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# Running the Boston Marathon

Lori Warwick (Cosens) grew up on a small family farm near Gunton, Manitoba. She moved to Winnipeg after graduating from Teulon Collegiate in 1975. From there it was on to Vancouver. She is currently residing with her husband in Nanaimo, British Columbia. At 60 years young, Lori is an avid runner, both on the road and on the trails. Her most recent accomplishment was crossing the finish line at the 2018 Boston Marathon.

## When and why did you start running?

I started running in my thirties, just after I moved to Vancouver. My motivation at the time was to get into shape for hiking. Some of these hikes could be strenuous, so I needed to do something during the week to improve my fitness. That's when I started running. I still remember when I ran my first 10k! Over the years, marriage and family brought lots of changes, but running has remained a constant.

## When did you run your first marathon?

I ran my first marathon in Vancouver in 1996 at the age of 39. I'm not sure what possessed me to do it. I suppose I

needed to give myself a new challenge, but at the end of the day, I think the biggest motivator was being able to say that I ran a marathon. It is a pretty amazing feeling when you cross the finish line for the first time.

I didn't run my second marathon until 2010 at the age of 53. By this time, we had moved to Nanaimo and life was a little less hectic, so I had more time to train. This was also the first time I signed up for a training clinic, which I did through the Running Room. The clinic introduced me to the world of speed workouts and hill repeats. I have since met a lot of people and made lasting friendships through the Running Room clinics and drop-in group runs.

## How many marathons have you done?

I have done a total of seven marathons, including Vancouver, Victoria (three times), Manitoba, Eugene, and Boston. I hope to do many more!

## How did you qualify for Boston?

Once I decided I wanted to try for Boston, it took three marathons for me to achieve a time fast enough to get in. A lot



Lori Warwick, former Manitoban, just completed the 2018 Boston Marathon.

of people don't realize that to get accepted into the Boston Marathon, you have to be faster than the qualifying standard put forward by the Boston Athletic Association. This is because the race

Continued on page 2

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## Running the Boston Marathon, *cont'd from front page*

organizers set a limit on the number of race participants. Since more people usually qualify than will be accepted, not everyone who qualifies will get in. To keep things fair, applicants are accepted based on fastest times first.

My first attempt was the 2014 Manitoba Marathon, which turned out to be a really tough race for me. It was a good test of strength, but I didn't get my qualifying time. My second attempt was in Eugene, Oregon, where I qualified, but my time wasn't fast enough to make the cut-off. Victoria in 2016 was the

“My time of 4:08:48 would be enough for me to gain entry into the 2018 Boston Marathon in the 60-64 age division.”

charm. My time of 4:08:48 would be enough for me to gain entry into the 2018 Boston Marathon in the 60-64 age division. Aside from the commitment and hard work, it really helped to have friends and family who supported me along the way. Now I look forward to supporting others.

### What was the Boston experience like?

In some ways I saw it as the end of my journey, the culmination of years of training coming down to one final day. But what a journey it was!

The big news this year was the weather. We would be in for a cold, wet, and windy day. This was just one more challenge, thrown out there to test the runner's strength and courage. It would become part of my story.

The race always starts in Hopkinton, Massachusetts. Runners are bussed out to Hopkinton, where they make their way through a series of towns, and into downtown Boston. Waiting at the start was tough because it was cold and wet, even snowing a bit, so when my time came I was happy to get moving. Cheers from spectators along the way raised my spirit, and I've decided that low living people, especially children, makes you run faster. The range of emotion that day was like nothing I have every experienced. This was Boston! As we approached the city, the crowds got



Lori heading for the finish line at the 2018 Boston Marathon.

larger. This is the point in the race, when you are nearing the home stretch. The runner has to dig down and focus.

When the finish line came into view, I knew my husband would be somewhere among the drenched spectators. Knowing he was there gave me strength, and I could feel the presence of all the people who had supported me on my journey. Crossing that finish brought on an overwhelming feeling of joy and complete exhaustion. But I did it, with a time of 4:06:51, which was a personal best by almost two minutes. No wonder I was tired! Boston was unlike anything I had ever done before. For a brief moment, we were no longer just runners, we were celebrated athletes.

### How did you do it?

It took a lot of patience, commitment, and hard work. There are no short cuts. Staying in a positive place, mentally, and pushing aside the feelings of fatigue and discomfort are also key to succeeding in any marathon. Maybe there is a special strength in people who are raised on the prairies.

### What did you do to train for the marathon?

I'm not going to lie. Marathon training is hard. Training for Boston was the hardest by far, not because the race was any harder, but because I wanted to challenge



Lori hiking in B.C.

myself to get faster. I ran five to six days a week. I also included strength training two or three times a week. If you want to get better, you have to do the work.

Mental training is another component. The runner needs to learn to cope with the discomfort that sets in during the race. This means going out the door in all kinds of weather and pushing through the tough workouts. You also need to give your body time to recover between workouts, so that you can build up and get stronger. This is especially important as we get older, but it applies at any age.

### What are your future plans regarding running?

First and foremost, I am going to have fun, and enjoy a change of "pace." That doesn't mean I'll stop running, but it's nice to switch things up a bit and recharge the batteries. I've started training for a 23 kilometer trail race that takes place on August 23 in Squamish, BC. This is a nice change from running on roads all the time.

I would like to do Boston again someday. My time at this year's Boston was fast enough to secure a spot for 2019, but it's an expensive undertaking. So I will likely stay closer to home for now, with my sights set on the Vancouver marathon in 2019.

Continued on next page



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# I enjoyed being a 'Big Brother' ..and it continues ..

By Roger Currie

I was very blessed in my childhood to have two wonderful loving parents, in a home that seemed right out of "Father Knows Best" or "Leave It To Beaver". As an adult, and now a senior, I have been further blessed to be the father of a most wonderful child. Hard to believe that my darling daughter *Katie*, will soon be 44! How is that possible?

Partly because of these 'blessings' I have always felt a sense of responsibility to give back to those who were not so blessed as I. In the 1990's I became a *Big Brother*, when I was hosting the morning show at CJOB.

In North America, the concept of Big Brothers – to spend time mentoring young boys where there is no adult male in the home – goes back to 1904. A similar program for young girls, Big Sisters, goes back almost as far. In the past 20 years, the two organizations have merged into one in most places, *Big Brothers, Big Sisters*.

When I got involved in Winnipeg in 1992, it was just us guys. 'Mentoring' is a fairly recent term, but whatever word you use it's about friendship. I met my friend Austin in 1992 when he was 9 years old. Until he was almost 16, we regularly spent at least two hours a week together. What impressed me from the start was the close bond he shared with his single mom. Whenever I picked him up, he always gave her a hug and a kiss as he went out the door, and said those magic words "I love you!" As a working journalist for more than 45 years, I can't help thinking how much better any society would be if that simple phrase was heard more often.

So, what did Big Brothers and Little Brothers do back then, and what do they still do? Did I mention



Austin and Roger catching up over a lunch

food? We became very familiar with lots of Winnipeg eateries, mainly of the fast food variety, plus more specialized fun places like *Chuck E Cheese's*. We went to ball games, as well as bowling a few times, and there was a memorable day of fishing on the Red River near Selkirk, thanks to several Manitoba Conservation officers who donated their time.

The Winnipeg organization has gone through a few homes over the years. In the 1990's, Big Brother House was in the west end on Portage Avenue. Austin and I hung out there on many a Saturday afternoon, shooting pool, or squaring off in a lightning match on a hockey board game. We went to lots of movies together. Despite the noise, I even learned how to doze off during a "Teenage Mutant Ninja Turtles" movie .. *Cowabunga!*

Being of a bit of a high profile radio personality, I knew a little about what it means to be a 'celebri-

ty' in a bit of a spotlight, and in 1996, Austin got to share that with me. We were named Winnipeg's *Big Brother Match of the Year*, requiring us to pose for photos with then Premier Gary Filmon, and Mayor Susan Thompson. Hot stuff!

A couple of times over the next number of years, work and other life changes caused me to move away from Winnipeg, first to Kenora Ontario for almost three years, then to Regina in 2006 for six years.

All of a sudden it's 2018 and Austin is not a kid any more. He's a homeowner of 35, working for *Sobeys*. We got together for a bite this month, just in time for *Father's Day*. So much has changed, but the friendship remains, as strong as ever.

I talked to Jane Marion who is the director of *Big Brothers, Big Sisters* in Winnipeg. She told me about a major capital campaign they undertook a few years ago that was very successful, raising almost

\$900,000. It enabled the organization to move last July into a new more spacious home at 532 Ellice, right beside Homer's restaurant.

Some things do not change all that much. There are seldom enough adults, particularly men, for all the matches that are needed. Jane told me that there's a fairly constant waiting list of 100, and they are always eager to welcome new Big Brothers and Big Sisters. Because of the frequent shortage of men, they now do some 'cross gender' matches. There are also special arrangements to accommodate *LGBT* situations.

If you think you might be interested in getting involved, call Jane Marion at (204) 988-9200, and check them out at:

<https://winnipeg.bigbrothersbigsisters.ca/>

You won't be sorry. ■

**Roger Currie** is a regular contributor to *Senior Scope*. He is news director of *CJNU*, 93.7 FM in Winnipeg.

## Running the Boston Marathon, cont'd from page 2

**What advice would you give to potential "mature" runners?**

This makes me laugh because runners are full of advice, but here are some fundamental guidelines that I've learned along the way:

- Age is not a barrier. Don't let it define your limits.
- Start slow and build up distance over time. This will reduce the risk of injury. A learn-to-run program is a good place to start.

- Go to a reputable running store, and get fitted for proper shoes!
- Don't underestimate the value of running friends. If you can round up a couple of people to run with, you can help motivate each other. You may have to bribe them with a post-run coffee, but it will be worth it.
- Don't be afraid to challenge yourself. You don't need to run a marathon, but sometimes we can achieve wonderful things when we step outside our comfort zone.

