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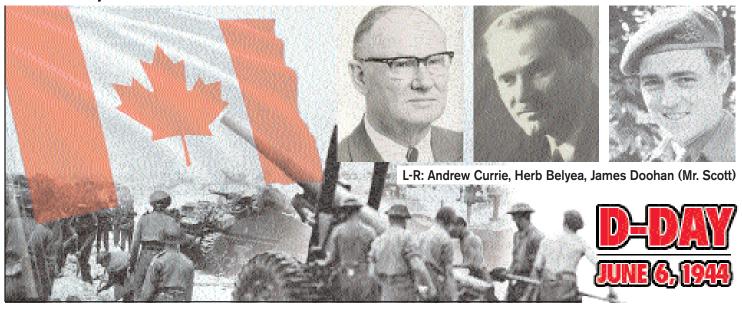
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Remembering Canadians and others who faced death on June 6, 1944 By Roger Currie



years ago this month came a major turning point in the deadliest conflict the world has ever known – D-Day, the allied invasion that came ashore on the beaches of Normandy in France, on June 6, 1944.

50 million people, both soldiers and civilians, died in World War 2. In the spring of 1940 France and much of the rest of western Europe had fallen under the control

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and domination of Hitler's Germany. It was something of a miracle that Britain and the rest of the United Kingdom did not also fall then. In the expanding entertainment world of online streaming, a number of creative people have written dramas in a genre that has come to be known as 'alternate history'. Their stories speculate on what might have happened to our world if Hitler's forces

had succeeded. I watched one recently called "Fatherland". The fictional premise was that the D-Day invasion failed. The allied forces including thousands of young Canadians were driven back into the English channel, and most importantly the United States retreated into isolationism. It made for fascinating storytelling, albeit rather depressing.

Thankfully the reality of what happened in June of 1944 was very different, and like the Nazi Holocaust, it's a story we must never allow to be forgotten.

I was born in July of 1947, yet I never cease to be amazed by the strong connection I feel to *D-Day*. My late father Andrew Currie was a Canadian soldier who was truly blessed. He was an officer in the *Royal Canadian Army Service Corps*. Their mission was to ensure that our soldiers, sailors and airmen were properly equipped and cared for as they put themselves in harm's way. Like U.S. General

Continued on page 2

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Remembering Canadians..., cont'd from front page

Dwight D. Eisenhower who was the Supreme Allied Commander on D-Day, my dad never had to dodge an enemy bullet of any kind. He crossed the Channel more than a week after D-Day, and he spoke many times about how "the smell of death was absolutely everywhere. You could not escape it." Dad received the Order of the British Empire from King George VI, and he came home to lead a productive and rewarding life in the post-war world. He never spoke about it, but I wouldn't be surprised if he privately felt some 'survivor guilt' over returning without a scratch while so many others ended up buried in a green field in France.

The role of the Americans in D-Day and the other major battles that brought an end to Hitler's Third Reich less than a year after the Normandy invasion is without question. Thanks to Hollywood, the Americans have never been shy about celebrating the exploits of their war heroes. In major movies like "Saving Private Ryan" and miniseries like "Band of Brothers", the millions of us Baby Boomers who were spared the need to put our lives

on the line, got at least a frightening taste of what it must have been like.

Canadian stories have frequently been harder to come by over the years. When I was a student at Kelvin High School in Winnipeg, I had the good fortune to sing in choirs that were conducted by a remarkable man named Herb Belyea. His skill at developing Manitoba musical talent was legendary. What myself and many others did not know until after he died in 2001 at the age of 83 was how he had put life on the line in the uniform of his country. On June 6, 1944, Herb was dodging bullets on Juno Beach as a 26 year Captain in the Royal Canadian Artillery.

Not far away that same day was another Canadian officer named James Doohan. He survived getting hit by half a dozen bullets. Unfortunately, it seems they were all fired by a nervous Canadian sentry. Doohan would later become well known to the world as 'Mr. Scott', the ship's engineer who 'beamed up' the crew of the Enterprise on Star Trek.

More than many of the other dramatizations of what happened on D-Day, Band of Brothers conveyed the vital message about what it was that motivated soldiers to advance against the enemy when the risk of death or injury is so high. Much as we like to think they are motivated by the cause of freedom over tyranny and other lofty ideals, it is something much more basic that probably dominates their thoughts. "If I am unlucky enough to catch a bullet, hopefully the guy beside me will carry me to safety, and hopefully I will somehow find the courage to do the same".

On this 75th anniversary, D-Day commemoration ceremonies have been held in many Manitoba communities. When I was a young reporter in the 1970's I attended some of them and was honoured to shake the hands of many veterans who served and thankfully came home. In 2019, the few veterans who are able to attend are well into their 90's, and many are in wheelchairs.

"Thank you for your service" is the very least we should say, especially to those who did not come home.

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

MANITOBA COMMEMORATES 75TH ANNIVERSARY OF D-DAY HONOURING THOSE WHO SERVED

Joined by Lt.-Gov. Janice Filmon, Brig.-Gen. Sean Boyle of 1 Canadian Air Division, and distinguished veterans and members of the Canadian Armed Forces, Premier Brian Pallister commemorated the 75th anniversary of D-Day with a special ceremony at the Legislative Building on May 28th.

"We are honouring the men and women who served, fought, and gave the ultimate sacrifice at the D-Day and Normandy landings," said Pallister. "Their willingness to give everything they had has afforded us the safety and security we enjoy today - something we must recognize and never take for granted."

On June 6, 1944, also known as D-Day, more than 150,000 Canadian, British and American forces landed on five beaches on the coast of France's Normandy region. The invasion was one of the largest military operations in history and resulted in the Allied liberation of western Europe from Germany.

Manitobans were among those who fought on D-Day 75 years ago. Some 359 Canadian soldiers died on that day, with more than 5,000 deaths during the two-and-a-halfmonths of fighting in Normandy.

"I encourage all Manitobans to learn about the sacrifices and achievements made by those who have served, and continue to serve, during times of war and peace," Jon Reyes, special envoy for military affairs.

On June 6, ministers and other elected officials joined in services to commemorate the 75th anniversary, beginning at the Mynarski Statue in Vimy Ridge Memorial Park. The statue is a tribute to those who served in Canada's world wars, portraying Winnipeg-born Air Gunner Andrew 'Andy' Charles Mynarski's hand stretched out in an effort to rescue his friend in a burning bomber. ■

Wednesday, April 17, 2019

Local health charities applaud new funding agreement

Promise of enhanced palliative care support in rural communities

WINNIPEG - A coalition of four Manitoba health charities engaged in palliative care applaud a new bilateral funding agreement that includes additional support for palliative care in rural communities.

A 10-year funding agreement between the provincial and federal governments announced yesterday will invest \$400 million into a range of health care initiatives and will address palliative care service needs in rural Manitoba.

Manitoba has no residential hospices beds outside of Winnipeg, which has the lowest number of hospice beds per capita of all major Western Canadian cities. Most rural health regions operate without any local palliative care doctors.

"We support this agreement and believe the province is addressing an important disparity by dedicating new resources to much needed palliative care support in rural Manitoba," said Sarah Hawkins, Health Policy Analyst for the Canadian Cancer Society in Manitoba. "Our Society's goal is to improve the cancer experience and we believe effective and accessible pallia-

tive care is an important part of that goal. This agreement is a positive signal because it demonstrates a commitment to equitable access to palliative care services for all Manitobans.

Palliative care is designated as a core health service in Manitoba and should be accessible to all Manitobans. Many hard-working volunteers dedicate time and raise funds to provide palliative care programming and services in communities throughout the province.

Health organizations do what they can to support local voluntary organizations and to provide virtual support to patients and their families. Health charities like the Cancer Society believe provinces could and should play a bigger role in rural communities to ensure core palliative care services are available and that local medical staff have palliative training.

