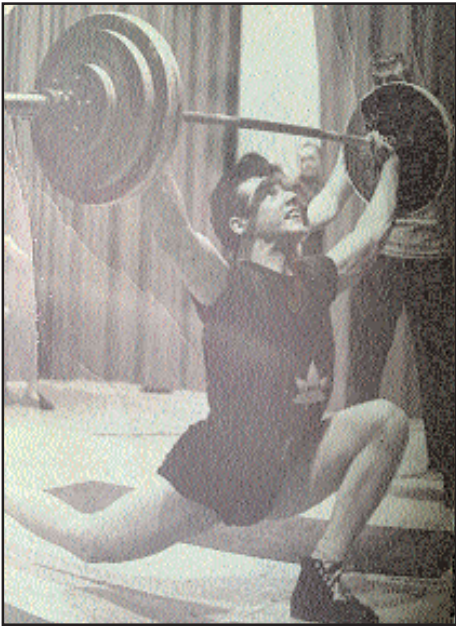
"After things started getting back to normal, I got a job with the railroad and joined a gym and started training with weights and got right into it. In 1957, I would have been 20, I won the Manitoba light-heavyweight Olympic-style lifting competition. I stayed at it and from there, in 1958, I went to the Western Canadian Weightlifting Championships and they were also the trials for the old British Empire Games (now the Commonwealth Games).

"We never had any money and all the guys from work chipped in and sent me and Al Atamanchuk to Vancouver for the Western Canadians. Those guys at the railroad collected all the money by going around to all the shops. They pooled their dimes and dollars and got me to B.C. and I won."

Unfortunately, Quelch might have won the Western Canadians, but Gerry Gratton from Quebec won the Eastern Canadians and his lift was better than Quelch's lift so he earned Canada's one weightlifting spot at the British Empire Games. However, in 1959 Quelch won the Canadian championship and went to the Pan Am Games.

In 1960, Quelch was third in the North American championships in Quebec City. That same year, Quelch missed a spot on the Olympic weightlifting team and that's when the St. James Rams approached him and asked if he'd like to play football.

"I was a middle heavyweight in weightlifting – 198 pounds – and I always had a problem keeping my weight down," he said. "In my best shape, I was 205-210. So, the coach didn't know where to put me. I ran a 4.7 40-yard sprint and my clean & jerk was 385 pounds so I played strong and fast, but they didn't know



Marshall Quelch - weightlifting champion

where to put me. I started at guard and nobody bothered to explain the rules or even the language of the game to me. I'd never played football. I was just a big 22-year-old guy. So, when they said '29-sweep,' I had no idea it was the second back through the nine-hole. I was getting all mixed up.

"Then, one of our defensive ends got hurt in a game and the coaches stuck me there. They said all you do is stop anything coming off tackle and rush the quarterback. Well, I thought, that's pretty good, and I did really well. Guys had a hard time blocking me and I had lots of sacks and lots of tackles. So, that's where I stayed."

He was so good, the Canadian Football League's Winnipeg Blue Bombers invited him to camp. The Bombers success between 1957 and 1965 was due in no small way to the number of local junior players in the lineup. Quelch was as good a junior/senior amateur player as there was in Canada.

"When I went out for the Bombers in 1961, they stuck me at guard," he said. "Then, later, in senior ball, I played two ways all the time. I played offensive guard and defensive end."

In 1963, Quelch had the best year of his football career. That year the Manitoba champion, St. James Rams, played in the national final against the Ontario champions, the London Lords. The championship game was in London and in the closest game of their entire play-off run, the Rams beat the Lords 16-14 to capture the 1963 Canadian Senior championship. There was a parade for the team when it returned home and while Mike Wasylkiw was voted the league's Most Valuable Player and Buddy Tinsley the Coach of the Year, Marshall Quelch was named to both the offensive and defensive All-Star teams. It was an unprecedented accomplishment

"I actually ended up doing that three times, in 1963, 64 and 65," he said. "That's when I was into judo at the same time. After football practice, I would go to the judo club. My last year of football was the end of the 1965 season. But I had taken judo seriously since 1962. By 1965, I was



Marshall the judoka

full-time into judo. I got my black belt in 1968 and won the heavyweight division of Prairie Open. But when I competed in the Canadians, I was a light-heavyweight in the 205-pound class."

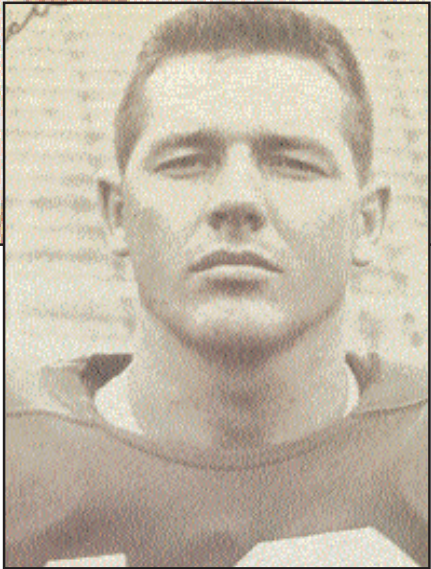
Quelch competed at the national judo championships twice and competed at the Canada Games (1971 in Saskatoon) once. He was regularly a fourth-place finisher at the Canadians. He was Manitoba light-heavyweight judo champion every year from 1968-70 and in 1972, he represented the country at the United States-Canada Team Matches.

