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In these unprecedented times, amidst a very real COVID-19 pandemic that has the entire world on pause, every event that was designed to bring large numbers of people together, has been cancelled. No one can predict when the "all clear" will sound; nor can they accurately predict the time it will take to regain a sense of normalcy and balance.

The **Manitoba 55+ Games** provincial 3-day event that was scheduled for June 16-18th has been cancelled, which means the anticipated 1,500 - 2,000 older adult participants, along with their supporters and hundreds of volunteers and spectators will not be able to physically gather together and share special moments.

Understandably, the many Manitobans who were looking forward to their participation in the **2020 Manitoba 55+ Games in Selkirk, MB** are extremely disappointed. However, they have been very supportive of the decision, knowing that it is a necessary precautionary measure to protect their health and the health of others.

Over the next several months, **Active Aging in Manitoba (AAIM)** will be sharing some special moments and fond memories of the Manitoba 55+ Games events throughout the years, from the perspective of participants, who lived them. AAIM hopes that you will be encouraged by the telling of these stories that span four

Memorable Manitoba 55+ Games Moments - Reliving the Fun & Games!

- Karyn Heidrick (Manitoba 55+ Games Coordinator)

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- Karyn Heidrick

decades of fun and fond memories in host communities ranging from large urban centres to small villages all across this great province.

If you have participated in the Manitoba 55+ Games and have a story you would like to share, please contact **Karyn Heidrick**, Manitoba 55+ Games Coordinator at manitoba55plusgames@gmail.com or phone: **204-261-9257** (toll-free) **1-855-261-9257**. Help others to experience the Manitoba 55+ Games through your eyes and in your own words. So many great memories!

Continued on page 2

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We regret to inform you that due to the concerns of COVID-19, the May 29th 2020 Housing Expo has been cancelled.

WE LOOK FORWARD TO SEEING YOU ON MAY 26th, 2021!

AOEXPO.CA

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kelly_goodman@shaw.ca

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Roger Currie
Adrian Powell - Crosswords
John Martin - Cartoonist

Contributing Submissions:
Karyn Heidrick (Manitoba 55+ Games)
Alzheimer Society
Anna Olson
Tyrrell Mendis
Metro Hnytka
Rick Goodman

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Manitoba 55+ Games

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Memorable Manitoba 55+ Games Moments -
Reliving the Fun & Games! - Cont'd from front page



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Slo-pitch

The Manitoba 55+ Games are the embodiment of AAIM's mission, which is the promotion of active aging opportunities for all older Manitobans to enhance their health, mobility, and continuing participation in their community. AAIM strives for the life-long engagement of older Manitobans in healthy choices and behaviours that contribute to physical, social and mental wellness, independence and quality of life through staying socially

connected, participating in regular physical activity, eating healthy foods and reducing risk for falls. Throughout the series on **Memorable Manitoba 55+ Moments**, AAIM will be providing updates on plans for any related MB 55+ Games events or activities, as well as friendly tips on staying active and making healthy choices during these redefining times. AAIM is encouraging all older Manitobans to move more and sit

less by interrupting any prolonged sitting throughout the day with a walk or a stretch. For more ideas on what you can do to stay active and healthy in or around your home visit the AAIM website at **www.activeagingmb.ca**. For more information on active aging opportunities in Manitoba contact **Active Aging in Manitoba** at **info@activeagingmb.ca** or phone **204-632-3947** or toll-free **1-866-202-6663**. ■



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Couch Potato Diary - some thoughts on how movies and other video can help us endure the isolation resulting from Covid-19

By Roger Currie

Welcome to the *Twilight Zone* everyone.

As we are being urged - 'ordered' even - to stay home and keep our distance from each other, maybe it's time to celebrate like it's 1954 !

I was seven when TV arrived in Winnipeg that year and my addiction to moving images on a screen has continued unabated for more than 65 years. In those early days, we were limited to one black and white channel which barely had enough content to fill 12 hours a day. In the year 2020 we are cursed with too much choice. Us boomers are often accused of "living in the past" when it comes to stuff like TV and movies. The magical world of *YouTube* allows us to do just that.

This past week I discovered that there was a lot more to actor Hugh Beaumont's career than the 5 or 6 years that he regularly came into our living rooms as Ward Cleaver, father of *The Beaver*. When Beaver and older brother Wally were forced to deal with some of the more painful lessons of life, their dear old Dad always seem to come up with advice that rivalled the wisdom of Solomon, while mother June made sure the spotless house never ran out of freshly-baked cookies.