"Death is a subject nobody wants to talk about, but it is a reality we are all going to face," said Jennifer Gurke, Executive Director of Palliative Manitoba, "All Manitobans deserve the right to a death that is free of pain

and suffering, in an environment that

brings them comfort." The need for palliative care services in rural and remote settings will increase significantly over the next decade as Manitoba's population ages. New investments are critical to meet the growing demand for equitable access to quality palliative care services.

"Manitobans with a life-limiting illness, regardless of where they live, should have access to the quality symptom management and the holistic person and family centred approach that early referral to palliative care provides," said Shelly Cory, Executive Director of the Canadian Virtual Hospice.

We are looking forward to working closely with the provincial government as it continues to plan and implement initiatives in relation to this new funding," added Hawkins. "Palliative Care service provision is complex and challenging at times, but it just may be the most noble and humane service that a government can offer to its people."

Manitoba one foot at a time Exploring Manitoba on foot is an excellent way to appreciate the bounty of this beautiful province. There are trails to suit every level of hiking ability from beginner to mid-level to advance

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By Doug O'Neill

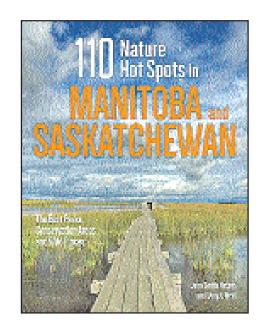
Book: 110 Nature Hot Spots in Manitoba and Saskatchewan: The Best Parks, Conservation Areas and Wild Places

by Jenn Smith Nelson and Doug O'Neill Copyright © 2019 Firefly Books Ltd.

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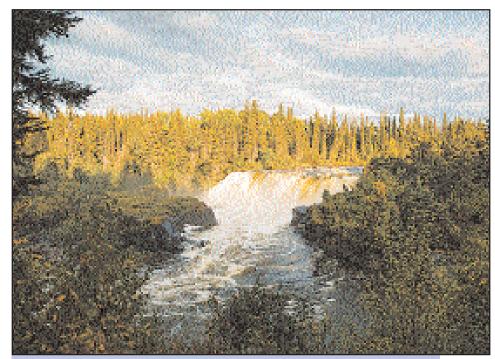
Nature enthusiasts who visit Birds Hill Provincial Park (24 kilometres north of Winnipeg on Highway 59) have their choice of themed hiking trails: there's the four-kilometre Chickadee Trail, 7-kilometre Bur Oak Trail, 3.5-kilometre Cedar Bog Trail and the 6.4-km Blue Stem Trail. These are ideal for anyone looking for a gentle hike and the likelihood of spotting white-tailed deer.

For a slightly longer hike, consider the 12.5-km Hunt Lake Trail in Whiteshell Provincial Park. There are some hills - but the lake views are worth the sweat uphill. Also located in Whiteshell Provincial Park is the short but scenic 4.1-km McGillivary Falls Self-Guiding Trail. Be sure to bring lots of water and some high-energy snacks if you plan to hike the 12.6-km Hunt Lake Trail which heads north to Indian Bay and returns along the east shore of West Hawk Lake, which is the deepest lake in Manitoba. Don't be surprised if you look out over the lake and see heads popping up over the surface of the water. West Hawk Lake is popular with scuba divers.



If you're hankering for waterfalls, definitely consider an overnight (or a very long day) trip to Pisew Falls **Provincial Park**. For fit, experienced hikers - especially if the idea of an overnight campout appeals to you there's the 22-km return hike from Pisew Falls, the second-highest waterfall in Manitoba, to Kwasitchewan Waterfalls, which is Manitoba's highest. The scenery is stunning - the camping facilities are not. Expect to rough it.

Riding Mountain National Park caters to hikers of all abilities and interests. There are 400 kilometres of hiking trails in this UNESCO World Biosphere Reserve. Many rel-



Pisew Falls, at 13 metres, is the second highest waterfall in Manitoba. (Photo Credit: Travel Manitoba)

atively easy hikes (such as the Clear Lake Trail) are accessible from the town centre of Wasagaming. If you've got some back-country experience there's the 25-kilometre Birdtail Trail. Always let the Parks Canada staff at the office know where you're going. If you're a history buff, you'll love the 17-km hike to Grey Owl's Cabin. If you'd like to combine birdwatching with some gentle easy hiking (boardwalks, gravel paths, earth

and grass trails) then Oak Hammock Marsh is your go-to destination. There are over 30 kilometres of trails crossing through the marsh, most of them located on dykes - an ideal way to view the 300 bird species that pass through, especially during fall migration.

Happy trails!

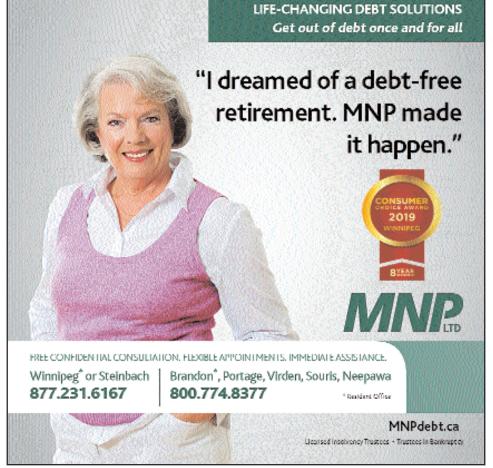


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June 10 - July 9, 2019 • V17N12

FINANCIAL PLANNING:

Vhat is a Plan?

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

At Shirley Hill & Associates we live by a plan and we create an IG Living Plan for our clients. We have conditioned our clients to think in terms of a plan. In fact, until a plan is formulated, we do not proceed with any action..

So why am I writing about the plan? Well, most of my articles are about real life events that have just happened either within our client base or those whom I come into contact with. This topic came to mind from an experience I had last weekend flying home from Phoenix. As always, I try to take a situation and write about it in plain language so that most people can relate to the story. You may recognize yourself or someone you care about in these stories. If so, take action.

So what is a plan? Google's definition is as follows:

A Written account of intended future course of action (scheme) aimed at achieving specific goal(s) or objective(s) within a specific timeframe. It explains in detail what needs to be done, when, how, and by whom, and often includes best case, expected case, and worst case scenarios.

When do you use a plan in your everyday life? More often than you

Let's take grocery shopping for an example. You check the fridge, what you are running low on? You check the flyers, what's on sale and in what stores? You then make a list and decide on your route to accomplish your goal of filling the grocery gaps. You've created a plan to go grocery shopping.

Then you will decide on the when, how and by whom.

Best case scenario - everything you want is on sale, fresh and in stock, no lineups or traffic and no arguments with your spouse on the brand name.

Expected Case – is a little less perfect than the best case scenario. You still arrive home with everything you need but it's not as perfect a journey.

Worst case scenario - just as it sounds, you hit all the traffic, forget the most important items on your list and literally everything is full price.

This whole scenario is a plan around something as mundane and simple as buying groceries. So much time and effort for just groceries.

Back to the flight that prompted this story. I like the aisle seat and my husband Ken likes the window seat. That is how we were situated when this very lovely woman with a wonderful hair cut came to a stop by our row and told us that her seat was in the middle. As sometimes happens, you strike up a conversation with your seat mate.

She was flying home for a few weeks because she missed her grandchildren. She then would fly back to a town in Mexico to complete some charitable work. This year, she and her husband have joined with fellow church members who spend three to four months providing a food program to several villages in Mexico. Her husband is very mechanically inclined so he is the "Mr. Fix it" in these villages.

This family has five children and of the five - three are church ministers. All in the family do various types of volunteer work around the world. As I am always intrigued by people's stories, I went on to ask for more about how they became involved. What was the process for the charitable work? How was it funded? What was the final intended outcome?

The conversation continued and I started telling her about some of the people whom I either knew or met throughout the years who have had a huge effect internationally through their humanitarian work.