Meanwhile, in 1967, he returned to football, becoming the assistant coach at Churchill High School working for Manitoba Football Hall of Fame coach John Puchniak.

"It's funny, John played for the St. Vital Bulldogs and I played for the St. James Rams and we always played against each other," Quelch said. "But one day he phoned me and asked me if I'd be interested in being a line coach for him. John was always a student of the game and he said to me, 'I've watched you play a number of times and you always did things right. I want my linemen to play the same way.'

From 1967-69, he coached three years at Churchill and then in 1970, he coached the defensive line at the University of Manitoba (1970, 1971 and 1972), then a year with the Rods (1973) and a defensive line guest coaching job with the Ottawa Rough Riders.

"That was a great experience," he said. "Working with Bob O'Billovich. After that I coached four years with the St. Vital Mustangs (1974, 1975, 1976 and 1977)."



Marshall at Blue Bomber camp

That ended his career as a coach. He had become interested in all the outdoor activities, from bow-hunting, to snow-shoeing, to hiking to horse-back riding. He decided to leave the city and head out to the bush. Now 85, he's still an active outdoorsman today.

"In 1977, I packed it in and moved up to Riding Mountain to become a cowboy," he said with a laugh. "I tried breaking horses and have the bruises to show for it. I met some really good horsemen up here. One fella is still a close friend. We hunt together, I've guided him through Yukon and Northern Manitoba.

"I've fallen in love with guiding. I have a pretty good reputation up north as a guide. I don't do it as a business anymore, I mean, I'm 85, but I still have some young guys come to me and I'll take them north to go Moose hunting. I still have my voice and I'm still a good Moose caller. I know everything a Moose does. It's still a lot of fun. I love to eat it, too. Nothing better than Moose or Bear. You won't find anything better than a marinated Bear striploin.

"So, I love it up here. It's always a challenge, but it's been my life for 45-plus years. I really love it." ■



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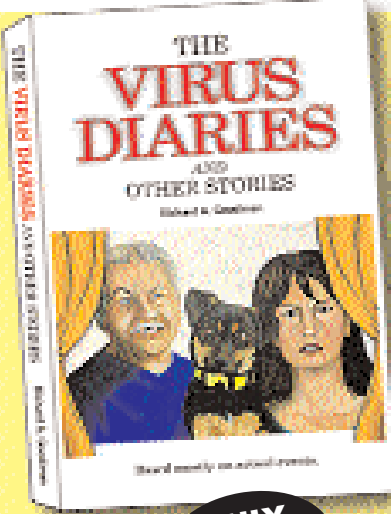
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Some excerpts of *The Virus Diaries and Other Stories*:

STRESS
I'm pretty sure the social distancing this virus has caused is creating some stress in a lot of relationships. Even Bea and I experience a little tension every now and then. But we have found that if you can find something to laugh about your day will brighten up considerably. The other day I went to the local store to get a water refill. I remembered the mask but forgot the gloves. When I came out Bea looked at me and said, "You exposed yourself for a jug of water!"
"No," I replied, "I paid for it just like everybody else."
"She thought that was funny enough to let me back in the van and drive her home."

KAYAKING ON THE ANDAMAN SEA
What they gave us wasn't so much a kayak as a sort of flat plastic ironing board with the legs sawed off...
So you try and recompensate by sticking the other end of the oar, or whatever the heck it is called, in the water while throwing a little body english into it as well. So does your partner. You should be starting to see a pattern evolving here. This technique is called rocking the boat and it should get you out to where the wind can try to drive you into the rocks while the longtails roar around you full of laughing and pointing tourists.

TRAVELLING IN CUBA
Our taxi turned out to be a 4-door Volkswagen hybrid something or other of unknown age. It

had not been new for a very long time and had survived a series of modifications and retrofits. The seatbelts had been removed to save weight. So had all the tread on the tires. Also the inside door handles. I think these had been removed so you would stay seated all the way to the site of the crash and not distract the driver by trying to jump out. The rear view mirrors were gone because this is Cuba and what's behind you doesn't matter any more.

THE COLONOSCOPY
There are some things that are stamped indelibly into your memory. The first time you mash your thumb with a hammer. The first time you nearly drown hunting ducks out of a canoe. The first time you jump out of an airplane. Your first colonoscopy.

One of the things you should know about this procedure is that you can't just show up and get it over with. Too simple, they want you to suffer first. They take away your food for a couple of days and then have you drink 4 litres of an incredibly effective laxative the night before. Suddenly this guy wearing an operating gown and rubber knee boots came in wheeling what looked to be a garden hose rolled up on a cable spool. It had what appeared to be a flashlight duct taped to the free end. I was really hoping he was the janitor.
"Do you want drugs?" he asked me.
"Lots of drugs," I said, fixated on that flashlight/garden hose contraption. "Lots and lots of drugs."
This is not physically possible I thought to myself. Later events would prove me wrong.