Sometimes the road ahead can seem impossible to navigate, but if you don't try, how will you know what you can do? Whatever dreams you have, set out on your journey while you can, and don't forget to celebrate all the little successes along the way. Life is an adventure, so be sure to gather some good stories along the way. ■

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**FINANCIAL PLANNING:**

# "How can large investment profits be a risk to an Attorney or Executor?" PART II

- Shirley Hill, CFP - Executive Financial Consultant, Investors Group

CONT'D from the May 15/18.

Visit [www.seniorscope.com](http://www.seniorscope.com) and click on the 'May 15/18' link below the cover image of this edition (June 6/18) to read PART I of this article on page 4.

Sometimes we see advisors that have the need to be right at all costs. They have ego's that cannot be questioned. Once again, we ask, whose money is this? Should someone refuse to take responsibility and consider something that could benefit a client simply because they didn't initially see it? We think not.

When it comes to your wealth and your family's ultimate security, risk and reward should be under-

**“When it comes to your wealth and your family's ultimate security, risk and reward should be understood.”**

stood. Potential pitfalls of actions, in general should be brought forward and everyone should be aware of consequences. Pilots have contingency plans in the event that something goes wrong, emergency services have contingency plans and people have them set out for the unlikely event of flood, fire or other natural disasters. What you need to ask yourself is, "Should my portfolio have a plan to account for as many different scenarios as possible?" Attorneys and executors need to be especially aware of risk and reward, because if an individual mismanages their property they are only accountable to themselves, but attorneys and executors who mismanage property can become accountable to many other people.

No one has a crystal ball or time machine to move to the future and see. But what we do have, as human beings is foresight based on general history, a base knowledge of how markets and the world works. If we can use that innate "gut instinct" and realize that life throws us curve balls we can take risk into account.

Planning can go beyond simple tax planning and liabilities. A large portfolio, incorrectly built can cause family strife. It can cause brothers and sisters, parents and children to argue, fall into conflict and never speak. Is that how money should function? The potential destruction of a family when it would be so much easier to take "potential" into account before it's too late?

It's never our purpose as a practice to be "fear mongering" or to be seen as "the harbingers of doom"... it's simply our role to provide a look into possibilities. In theory the markets may never ever crash, the world may never enter another crisis and this account could double in value in the next two or three years and even after the tax liability, the kids inherit \$1,000,000...but really? Do we think that is a realistic scenario? Is it reasonable for an attorney or executor to make that assumption? Probably not.

As advisors, we tend to agree that even in retirement, portfolios should contain an equity portion. You can't, in an interest rate environment that is as low as now, expect pure fixed income based investments, GIC's, and similar products to keep pace with inflation and the cost of living. Rising costs and increased longevity are some of

**“Rising costs and increased longevity are some of the largest risk factors people in general tend to overlook.”**

the largest risk factors people in general tend to overlook. How unfortunate would it be for a person to "outlive their money?"

Our question, and that of the attorney, was simply what kind of equity, what percentage, and what level of fluctuation and risk should someone take on to achieve all their goals. Should a portion of a portfolio be more stable and balanced? Essentially what are the potential

costs of chasing high returns beyond what is required for the situation and desired outcome?

What we are finding is that the greater the family wealth, the less risk management is incorporated into the planning. We find that investment planning for the most part is done well but a risk assessment is sorely lacking. We rarely find that any coaching is done with attorneys, executors and beneficiaries. In other words, can a lack of knowledge as far as risk, and greed, be taken advantage of? Who in the long run benefits? We would like to suggest that it should be you and your family unit, your beneficiaries and heirs. After all, who spent their lifetime building the wealth, working and making sacrifices? You did. So keep more of your money for you. Don't give it away or have it eroded by poor structure and tax.

Our question to you is, have you had a risk assessment done for your family wealth? Are your attorneys, executors and beneficiaries all in agreement with the family plan? Maybe it's time for preventive measures to be taken? ■

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**How to work with your Pharmacist?**

You can find more topics & videos in the Self-Advocacy For Everyone (S.A.F.E.) Toolkit, available at [safetoask.ca](http://safetoask.ca)

## World Elder Abuse Awareness Day is June 15th!

# ABUSED

By Myles Shane

When I was 14 years old my best friend Abbie stole my bank card and emptied all \$40.00 from my account. Abbie, my BFF since kindergarten, since before I knew the alphabet, my confidant to whom I spilled my proverbial guts to about my crush on Suzie Donnisky, had ruined one of the greatest friendships in history since Batman and Robin and Archie and Jughead. Nearly 40 years later an elderly friend of the family confided in me that her son, without her knowledge had taken her bank card and emptied their joint bank account. He had earlier manipulated her to add his name onto the account because a recent injury has left her virtually housebound. She was infuriated and I could relate. Well, not really. He took 15,000 from her account, Abbie stole \$40.00 from me but both of our trusts had been destroyed. I was appalled that a son could commit this crime against his poor mother and get away with it until I read a recent study on elder abuse...

A new study recently released on elder abuse creates a frightening snapshot for Canadian seniors. More than three-quarters of a million Canadian seniors suffered some form of abuse last year, be it physical, sexual, psychological, financial abuse and neglect. That is more than double since a similar study was done back in 1989. One

reason for the sharp increase could be a rise in financial abuse which is the second highest form of abuse behind psychological abuse. The study found adult children or grandchildren are responsible for 37 percent of financial abuse while 10 percent of financial abuse is committed by a stranger. A spouse, child or grandchild is also more than likely to be the perpetrator of most kinds of elder abuse, according to the study.

In 25 years I'll be a senior citizen. Sure, I'm excited about paying less at the movies and enjoying the early bird dinner specials, but the idea of my closest and dearest friends and family taking advantage of me is terrifying.

"It's a hidden problem, it's a silent problem, people don't want to talk about it because they're upset," said the study's author Lynn McDonald. "It's their family they love, their kids, that may steal their money or beat them. As a result, they suffer in silence."

Financial abuse occurs when a person engages in actions that decrease the financial worth of a senior without a benefit to that person. This can include fraud, theft, coercion, threats, and pressure. Psychological abuse occurs when a person engages in actions that decrease a senior's sense of self-worth and dignity. This can include

social isolation, harassment, intimidation and insults. Physical abuse occurs when a person takes action that injures a senior. This can include hitting, shaking, shoving, pushing, over-medicating and inappropriate physical or chemical restraints. Neglect, another form of abuse, occurs when inaction results in harm to a senior. It can involve the failure to provide assistance with basic necessities, medical care, clothing, food, water or shelter.

Allison Timmons, the coordinator for the Nepean Rideau Osgoode Community Resource Centre, lists the following as indicators of possible elder abuse: Sudden behavioral changes, mental health deterioration, an increase in fear, anxiety or depression, change in living standards, isolation and non-social behavior, inexplicable injuries, poor hygiene, malnutrition or dehydration, unusual banking activities including large withdrawals.

If you are worried someone you know is experiencing abuse, ask questions about their well-being and avoid being judgmental. If they come forward, believe them and offer support. Understand the obstacles they could be facing and inform them that potentially seeing a social worker, a counselor or family physician might improve their circumstances in which they currently find themselves. ■

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## Manitoba Heritage Church - St. Paul's Anglican - Churchill, Manitoba

**Tyrrell Mendis has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage.**

**His travelling exhibition of 48 pieces, *Testaments of Faith*, Manitoba's Heritage Churches is now available for booking.**

**If you would like a particular church featured in *Senior Scope*, or would like to make a booking for his exhibition, email Tyrrell Mendis at [tymendis@shaw.ca](mailto:tymendis@shaw.ca).**

In the winter of 1619-20 the first Christian services in Canada west of the St. Lawrence River were conducted at Churchill by Rasmus Jensen, a Danish Lutheran Chaplain on the expedition of Jens Munck. Those were the first Lutheran services in North America.

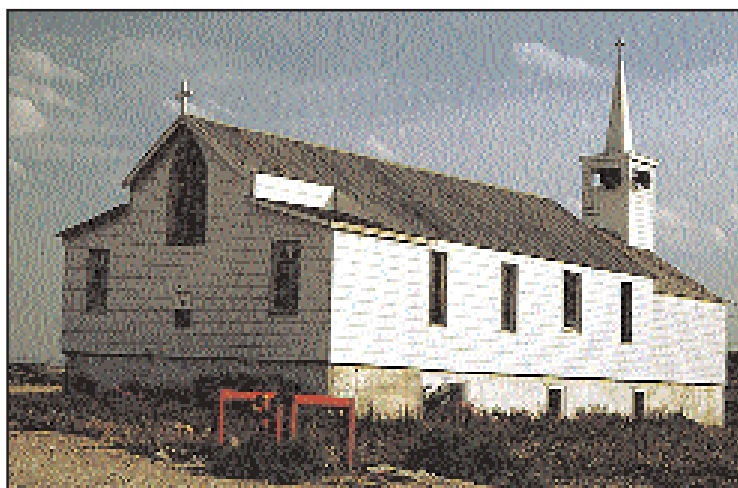
The permanent Anglican Mission in Churchill was established in the summer of 1860.

Rev. Joseph Lofthouse (later the first Bishop of Keewatin) took charge of the Mission in 1883. By 1890 the congregation was in dire need of a building. Since building materials were not available locally he took advantage of a new technology abroad. He acquired the components in England and had them shipped over. Both prefabrication and moving of building materials to a distant site were unusual at the time, but it was the nature of the components that made it more remarkable. The frame of St. Paul's Church is made of iron. Only three such buildings ever made it to Canada.

The church also has many old and valuable artefacts, including a stained-glass window donated to the parish by the widow of the famed Arctic explorer, Sir John Franklin.