I spoke about the client who took his privileged children to South Africa to the villages where HIV/Aids was an epidemic. The family came back with several pins. The grandmothers, who were now the caretakers of orphaned children, handmade them. These pins were called "Traveling Dolls." Several of the medical students decided to import them, write up a little story around these "traveling dolls" and sell them to raise money to buy retroviral drugs for the women and children. Our practice decided to become involved and bought a \$1,000 worth of dolls. We

sent them with the write up to our top clients to recognize what this family was doing and inform about the great need for help. We also included a note with the gift about our gratitude for what we have and the country we are so fortunate to live in.

The conversation continued and I spoke about the wonderful speakers I have been privileged to hear over the years. People like the young man who started Toms Shoes. For every pair of shoes bought one pair will be donated to a child so that that child can go to school.

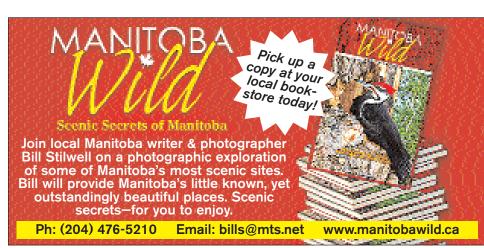
Also the young man who started Kahn Virtual Free University. The young man who traveled through some of the poorest communities in Central and South America and found that the NGO's came and dug wells to provide clean drinking water using modern equipment. When this modern equipment breaks or needs replacing, with no parts, the wells dry up and are not usable. With what was available locally, he fashioned parts that could be replaceable and then taught those in the community how to maintain and repair these wells if needed.

She asked how it was that I could be in places to hear all these gifted and charitable people speak. I told her that I was a financial planner with IG Wealth Management and that the Shirley Hill & Associates Private Wealth Management practice was well known for tax and estate planning, wealth preservation and intergenerational wealth transfers. She looked at me for several minutes and then went on to say that she had never heard of Investors Group or Financial Planning.

She went on to tell me that they had recently sold a few sections of land and were now independently wealthy which enabled them to do the volunteer work that they love. She told me that when money came in for the farm land they interviewed several firms and chose one of the six large banks.

Because I now knew something about her, her family, her passion and the very deep love of caring for those in unfortunate circumstances,

Continued on next page





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Page 5

Advertising Feature

Use of "Memory Loss" Card Makes Life Easier for Family Caregiver

Courtesy - Alzheimer Society

Betty Searle and her husband, Sam, love travelling. When Sam was diagnosed with dementia 10 years ago, the couple had no intention of giving up this favourite pastime.

As Sam's disease progressed, Betty was able to adapt to his needs. She continued to navigate the ups and downs of air travel, including checking in, getting through security and hailing ground transportation on either end.

One thing that has helped her immeasurably along the way is a card produced by the Alzheimer Society. It reads: "The person I am with has memory loss. Your help and understanding is appreciated."

"This card has been like gold," says Betty. "There are times when Sam may not understand what is going on, and he may react. When I show the card to airport personnel, for example, I am providing them with at least some explanation – even if it is limited – for his behaviour at that moment."



Betty Searle

Betty is amazed at the excellent response she gets from people. "The card allows me to be upfront and honest," she says. "If people are made aware that Sam has memory loss, then they understand and try to assist." The card often comes out of Betty's purse in restaurants as well. Once servers realize the situation, they go out of their way to be helpful.

Betty likes to credit a friend, Sylvia DeVlaming, for an adaptation that was made to the card. Both Betty and Sylvia are members of an informal support group that meets near the Society's Winnipeg office. Originally, the card stated, "The person I am with has dementia." Sylvia proposed changing "dementia" to "memory loss," which Betty prefers.

Betty intends to use the card for as long as she and Sam are able to travel, as well as in other situations. She is keen to advocate its use – she keeps a number of them in her purse to give away to others.

Cards with both wordings are available at the Alzheimer Society's Winnipeg office as well as at its six Regional locations. ■

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What is a Plan? cont'd from page 4

I asked her if she thought they would spend all of their money. Her quick answer was no. And even if they did, they would manage as they know how to live on very little.

As the flight continued I asked her if they knew of ways to take a small portion of their wealth and multiply it on a tax free basis. Then create a foundation that their children could administer to continue to give to the causes that meant the most to them. She just looked at me and asked "is that possible?" Of course it is. An insurance policy could be bought, assigned to the charity and the premiums can become tax deductible. The small amount of cost to fund the policy allows the effect to be multiplied on a tax free basis.

They have one child who is a low income earner whom they help more than the others. She went on to say that they have wills and all the assets were to be distributed equally to the children. Great, but would that gift harm the child whom is a low income earner? Because of his tax bracket, the family probably qualifies for an income distribution and several benefits for the family. If that money came to them directly – as wonderful as the gift would be, it may now disqualify the family from some of these benefits. She again looked at me and said – "why is this the first time I am hearing of this?" On this plane for 2-1/2 hours I have learned more from you of what is possible than I have from our current providers over the last five years.

Because I asked questions about her, her family, her passions, and her values. I was very interested and because I cared to know. If I know about what is deeply important to someone, that I can create suggestions – strategies – "A Plan". In that short period of time she had the beginnings of a plan.

She then asked "so what do we have now"? My answer – "**An investment statement**".

Based on this very real story – is this you? Is this your sister or brother? Do you/they have an investment statement or do you/they have a plan? We spend so much time planning a grocery shopping trip as I illustrated at the beginning of the article. Yet the very things that are the most important are left in the state that they are in.

I don't know this woman's name or if I will ever see her again, but she left an impression of selflessness and a great passion for living and aiding others. I have been very fortunate where it has been my honour to have met several people like this woman who are making a difference through their humanity.

Just think what we could do collectively if we just took a little of our wealth, magnified it and then gave it into our communities to make them stronger. That is my prayer and hope that our skill could help those who have it in their heart to do so.

If you or the groups you belong to would like further information about how a real plan can be used to achieve your goals, or for further information about our unique insurance and charitable giving solutions, please feel free to contact us at **204-257-9100**.

Estate Planning Seminar Date: Wednesday June 19th 10:00 am IG Private Wealth Management 200-1605 Regent Avenue West Call 204-257-9100 to register –

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By Scott Taylor **Photos courtesy Basketball Manitoba**

ne was perhaps the finest shotblocker of the 70s and 80s. Another was a pure scorer. And yet another was both a great coach and an outstanding official.

Last month, the Manitoba Basketball Hall of Fame announced its Class of 2019 and the inductees were led by former University of Winnipeg star Belaineh Deguefe, former Brandon University gunner Mike Vaira and the brilliant coach and official Bill Moody.

In total, there were four players, five builders and two teams.

Thanks to Basketball Manitoba's executive director, Adam Wedlake, let's meet the new class:

PLAYERS:

Belaineh Deguefe - A graduate of Kelvin High School and the University of Winnipeg Wesmen, Deguefe was a 1978-82; Great Plains Athletic Conference (GPAC) all-star all four years he played at Winnipeg from 1978 to 1982. He was GPAC Player-of-the-Year, CIAU/CIS All-Canadian and Wesmen Athlete-ofthe-Year in 1981.

Margaret Mulder - A product of the high school programs in Barrie, Ont., Mulder was a University of Winnipeg Wesmen star from 1986-89. She was a two-time GPAC All-Star, twice named CIAU/CIS playerof-the-week and an All-Canadian in 1988. She was also a member of Canada's National Team in 1988.

Isabel (Duncan) Thomson - The late Isabel Thomson (2007) was a true pioneer in women's basketball for 25 years in the 1930s and 1940s. She played 17 years of junior and senior basketball with the Altomahs and the Winnipeg Pegs and represented Manitoba six times in the Western Canadian championships. She was the Altomahs captain and was an allstar on numerous occasions.