Manage the Season of Overeating

- Heart to Home Meals

The holidays are a great time for connecting with family, sharing joy, and enjoying some of the beauty of winter. What we need to be mindful of, is the plentiful, heavy food we eat around this time of year. It's not just the family feasts either – between advent calendars and Christmas cookies, snacking on sweets can contribute to overeating as well.
Especially as we get older, overeating can take its toll on our bodies, even if it's just around the holidays. Unwanted weight gain, spikes in blood sugar, and improper nutrition are all possibilities. While the occasional indulgence around the holidays is just fine (go ahead and enjoy that eggnog), being mindful about what we eat can make us happier and healthier.
Here's three tips on how to watch what you eat:

Eat more slowly

When the table is packed with festive food, and conversation can distract you, it's easy to eat quickly and without being mindful of what's going into your mouth. When this happens, we can easily devour our meal, knowing second helpings are coming right behind them.
When we eat quickly, however, sometimes our bodies don't get a chance to let us know they feel "full." There's generally a delay between when you feel satiated, and overfull. During that time, it's easy to continue eating, even if that will lead to discomfort later. By taking time to eat slowly, we give our bodies a chance to catch up.
Be mindful about alcohol
It's easy to indulge in a few drinks over the holidays. And in moderation, alcohol is often a fine accompaniment to food. That said, being mindful of what we drink is a key part in not overeating. While scientists aren't precisely sure why, alcohol consumption is frequently associated with overeating. Making sure you don't overindulge with alcohol will prevent overindulgence with food, too.
And, while a bottle of beer doesn't seem like much, alcohol is full of

empty calories that can contribute to weight gain. When you consider your consumption, think about a drink the same way you would a snack, and make sure your portions reflect that.
Drink plenty of water
Water is truly the greatest beverage – it keeps us hydrated and healthy without adding a single calorie to our diets. Water has the added benefit of filling up our stomachs so that we're less inclined to fill up on food. Keeping a glass of water handy throughout your holiday activities is a good idea.
Another reason to consider drinking water regularly is that often our bodies misinterpret thirst for hunger. The sensors in our body can send very similar signals for both hunger and thirst,



and when we're surrounded by holiday goodies, it can be all too easy to reach for a treat before a sip of water. But try

having a drink instead and see how you feel!
While overeating can be all too common this time of year, there are steps you can take to manage it properly. Try eating more slowly, minding your alcohol consumption, and drinking lots of water, and you'll be able to enjoy the season.
And don't forget, with Heart to Home Meals, you can enjoy food that has been selected not only because it's delicious, but also because it has been properly portioned and selected for its nutritional value. Get in touch today and find out how we can help with your meals this holiday season.
We wish you the best over the Holidays as you celebrate the season with Friends and loved ones. ■

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IN TUNE WITH OUR COMMUNITY

~ December 2022 ~

Celebrating the Season of Giving... Back

HARVEST nourishing our communities

CJNU's Host Sponsor for December is Harvest Manitoba—and we are delighted to once again broadcast live from their offices on Winnipeg Avenue.

Each month, Harvest supplies food to nearly 90,000 Manitobans. Almost half are children. This past year, Harvest has seen the need for food assistance in our communities rise to new heights due to soaring food prices.

In September of this year, we saw an 11.4 percent inflation rate — a level not seen for 30 years. Inflation creates additional hardships for low-wage earners, seniors on a fixed income, and those facing disability and other health challenges.

Harvest's clients have revealed how inflation is impacting them. One shared, "I used to use the food bank a lot when I was younger, and then I stopped because I found cheaper housing and had some extra money, but I started again in April of 2022 because of the

high prices of everything and not having enough money for our basic needs."

Grocery budgets simply do not stretch as far as they did a year ago, and rising prices for other goods has created even more financial stress for households.

With lower incomes staying much the same and costs continuing to rise, demand for food in Winnipeg and communities around Manitoba has never been greater than it is today. Harvest expects demand to increase during the holiday season. Unfortunately, hunger doesn't take a holiday.

Harvest now distributes 15,000 hampers a month to its clients. Whether it's helping families in need keep food on the table or lighting up the Harvest community with hope for the future, Harvest Manitoba has their hands full over the holiday season.

"It's not just about hampers — it's about hope," said Vince Barletta, Harvest Manitoba's President & CEO. "It takes a community to feed a community. Your gift helps to support thousands of Manitobans who depend on Harvest Manitoba."

For more information on Harvest Manitoba, its programs, or to donate, visit harvestmanitoba.ca, email info@harvestmanitoba.ca or call 204-982-3663.

What Is Christmas?

Normally, Christmas would be a difficult thing to define. But since we are a musically based organization, I refer you to a song released by Percy Faith and his Orchestra in 1966, titled *Christmas Is...*

Sleigh bells: This conjures up the image of a horse-drawn sleigh, bells-a-ringing, taking us all to Grandma's to celebrate the season with family (as so often illustrated by Currier and Ives).

Sharing: It's a time of year not only for giving gifts to family, friends and the little ones in our lives, but also for remembering those less fortunate who, at this time, may be cold, hungry and alone — much like the shepherds in the story outcast by society. That's why it's our "Season of Giving Back".

Holly: This is another reminder of the traditions of Christmas.

Caring: Sharing is a big part of caring — so, if you know someone who's alone this festive season, set an extra chair around your table and share your joy and happiness.

As we celebrate the season with our friends and family, let me take this opportunity to thank each and every one of our volunteers for the time you share so graciously with CJNU. Without this generous spirit, we could not exist.

A huge thank-you to those who contribute financially, or through membership, for our Annual Pledge Drive. You keep us alive and give us the capacity to improve our service for our listeners.

Lastly, on behalf of our CJNU family, I wish you all a peaceful and joy-filled holiday season and above all, a healthy and happy 2023. As my Irish ancestors might toast:

"May your best day in 2022 be your worst day in 2023."