### 1889 - Churchill - St. Paul's Anglican Provincial Heritage Site No. 95

Photograph by Tyrrell Mendis - 1990



## OCD CLEAN

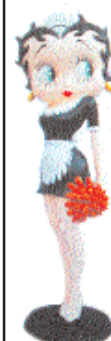
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Advertising Feature

# You and Your Pharmacist! A safe partnership!

Submitted by Manitoba Institute of Patient Safety

*This fifth article in a series on patient safety is about medication safety. Medications can save lives and improve quality of life. If you are taking prescription or non-prescription medication, your pharmacist is an excellent resource. Here are some tips to take an active role in your healthcare and get the most out of talking to your pharmacist.*

### Medication Safety

Although medications can control symptoms, there are risks to taking them. Changes of aging can result in medications staying in the body longer, being more concentrated, and having a greater effect because the brain is more sensitive to drugs. Two out of three Canadians (66%) over the age of 65 take at least five (5) different prescription medications. One out of four Canadians (27%) over the age of 65 take at least 10 different prescription medications. Health risks increase when more medications are taken. These risks include:

- Drug interactions
- Falls and broken bones
- Memory problems
- Harmful effects that require admission to hospital

Being an active member of your healthcare team will help to ensure you are on the best medications for your current situation. What was good before may not be good now!

### Working with your Pharmacist

Try to use the same pharmacy for all your medication needs. This helps your pharmacist to help you make the best choices about your medications. When it comes to your medication, there is a lot of information to keep in mind. It starts with being prepared.

Always carry our *It's Safe to Ask Medication Card* and review it with your pharmacist. List:

- Prescription medications
- Over-the-counter medications
- Vitamins
- Herbal and natural products

In Manitoba, pharmacists must provide counseling and answer your questions about your prescription medications. Items to discuss with your pharmacist are:

- Have any medications been added, stopped or changed and why?
- What medications do I need to keep taking, and why?

- Can I stop taking any of my medications?
- How do I take my medications, and for how long?
- How will I know if my medication is working, and what side effects do I watch for?
- Do I need any tests and when do I book my next healthcare visit?
- Also, be sure to mention any medication allergies.

Every time you receive a prescription, check the label to ensure the following information is correct: your name, the medication name, the dosage, when and how to take it, and any repeats. When in doubt ask questions and bring your patient advocate.

- Contact your pharmacist when:
- You don't recognize a pill.
  - You're worried about taking pills together.
  - There are directions you don't understand.
  - You are experiencing side effects.
  - You're worried about running out of medication. Always have at least a 3 day supply on hand for emergencies.

Remember, your pharmacist plays an important role in your healthcare plan, and so do you. Asking lots of questions and using only one pharmacist can help you stay safe. Always bring our up-to-date *It's Safe to Ask Medication Card* and contact your pharmacist if you have any concerns about your medications.

For more information about working with your pharmacist, choosing a patient advocate, your healthcare plan, and to get the *It's Safe to Ask Medication Card*, visit [safetoask.ca](http://safetoask.ca) or call **204-927-6477** or **1-866-927-6477**.

### Learn to be safe!

Laurie Thompson is executive director of the Manitoba Institute for Patient Safety. MIPS is an independent, not-for-profit corporation established in 2004 to promote and co-ordinate activities that improve patient safety and enhance quality healthcare in Manitoba.

(see advertisement on page 5)

Advertising Feature

# Finding Love Again

The dating world most certainly has changed over the years. Gone are the days where people rode the train to Winnipeg Beach and then danced the night away with their new found love! Online dating can be terribly dangerous with trusting people often preyed upon.

Lianne Tregobov, a professional matchmaker, at *Camelot Introductions* has spent her 25 year career facilitating love for people in their twenties to those in their nineties. "The beauty is love never goes out of style! My senior clients still get butterflies when they are going to meet a potential match. It is beautiful to witness the transformation when people convert from being solo to a couple. I truly believe humans are meant to be coupled. It is proven that happy relationships often extend people's lives," says Tregobov.

Tregobov is gifted with very keen intuition. She actually reunited high school sweethearts who had lost touch with one another and came

to her independently as seniors who had both been widowed. She interviews each of her clients in person at her Winnipeg office. She has a criminal record check done on all clients and works with non-smokers who are looking for one special partner. Many of her clients have had long term marriages and find themselves lost in the dating world once they lose a partner through death or divorce. Often people keep busy and active with work and upon retiring they realize they are truly missing the love and companionship the right partner and relationship provides.

The process begins by prospective clients calling the *Camelot Introductions* office at **204.257-5683**. They will have an initial telephone consultation with Lianne or her staff. The process is explained in detail, questions are answered and an appointment is set up to meet with Lianne to have the search for love started. A membership at *Camelot Introductions*



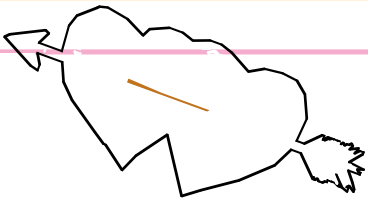
Lianne Tregobov

starts at six hundred and seventy five dollars including tax and the criminal record check. Typically

her clients are happily matched within the first three face to face introductions. Both males and females pay for their memberships at *Camelot* and they are all interested in meeting one special partner. Many clients go on to marry one another, others live together and some seniors chose to maintain their own homes and date and travel with their partner.

The *Camelot* team are often providing guidance and encouragement to those wanting to take a chance on love. They are regularly honoured guests at clients' weddings and as a Licensed Marriage Commissioner, Lianne performs her clients' wedding ceremony as a gift to them. *Camelot Introductions* has an informative website at [camelotintroductions.com](http://camelotintroductions.com).

Lianne certainly welcomes calls from people who would like to explore the possibility of falling in love again! Life shared with love is so much better! ■



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# Order of Manitoba Recipients

Twelve Manitobans, whose contributions encompass a broad range of endeavors and accomplishments, will be invested into the Order of Manitoba at a special ceremony at 4 p.m., Thursday, July 12 in Room 200 in the Manitoba Legislative Building.

The Order of Manitoba, the province's highest honour, was established in 1999 to recognize Manitobans who have demonstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents.

Once invested, members are entitled to use the initials O.M. after their names for life and will have their names placed on permanent display in the Legislative Building.

Those to be invested at the 2018 ceremony are:

**Dr. David Barnard**

As president and vice-chancellor of the University of Manitoba since 2008, Dr. David Barnard has championed the university's commitments to Indigenous achievement, enhanced research facilities and graduate student support, and diversified academic opportunities for students. During his tenure, the university was invited to join the U15 Group of Canadian Research Universities, was selected as the site for the National Centre for Truth and Reconciliation, and has been chosen to hold prestigious research chairs including a highly competitive Canada Excellence Research Chair.

**Mr. Michael P. B. Belhumeur**

A Métis elder and a military veteran, Michael P. B. Belhumeur co-founded The Urban Knights and Ladies Volunteer Veterans Ambassadors Peace Patrol of Manitoba, a first-of-its-kind volunteer-based, safety promotion and crime prevention organization. Serving the Winnipeg community for 40 years, its focus has been on locating and finding support for homeless veterans. He has also spent countless hours educating young people about Métis art, culture and history.

**Ms Jacqueline Blay**

Jacqueline Blay is an award-winning francophone historian. Her writings reflect the efforts of francophones in Manitoba to preserve their language and culture and chronicle their important contribution to the province's history. She has served as president of the St. Boniface Historical Society, Gabrielle-Roy House and the Société franco-manitobaine. She continues to work on completing her series of five books dedicated to promoting the history of francophone and Métis communities in Manitoba.

**Ms Barbara Bruce**

A citizen of the Métis nation, Barbara Bruce has spent her life working with and for the Métis nation and First Nations' communities and organizations at the local, regional and national level. She was directly involved in the planning of four Truth and Reconciliation Commission national events. She served on the boards of the National Aboriginal Economic Development Board, the Canadian Council for Aboriginal Business and the Top 40 Under 40, among others. Bruce is a two-spirit elder who follows her traditional spiritual way of life.

**Dr. Sara J. Israels**

A pediatric hematologist/oncologist, Dr. Sara Israels is world-renowned for her innovative work in

the care of children and teenagers with cancer and bleeding disorders. She led the expansion of inter-professional care, the development of an aftercare program for survivors of childhood cancer, the creation of a provincial bleeding disorders program, and the development of dedicated space for children and their families at CancerCare Manitoba.

**Mr. Robert T. Kristjanson**

A lifelong resident of Gimli, and a commercial fisher for 70 years,

Robert T. Kristjanson increased public awareness of the growing algae problem on Lake Winnipeg, which inspired several initiatives to address the problem. He also led the implementation of the Canadian Code of Conduct for Responsible Fisheries, has served in the Canadian Coast Guard Auxiliary for 35 years, as well as having a distinguished record of service to a variety of community organizations.

**Mr. William Loewen**

William (Bill) Loewen's distinguished business career includes innovation and commercial success in computer services and electronic commerce. He has championed other community organizations such as the Winnipeg Symphony Orchestra, Manitoba Choral Association, Heritage Saint Norbert, West End Cultural Centre, Urban Circle Training Centre and Heritage Winnipeg.

*Continued on page 8*

# Congratulations

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Submitted by Dugald Estates

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sible for deciding on building operations and related incomes and expenses.

Monthly rents include taxes and utilities and are dependent on suite size. Suite sizes and floor plans vary from 601 to 1482 square feet so we have something for everyone. Dugald Estates has a multi-purpose community room equipped with a commercial kitchen, a fitness room, exercise classes, twice

weekly municipal meal program, multiple social activities, and on-site mail delivery.


The building is safe and secure, each unit includes a modern kitchen which is bright and spacious along with 6 appliances (refrigerator, stove, dishwasher, microwave, washer & dryer), large walk-in closets and spacious balconies as well as secure heated underground parking.

Dugald Estates is located in a great community only minutes from Winnipeg. To become a SSHC supporting member, a Co-op membership of only \$25 is required. This entitles you to remain up-to-date on any upcoming vacancies and you will also be invited to attend our general meetings.