I was fortunate to grow up in a house that would have fit perfectly



Hugh Beaumont movie

in Beaver's neighbourhood, or maybe on the same street as the Anderson family of "*Father Knows Best*". On *YouTube* the other day I decided to check out what else Hugh Beaumont had done before he was cast as Ward Cleaver. He was born in Lawrence, Kansas in 1909 and was a devout Methodist, even becoming ordained as a minister in that denomination. In an acting career that spanned more than 30 years, Hugh racked up more than 140 screen credits, most of which are not remembered today. Imagine my surprise when I spotted him in a 1945 crime yarn called "*The Lady Confesses*". Hugh's character is totally plastered when the picture opens, and things go downhill from there. There was definitely no golden parental advice, in fact his character was not even allowed to be a parent. "*Leave it to Beaver*" allowed Jerry Mathers and Tony Dow (brother Wally) to make a very nice living long after the show left



Beaver and family

the airwaves, but Hugh Beaumont wasn't part of it. He died in 1982 at the age of 71.

A more high profile case of an actor whose movie roles were sometimes nothing like the man he played on "*My Three Sons*" from 1960 to 1972 was Fred MacMurray. The same year that the series began its tremendous run, Fred co-starred on the big screen with Jack Lemmon and Shirley MacLaine in "*The Apartment*". It's a very adult comedy and Fred's character can only be described as a despicable snake. He was chosen for the part by legendary director Billy Wilder who had given MacMurray an even more sinister role in "*Double Indemnity*" 16 years earlier. In addition to "*My Three Sons*", Fred was also noble and very lovable in several Disney comedies like "*The Absent Minded Professor*". He is the best example I can think of when it comes to actors whose fans still love them despite the 'bad guy' parts



My Three Sons

they also played.

If you're relative newcomer to the world of being a couch potato, you should get to know how to use *YouTube* (www.youtube.com) AND also a priceless website called *The Internet Movie Database* (www.imdb.com).

How much will our world change because of Covid-19. Our movie theatres are closed right now, and the world of streaming services like *Netflix* are capturing more eyeballs every minute.

Another website you should definitely bookmark is www.seniorscope.com.

And in case you're wondering, my beloved Janice, the Miracle lady, has been home from hospital since February 11th, and she is doing wonderfully well.

Take care of each other and stay safe. We will get through this. ■

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

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How safe are the sidelines?

Getting out of the market when things get bumpy can be a costly long-term strategy.

- Treena Nault, CFP, RRC, Executive Financial Consultant

When markets appear more volatile than normal and the media is full of stories about economic tensions that could lead to a financial crisis, it's tempting to play defence and shift the balance of your portfolio to lower-risk investments.

This may feel like the rational thing to do but it's more likely an emotional response that is more common and predictable than you might think. When markets start

stayed fully invested in the S&P 500 Composite Index from January 1, 1990 to December 31, 2018, realized a 7.0% annual return (excluding dividends). Conversely, an investor who missed the 50 best days of the S&P over that time period realized a -1.3% annual compound return (excluding dividends). That's just 1% of the total trading days.

So, how do you play

helped their clients weather the storm. Their experience and coaching can help you avoid emotional decisions that could have long-term consequences.