Lorne Keams—CJNU Board Chair



The station continues to serve its core audience of seniors and boomers, but also targets the wider community, the closely related non-profit, charitable and small business sectors. And, as the 17th year dawns, it looks forward to a substantial increase in power next year.

Not innocent anymore, but slowly and steadily contributing to the growth and vitality of Winnipeg.

Bill Stewart—CJNU Manager and Chief Operating Officer (Ret'd)

Our December Community Partners



Happy Birthday, Sweet 16!

For a lot longer than my lifetime (and that's long enough), songs about Sweet Sixteen have implied youth and innocence — just at the threshold of adulthood.

CJNU is Sixteen this December 2. There was innocence if not downright naivety when we started out in 2006, even as we followed in impressive footsteps going back 27 years.

In 1995, a group of radio "veterans" went on air for two weeks with a low-power FM station remembering Canada's veterans. It was a hit with radio's most loyal listeners, seniors, who heard their favourite tunes and radio voices. The special broadcast was repeated many times as CKVN, then as full-time station CHNR. A big success with the audience but unable to generate sufficient revenue, the dream seemingly ended. A similar AM station failed after a few weeks in 2005.

Then, in 2006, Garry Robertson brought together 22 radio enthusiasts who founded a non-profit community co-op: Nostalgia Broadcasting - CJNU. I was its first president; then, until its 10th anniversary, the general manager. It was successful in spite of low power, operating month-to-month with days "off air" in between, and the constant threat of losing its spot on the dial. Finally, a full-time licence was received for "a community station that would target the generally under-served senior citizen community". In September 2013, CJNU increased power and moved to 93.7FM, broadcasting continuously. It was a first for Winnipeg — a station truly owned and operated by the community.

Among its community supporters, The Winnipeg Foundation has worked with CJNU from the beginning, providing new office/studio spaces in the Richardson Building at the very centre of the city in 2014.

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

New Horizons Band - Where Adults Learn to Play - An Invitation to Join

By Lois Ward



Some of the New Horizons Band members/groups practicing.

Have you ever dreamed of making the big sound that comes with a full Concert Band? Did you play in band in High School and ever thought of picking up that instrument again? Or, have you never played an instrument but always thought it would be fun to play Hedwig's Song from Harry Potter, or the Imperial March from Star Wars to your children or grandchildren?

The **Winnipeg New Horizons Band** could just give you that opportunity!

This is an adult learning band made up of wind instruments and percussion. There are three levels - Beginners, Junior and Intermediate - each led by a professional music educator who teaches and guides with patience and often with a good dose of humour. Even if you have never played, nor can read a note of music, our directors will meet you at exactly where you are at, and soon, you may surprise yourself with what you are able to accomplish! There are even a few different instruments that you can rent at low rate to trial your experience.

But more than that, the New Horizons Band is a community of adults of all ages, from all walks of life, brought together by a love for making music. It's a friendly, supportive and fun place to be.

Have we piqued your interest? Come check us out. We practice at Fort Garry United Church at 800 Point Road (Wpg), Saturday mornings, 9-11. Check out our website for more information at <https://www.wpgnewhorizonsband.com> and give it a try! ■

Siloam Mission - Breakfast

By Senaka Samarasinghe



Siloam Mission breakfast volunteering date was allocated for Sri Lankan Seniors Manitoba (SLSM) on Nov. 22nd (TUE) 2022. Our first slot was on Sept 6th (TUE) 2022 and this was the second day. SLSM volunteers were at Siloam Mission at 8.00 am to serve breakfast. We started at about 8.30 am. Within one and a half hours we managed to serve 550 people. SLSM raised funds among our members to sponsor for a breakfast. Due to high interest of our members, they managed to collect funds to sponsor two openings for this pleasing event.



Sri Lankan Seniors Manitoba - Yoga Practice

By Senaka Samarasinghe



Wynn Ferguson was the yoga instructor at Whyte Ridge Community Centre from 1 pm to 2 pm, Nov. 18th (FRI) 2022 and this was Sri Lankan Seniors Manitoba (SLSM) monthly get together to attend for healthy living practices. Wynn is conducting yoga sessions for South Side Community Fitness and Fellowship (SSCF&F).

SSCF&F is a senior organization affiliated with Trinity United Church (TUC) in Winnipeg. This was functioning at TUC for more than three decades. After completing yoga all participants attended Charismas Carol song practices. As Wynn is a music teacher, she helped us to conduct song practices.



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RETIREMENT COMMUNITY

John Robertson, a Canadian Legend

By Myles Shane



FRED SHANE'S
WORLD OF
WINNIPEG

Myles Shane

I must have been five or six years old at the time. The year was 1978. A camera crew was following my family around our Brady Bunch 1970's inspired house. My dad, Fred Shane and his good buddy Morley Jacobs were in the midst of training for the Boston Marathon to raise money for one of Winnipeg's Jewish schools. The host and narrator of the documentary was none other than Canadian sports legendary journalist/broadcaster John Robertson.

Throughout the documentary my dad and Morley can be seen training at the YMHA, running at Kildonan Park and spending time with their families. Eventually John and his crew followed Dad*and Morley to Boston where they ran the 26.2 mile journey and received a plate of beef stew at the end of the race, which is still a tradition in Boston.

Robertson was blown away by how my father and Morley trained for the marathon. He was in awe of their transformation from neophyte runners into actual marathoners.