Call **(204) 853-7434** for more information!  
**www.springfieldseniorshousing.com**

### CURRIE'S CORNER

By Roger Currie



Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

### Adventures in Cannabis

The script for the movie called *'Adventures in Cannibis'* is still being written, and the possibilities are almost endless, depending on where you live. The biggest unknown is 'when' it will finally be legal for Canadians to light up a recreational joint. The *'where'* question is harder to answer.

In Manitoba, the civil service commission is trying to update its handbook that spells out the rules for the thousands who receive a public paycheque. For a long time now, alcohol has been allowed at Christmas parties and other office gatherings. What about marijuana? Right now the thinking is *NO*. After all, no one is allowed to smoke tobacco at public social events, so

why should it be a surprise? What about shopping for party needs on your lunch break? The draft handbook recommends that a civil servant be allowed to pick up a six pack or a bottle of wine at a nearby outlet, and store it safely in a bottom drawer until quitting time. But the same rulebook says "Possession and/or storage of canibis in the workplace is prohibited

at all times, unless it has been prescribed". Aye, there's the rub. Maybe watch for new walk-in clinics to pop up alongside shops selling marijuana. Have we figured out when a driver might be ticketed for *driving high* or whatever it will be called? Not really, but everyone from Justin on down is working on it. Right, send us a tweet. ■

Right now Canada is hosting the economic movers and shakers of the world. It's the annual gathering of the 'G7' where it used to seem that we were punching way above our weight as a nation of barely 35 million people. These days that 'club', that meets every June for cocktails and *'photo ops'*, could more appropriately be re-named the *'G6 against One'*. Who would ever have imagined that the One would be the United States, thanks to the antics of the over-aged boy wonder who sits on the golden throne at 1600 Pennsylvania Avenue.

It is fascinating, and very scary, to watch as Donald Trump continues to raise the bar of behaviour that is anything but 'Presidential'. He is now engaging in a full scale trade war with most of the rest of the planet, including Canada and Mexico who have foolishly been trying to play by the rules in negotiating a new NAFTA deal. Why must Canadians be so disgustingly 'polite' when dealing with overgrown children who always get their own way by bullying? Justin Trudeau and Chrystia Freeland have tried to do things properly, as

has been our history, because the economic stakes are so very high. What Trump refuses to realize is that the stakes are also enormous for the thousands of Americans in Pennsylvania and Ohio who voted for him in 2016. His tariffs on steel and aluminum will end up killing thousands of American jobs if they remain in place. Canada has now stepped out of character. *'Selfie Boy'* pointed out that Canadians and Americans have died on many of the same battlefields, and to suggest that the tariffs are needed for reasons of 'national

security' is beyond ridiculous, not to mention hugely insulting. We are retaliating with what Freeland claims are the strongest sanctions that Canada has imposed against the Americans in more than 70 years. Some of them are rather comical, like the tariff on *Jack Daniels* which is bottled in Kentucky, the home state of Senate Majority leader Mitch McConnell. June is busting out all over, and 'sleeping with the elephant' does not get any easier. ■

## Order of Manitoba recipients, cont'd from page 7

**Ms Bernice Marmel**  
Bernice Marmel has been a long-time champion and advocate for seniors, affordable housing and low-income Manitobans. She helped establish a visiting program and phone service for Deer Lodge Hospital residents, matching volunteers with seniors to reduce social isolation. In 2016, she received the Murray and Muriel Smith Award, the highest honour given by the Manitoba Council on Aging. Marmel also initiated a community project that gave children living in a social housing project the opportunity to voice their needs.

**Mr. Robb Nash**  
Robb Nash uses music to influence young people, performing at schools, reservations and detention centers across Canada. After sur-

living a near-fatal accident, he began speaking to youth, playing his songs that are intended to inspire discussion about important issues such as bullying, addiction, self-harm and suicide. Over the past five years, more than 800 students have relinquished their planned suicide notes to him and hundreds more have stopped self-harming behaviours.

**Mr. Ken Opaleke**  
For more than 27 years, Ken Opaleke has been dedicated to empowering disadvantaged youth as the driving force and executive director of West Broadway Youth Outreach, a non-profit organization that helps youth realize their full potential. More than 800 kids participate in the program every year. Among his proudest accomplish-

ments has been never taking a sick day in 30 years and helping two of his former program 'students' achieve their dream of graduating from medical school, with another three not far behind.

**Dr. Grant N. Pierce**  
Dr. Grant Pierce's research in cardiovascular medicine has brought scientific acclaim to Manitoba through his participation in a series of pioneering studies to stop or reverse heart muscle disease or blood vessel wall injury. He helped develop the Institute of Cardiovascular Sciences and helped found the Canadian Centre for Agri-Food Research in Health and Medicine, both at St. Boniface Hospital.

**Dr. Cheryl Rockman-Greenberg**  
A physician and researcher, Dr. Cheryl Rockman-Greenberg is renowned for her leadership in pediatric health and her expertise regarding rare metabolic disorders and genetic diseases. Her research benefited the health of Manitobans at risk for certain illnesses, resulting in the development of targeted newborn screening programs and new treatments. This led to early life-changing interventions for many Manitobans, including those in the province's Hutterite, Mennonite and Indigenous communities. In April 2018, she was inducted into the Canadian Medical Hall of Fame.

For additional information about the Order of Manitoba and to watch a livestream of the investiture ceremony, visit **www.manitobalg.ca**.



# THE BUZZ



Story by Scott Taylor

Photos by James Carey  
Lauder and Jeff Miller

The expansion Vegas Golden Knights might be the National Hockey League's Western Conference champions, but the Winnipeg Jets have proven to themselves and the city that they aren't far off.

In one of the most incredible stories ever told in the modern history of major professional sport in North America, a team that did not actually exist until the expansion draft in June of 2017, is now in a Stanley Cup final.

On a spring Sunday afternoon in downtown Winnipeg, in front of a loud, full-throated, full-house at Bell MTS Place, the Knights beat the Winnipeg Jets 2-1 to eliminate the Jets from the playoffs.

Just to make the story even more incredible, fourth-line forward Ryan Reaves, a Winnipegger and the son of former Winnipeg Blue Bombers star runningback Willard Reaves, scored the game – and series – winning goal.

With the win, the Knights eliminated the Jets in five games in the best-of-seven Western Conference final and were awarded the Clarence Campbell Trophy on Winnipeg ice as the Jets raised their sticks and acknowledged the home crowd after the best season in the franchise's history — and clearly the best season in the seven years the Jets have been back in Winnipeg.

Things were so good this season that the Jets' list of player milestones was massive. Here are just a few of the accomplishments:

1. It was the best season in franchise history (52-20-10) and included most wins (52) and most points (114). It was the first time the team had more than 50 wins and 100 points in one season.

2. The Jets had 10 winning streaks of at least three games and four winning streaks of four or more games. From March 15-27, the Jets

# Knights Win, But Jets Future Never Brighter



The Jets score!



Dustin Byfuglien.

won six straight home games in the first plus-three-game homestand sweep in their history. The Jets did not lose three consecutive home games in regulation time all season and lost back-to-back games in regulation just five times.

3. The Jets ended the regular season on a nine game home winning streak – a franchise best – and the last loss of the regular season at home came way back on Feb. 27, against Nashville. Winnipeg led NHL in both wins (32) and points (66) at home.

4. Winnipeg was 37-4-6 when scoring first and also held NHL best record of 42-1-1 when heading into the third period with the lead. The Jets led NHL with most first period goals (92) and won 23 games by



The Jets and their fans.



Head coach Paul Maurice.

three goals or more, also an NHL best mark. The Jets shut out their opponents seven times, were only shut out twice.

5. The Jets set the franchise record for the least number of penalties 306 (697 minutes in penalties) in a season (only nine major penalties all season)

and also set a franchise record for most wins in a calendar month when they went 11-3-1 in March.

6. Four Jets won NHL First Star of the Week honours: Nikolaj Ehlers, Blake Wheeler, Connor Hellebuyck and Patrik Laine. Four Jets won

Continued on page 10

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# The BUZZ (Jets), cont'd from page 9

NHL Second/Third Star of the Week honours: Hellebuyck, Laine, Mark Scheifele and Kyle Connor.

7. Blake Wheeler and Connor Hellebuyck made the NHL All Star Game – the first time since relocating from Atlanta that the Jets have sent two players to the annual event.

8. Five players recorded hat tricks in 2017-18 – the most in franchise history. (Ehlers Oct. 8, Wheeler Oct 29, Scheifele Nov 2, Laine Mar. 6, and Brandon Tanev Mar. 27). The Jets only had seven hat tricks in total in all of their six seasons in Winnipeg. Laine scored Winnipeg's only hat tricks in 2016-17.

9. Hellebuyck passed Ondrej Pavelec for most shutouts in a single season with six. Later, Hellebuyck passed Kari Lehtonen for most wins in a season by any member of the Atlanta/Winnipeg franchise with 35. Meanwhile, the Jets set a franchise record for most wins in a season with 44. Hellebuyck also recorded his 44th win of the season, setting a new NHL record for wins by an American-born goaltender, passing Buffalo's Tom Barraso (43). Hellebuyck also tied the NHL record with his 30th home win of the season, beating a mark set by Philadelphia's Wayne Stephenson in 1975-76.

10. Captain Blake Wheeler collected his 600th NHL point while veteran

Bryan Little scored his 200th NHL goal. Wheeler led the team with 91 points while Laine led the team with 44 goals. Wheeler led the Jets with 68 assists and was tied for the league lead. Dustin Byfuglien led the Jets in average icetime with 24 minutes and 20 seconds. Laine led in game-winning goals with eight and in power play goals with 20. Wheeler led the team with 40 points on the power play while Tanev led the team in shorthanded goals with three.

It was an incredible year for a team that just seems to get better with every season it's together. However, it was also a team that had a great year in the front office. General manager Kevin Cheveldayoff

made two outstanding moves, trading for Joe Morrow and Paul Stastny at the NHL Trade Deadline. Both players contributed significantly down the stretch run and deep into the post-season.