Mike Vaira - The late (2018), great Mike Vaira came to Brandon from his native Oregon and played for the Bobcats from 1970-75. In 1973-74, he led the nation in scoring, averaging 26.5 pts. per game and became the first Bobcat to be named an All-

THE BUZZ Basketball's Newest Class



Belaineh Deguefe with the block.

number of championships. He also coached the BU Bobcats women's team for five years and was a twotime GPAC Coach-of-the-Year, A longtime official at all levels, he also presented at many coaching clinics in

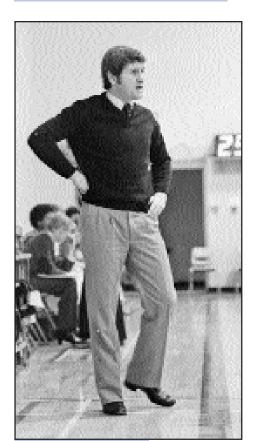
the Westman Region.

Isabel (Duncan) Thomson – Thomson, who died in 2007, will be inducted both as a player and a builder. She was President of the Greater Women's Senior Women's Basketball league for many years and Vice President of the Canadian Amateur Basketball Association (now Canada Basketball).

Dennis Wilson – A long-time coach and administrator, Wilson coached the Glenlawn High School Varsity Boys team from 1961-70, and that included the 1967 'AAAA' provincial champions. He was the commissioner of the Manitoba Super League from 1976-78 and was the first president of the Manitoba Basketball Coaches' Association. As a school administrator, he supported and helped develop quality programs at many schools. He also coached in the WMBA, at the International Peace Gardens and in the inner city BeeBall program.



Mike Vaira with the layup in 1974.



Coach Bill Moody.

Continued on next page

Canadian. He was a two-time GPAC All-Star and the Brandon University Male Athlete-of-the-Year in 1974.

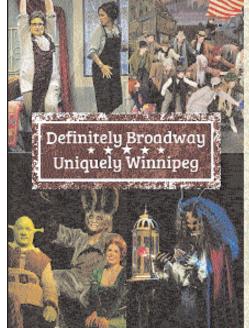
BUILDERS:

Irv Hanec – The late Irv Hanec (2017) coached for 45 years at all levels high school (Elmwood, Daniel McIntyre, St. John's, Dakota and College Jean Sauve), senior men's, national and international with St. Andrews Super Saints. He was the Mike Spack Award winner in 1996 and the Basketball Manitoba Coach-of-the-Year in 2006 when he led CJS to the provincial 'AAAA' championship. He also officiated for many years and was the Basketball Manitoba Executive Director in 2005-2006.

Larry McDougall - The late Larry McDougall (2017) coached for 32 years at Dauphin Regional Secondary School where he won three MHSAA 'AAA' Provincial Championships with the Varsity Boys team in 1975, 1976 and 1980 and with the Varsity Girls in 1987. He had a reputation for patience and for building relationships with his players.

Bill Moody - A brilliant coach and official in Brandon for more than 40 years, Moody coached at Neelin, Killarney and Crocus Plains High Schools where he led teams to a

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PROVINCE LAUNCHES CONSULTATIONS ON BEREAVEMENT LEGISLATION

The Funeral Board of Manitoba has launched public consultations on bereavement legislation in Manitoba.

As announced in the speech from the throne, a review of The Funeral Directors and Embalmers Act, The Cemeteries Act and The Prearranged Funeral Services Act will be conducted, with a goal of making funeral, burial and bereavement legislation more responsive to the diverse needs of Manitobans. The Funeral Board of Manitoba is looking for feedback on existing legislation in order to identify opportunities to:

- harmonize existing provisions and modernize the language used in the acts
- provide consistent regulatory regimes related to licensing and compliance that meet the present-day needs of Manitobans,
- strengthen consumer protections under the acts,
- reduce red tape by providing timely registration and licensing approvals, and
- provide a fiscally responsible framework for sustainable regulation.

Comments collected during this consultation period may be used to inform changes to existing legislative, regulatory, program and policy frameworks. The deadline for feedback is July 1.

Feedback can be provided by registering for in-person sessions or

completing the questionnaire available at www.gov.mb.ca/funeral directorsboard/index.html.

Submissions can be sent by email to **funeralboard@gov.mb.ca** or mailed to:

Attention: Bereavement Legislation Consultation

Funeral Board of Manitoba

254 Portage Ave.

Winnipeg, MB R3C 0B6

The BUZZ, cont'd from page 6

TEAMS:

Dauphin Regional Comprehensive Secondary School Clippers – The Clippers' Varsity Boys were the 1974-75, 1975-76 and 1979-80, MHSAA Provincial 'AAA' Champions. Ross L. Gray School Raiders (Sprague) – The Raiders Varsity Girls were the 1973-74, 1974-75, 1977-78, 1980-81,1981-82, 1982-83, 1985-86 and 1988-89, MHSAA Provincial Champions

The official induction of this year's class will take place on Saturday, Sept. 28, 2019 at the Victoria Inn in Winnipeg.



The Ross Gray Raiders from Sprague.



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Locations in Winnipeg:

Chapel Lawn Funeral Home & Cemetery 4000 Portage Avenue, Winnipeg, MB

204-272-4535

Salon funéraire Desjardins Funeral Home 357 Des Meurons Street, Winnipeg, MB

204-272-7228

TimeToRememberWinnipeg.ca

Glen Eden Funeral Home & Cemetery 4477 Main Street, West St. Paul, MB

204-272-4691

Glen Lawn Funeral Home & Cemetery 455 Lagimodiere Blvd, Winnipeg, MB 204-272-7905



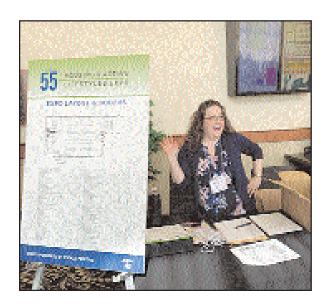
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A & O: Support Services for Older Adults



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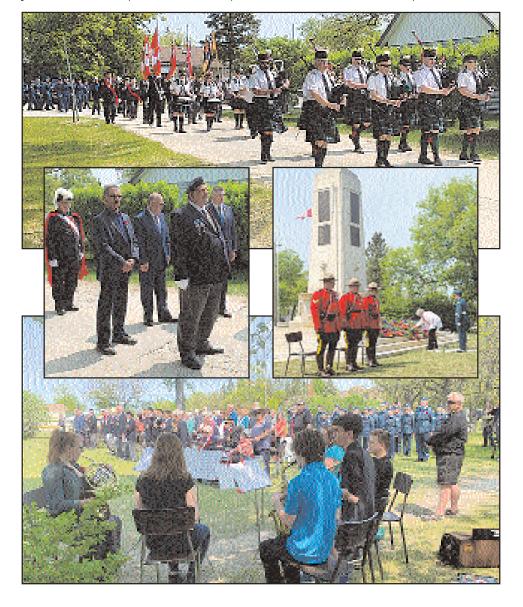
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DAD...

"I hope this Father's Day is as fun as your life was before kids."

"Dad to the Bone."

"Well done Dad. I'm amazing!"

"When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."

~ Mark Twain



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HEARTSPACE WRITING SCHOOL

Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

CREATIVE JOURNEY Five Minute Meditations for Transformation

- Compiled by Brian Hay and Joanne Klassen A collection of personal meditations from thirty-one CREATIVE JOURNEY writers from

seven countries that will help you see everyday moments from fresh vantage points. Available as an e-book for \$ 4.99 at Amazon: https://www.amazon.ca/dp/B01IQ0N9AS and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833



Excerpts from CREATIVE JOURNEY:

RESOLVE

(Farrukh Akhtar)

This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man

(William Shakespeare)

I have been thinking about Nelson Mandela and his quest to be the best that he could be. He spent 27 years in prison and left thanking the guards who held him captive. Me? I notice every micro-aggression and hang on to it for dear life. I use it as an excuse to make others wrong and batter myself further, to remain in a heavy, doubting, hurting place.

Am I reading too much into something? Perhaps, but I don't want to stop seeing with the depth and range of detail that is my gift. I do want to leave the heavy, lonely place I inhabit.