Robertson was so inspired by my dad that he trained and ran next year's Boston Marathon. With water on his knee his doctor instructed him not to run — John finished Boston in a little under 5 hours. His daughter, Patricia Robertson, who works as an independent journalist in Saskatchewan, recalls, "Other runners said they could hear his knee swishing around."

A few months later, Robertson reported on a story for the Winnipeg CBC local news about a disastrous fire at the Portage Developmental Centre in Portage la Prairie that killed 11 residents. His CBC Winnipeg documentary film crew depicted the deplorable institutional conditions that mentally handicapped Manitobans were living in. The story shook Robertson to his core. He never wanted to ever cover that type of horror again and thus he devised a plan to create the **Manitoba Marathon** to raise money for the mentally handicapped. The Boston Marathon had changed the trajectory of his life.

A once stereotypical sports reporter who liked to keep a tab at the local bar had become a running enthusiast, so much that he figured if Boston could have its marathon, why not Winnipeg as well? Robertson saw the opportunities of the two ideas melding together — a marathon where every runner would raise pledges to support the funding of bricks and mortar projects that would bring fellow mentally handicap Manitobans back into communities all across the province.

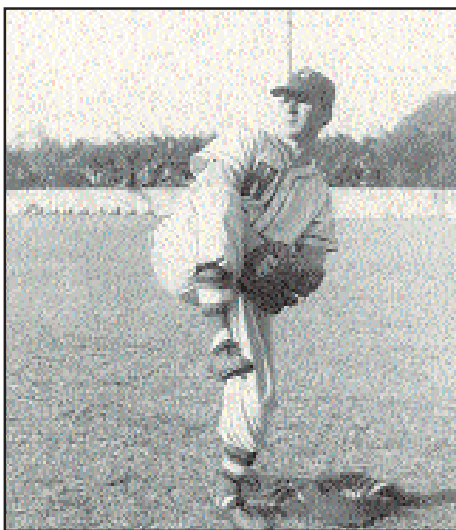
1979 saw the fruit of his dreams come to fruition, as the first Manitoba Marathon became a reality. The first Manitoba Marathon had 4,500 enthusiastic souls.

Robertson, who had raised thousands of dollars in pledge money, had one slight problem: he couldn't run the race. On marathon day he was still nursing a knee injury. If he didn't run the marathon, he wouldn't receive his pledges.

Patricia has many memories of the first Manitoba marathon, "My brother Tim stepped up to save the day. Dad had amassed many, many pledges. Someone needed to run the race so Tim volunteered and heroically finished the marathon. He hadn't trained for it but was in excellent shape thanks to his hockey regime."

WHERE THE STREETS HAVE NO NAME

At 16, John Robertson was a sensational pitcher for the St. Boniface



John Robertson - St. Boniface Native Sons, left-handed pitcher - Early 1950s

baseball team. In fact, he was so good he tried out for the Washington Senators professional team. Even though they saw potential, he was cut.

A year later, John's mother passed away of a heart attack leaving John devastated. Patricia said, "My grandfather, Peter Robertson, remained in the family home in Winnipeg on Jessie Avenue and remarried soon after to Josephine, Dad's stepmother. At 17 Dad was ousted by the newlyweds."

Subsequently, Robertson slept on the streets [was temporarily homeless]. He stayed briefly at his elder sisters' homes, at the YMCA, on friends' couches and anywhere he could stay warm during the long harsh long Prairie winter. At around the same time, Robertson was kicked out of the private school St. Paul's Collegiate.

Patricia reveals, "My dad was in grade eleven three times. He was advanced intellectually but lacked maturity and focus. The priest thought he was wasting his time and my grandmother's money. Margaret Robertson did laundry for the priests to offset Dad's tuition at St. Paul's. After Dad retired from sportswriting, he was given an honorary degree from St. Paul's for his accomplishments and contributions to his community."

Without a high school degree and nowhere to live, the future seemed extremely bleak for Robertson.

According to Patricia, the first time her parents met, Betty Robertson nee Brough (her mom) was out walking with a friend. "Dad popped out of a manhole cover. (I think he was working for the City of Winnipeg.) He asked her out on the spot." Betty and John had an instant chemistry and luckily Betty's parents allowed him to sleep in the garage.

During that time, John managed to find a job selling shoes at the Hudson's Bay downtown. Patricia points out, "I found applications for jobs like police officers after he passed away." but John's passion was still baseball. He started coaching Little League and would always call the Winnipeg Free Press and report the box scores of the minor league games. The *Free Press* was so taken by his commitment and passion for the sport, they made him a copy boy.

Patricia recalls, "Dad earned \$50 a week as a copy boy. The newly married couple lived off of Betty's legal secretary earnings. One bi-weekly paycheque covered their rent and the other made the car payment. Money was tight but Betty believed in John. She was his biggest supporter from day one. They were 20 and 21 when they married. Just kids. That union lasted 58 years. They made a great team. Betty was a pragmatist and John was a dreamer who pushed her along to new locales and adventures."

THE LEADER POST

In the 1960's, John took a job as a journalist in Saskatchewan. Patricia reminisces, "He loved his time at the



John & Betty's wedding day, Sept. 1955.

Leader Post working under Tom Melville who was a tremendous newspaperman and mentor to John. It was while covering the Riders that he fell in love with the team and their fans. So when the team was in trouble in 1979, Dad travelled back and forth from Winnipeg to help sell tickets at his own expense."