Certainly there are question marks regarding the future of some players. Stastny might have been a rental, star defenseman Jacob Trouba says he'd like to return, but it's always a question of money and what to do with veteran Toby Enstrom is a question that will have to be answered during the off-season.

But one thing is certain, the Winnipeg Jets have a very good hockey team. The future has never been brighter. ■

# Racing Through Time at the Downs – The Display

By HYPERLINK "http://www.assiniboia Downs.com/blog/live-racing/who-are-george-rob-and-bob/" \l "Bob" \t "\_blank" Bob Gates

By Scott Taylor | Photos courtesy Assiniboia Downs

If you haven't already noticed, Assiniboia Downs has gone to great lengths to make available to its patrons a historical display that commemorates more than a century of horse racing in Winnipeg.

The display's name "**Racing Through Time.**"

Located just inside the front doors to the grandstand where the old turnstiles once stood is now an area dedicated to remembering our horse racing past.

The display includes a "Wall of Champions" that features framed photos of the jockeys who have won the leading jockey title at the Downs since 1958. These riders represent the best the Downs had to offer from its jockey colony over the last 60 years. Included in the array of photos are three record setting saddlesmiths:

**Ken Hendricks:** All-Time Leading Jockey - 1,666 wins  
**Bobby Stewart:** Most season titles - 6  
**Irwin Driedger:** Most wins in a single season - 214 in 1981

The jockey photos are complemented by blockmounts of the trainers who have won the seasonal titles dating back to the Downs first season in 1958. Sixty years of trainer history reveals the following record holders:

**Gary Danelson:** All-Time Leading Trainer - 1204 wins  
**Ardell Saylor:** Most season titles - 12  
**Tom Dodds:** Most wins in a single season - 78 in 1990

Several photos, newspaper articles and posters also share space on the Wall of Champions. Historical memories of River Park, Whittier Park, Polo Park and the early days of Assiniboia Downs hang side by side as a tribute to the past.

In the center of the floor are the two trophy cases that were moved from their home in the second floor clubhouse so that they could take



Trophy case.

their rightful place among the racing artifacts. The "star" attractions being the silverware that celebrates 209 years of winners:

**The Winnipeg Futurity** - 2018 marks its 89th running  
**The Gold Cup** - 61st running  
**The R.J. Speers Memorial** - 59th running

And then we come to the three history cases, two anchored by a special cooler blanket and the other an oil painting of a perennial Downs favourite, Major Enterprise.

**1948 Canadian Derby:**

This blanket was won by Scotty Kennedy's filly Victory Gift back when the Canadian Derby was run at old Polo Park. Photos in this case include icon Robert James Speers, R. J. Bob Watt and our own Albert Edward Blake. Those who knew the ever-modest Blake know how much he would have hated being singled out for his contribution to racing over the years.

**1969 Manitoba Derby:**

The cooler blanket of Fire N Desire is truly a treasure and found its way back to the Downs after many years in exile in Ontario. Other jewels in this case include photos of: the Queen from the 1970 Manitoba Centennial Derby; Merry's Jay – the first Manitoba bred to win the



'Racing Through Time' display at Assiniboia Downs.



Wall of Champions.

Manitoba Derby; and jockey Bobby Stewart in the paddock at Churchill Downs on his mount Ocean Roar in the 1969 Kentucky Derby.

**1966 Major Enterprise:**

The painting of "The Major" is a recent addition to our historical display. Also featured are tributes to the late great trainer Don Gray and the Downs' All-Time Leading Trainer, Gary Danelson. Another find from the past is the framed shoes from Gold Ern who won the first race at the Downs on June 10, 1958.

And tucked away behind guest services is the cooler blanket belonging to the 1981 winner of the Manitoba Stakes, Will Scoot Away, which adorns "Thunder."

The best way to get a proper appreciation for the various memorabilia is to check it out! The Racing Through Time display is available for your viewing pleasure every day, all year long.

Please drop by and ready yourself to be transported back in time. Hope you enjoy the trip! ■

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# PROVINCE STARTS COUNTDOWN TO MANITOBA'S 150TH ANNIVERSARY

The Manitoba government marked Manitoba Day—May 12th—with the creation of a special committee tasked with planning celebrations to coincide with Manitoba's 150th anniversary in 2020, Sport, Culture and Heritage Minister Cathy Cox announced.

"Manitoba has so much to celebrate! We want everyone to share in

the excitement of our 150th and we'll be looking for inspiring ways to commemorate Manitoba's past and look ahead to our bright future," Cox said. "We've gathered a great group of local experts together and we want to hear from people across the province who have ideas for events, projects or other initiatives."

The Manitoba 150 Celebration

Committee will be co-chaired by Cox and Stuart Murray, a well-known and dedicated community leader. The committee will work to generate ideas as well as inspire others to contribute thoughts and events to the Manitoba 150 celebrations. Anyone with suggestions on ways to mark Manitoba's special occasion is invited to email feed-

back to **MB150@gov.mb.ca**.


May 12th marked the 148th anniversary of the passing of The Manitoba Act by the Parliament of Canada, making Manitoba the fifth province to join Confederation. All across the province, museums and other attractions hosted events or offered free admission to mark this special occasion. ■

## Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly\_goodman@shaw.ca for details.

### Free Multi Media Presentation

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**Topic**  
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**Contact:** Senaka Samarasinghe  
**204-888-8253**  
Email: senaka24@yahoo.com

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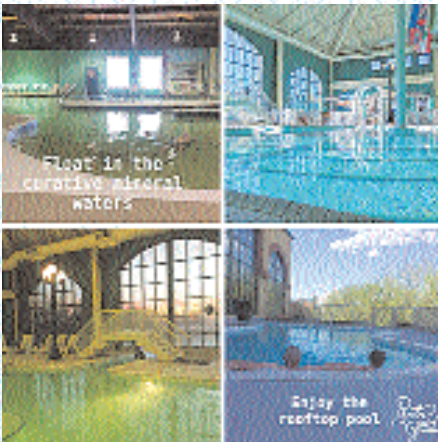
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## Things To Do

### MISC EVENTS

**65th Annual Coin, Stamp & Collectibles Show** - Sat & Sun, Sep. 29 & Sep. 30 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold. Doors open 10 am. For info: Barré W. Hall, **204-296-6498**

**The Manitoba Coin Club** - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

**Red River Coin & Stamp Shows** - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

**Forum Art Centre** - 2018 Fresh Art Show, Thu. Jun. 21 & Fri. Jun. 22, 5-9 pm, Sat. Jun. 23 & Sun. Jun. 24, 10-4, 120 Eugenie St. Live Music Fri. 6 pm, Art demonstrations, Caricatures by Jon Ljungberg & more. Free adm., Free parking, Wheelchair access. **204-235-1069**, [www.forumartcentre.com](http://www.forumartcentre.com)

**Art from the Attic** - Grands 'n' More Winnipeg has volunteers standing by to take calls for donations. Beginning June 1, volunteers will pick up any art donations. Also, 2 drop off sites. **Giant Art Sale**, Sun. Sept. 30, 10:30 am-4 pm, at Norwood Community Centre, 87 Walmer St. off St. Mary's Rd. All proceeds go to the Grandmothers to Grandmothers Campaign, part of the Stephen Lewis Foundation. Info: **204.599.8787** or email: [gnaAFTA@gmail.com](mailto:gnaAFTA@gmail.com)

**Winnipeg's Recreation & Parks Strategies** - Open House, Tue. Jun. 12, 4-7 pm, Sergeant Tommy Prince Place, 90 Sinclair St.; Wed. Jun. 13, 6:30-8:30 pm, Waverley Heights C.C., 1885 Chancellor Dr.; Thu. Jun. 14, 6:30-8:30 pm, Bronx Park C.C., 720 Henderson Hwy. Share your ideas on future investment in services and infrastructure. Online survey avail. 'til Jun. 30: [winnipeg.ca/recandparks](http://winnipeg.ca/recandparks)

**The IODE Jon Sigurdsson chapter and Icelandic Canadian Fron** - Jon Sigurdsson Day Celebrations, June 17, 2:45 pm meet at the Manitoba Legislative Building grounds, 3 pm wreath laying followed by guest speaker Margret Hallgrimsdottir, 4 pm Film screening at the Winnipeg Art Gallery, Muriel Richardson auditorium featuring Erika McPherson's documentary "In Thrall to Home." Free adm.

**McClure United Church Women** - Fashion Show & Strawberry Social, Sat. Jun. 23, 2-4 pm, 533 Greenwood Place. Tickets \$8 ea. at door.