Better, not batter. That seems to be the key. I want to be able to have an honest dialogue with others, irrespective of who I am communicating with. I want to

remain true to myself, not lose or diminish myself or others in the process. (FA)

I speak my truth without offending others. İn speaking my truth, I seek resolution

Farrukh Akhtar (FA)

Farrukh, a senior lecturer at a London university, has been involved in the helping profession for over 25 years. As a Transformative Life Writing™ (TLW) facilitator, she runs workshops at the university and in the community. She is the TLW Facilitators' Co-ordinator for Europe and edited their training manual. Farrukh is founder of an incognito but internationally acclaimed book club. She loves writing, the theatre, communing with vegetables on her allotment, and having friends over for dinner. E-mail: farrukh.akhtar786@gmail.com



PRETEND

(Joanne Klassen)

You'll tell yourself anything you have to, to pretend that you're still the one in control.

(Jodi Picoult, Change of Heart)

This morning I heard about a young man who spent three years in prison for throwing a rock at a soldier who was cutting down olive trees in an orchard that had been his family's source of income for generations. He was held, tortured, and urged to confess that he was a terrorist.

'But I am a farmer. I was protecting our land," he repeatedly protested.

After a year he was released from prison. He was asked in an interview how he survived. He explained how he used his imagination to create a comforting alternate reality in those solitary conditions.

"I called my mother, my father, my brothers, sisters, and friends. We chatted for hours every day and long into the night."

Tears filled my eyes as I heard about these imaginary conversations. From this man, who I have never met, but whose story was shared with me, I received a practical strategy to get through life's toughest moments. I "called" my father who died six years ago, then my mom who died several weeks later. The anniversaries of their deaths are always hard for me. The ability to pretend stretches my mental muscles the way a trip to the gym stretches my physical ones. (JK)

> Pretending is a creative gift. I pretend my way to strength and comfort, in even the most challenging circumstances

Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life WritingTM which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. E-mail: jklassen@write-away.net

Upcoming Writing Retreat:

Summer is just around the corner. If having a writing retreat to look forward to lifts your spirits, you may want to join Heartspace Writing School in Winnipeg, July 16-17-18 for Creative Connections. Think of a day camp of writing fun with friends. Contact Joanne Klassen for more information.

Manitoba Churches - Argyle - St. Oswald - Anglican - 1903

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**. (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca (Seen Things) www.theimpressionists.ca.ManitobaChurches/ (Testaments of Faith) http://ozimages.com.au/portfolio/tmendis.asp / http://www.portfolios.com/TyrrellMendis

In 1870 the Scottish settler Dugald McLeod named Argyle after Argyllshire, Scotland, and by 1874 Argyle was described as a "new settlement." The settlers who came later, from Ontario, named the adjoining area as Brant to honour the famous Mohawk leader who assisted the British during the American War of Independence. Today Argyle is a community west of Selkirk in the Rural Municipality of Rockwood.

From 1878 until the small Brant-Argyle Presbyterian Church was built in 1881 Presbyterian services were held at the Guthrie home. The area surrounding the church became a cemetery.

Anglican services in Argyle began soon after the school-house was built in 1882. The congregation, which was part of the Woodlands Mission, had earlier, in 1879, helped with the construction of a rectory.

The parish of St. Oswald was formed on 21st July 1886 by the Right Reverend Robert Machray. Land for a church was purchased the following year. But it was not until 1903 that the church was built - by local builder John Morrison, assisted by a Mr. McNeil and the congregation.



St. Oswald was built in an unusual manner: with a wood framework and grout walls, grout being a combination of lime and sand. The interior finish was lath and plaster.

The church was consecrated on 3rd July 1910 by Archbishop S. P. Matheson.

St. Oswald's Parish was part of the parishes of the Woodlands/Stony Mountain area which included St. George, Woodlands, St. Michael, Grosse Isle, St. Luke, Poplar Heights, and Christ Church, Stony Mountain.

At some time during the 1930s the Parsonage was sold to H. J. Procter for use as a farm building. In the early 1950s the church underwent extensive renovations that included stuccoing the exterior, repainting the interior, shingling the roof, and rebuilding the altar. Regular services were conducted at St. Oswald Anglican church until 1967, and annual services thereafter until 1987. By the 1990s, however, the church was no longer in use, and it had been vandalised.

St. Oswald Anglican Church was deconsecrated on 3rd May 1998. It was demolished later that year.

Today a model of the church and a commemorative cairn in the adjoining Brant-Argyle Cemetery mark where the church once stood. The cemetery is the final resting place of the local dead. It also has the Brant-Argyle Cenotaph a memorial to those who died in the two World Wars.

Photographed in 1996

United Community Church

- Submitted by Pastor Victor



These are just some of the members of the fellowship that come every other Wednesday to the Filipino United Community Church at 1039 Pritchard Avenue to share stories over a light meal, hymn-sing and listen to invited speakers. The group also collects goods for donation and volunteers in the Family Life Centre at 240 Pritchard Avenue. Also, a 15-minute exhortation from a Bible passage and prayers are lead by Pastor Victor.

Seniors Fellowship in the Filipino Sri Lanka 55+ Group Spring Gathering - Submitted by Senaka Samarasinghe



Members of the Sri Lankan 55+ Group meet regularly for friendship, food and fun. Here, after the President's address to its members, the group enjoyed lunch and a movie. And then a Minute of Silence was dedicated to the Easter Sunday victims, and to the death of a member - M/s. Pauline Curpen.



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Things To Do

WINNIPEG

Listings available at www.seniorscope.com (Events page)

MISC EVENTS nitoba Coin Club - meets 4

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7 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

The Dr. Louisa Loeb Permit Teachers of Manitoba - Holding 15th and final reunion, July 11, at the Viscount Gort Hotel, 1670 Portaage Ave. For further information, call 204-256-6484

Walk to End ALS - Wpg. Sat. Jun. 15. Assiniboine Park - Events Tent (55 Pavilion Cres). Check in: 9 am. Start: 10 am. Dogfriendly (on a leash). (204) 831-1510 Ext 20. www.walktoendals.ca/MANITOBA, HOPE@alsmb.ca.

RiverView Community Centre at 90 Ashland Avenue - Free E-Waste Collection event for Stereo & Audio electronics on Jun. 15, 9 am-2 pm. Recyclables such as AM/FM tuners, radios, speakers, amplifiers, tape decks, boomboxes or parts welcome. No TV's, console stereos, VCR's, computers etc., please. 204-257-7575

Lions Place Toastmasters - Come as our guest to learn about Public Speaking at 7-8 p.m. on the first and third Wednesdays at 610 Portage Ave. Contact Jennet 204-284-6828. jpbakes@mymts.net.

St. James Anglican Church - Sundays, 9:30 am, 195 Collegiate St. Handicapped accessible. All welcome.

Historic St. James Anglican Church Concert in the Cemetery, Wed. Evenings at
the Historic, 525 Tylehurst St., just south of
Portage Ave. July 10: Flying on Broken
Wings, July 17: Hurricane Quintet, July 24:
Baltimore Rd, July 31: Cats Advise, and
August 7: Little Opera Company. General
Adm.: \$10. Doors Open at 7 pm,
Performance at 7:30 pm.

Urban Retreats Garden Tour - Sat. Jun. 22, 10 am-4 pm, rain or shine. Self-guided tour of beautiful River Heights gardens in support of St. Matthews Maryland Community Ministry, a member of 1 JustCity. Tickets \$15, available at McNally Robinson or by calling the Community Ministry at **204-774-3957**. Tea and Craft Sale, \$5 at the door, 11:00–2:00 pm at Westworth United Church, 1750 Grosvenor. More info at https://stmatthewsmaryland.ca/events/urban-retreats-garden-tour/

ART & GARAGE SALES

Grands 'n' More Winnipeg - Giant Art Sale - new and recycled art, Sun. Sept. 29, 10:30 am-4 pm, Norwood Community Centre, 87 Walmer St. Free Adm. Proceeds to Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation. www.grandsnmore.com, www.stephen lewisfoundation.org. To donate art: 204-

270-8447 or gnmAFTA@gmail.com South East Artists - 2nd Annual Show and Sale, Aug 31 at The Club Jovial in Ste Anne, 157 Central from 10 am-3 pm.