Riders coach Ronnie Lancaster and John were flown around the province in a small plane [by the former Rider offensive linesman, Ted Urness]. Their lofty goal was to drum up ticket sales for the final game of the 1979 season. For the last match Taylor Field was filled to capacity thanks to the efforts of Lancaster, Urness and Robertson. These men were critical in saving the football team from certain extinction.

DEATH THREATS

From 1968 to 1972 John became the beat writer for the Montreal Expos. Afterwards he went on to host two open line radio shows in Montreal where he managed to piss off the entire country by predicting Russia would win two of four games in Canada during the Summit Series.

Martin Levin, a fellow Winnipegger wrote an article in the *Globe & Mail* about Robertson enraging the country, "Before the culture-defining 1972 hockey Summit Series — widely expected to be a rout by the Canadian squad — Mr. Robertson, writing in the now-defunct *Montreal Star*, and never shy in expressing contrarian views, predicted that the Soviets would win two of the four games in Canada, and all four in Moscow. Most in the media scoffed, said he was trying to sell newspapers, or that he should be writing for *Pravda*, the state-controlled Russian paper. A week after Paul Henderson's historic series-winning goal, which made Mr. Robertson as happy as the rest of the country, the writer kept his promise. In a Montreal restaurant, he ate what might be called a crow salad, containing his shredded column. In a 2006 interview with the *Winnipeg Sun*, he admitted he had made his prediction, in part, to ruffle feathers. "I had to eat this bloody column slathered in ink and Russian dressing, and it felt like a bowling ball down there," he said. "As I ate it, I said to myself, 'John, some day you'll learn to keep your mouth shut.'"

Levine went on to describe other highlights from John's illustrious career. "When he opposed Quebec's language laws in 1974 he was an extremely vocal and very public opponent of Premier Robert Bourassa's Bill 22- the Official Language Act. His opposition towards the bill earned John death threats. They were so serious, Patricia said, that, "at 13 or 14, I needed a bodyguard to go to school."

In 1977, the family returned to Winnipeg, where John was offered a position hosting the local news show *24 Hours*. Patricia recalls, "It was a good move for the whole family since Winnipeg was home for both my parents. Tim and I had been mostly raised



Rider Pride Breakfast - Regina - October 28, 1979

away from Winnipeg as Dad pursued his journalism career. We had the rare opportunity to get to know our parents' home community and our maternal grandparents. The move West brought so many fine people into our lives — among them your father, Fred Shane."

COVERING THE JAYS

In 1981, John suffered a bad stroke and Doug Creighton called and said he had a job for him at *The Toronto Sun* when he recovered. Patricia attended York University in Toronto at the time, "After five happy years in Winnipeg, the Robertson family moved east to Toronto in 1982. Dad was a popular sports columnist at *The Toronto Sun* for four years. He then moved on to the *Toronto Star* until he retired in 1989. Mum and Dad were in Toronto for eight years before they retired to Winnipeg Beach for many happy years together."

Bob Elliot, a fellow columnist, quoted John (his friends called him Robbie) in an obituary he penned for the *Toronto Sun*,

"I was so excited when the car purred within a block of Grant Field in Dunedin, I cranked down the window, took a double-barrelled sniff of the intoxicating aroma of freshly mown grass, and gave in to the irresistible urge to peel off my shoes, run barefoot through the velvety beads of shimmering dew, and do a Moseby into second base."

John Robertson wrote that upon arriving in Dunedin one spring, Robbie didn't merely write for these sports pages. No, he poured out his heart, through his fingers onto the keys of the Tandy 100, and later the fancy new Tandy 200 laptop machines which may now be in the Smithsonian. Robbie was more popular than many of the those on the maturing Blue Jays he covered when *Toronto Sun* publisher Doug Creighton hired him for the 1982 season. Robbie's writing was spectacular, sensational, flamboyant, competitive and passionate. Coming to Toronto I learned two things. Don't cross George Bell or turn down a dinner invite from Robbie. Dining with Robbie was like being invited to dine with Frank Orr: Writing royalty." Patricia still has her Dad's portable, manual Swedish typewriter. "The one he used to pound out game stories for the Montreal Expos. As a child, I nodded off to sleep to the sound of Dad typing to deadline in our West Island split-level rancher."

DR. SHANE

In October 1981, John ran for an MLA position under the Conservative Party banner. After he lost the election, by a respectable margin, he suffered a massive stroke. He was only 47. "Dad had quit his lucrative CBC job so he was unemployed and ill. The stress of the election loss contributed to the stroke. Since we were very close, I also became depressed and

Continued on page 11

The Pros Know 55+ Active Living & Resource EXPOS



Visit prosknowexpos.ca for 2023 dates, locations & On-Line Resources for Seniors!

Thank You Winnipeg for your Support!



Well that was Fun!... Here we are, another December, another year come and gone. All the wonderful drama that made 2022 memorable and for a lot of not so good reasons I guess. But what we can say around here, is there were indeed plenty of great and wonderful moments. This year at managed to see Six Expos around the city. In no small part because of the dedication and commitment from our caring community-minded Exhibitors and Partners.

These amazing people once again showed us what it takes to be there for their families, friends, neighbours and yes Veronica, strangers. With all the uncertainty to start the year off and along the way, these folks kept showing up to help us find our way, heal and even try to thrive when so much around us was in total disarray. To you, we say 'Thank You'! To you our public, give yourself a huge pat on the back, YOU showed up. If you want to know, we were scared too. The unknown can do that to one. But like the rest of us, you got up, went out and met with us to see how we might help you do better and live better. We all can never thank you enough because we did it for all of YOU and you came! This Christmas and Holiday Season still sees our world in such hurt. We need to take a moment to reflect, be grateful and then figure out how we all can make 2023 the turn-around year. We need to pick it up a few more notches... Yup!