**Walk for ALS - Winnipeg** - Sat. Jun. 16, Check in 9 am/Starts 10 am at Assiniboine Park - Conservatory Tent (new location - near the Pavilion). Walk to raise funds so clients can have a better quality of life. Distance: 5 km. Registration \$30 (or minimum \$30 in pledges). Under 12 Free. Dog friendly (on leash). Call the ALS Society of Manitoba: **204-831-1510** or [www.alsmb.ca](http://www.alsmb.ca)

**St. Matthews Maryland Community Ministry** - Urban Retreats Garden Tour - Sat. Jun. 23, 10 am-4 pm, rain or shine. Self-guided tour of beautiful Riverview. Tickets \$15, available at McNally Robinson Booksellers or by calling **204-774-3957**; Tea and Craft Sale, 11 am-2 pm, at Riverview Community Centre, 190 Ashland Ave. Gift bag to first 150. Tickets for the tea and craft sale are an additional \$5 at door. Garden tour tickets also available on June 23th at Riverview Community Centre. [www.stmatthewsmaryland.ca](http://www.stmatthewsmaryland.ca)

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TO ALL THE 'DADS'  
JUNE 17, 2018**

## IN WINNIPEG

### SALES/MARKETS/SHOPS

**Nearly New Shop of the Children's Hospital Guild of MB** - 961 Portage Ave. Hrs: Mon-Sat, 10 am-4 pm. BEST DRESSED DAD. Men's clothing, shoes, belts, caps, ties. Run by volunteers. All proceeds to the Children's Hospital Foundation of MB in support of pediatric research and programs at the Children's Hospital. Info: **204-772-3629**

### MUSIC

**La chorale des Intrépides** - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: [intrepides.manitoba@gmail.com](mailto:intrepides.manitoba@gmail.com)

**Seniors' Choral Society** - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Will perform at local seniors complexes and PCH's. Info: Gerda or John: **204-669-5570** or [www.seniorschoralsociety.ca](http://www.seniorschoralsociety.ca)

### SPORTS/FITNESS/GAMES

**Bowls Manitoba** - Lawn Bowling Open Houses at 1212 Dakota St.: Wed. Jun. 13, 7-9 pm. Flat soled shoes required. Bowls, instruction and refreshments supplied. Info, Marilyn: **204-256-6744**

**Tuesday Ladies Who Bowl** - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface Tuesdays until end of April. Contact: Lynne Ducharme **204-231-0279** or [lducharm@live.ca](mailto:lducharm@live.ca)

**Three ladies golf leagues** - Now accepting new members, all ages, all levels of play. **Kildonan Park Ladies Who Golf**, Mondays, 0800-0900 tee offs. **Windsor Park Ladies Golf**, Wednesdays, 0730-0900 tee offs. **Southside Friday Ladies**, Fridays, 0800-0900 tee offs. To join, or for info, contact: Lynne: **204-298-9600**, [lducharm@live.ca](mailto:lducharm@live.ca)

**Winnipeg South Senior Slow Pitch Club** (mixed) - invites you to join one of our 3 scheduled teams and the informality of Tue. and Thur. House league play - all on grade AAA diamonds, in Fort Garry at Clarence and Hamelin, just off Waverley. Grant **204-477-1050**, Bobby **204-261-3033**

**Gwen Sexter Creative Living Centre** - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

### VOLUNTEERING

**The Canadian Red Cross** - is looking for volunteers prepared to assist people impacted by disasters. Find out how you can volunteer at [www.redcross.ca/](http://www.redcross.ca/) **HeroesWanted**, call **204-982-7330** or [vrs@redcross.ca](mailto:vrs@redcross.ca)

**Middlechuch Personal Care Home** - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138**

**Caregiving with Confidence** - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. **Male Respite Volunteers** needed Tue. afternoons for Caregivers Program in W. Kildonan. **204-452-9491**

**Deer Lodge Centre, 2109 Portage Ave** - Volunteers needed for daytime recreation programs, physiotherapy dept., cafeteria, coffee program, PRIME and Get-a-way community programs, daytime medical escorts (no driving required). Joy: **204-831-2912** or email: [jtanchuk@deerlodge.mb.ca](mailto:jtanchuk@deerlodge.mb.ca)

**Misericordia Health Centre** - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-

11:30 am. Call **204-788-8132**, or online at [www.misericordia.mb.ca/volunteer](http://www.misericordia.mb.ca/volunteer) or apply in person. Free parking provided.

**Victoria Lifeline - Home Service Representative** - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or email [msitter@vgh.mb.ca](mailto:msitter@vgh.mb.ca)

**Meals on Wheels** - We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or [www.mealswinnipeg.com](http://www.mealswinnipeg.com)

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: [meaganvarndell.kmts@gmail.com](mailto:meaganvarndell.kmts@gmail.com) and **204-668-0967**

**The Bereavement Care Program of Concordia Hospital** - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counselling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, [bmilks@concordiahospital.mb.ca](mailto:bmilks@concordiahospital.mb.ca)

**Manitoba Institute for Patient Safety** - Volunteer opportunities. Visit [mips.ca](http://mips.ca) 'About Us' to learn about our Volunteer Program. [admin@mips.ca](mailto:admin@mips.ca) or **204-927-6477**.

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

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

**HSC Winnipeg** - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: [volunteer@hsc.mb.ca](mailto:volunteer@hsc.mb.ca)

**Parkview Place, Long Term Care by Southeast Personal Care Home** - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111** ext. 2247

### PROGRAMS /SERVICES

**Pembina Active Living (PAL) 55+** - Drop-in activities ongoing: men's breakfast, PALputters, PAL pedallers, bridge, movies, LunchPALS. Special events: Book Launch of Writers' group "Storytellers 2", readings and refreshments - June 7, 1 pm; PAL Annual General Meeting - June 21, 1 pm; Coffee PALS - Fri., June 22, 1 pm at Access Fort Garry South, 135 Plaza Drive; Still Bloomin' Gardening Club "Tour of India" by Janice Butcher - Thur. June 28, 1 pm; Info: [www.pal55plus.com](http://www.pal55plus.com), email: [office@pal55plus.com](mailto:office@pal55plus.com) or **204-946-0839**

**Elmwood EK active Living Centre** - Café: Wed. 10:30-noon. Coffee and treats \$1. Come and see what other events and activities the Centre has to offer. ie: Community Woodshop (including a Ladies at 10:30 Fridays), Hand & Foot Canasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. **204-669-0750** or see us on Facebook.

**South Winnipeg Family Info Centre** - Seniors Connecting, Wednesdays, July 18-Aug. 23, 9:30 am-noon for conversation, coffee/tea, snacks and activities. Info: **204-284-9311** or [outreach@swfic.org](mailto:outreach@swfic.org).

**Sturgeon Creek United Church** - Fellowship gatherings to meet new people, connect with previous neighbours. We offer games, cards, conversation and serve light refreshments. Every 2nd Thur. of the month, 1:30-3 pm except during July and August. Free of charge. All welcome. **204-895-7410**

**The Salvation Army Barbara Mitchell Family Resource Centre** - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am, presentations, monthly

birthday lunch, outings, games, etc. **Wednesday - Steppin' Up FREE Exercise Class** 10:00-11:30 am, **Thursday - Pickle Ball** 9:30-12 noon. Coffee/Tea and snacks provided with each program. For more info, call Sheila: **204-990-2339**

**Yoga** - with Doreen Wuckert, Mondays, Apr. 9-Jun 11, (9 sessions) 7-8 pm, at Deer Lodge Community Centre. \$8/per session or \$10 for drop-in. To register: Doreen at **204-837-9613** or [dwuckert@shaw.ca](mailto:dwuckert@shaw.ca)

**Vital Seniors** - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: **204-255-7508**, Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

**Charleswood Adult Day Program** - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

**Lion's Place Adult Day Program** - Social day program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

**Wpg Polish Legion Br 246**, 1335 Main St. - **Happy Hour**: Mon-Thurs 3-6 pm, Fri/Sat, 3-7 pm. **Senior Lunch & Dance**: Weds, 12:30-3 pm, \$10. Fri. **Meat Draws**: 4-8 pm. **Kareoke**: Fri/Sat, 8-midnite. **Chase the Ace**: Sat, 10 pm. Call Branch: **204-589-5493** for more info.

**Assiniboia Wood Carvers Association** - Woodcarving every Fri. 1-3 pm at Valour CC- Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

**Winnipeg Bladder Cancer Support Group** - Bladder Cancer Support Group. Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

**Seine River Seniors** - in Southdale CC. Activities include travel to Moose Jaw spa and the Maritimes, local tours and workshops, monthly birthday lunches, brunches, Celebrations matinees, South Beach casino trips, Assiniboia Downs bingo, Folklorama tours, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, spring tea, and much more. To register, please call **204-253-4599**, membership \$12

**A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW)**. Telephone Group Activities For Manitobans providing educational and recreational programming in a fun and interactive atmosphere. Register for programs anytime. Programming is free of charge. Participants call into a toll-free line. Info: **204-956-6400**

**Manitoba Christian Writer's Assoc. Group** - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, Apr. 7, May 5, Jun 2/18, 1:30-4 pm, at Bleak House Centre, 1637 Main St., across from Burger King and Mohawk Gas. Membership fee \$25/yr. Drop-in \$3. MCWA. Contact: Frieda: **204-256-3642**, Bev **204-326-7286**

**Bleak House Senior Centre** - 1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 12:30 pm Quilting. **204-338-4723**

**Golden Rule Seniors** - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 am. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

**Manor Adult Day Cub** - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

*Continued on page 16 - Outside back page*



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### Today's Recipe



www.PeakMarket.com

#### Potato Puffs

Metric	Ingredients	Imperial
3	eggs, separated	3
750 ml	potatoes, cooked & mashed	3 cup
15 ml	onion, minced	1 tbsp
10 ml	parsley	2 tsp
-	salt & pepper to taste	-

In a medium bowl; beat egg yolks. Add potatoes, onion and seasonings. In a small bowl; beat egg whites until stiff. Fold into potato mixture. Pour into greased muffin tins or a casserole dish. Bake in preheated 350 F (180 C) oven until slightly brown. **Serves 4**

#### Dill and Parmesan Tomatoes

Metric	Ingredients	Imperial
3	medium tomatoes, sliced	3
30 ml	butter	2 tbsp
50 ml	fine breadcrumbs	1/4 cup
40 ml	fresh dill, chopped	3 tbsp
-	salt & pepper to taste	-
500 ml	parmesan cheese, grated	2 cup