Demonstrations and Art for sale.

Forum Art Centre - Celebration of Everything Art. Fresh Art Show, June 20-23 at Forum Art Centre, 120 Eugenie St. in St. Boniface. All weekend Art Demonstrations, enjoy live music on Fri. at 6. Choice raffle draw, many unique Original styles of art, giclee prints, art cards, foot square paintings & choose your favourite piece for our People's Choice Award! Thur. June 20 & Fri. June 21, 5-9 pm; Sat. June 22 & Sun. June 23, 10 am-4 pm. www.

forumartcentre.com or 204-235-1069

SPORTS/FITNESS/GAMES

Assiniboine Golf 9 Hole Ladies Group - a few openings left. Golf Tue. mornings at

Assiniboine Golf Course. Marilyn: **204-889-5282** or Barb: **204-885-3768**

The Flashback Senior Baseball Club -Looking for new baseball players, open to Men 55+ and Women 40+, on Tue. & Thur. afternoons. Info: 204-222-6411

VOLUNTEERING

Canadian Red Cross - Seeking volunteer Support to Evacuation & Repatriation Team Volunteer to be assigned to a two-person response team to enter a disaster-affected community and support with the evacuation of all community members that are approved to evacuate. Must be at the ERT level. Also, for SWB Responder. vrs@redcross.ca or 1-844-818-2155

North Centennial Seniors Assoc. -Volunteer opportunity for preschoolers swim program, Tuesday morning, Oct.-Jun. 90 Sinclair St. at Dufferin Ave. 204-582-0066 or ncsc@shaw.ca

Downtown Winnipeg BIZ - Volunteers needed to help engage and promote the downtown community. Days, eve's, wknd's. 426 Portage Ave. **204-958-4644.** Info: https://downtownwinnipegbiz.com

Charleswood Long Term Care -Volunteers needed to assist with garden maintenance, 1 hr, 2-3 times/wk. Exp. in garden maint. Melanie: 204-833-3663

Deer Lodge Centre, 2109 Portage Ave. -Volunteers needed for recreation programs, gift shop, bartenders & bar servers, PRIME, community programs, friendly visiting. 204-831-2503 or visit www.deerlodge.mb.ca/volunteers.html

The Bike Dump (a volunteer-run community bicycle education space) - Volunteer opportunities: Bike Mechanic Instructor to help community members learn how to fix their own bicycle. Apply at: winnipegbikedump@gmail.com

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. Mon-Fri, Sun AM's. Volunteer Services 204-235-2111; service@actionmarguerite.ca

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, outings (shopping), Mass, transport residents in wheelchairs to inhouse appointments. Mon-Sat. Volunteer Services 204-235-2111;

service@actionmarguerite.ca

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. Telephone Support Volunteers to support caregivers 204-

452-9491 or cwc@aosupportservices.ca **Deer Lodge Centre, 2109 Portage Ave -**Volunteers needed for daytime recreation programs, physiotherapy dept., cafeteria, coffee program, various community programs, daytime medical escorts (no driving required). Joy: **204-831-2912** or email: 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 www.misericordia.mb.ca/volunteer or apply in person. Free parking.

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 msitter@vgh.mb.ca

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

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! at 445 Chalmers Ave. **204-668-0967**

meaganvarndell.kmts@gmail.com

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 counseling background. Flexible 4 hrs/wk. Work from home. Bob Milks: 204-661-7402, bmilks@concordiahospital.mb.ca

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. 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

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**

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

Filipino United Community Church Seniors Fellowship every other Wednesday,
6-7:30 pm. Our Seniors enjoy sharing stories over a light meal, hymn-singing, listening to invited speakers, collecting goods for donation, and volunteering in the Family Life Center at 240 Pritchard every other Wednesday (9 am-12 pm)

Together Time Drop in - 2nd Thur. of mo., 1:30-3 pm, 207 Thompson Dr., Prairie Spirit United Church. Free, All welcome. Info: Chris: 204-895-7410

Pembina Active Living (PAL) 55+ New members welcome. Spring classes end week of June 17-21. Drop-in activities until end of June: men's breakfast, bridge, pickleball. Summer drop-in activities: new Urban Walking group, Yoga in the park, PALputters (golf), PALpedallers (cycling), LunchPALS. Special events: PAL AGM: Thur. Jun. 20, 1 pm: Still Bloomin' Garden Club "It's a tea party" Thur. Jun 27, 1 pm; Coffee PALs: Fri. July 5, 1 pm. at Access Fort Garry. Annual summer picnic, membership drive and registration for fall classes – Tue. Aug. 20. Info: www.pal55plus.com, office@pal55plus.com, office@pal55plus.com

North Centennial Seniors Assoc. Activities: chair and mat exercises, aqua fitness with ramp access, People with
Arthritis exercises, carpet bowling, zumba, weight training, etc. Social: games, bingo, hot dog days, pot lucks, holiday luncheons, presentations, travelogues, day trips, library and painting classes. New members welcome. 90 Sinclair St. at Dufferin Ave. 204-582-0066 or ncsc@shaw.ca or www.NCseniors.ca

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

Wpg Polish Legion Br 246, 1335 Main St. - Happy Hour 3-7 pm daily Mon-Sat, Senior Lunch & Dance - Weds, 12:30-3 pm, \$10; Fri. Meat Draws, 5-9pm; Karaoke, Fri./Sat, 8-midnite; Chase the Ace - Sat, 10 pm. Hall Rental. Info: 204-589-5493

Bleak House Senior Centre - 1637 Main. Mon. 12:30 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 12:30 pm Cribbage, Friday 9:30 am Quilting. 204-338-4723

McBeth house (a non-profit organization for seniors and community) - Various activities. Mon. morning drop in rsvp, Yoga, 50+2-3 pm, 6-7:30 pm, **204-479-4857**; Tue.

Cribbage 6:30-8:30; 1st Wed. of mo. Book Club, **204-654-1109**; Thu., Painting/crafts 10-2, Quilting 6:30-9 pm; Sat. Bridge 1-4 pm. Info: **204-339-0432** or **mcbethhousecentre@shaw.ca**

Senior Achievers - Meet 3rd Thur. 1-3 pm at 618 Selkirk Ave. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360**

Brooklands Active Living Centre - Floor Curling, Carpet Bowling, Whist - Wed's, 7 pm. 1960 William Ave. **204-632-8367**

St. Matthews Maryland Community Ministry - Seniors Art Workshop Wednesdays, 12:30-2:30 pm, instruction and supplies provided, no experience necessary. Seniors Health and Wellness program Fridays, 11 am-1 pm. Different wellness activities weekly. Healthy snacks provided. 365 McGee St., 204-774-3957, www.stmatthewsmaryland.ca

Beyond Belief AA - 1 hr. closed meeting, Wed. nights, 6:30 pm. NOTE: No meetings July & Aug. Blue doors open by 6:10, basement of United Church, 613 St. Mary's Rd. We welcome agnostics, free-thinkers, atheists and others for anonymous, alcoholism/recovery support. Call Cathy M. for info: 204-981-5055

MB Christian Writer's Assoc. (MCWA) - Meets 10 Sat. afternoons/yr. Writers of all levels welcome. Annual membeship \$25. Drop-in \$3/mtg. Meetings: 1:30-4 pm, May 4, June 1, at Bleak House Centre, 1637 Main St. Info: 204-256-3642, 1-204-326-7286

Meadowood United Church -Handiworks Crafters Group, 2nd and 4th Tuesdays of mo, 2 pm. Started Sept. 11. Quilter's Group, every Thur., noon at Meadowood Church, 1111 Dakota St. \$35 fee/year. 204-256-7002

South Winnipeg Family Community Drop-In - Seniors meet Wed's, 9:30-11:30 am, at 800 Point Rd. Includes coffee, snacks, activities. **204-284-9311**

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 Gerry: **204-257-1475**

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

Sturgeon Creek United Church -Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm except July and Aug. Free. **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. Wed. - Steppin' Up FREE Exercise Class 10-11:30 am, Thur. - Pickle Ball 9:30-12 pm. Coffee/Tea/snacks provided. More info, call Sheila: 204-990-2339

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.