If we've learned anything in 2022, it's that the human spirit can rise, stand up straight and lend a hand to our fellow humans and Mother Earth. It's totally doable and all of us can participate. In 2023, we're doing EIGHT, yes eight Expos across the city. Four in the Spring and four in the Fall. Why? Well because the need to be there for each other is greater than ever. We're getting results and if you must know what, ask the 1,000+ folks who participated in 2022. They can tell you that we all make the difference together, showing up does that. January 1st we'll have our tentative dates and locations listed on-line for you to plan your show visits. On-line you'll continue to find great resources available in the now and in between shows. For your information www.prosknowexpos.ca is our website. For now, Merry Christmas, Happy Holidays and thanks everyone for your continued love & support! We love you! Rick & Trish!

Merry Christmas & Happy Holidays!



John Robertson, cont'd from page 10



L-R: John Robertson, nephew Ken Robertson, Nick Lees and Ivan Berkowitz (Manitoba Marathon, 1996)

could not concentrate on my studies at the University of Manitoba.

My parents said: "Why don't you go and see Dr. Fred Shane?" We only had one appointment but it changed my life. He advised me to take up running to boost my mood and it worked. Your dad also gave me some great advice: "Your father will always be in your heart." I felt reassured and I'll never forget his compassion and wisdom. I still run to this day and it's helped me out of many tight spots. I'll always be grateful for his running prescription. It was a game-changer," says Patricia.

At the age of 79, living at Winnipeg Beach with his life-long sweetheart, Betty, John passed away. If there was ever a man to beat the odds that were beyond stacked against him it was clearly John Robertson. Maybe he never accomplished his boyhood dream of playing pro baseball but he became the next best thing, a baseball journalist and broadcaster.

Robertson was the voice of the *Winnipeg Free Press*, The *Winnipeg*

Sun, The *Winnipeg Tribune*, CBC 24 Hours, The *Toronto Star*, The *Toronto Sun*, The *Toronto Telegram*, The *Regina Leader Post*, and CFCJ & CJAD radio in Montreal. During his life John wrote four books: *High Times with Stewart MacPherson*, *Those Amazing Jays*, *OK OK Blue Jays*, and *Rusty Staub of the expos*. Today, John Robertson is a distinguished member of the Manitoba Baseball Hall of Fame.

Throughout his storied career Robertson won many awards including, a **National Newspaper Award** for Sportswriting in 1973 for his coverage of the selling of the television rights to the 1976 Olympic Games in Montreal. (This award is the HIGHEST achievement any print journalist can win in Canada) Robertson was also nominated for two Gordon Sinclair ACTRA awards for integrity in broadcasting for his work with Winnipeg's CBC-TV. He also has trees planted in his name in the Martyred Forest in Israel for his humanitarian work in Montreal. The B'nai Brith made him their Man of the Year



L-R: Patricia, John and Betty, at the Fort Garry Hotel. John and Betty are being honoured for the work they do with ACL.



Manitoba Marathon Weekend. Robertson family - L-R: Betty, John, daughter Patricia and son Timothy

and that's how they reward their favourite people — with trees.

Perhaps my greatest memory of John was when he was a guest of my public access television show, "Kids Talk Sports." I was probably 12 at the time and couldn't believe I was interviewing a journalist who had covered my favourite teams and players. Robertson was so funny, entertaining and off the cuff, he was part of my

inspiration to choose writing as career.

John Robertson's daughter, Patricia, summed up her father's life, "Dad lived life in high gear. He brought his energy, passion and enthusiasm to every endeavour: work, volunteering, parenting and marriage. I'm a grateful member of his motley entourage. It was a pleasure to go along for the ride which was really more of a high speed chase than a leisurely Sunday drive." ■

Things To Do

WINNIPEG

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.

Holiday Events

Anavets Assiniboia Unit # 283 - New Year's Eve tickets available. Call **204-837-6708** for information.

North Kildonan United Church - Blue Christmas service, Dec. 14, 7 pm; Christmas Eve family service, Dec. 24, 4 pm; New Year's Day service, Jan. 1, 10 am, at North Kildonan United, 174 Pentland St. (btw Mclvor & Gilmore) NW Wpg.

The Women's Canadian Club of Wpg - Holiday Luncheon, Dec. 14, 12 noon, RBC Convention Centre. Featuring the Shoestring Players, presenting staged readings "Lord Byron's Love Letter" Tennessee Williams and "Resting Place" by David Campton. Cost \$40 for turkey dinner. Reservations and info: **204-488-8750** or **rochelpin@mymts.net**

Forever Young Club - New Year's Eve Dance, 1155 Wilkes Ave. Classic rock music 50's/60's/70's all evening Live Band + DJ. \$30, includes late lunch & party favours. **204-261-4442**, **fycwpg@gmail.com**

Misc.

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**.

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**.

RURAL MANITOBA

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, 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,

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**

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

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to/from worship services held in the Centre. **204-831-2503** or visit **deerlodge.mb.ca/volunteers/**

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 preschoolers 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: 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: **lkeehler84@gmail.com** or Wayne: **204-792-3932**

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**.