Place tomato slices on a cookie sheet. In a skillet; melt butter, add bread-crumbs, dill, salt and pepper. Spoon mixture onto each tomato slice. Sprinkle with lots of parmesan cheese. Place in cold oven under broil (not too close) and turn on broiler. Broil until cheese is golden brown, about 5 minutes. **Serves 6**

www.PeakMarket.com

CROSSWORD

The Dominant Male

By Adrian Powell

ACROSS

1 '70s hair style

5 "Curses!" to Charlie Brown

9 Demean

14 Lose one's footing

15 Quite a mixture

16 Indy 500 entrant

17 Fatherly item on the union's wish list

20 Someone from the office pool

21 West who famously said "Peel me a grape"

22 Mouse or cockroach

23 Lady's development areas?

26 Prefix for the birds

28 Cereal sounds that conjure up pa's visit to the chiropractor?

34 Bulgaria's currency

35 Novel concept

36 Cut off

38 Ismaili Muslim's Khan

39 Young Darth Vader's nickname

40 Used car site

42 Mary Ann Evans, George Eliot

43 Old Bailey event

45 Solo piece from "Carmen"

47 Lumberjack's creation

48 Sinbad's burden for days and nights or nickname for your fishing dad?

52 Uppercut's target

53 Theatre guide

54 Seesaw sitter of rhyme

57 Donkey, basically

59 Miller of "King of the Road"

63 Rona, Canadian Tire or Home Depot, often

67 Banded quartz

68 Huge black and

DOWN

1 "Raiders of the Lost Ark" slitherers

2 Sharp's counterpart

3 Marriage, e.g.

4 Police order

5 "Cocoon" director

6 Howard

7 He whupped Foreman in '74

8 Chickadees' cousins

9 Oriental bean

10 "Exodus" hero

11 Ben-Canaan

12 Accompaniment for a sword dancer

11 Molar malaise

12 Gets hard

13 Formerly, in olden times

18 US campus recruitment org.

19 Genuine

24 Olivia Walton's TV daughter

25 Angular measure

27 3-piece suit piece

28 Venetian blind strip

29 Tributary of the Amazon

30 To no \_\_\_\_ (without success)

31 Muslim community leaders (var.)

32 Elliptical figures

33 Sri Lankan tea

37 Classical Indian music style

39 Book of Mormon's longest book

41 A few "colourful" words

44 Fine-tunes

46 Alarm clocks, e.g.

49 Not at home

50 The wife's

51 Like some R-rated movies

54 Famed Dutch cheese burg

55 Pudding ingredient

56 Purim's month

58 Apt name for a Dalmatian

60 Full of blood and guts

61 Cupid for the Greeks

62 Tenant's payment

64 You can safely drive off this

65 Starchy Andean veggie

66 Not even close

white dolphin

Spinach is rich in it

Telegraph pioneer

Bygone Russian overlord

Fluid-filled bump

11 Molar malaise

12 Gets hard

13 Formerly, in olden times

18 US campus recruitment org.

19 Genuine

24 Olivia Walton's TV daughter

25 Angular measure

27 3-piece suit piece

28 Venetian blind strip

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62 Tenant's payment

64 You can safely drive off this

65 Starchy Andean veggie

66 Not even close

WORDSEARCH - AT THE MOVIES

By Senior Scope

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

Aeon Flux	Carrie	Dogma	Hellcab	Red Eye	Tank
Amadeus	Cars	E.T.	Hero	Rumble Fish	The Doors
Babel	Chicago	Fargo	Hitch	Rushmore	The Firm
Bad Boys	Christine	Fracture	Hook	Sahara	The Omen
Basoc	City Hall	Gandhi	Ice Age	Saw	Titanic
Batman	Class	Garden	Liar, Liar	Scream	Top Gun
Be Cool	Clerks	State	Mash	Shine	Traffic
Beerfest	Click	Ghost	Michael	Shrek	Troy
Big	Clueless	Gigli	Misery	Star Wars	Volver
Bobby	Con Air	Gladiator	Platoon	Syriana	Zoom
Bounce	Crash	Grease	Ransom		
Capote	Derailed	Heat	Ray		

### Canadian CyberQuotes

In the following quotation, each letter is uniquely coded. In the example, P is used for the three As, T for the Rs, etc. The code changes each time. Example: P P T X B P T Q A A R D V A R K

TODAY'S QUOTE

J D T C Y M A J X Y K K T Z H J K G M L U Z Q T E J L

E Q J L U Y H Q Y A I D V Y E H D J E G H T Q M A H T W M E T X

E T L B Y C A J H M T L X J A H Y C H Q J L O T I E J L E Q J L U Y

M H D J E G H T O T I C A . — K J I C Y L E Y V . W Y H Y C

HINTS

Hints: Single letters usually stand for an "A" or an "I". Fill all those in first. Apostrophes are usually followed by an "S" or a "T". If you have found the "A", a coded word like "Axx" is often the word "and", giving you the "N" and "D". Coded words ending in two similar letters - "xxxxFF" for example - will often have those letters being "S" or "L". Two letter words that are not abbreviations almost always have a vowel or end in a "Y".

SOLUTION ON NEXT PAGE



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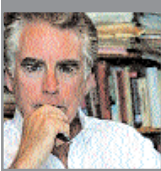
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HUMOUR



By William J. Thomas

Men cooking over fire is an ancient custom predating iron, the invention of the wheel and the birth of Hazel McCallion. Two million years ago *Homo habilis*, an erect primate roamed the southern hemisphere of the earth. *Homo habilis* operated primitive tools which he dragged behind him in a wheel-less cart. Strips of animal skins wrapped around the waist had not yet been invented so that the bottom half of his wooly mammoth outfit revealed a fair bit of butt crack. His nickname was 'All Thumbs.'

*Homo habilis*'s brain had the reasoning capacity of an American Idol judge which enabled him to create fire to both heat his cave and roast mammals that were slower afoot than himself. He employed a vocabulary of five words: "Fire good" and "little fella tasty." These were good times for prehistoric humans. Man hunted and fire-cooked what he caught, woman gathered wood and fashioned bulky clothes from animal skins. Man cooked everything that moved, the minute it didn't. Woman went into the cave's kitchen after the meal and did the sticks and stones.

Man could cook because man invented fire. Only a man would sit for several days rubbing two sticks together and expecting something to happen. One day it did! And after suffering near-fatal burns to most of his body, he couldn't wait for it to happen again. Man created fire on the same day woman discovered laughter. Once she laughed so hard she cracked a rib watching him throw rocks across a sheet of ice for no particular reason.

In H. G. Wells' *A Short History Of The World* he describes fire as "that mysterious phenomenon that cooks man's food, heats his cave and keeps him alive." He goes on to describe a scene of a caveman smashing two rocks together, trying to create a spark to start a fire of dried grass. Even when another caveman comes by with a lit torch they cannot get the rocks hot enough to produce a spark so they all froze to death ending that era of the Cro-Magnon species.

# Ah Summer - The Sizzle Of The BBQ And The Smell Of Burning Hair

So the importance of fire, then and now cannot be ... oh, sorry that scene was actually from Mel Brooks skit "How Man Invented Fire" and why the earliest species of man died off because they were just too stupid to live.

Although he could still not get his head around the concept of the wheel, *Homo habilis* invented a thing called the "pocket fisherman" which brought more variety to the meals. Then the earth began to warm up, much like today and they needed to wear less animal skins. Women started to do the cooking wearing two-piece marmot skins over ferret fur thongs. Man's vocabulary expanded from "fire good" to "woman hot" and "little fella overcooked." Foreplay involved a headlock.

When man did the cooking, mostly on weekends, he now drank large quantities of fermented mead which was not helpful. The meat on the fire was not burned, he protested but cooked "Cajun." Nobody believed him. When man could no longer complete the simple task of roasting meat over fire, false idols appeared selling new methods of cooking like the Cro-Foreman Grill and wood-fired rotisserie ovens in which the spit was turned by a treadmill of running gerbils which later doubled as appetizers alongside a tree-resin dipping sauce.

Having failed at the one thing he was good at, he desperately tried to recapture his prowess as the great preparer of food. Ordinary flames

were no longer enough, he tried heated rocks to cook carcass and later cedar planks for salmon. Still, barbaric man had lost his touch; his simple gift of searing meat over flame was gone.

Delusional, he began to drink heavily both during the cooking session and the meal. He tried drinking Mead Lite to lose weight, but still he outweighed his prey and could no longer outrun them. For at least two ages, ice and iron and I think stone, he had to order in.

Desperately he tried cooking over chunks of carbon and eventually jets of bison methane that burned under strips of steel bars. Sometimes he would fall into the flames and the drink in his hand would splash all over the food. He said he was inventing the art of "basting." Nobody believed him. One evening he became

so frustrated man rammed a full can of mead into the first thing he could get his hands on ... a chicken. Man claimed he had invented a new BBQ apparatus called "Mead Can Chicken." Nobody believed him, not even the chicken.

Nonetheless he continued to cook meat over fire and today, fourteen million years later, man and several dozen like him have their own grilling shows on cable TV. That's how we got to where we are today. So be kind when you get a whiff of burning hair as your husband comes in with the platter of meat. It's not his fault. It's hereditary.

For comments, ideas and copies of *The Legend of Zippy Chippy*, go to [www.williamthomas.ca](http://www.williamthomas.ca)

Solution to **Canadian CyberQuotes** :

**A bore is a fellow talking who can change the subject back to his topic of conversation faster than you can change it back to yours.**

~ Laurence J. Peter (1919-90, Vancouver. Educator, author, creator of "The Peter Principle")

### CROSSWORD - Solution

AFRO	RATS	ABASE
SLIP	OLIO	RACER
PATERNITY	RIGHTS	
STENO	MAE	PEST
	UTERI	AVI
SNAP	CRACK	LEPOP
LEV	IDEA	SEVER
AGA	ANI	LOT
AKA		
TRIAL	ARIA	LOG
	OLDMAN	OF THE SEA
	JAW	USHER
ESAU	ASS	ROGER
DAD	STY	PEO
AGATE	ORCA	IRON
MORSE	TSAR	CYST

### WORDSEARCH - Solution

GARDEN	STATED	DOT	TRAFFIC
ANGEL	MICHAEL	OTRY	QABABEL
DOO	GIF	IND	EGIT
YVHAL	LM		
CHICAGO			
SEER	FEST	MS	SZ
DMO	JRL	LS	ODYCH
AVI			
NAV	DER	NO	YCH
LEA	SO	TH	MB
CON	NAI	BO	ASE
MDL	AVI	RON	NE
SEH	VE	GN	SC
RE	AM	ST	DT
CLERK	9	LE	IF
WAW	FR	ACT	NE
THE	DO	OR	SM
GREAS	E	ASK	IN
HEAT	P	J	CC
UK	MA	SH	IR
BOUNCE	G	M	IS

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For details, call: 204-467-9000 or Email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

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Pop, English, French, Italian - ELVIS albums sold separately - 204-231-4863 or email [annette.bonomo@shaw.ca](mailto:annette.bonomo@shaw.ca)

**WANTED:** Military medals. I am not a collector or a seller. Lots of my medals were stolen. Call with what you have. State price. Leave msg: 204-866-3633

**WANTED:** New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

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Things To Do

IN WINNIPEG

Cont'd from page 13

**Gwen Sectar Creative Living Centre** - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

**Archwood 55** - Yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or **archwood55mail@gmail.com** **www.archwood55plusinc.weebly.com**

**Brooklands Active Living Centre** - Zumba Gold, Aqua-fit, Line Dancing, Floor Curling. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games. **204-632-8367**

**Prendergast Seniors Club** - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

**Ukrainian Cdn Veterans Br # 141** - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Info: **204-589-6315** ext 103.