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

Continued on page 13

Fort Garry Women's Resource Centre (FGWRC)-10th annual fundraiser

Centre (FGWRC) held its 10th annual fundraiser, Thursday, April 25th at the Park Theatre.

This Annual event showcased a magnificent evening of local entertainment - including Cara Luft, Lara Rae, and folk/Americana/singer-songwriter duo Lilac Jam, as well as a fabulous silent auction, cash bar, light refreshments and great company.

Also featured was prize winning writer, public speaker, emcee, radio host and a 30-year veteran of stand up comedy - Lara Rae! Followed by our headliner - Cara Luft; an awardwinning musician, singer and songwriter and performer. One of Canada's hardest working musicians, armed with amazing tenacity, vision, energy and a contagious hilarity! Mandy Shew: announcer from 103.1 FM Virgin Radio will also be in attendance emceeing the event!

FGWRC is a not-for-profit, feminist organization supporting women to engage in healthy life choices for themselves and their families through innovative, responsive programming and excellence in service. We are committed to creating a community where women and children are safe, healthy, valued and empowered. This fundraiser will help us continue to provide free counselling and support to the women and children who access our

More information: www.fgwrc.ca (204) 477-1123. Find us on Facebook.





Headliner - Cara Luft



August 13-14th or August 27-28th

\$275.00 pp dbl occ

Join us this summer for an overnight tour to the

Parkland! Enjoy the views from the large train windows as we make our way through crops with the outline of Riding Mountain in the background!

Tour Includes: Economy Via Rail Ticket from Winnipeg/Portage La Prairie/Gladstone to Dauphin, Lodging in Dauphin, Return Transportation, Fort Dauphin Museum Admission,

Ukrainian Catholic Church of Resurrection

FGWRC - Board of Directors

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**

Sri Lanka -



Topic

No Country Can Live in Isolation: An Example from an Island Nation, Sri Lanka

Content

History - Culture - Interrelationship Canada & Sri Lanka - Demographics

- Emerging Sectors Human Capital Development - Agriculture
- Srilankan Community in Winnipeg

Contact: Senaka Samarasinghe

Email: senaka24@yahoo.com

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Included Tour Features:

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Admission to admire the iconog-

Boat Tour on

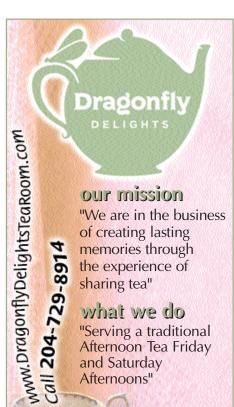
raphy, Scenic Drive To Clear Lake,

Wishing Well Stop, Park Admission,

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

GAMING & EVENT CENTR









(204) 956-6440 | info@aosupportservices.ca To donate online: https://www.aosupportservices.ca
> Give Back > Great Canadian Giving Challenge







NIPEG Cont'd from page 11

Listings available at www.seniorscope.com (Events page)

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.

Southdale Seniors - in Southdale CC. Activities: travel to Moose Jaw spa and Maritimes, local tours/workshops, birthday lunches, Celebrations matinees, casino trips, ASD bingo, writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. 204-253-4599, membership \$12.

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

A&O: Support Services for Older Adults -Senior Centre Without Walls (SCWW). Phone Group Activities providing fun, free, educational and recreational programming by calling into toll-free line. Info: 204-956-6400

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

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

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

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

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

Ukrainian Cdn Veterans Br # 141 - 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. 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**

Dakota 55+ Lazers 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.

The St. James-Assiniboia 55+ Centre -3-203 Duffield St. Various programs and services to adults 55+. Visit www.stjasc.com to view programs and services. 204-987-8850

1-4 pm, at Bourkevale Lawn Bowling, 900 Ferry Road. Art and hobby classes, or just enjoy a 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.

55+ Men's Club - Wed. & Thur. afternoons,

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

St. Chad's Anglican Church - Services now at 400 Rouge Rd. Service of Holy Eucharist, Sunday at 9:30 am. Fellowship with tea and coffee after service.

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

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

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 204-832-0629

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Include duration for listing to run. Submit by July 3rd for July 10th issue.

Things To Do

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Listings available at www.seniorscope.com (Events page)

Interlake - 2019 WAVE Artists' Studio **Tour** (Aug. 31/Sep. 1) - features newest artist Jerry Maryniuk! More than 25 artists. Self-directed tour from Earl Grey Road in St. Andrews to north of Camp Morton. Tour Guide and maps: www.watchthewave.ca

Interlake - Farmers Hall - Old Time Dance Lineup, last Wed. of mo., 1-4 pm. Country Pride, Wed. Jun. 26; The Dennis Nykoliation Band, Tickets \$15 includes lunch. Cash bar. Elaine: 204-296-0540, klymdesk@gmail.com

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Old Time Country Dance, May 31. 7-11 pm. \$12/members, \$15 non-members, \$20 at door. Reception 204-320-4600 https://www.patporteralc.com

Stonewall - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. 204-467-2582: Potluck & Games afternoon Call for info; **Pickleball**, Mondays & Thursdays, 6:30 pm, Stonewall Curling Club. Drop in welcome. Call for info.

VOLUNTEER

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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

PROGRAMS / SERVICES

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

Beausejour - Beau-Head Senior Center -Mon. Chi 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 housekeeping, 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 - 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit www.gim**linewhorizons.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. 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/Floor Shuffleboard. Blood Pressure Clinics, and Stroke Survivors, Book Club, Geneology and Natural History meetings. Special events trips. Contact Hope or Chris: **204-857-6951**,

hp55plus@mymts.net

<u>Seine River</u> 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.

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

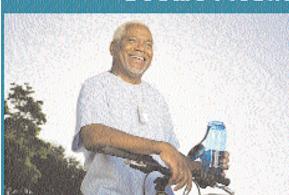
<u>Steinbach</u> - Pat Porter Active Living <u>Centre</u> (10 Chrysler Gate) - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception 204-320-4600, Sonja (Program + Volunteer Coordinator) 204-320-4603.

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 ordinator: **204-756-6468**, ema ssinc1@mts.net, ww.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

Les services riviére seine pour aînés -Lifeline est un service d'alerte médicale simple et concu pour réduire les risques lorsau'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 aines de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan Représentante de Lifeline au 204-424-5285.

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www.PeakMarket.com

Fiesta Cabbage Salad

| i | Metric | Ingredients: | Imperia |
|---|--------|-----------------------------------|-----------|
| | 750 ml | green cabbage, shredded | 3 cup |
| i | 750 ml | red cabbage, shredded | 3 сир |
| | 375 ml | corn kernels | 1 1/2 cup |
| | 1 | can black beans, drained & washed | 1 |
| | 125 ml | cilantro, chopped | 1/2 cup |
| | 125 ml | green onions, chopped | 1/2 cup |
| | 125 ml | cherry tomatoes | 1/2 cup |
| i | 250 ml | olive oil | 1 cup |
| | 125 ml | balsamic vinegar | 1/2 cup |
| | 15 ml | grainy texture mustard | 1 tbsp |
| | 250 ml | fresh lime juice | 1 cup |
| | 2 ml | sugar | 1/2 tsp |
| | - | salt & pepper to taste | - |

In a large bowl; combine cabbages, corn, cilantro, onion and tomatoes. In a covered container; add oil, vinegar, mustard, lime juice, sugar and salt and pepper; shaking well. Pour dressing over cabbage mixture; blending well. Chill for at least one hour.

www.PeakMarket.com

CROSSWORD

Oh, Dadda! By Adrian Powell

ACROSS

Bojangles' forte Buffalo iceman Hold your breath

in anticipation "OK, Iguess."