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 January 4th for the January 13/23 issue. Please advise us if your group is open again.

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 (RM of La Broquerie and RM/Town of Ste-Anne) - 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

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**

Programs to help you stay connected and active.

Things To Do

WINNIPEG, Cont'd

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.) - Winter schedule starts Jan. 9, 2023.

Includes Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. Games: Pickleball, Bridge, Bocce, PinPAL's. Community: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. Special Events: **Christmas Tea, Dec. 13.** 11 am-2 pm. 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

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LAND PACKAGES INCLUDE:
World-class 4- and 5-star hotels conveniently located near the major sites / Daily breakfast at the hotel / Enriching city tours and excursions led by knowledgeable local guides / Convenient transfers and portage service between your hotel and river cruise ship / The services of one of our extraordinary Cruise Managers throughout your journey.

SERVICES AVAILABLE

TRANSPORTATION: Attend appointments or shop locally (RM of La Broquerie/RM/Town of Ste-Anne), or in Winnipeg. Max. charge \$0.45/KM.

FRIENDLY VISITING: Volunteers visit or call you one or two hours per week.

MOBILITY EQUIPMENT: Wheelchairs, walkers and canes are available for a small rental fee.

FELLOWSHIP BINS: Bins containing fun activities to do at home. Free of charge.

ELECTROSTATIC FOGGER: Ideal to disinfect venues and available for minimal fee.

Our coordinator can also help you connect to services such as:

- Help with completing forms
- Home and yard maintenance
- Group recreational activities
- Support for family members
- Personal alarm system
- Referrals to other services

SRS Inc. is looking for volunteer assistance in order to support older adults with activities such as transportation, friendly visits, home and yard maintenance, and assistance with events.

for seniors / pour aînés

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Temple Gardens Mineral Spa
MOTORCOACH TOURS

Relax in the warm geothermal mineral waters in Moose Jaw, Sk. Your sore joints & stiff muscles will thank you as you treat your body to the therapeutic waters.

\$499.00
pp dbl occ

February 27-28th
March 1-2nd
May 28-29-30 & 31st

Red - White & Blue Get-A-Ways
www.rwbgetaways.com
1-866-846-3795

LAUGH A LITTLE

I have started investing in stocks - chicken, beef, vegetable - I hope to one day be a bouillonnaire.

Wrinkled was NOT one of the things I wanted to be when I grew up.

SOCRATES: To do is to be.
PLATO: To be is to do.
SCOOBY: Do be do.

A hangover is the wrath of grapes.



Happy Holidays from Victoria Lifeline

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Get December free & pay no activation fee

WORDSEARCH - (EASY) By Myles Mellor

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

About
Acre
Administration
Ages
Aide
Arms
Arts
Asian
Aura
Awkward
Axis
Bran
Brim

Cameras
Caramel
Case
China
City
Close
Cloudy
Contributing
Cord
Corn
Crab
Dent
Events

Feud
Fill
Flaw
Goats
Greetings
Hawks
Inch
Join
King
Lane
Lent
Life

Love
Mast
Medals
Menu
Mere
Mole
News
Nice
Nylon
Once
Other
Overcome

Pest
Plea
Post
Pots
Rare
Rescue
Rift
Sake
Sank
Sour
Steal
Suit

Swore
Test
Tied
Tier
Told
Trash
Unpaid
Wars
Wave
Weak
Whim
Zero

SOLUTION ON PAGE 14

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Optical.

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CROSSWORD - (EASY) By Myles Mellor

ACROSS:
1 Straight
5 Pulverized lava
8 Approx. landing hour, for short
11 Hit the road
12 Honeycomb insect
13 Tokyo token
14 Formal affirmation
15 Invigorating place
16 Finale
17 Pessimist's forecast
19 Saudi, e.g.
21 Increase sharply
23 Aid the chef, in a way
26 Promotions (abbr.)
29 Mass exodus of a sort
31 Real estate
33 Tolstoy title word
35 Mont Blancs
37 One way to travel
39 Police
42 Modern courtroom evidence
44 Team spending limit on player salaries
46 Win
48 Small charge carrier
49 Solitary
50 Domestic
51 Old hand

DOWN:
1 Deuce in hold'em
2 Study a book
3 A law ___ itself
4 Community character
5 Type of braking system
6 Disconnect
7 Get wind of
8 It may be trimmed in a haircut
9 Face card's value in blackjack
10 Connective word
18 Form
20 PC program
22 It makes touchdowns
24 Prohibition ___
25 Golf score
26 Prone
27 Towel off
28 Opera lady
30 Lip-___
32 Legume

52 Meshed fabric
53 Simmer Down
55 Organizes the mail
58 Mouse user's selection
60 Dried fuel
61 Repetitive order, with "the"
62 Plunge
63 Lillehammer's country, abbr.
65 Darling
67 Church seat

SOLUTION ON PAGE 14

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HERITAGE HOUSE
Uniting Health, Heart and Home

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"One of Winnipeg's Best Kept Secrets"

Supportive Housing centrally located in downtown Winnipeg

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- Nutritious meals prepared daily, in-house
- Individually temperature controlled suites
- Emergency pull cords
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- Weekly housekeeping & laundry service
- Limited number of low income subsidies available
- Secured facility
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- Couples welcome!!

One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

100 The Promenade
(behind Portage Place)
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Everyone a Safe,
Joyous *Christmas* &
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