**Fraternal Order of Eagles** - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

**The Friends of Library Book Club** - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

**The PROBUS Club of Winnipeg** - is a group for the retired or semi-retired. Info: **204-489-2882**, or **winnipegprobus85@gmail.com**

**Dakota 55+ Lazars Senior Centre** - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. **206**. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

**Senior Achievers** - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

**The St. James-Assiniboia 55+ Centre** - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **204-987-8850**

**55+ Men's Club** - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

**Fort Garry Legion** - 1125 Pembina Hwy., Paper Bingo, Fri., Early Bird 7:15 pm; and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch.

**St. Chad's Anglican Church** - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

**McBeth House Centre** - 55+: Tues.: Quilting, 9-2 pm; cribbage; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Bridge players needed: **204-334-0432**. House avail. for rental.

**The Friendly Settlers Senior Citizens Club** - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or **ganyadel4@mymts.net**

**Norberry-Glenlee CC** - Programs for seniors. Play Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

**Fibromyalgia Support Group of Winnipeg** - For info: **204-975-3037**

**Dufferin Senior Citizen Inc.** - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale.

Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

**Le Conseil des francophones 55+** - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., **conseil55@fafm.mb.ca**

**Mensheds Manitoba Inc.** - Peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

**Weston Seniors Club** - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

**High Steppers Seniors Social Club** - Meet Wed. & Thur. for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

**Good Neighbours Active Living Centre** - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: **204-996-0750**

Email ready-to-print electronic PSAs to: **kelly\_goodman@shaw.ca**. **FREE** for non-profits and current advertisers. Include duration for listing to run.

Things To Do

IN RURAL MANITOBA

PROGRAMS / SERVICES / VOLUNTEERING

**Gimli - Farmers Hall Old Time Dance Lineup** - Wednesdays, Jun. 27: Gem Stars, Jul. 25: Dennis Nykoliation Band , Aug. 29: Female Beat, Sept. 26: Country Pride, Oct. 24: The Mosaics. Hwy 231 and Rd 17 east, 3 miles west of Gimli. Doors open 1 pm, lunch at 4 pm, included. Advance tickets only \$15 avail. at Tergesen's in Gimli or email Elaine: **klymdesk@gmail.com** OR **204-296-0540**.

**Interlake - Lakeside Quilters Quilt Show** - Sat. Aug. 11, 10 am-6 pm, Sun. Aug. 12, 10 am-4 pm. Adm - 1 day \$5, two days \$8. Curling Rink, Gimli Rec Centre, 45 Centennial Road, Gimli, MB. Vendors, Raffle, Lunch, Boutique Table, Demos, Silent Auction, Make and Take Workshops, Fred Frost Trunk Shows. More info: Janice: **204-376-2649**

**Interlake** - Barn Quilt Trail - Now over 40 barn quilts to view in the Interlake. More info: **info@interlakebarnquilts.com**, **www.interlakebarnquilts.com**, **www.facebook.com/lakeside.quilters.54**. Entry forms at **interlakebarnquilts.com**

**Ste. Anne - Dawson Trail Days** - Car Show, Sat. Sept. 1, 11 am-5 pm, Ste. Anne, MB. If it is powered by an engine we want it - beyond the ordinary old classics, customs, street rods, orphans, rat rods, muscle cars, tuners, bikes, snowmobiles, swamp buggies, ATV's, trucks, buses, you name it! Come out with your prized vehicle and share in the fun. No entry fee, no trophies, no judging. Bring a "tin for the bin." Email Dennis: **dwfxyz@gmail.com** or Sarah: **recservices@steannemb.ca**

**Stonewall - si55Plus** - Oddfellows Hall, 374-1st St. W., Stonewall. **204-467-2582**  
**Active Wellness Club** - Classes, Mon-Fri til Jun. 18 for all fitness levels. Drop-in welcome; **Pickleball** - Mondays & Thursdays, 6:30 pm, Sunova Curling Rink, Stonewall. New players welcome. **204-467-2582**;  
**Yoga & Pilates** (at Warren Hall, 145 Macdonald Ave.) Thur. Jun. 14, 10 am, \$2/class for hall rental. Register: **204-467-2582**; **Folklorama Bus Trip**, Registration deadline June 27. Call **204-467-2582** for dates and trips; **Afternoon Cribbage Tourn.** Mon. July 9, 1 pm, Odd Fellows Hall. No advance registration, Individual Play, \$5/person at door. **204-467-2582**; **Monthly Luncheon** Wed. Jun. 13, 12 noon, Odd Fellows Hall, \$10 at door. **204-467-2582**; **Strawberry Social**, Wed. July 18, 1-3 pm, Odd Fellows Hall. Entertainment: Four Tuned Cookies. All welcome. **Line Dance Classes**, Tuesdays 11:15 am, Thursdays, 11 am. \$2/class plus yearly SI55Plus membership.

VOLUNTEER

**Stonewall Kinettes Club** - A great way for women to 'Grow, Learn, Make Friends, and Have Fun' Kinettes meet 3rd Thur. of mo., except July & Aug. Help plan fun events, such as Ladies Night Out, and other activities to help raise funds to serve the community's greatest needs in Stonewall and surrounding communities in the Interlake. Call

Marilyn Kenney at **204-467-2728** for info.  
**Emerson-Franklin Senior Services** - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

**Ritchot Senior Services** - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: **Ritchotseniors@mymts.net**

**Selkirk - Tudor House Personal Care Home** needs volunteers for various positions. Call **204-482-6601** Ext: 21.

**Selkirk - Betel Home** - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or **mmutcheson@ierha.ca**

**Springfield - Service to Seniors** - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call **204-853-7582** or email: **springfieldseniors@mymts.net** to arrange to pick up an application package.

PROGRAMS / SERVICES

**A&O: Support Services for Older Adults** - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Register anytime. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

**Beausejour - Beau-Head Senior Centre** - Mon. Crib Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, **beauhead@mymts.net**

**Brandon - Prairie Oasis Senior Centre** - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

**Dauphin Multi-Purpose Senior Centre-Seniors 55+** - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent.* **www.dauphinseniors.com**, **204-638-6485**

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

**Emerson-Franklin Senior Services** - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/ Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including house-keeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal

program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

**Gimli - New Horizons 55+ Activity Centre** - We provide a pleasant place for recreation, relaxation and companionship and encourage all members to remain active and socially connected while maintaining their physical and mental health. 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit **www.gimlinewhorizons.com** for monthly newsletter. Info: **204-642-7909**

**Ile des Chenes Seniors/Grande Pointe** - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and **District Seniors Resource Council 376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches Resource Center (Victoria Beach) 756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Selkirk & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet 345-1227**, **Pinawa 753-2962** or **Whitemouth/Reynolds 348-4610** or **Winnipeg River** Resource Council **367-9128**

**Montcalm Service to Seniors** - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: **jbarnabe@hotmail.ca**

**Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi** - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or **ensemble@mymts.net**. Our goal is to assist seniors and the disabled to maintain their independence. We are **always looking for volunteers** to help with these programs.

**Portage la Prairie - Herman Prior Centre** - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income tax return filing assistance, regular

Blood Pressure Clinics, and Stroke Survivors, Book Club, Geneology and Natural History meetings. Special events (trips to RMTC, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: **204-857-6951**, **hp55plus@mymts.net**

**Seine River Services for Seniors** - The Philips Lifeline Medical Alert Service - fast access to highly trained, caring Response Associates at the push of a button, 24 hrs/day, 365 days/yr. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping. Juliette Rowan: **204-424-5285**.

**Les services rivière seine pour aînés** - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratuité à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

**Selkirk - Gordon Howard Centre** (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit **www.gordonhoward.ca** or call **204-785-2092**

**Springfield Seniors** - offers many programs: Pickleball, Zumba Gold, Bingo, Canasta, Board Games, Chair yoga, Strides walking programs, Seniors exercises, Shopping trips, Pancake Breakfasts, etc. Call **204-853-7582** or **springfieldseniors@mymts.net** for info.

**Springfield Seniors Community** - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. Dugald: Mon/Wed/Fri - 5 pm. **Cooks Creek**: Mon/Wed - 11:30. Call **204-444-6000**. Anola: Mon-Fri, 11:45 Call **204-866-3622**

**Springfield - Support Group for Caregivers**. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at **204-268-4752** or email **alzne@alzheimer.mb.ca** to register

**Victoria Beach - East Beaches Senior Scene** - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: **ssinct@mts.net**, **www.ebseniorscene.ca**

**West St. Paul Seniors Programs** - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B\*\*\*\* - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or **recreation@weststpaul.com**

Email ready-to-print electronic PSAs to: **kelly\_goodman@shaw.ca**. **FREE** for non-profits and current advertisers. Include duration for listing to run.