14 Welcoming word

from Hawaiian Air 15 Benevolent org.

since 1868

16 Have a blast with

the old man, say? Logically connect

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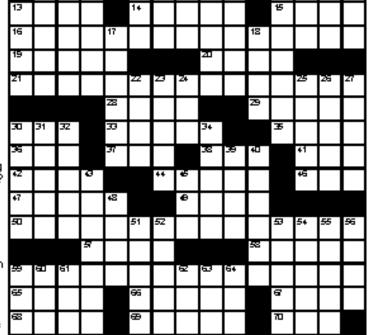
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69 Soccersquads 70 "Go on ...



DOWN

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FDR's affliction Melancholy Stout cousin Hood's weapon

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Wrap-around gre eting 10 Bemese peak

11 Letters that will stop a bout

briefly 13 ___ pre ce dent 17 Heavyburdens pre ce dent

18 Derbies and Stetsons 22 Webster, the 40 Calgary's daily paper

24 lt's summer in Paris 25 Current way to apply for jobs

26 What socks come in Emulated

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23 Want in the

worst way

Bemhardt 30 Apathetic gesture

"Grand"in strument 56 32 Yiddish gossipmonger

34 More rational "Oh, yeah? You wish!"

43 About as much ice cream as you

can get!

45 Aussie bird you could see out back, in the outback

Barely scraped by Relation for bread

going up 52 Any Clark Gable movie, now Jewel-encrusted

headband Waswearing 55 Stopped

Singer Charles and actor Romano Dog or cat, usually

it or lose it!" 61 US Air safetyorg. 62 Scientific proof ofpatemity

Sweet potato. familiarly. 64 Your dad's gal,

for short SOLUTION ON NEXT PAGE

WORDSEARCH - TRADEMARKS By Senior Scope

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Bakelite Band Aid Bennie Benzedrine **Carboloy** Caterpillar Clorox Colt Gortex

Harris Tweed Hoover Inconel Invar Jacuzzi Kleenex Lilo Loafer

Luger Maalox Meccano Monopoly **Mylanta Nichrome** Orlon

Parcheesi

Perspex Phillips screw Magic Marker Plexiglass Pyrex **Rolaids** Scrabble Silex Sno-cat Spam

Stellite Teflon **Thermos** Tums **Velcro Victrola Vinylite Viyella** Xerox

> SOLUTION ON NEXT PAGE

SUDOKU MEDIUM By Senior Scope

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Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE



ENTER TO WIN GREAT PRIZES

with Senior Scope's Annual Birthday Contest.

Celebrating 17 Years of Publishing - July 1, 2019

1. Where do you find your **Senior Scope**?

Name Address

2. In the name of 'deprescribing' have you reduced your number of prescriptions? YES I NO

Phone Email

3. What term best describes individuals who are of older age?

Would you like to subscribe to Senior Scope

(ie.: senior, older adult, mature, elder, aged, etc.) by email for **FREE**? YES | NO

(in your opinion) 55 | 60 | 65 | 70 | 75 | 80 | 5. What is your age?

under 45 | 45-55 | 56-65 | 66-75 | over 75

4. At what age do you become a **senior**?

MAIL ENTRIES TO: Senior Scope Contest Box 1806, Stonewall, MB R0C 2Z0 OR ENTER ONLINE:

www.seniorscope.com or by email: kelly_goodman@shaw.ca

2 DRAWS! Next Draw Date: JULY 7/19. One Entry Per Person Please

Enter to Win! 2 Draw Dates

Prairie Dog Central Railway info@pdcrailway.com www.pdcrailway.com 204-832-5259

Assiniboia Downs 140 VLTs open year round 9 am - 2 am 3975 Portage Ave., Wpg. www.ASDowns.com

Prize #1: (Draw July 7/19)

PRIZES TO ACCUMULATE UNTIL DRAW! Two Passes - Prairie Dog Central Railway (Adult \$30.95 ea or Child \$23.95 ea) One \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)

Prize #2: (Draw Aug. 7/19)

PRIZES TO ACCUMULATE UNTIL DRAW! Two Passes - Prairie Dog Central Railway (Adult \$30.95 ea or Child \$23.95 ea) One \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)





CROSSWORD - Solution

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SPECIAL OFFER: Book a Social and get \$100 OFF your wedding.

Bookings and info, call 1-204-746-4318

(Morris, MB)



AVAILABLE TO SET UP AT YOUR **EVENT OR IN YOUR PARKING LOT**

in Winnipeg or Rural Manitoba (Great attraction - Brings people in)

AMAZING SELECTION - 20 TABLES

EVERYTHING GUARANTEED IN WORKING ORDER FLEA MARKET

(Collectibles, One-of-a-kind items) Call for Details:

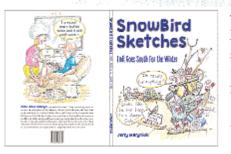
Mr. odds & ends

1-204-746-4318 Percentage of profit to charity of your choice.

Fridays, Saturdays & Sundays at Mohawk Gas in Morris, MB, across from Tim Hortons (formerly 3 blocks south) - weather permitting

'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB





Snowbird Sketches comic books are available directly from Jerry & Sharon for \$20.00 plus \$5.00 shipping. snowbirdsketches@gmail.com phone/text, cell 204-981-9797. Also available in Winnipeg at: Winnipeg at Artists Emporium on St. James, McNally Robinson Booksellers (Grant Ave.), online at mcnallyrobinson.com In the Interlake at: Arborg Pharmacy, Hnausa General Store, and Tergesen's in Gimli.

WORDSEARCH - Solution

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SUDOKU - Solution

Hurry up

They're going

to start

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LISTINGS

For personal items / private sales OR for existing paying advertisers of Senior Scope.

All listings must be pre-paid: cash, cheque, money order. No credit cards. Listings and payment must be received min. 7 days prior to printing.

GARAGE SALE ITEMS ACCEPTED

For details, call: 204-467-9000 or Email: kelly BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE

MISCELLANEOUS

FOR SALE:

Power Chair - Like New. Purchased in 2018 and used for 1 month. Battery charger incl. \$1900.00. Call or text Ingrid at 204-890-1641.



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

Sell those unused items!!! Make some extra cash!!!

Call for details. 204-467-9000

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Affordable seniors housing throughout Winnipeg



Haven II -1 & 21 Boulton Bay

Bachelor - \$451 Enhanced Bachelor - \$480 One-Bedroom - \$608 Rent Includes all utilities. Parking is \$22 monthly.



Hamilton House -**475 Hamilton Avenue**

Bachelor -\$471.00 - \$595.00 One-Bedroom -\$579.00 - \$721.00 Rent includes heat, hydro and water.





St. James Legion Lodge **2730 Ness Avenue**

As per Manitoba Housing, rent is 30% of your monthly income.

Rent includes all utilities. Parking \$25 a month.



Monash Manor -865 Sinclair Street

As per Manitoba Housing, rent is 30% of your monthly income.

Rent includes all utilities and laundry.

Parking \$25 a month.



Fred Douglas Apartments/ Courts - 1280 & 1290 **Aberdeen Avenue**

Bachelor Suite (300 sq. ft.) -\$420.00

Bachelor Suite (Renovated -300 sq. ft.) - \$534.00 One-Bedroom (440 sq. ft.) -

\$560.00

One-Bedroom (Renovated -440 sq. ft.) - \$658.00 Rent includes all utilities and laundry. Parking \$38.40.



Anavet Lodge -166 Beliveau Road

Bachelor - \$436.00 1 Bed - \$560.00 All utilities included plus basic cable.



1 Bedroom - \$974.00

1 Bedroom (Pet Friendly) - \$974.00

2 Bedroom - \$1071.00

2 Bedroom (Pet Friendly) - \$1071.00

Rent includes water.

Tenant pays Hydro, Cable, Parking and Laundry. Parking - \$35.00.



PHONE 204-942-0991 TO FIND YOUR NEW HOME

1080 PORTAGE AVE, 2ND FLOOR, WINNIPEG

<u>sam.mb.ca</u>