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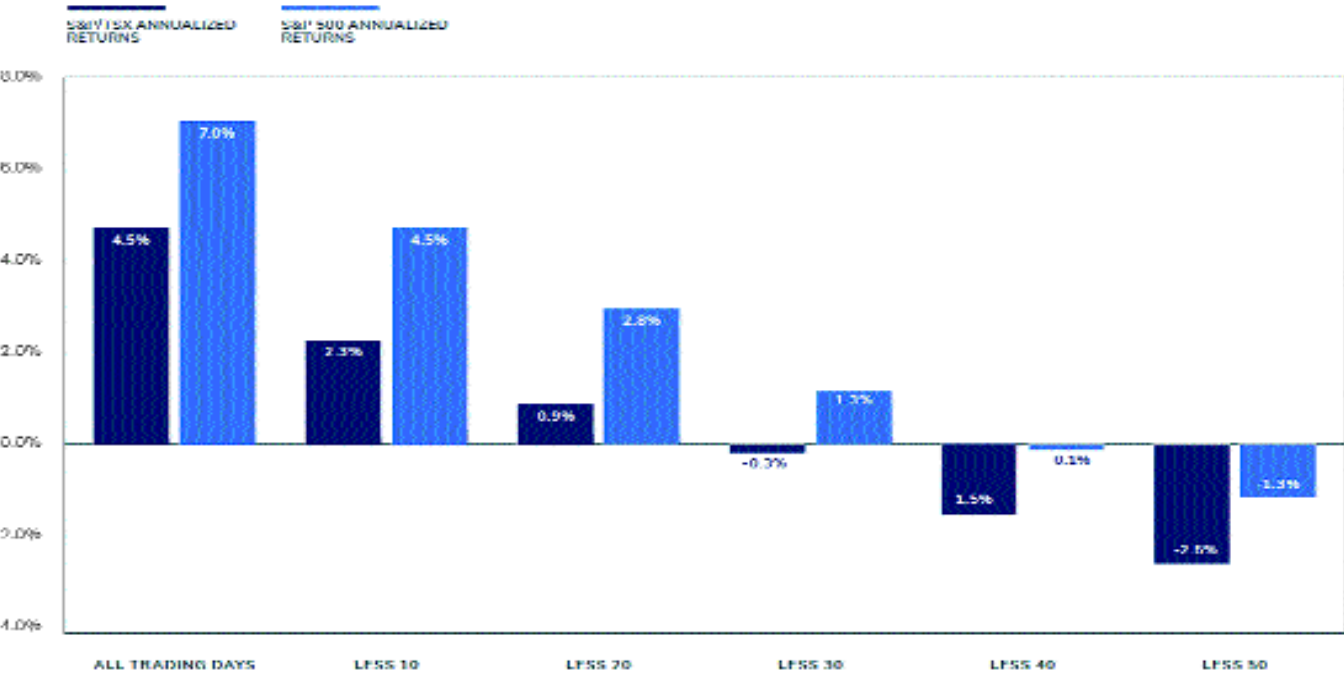


Figure 1. This chart shows how time out of the market would have affected investor returns over an 29-year period. Missing the best 50 days reduced the rate of return from 7.0% to -1.3%.

declining, perhaps even approaching historical lows, many investors will go through a cascading set of emotions that trigger an irrational response to what's really happening in the world.

Jubilation turns to agitation as the market begins to dip. Agitation is followed by distress, then despair, and ultimately dejection. Somewhere on that downward trajectory, solid investments with great long-term potential were likely dumped and replaced with safer alternatives that may barely keep pace with inflation. The result is often short-term relief that won't make up for the long-term damage done to the portfolio.

Here's why:

Time out of the market, meaning your money was sitting on the sidelines in cash instead of invested in the market, can have a huge impact on your long-term, personal rate of return. And you don't have to be out for very long to feel the effects.

Consider this: An investor who

offense instead?

A well-rounded financial plan is built to withstand the ups and downs of the market because it is built to reflect your tolerance for risk, and that includes the days when markets seem to be at their worst.

Therefore, the best offence in the face of volatility is staying calm, sticking to your plan, and continuing to fund your long-term objectives.

What can you do now?

If you are taking income from your investments, consider lowering the amount you are withdrawing or stopping the payments altogether for a few months.

Do you have extra money in your chequing account or savings account that is sitting on the sidelines? It is a perfect time to get some of those dollars working for you – invest it in a well-diversified portfolio. You will reap the benefits on the upside of the market rebound.

Talk to you're a financial planner, who has experienced volatility and

Treena L. Nault, RRC
Executive Financial Consultant

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Page 5

Advertising Feature

ROSEMARY HNATIUK LL.B. B.C.I.

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Commentary prepared by Rosemary Hnatiuk, barrister, solicitor & notary public

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A **Co-habitation Agreement** in combination with wills for both parties can protect against undesirable outcomes. The same applies for couples in a second/subsequent marriage if they enter into a **Pre-nuptial Agreement** and have wills that address such issues. Thinking ahead and being prepared for possible developments is a good idea.

These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature and legal professionals should be consulted for best results.

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Advertising Feature

Caring for a Person With Dementia at Home? Tips for Caregivers During Covid-19

Alzheimer Society

Taking care of a family member with dementia at home can be challenging – even more so in this time of Covid-19. The Alzheimer Society of Manitoba put together a list of tips to help you navigate caregiving, along with ideas you can use to keep yourself healthy and entertained.

Tips for Caregiving

- Changes in routine in your household are bound to be happening right now. As this can cause confusion and stress for the person with dementia, try to introduce new routines and maintain them as much as possible.
- If communication with the person tends to be frustrating, remember to breathe before you start. It will help you to stay calm as you converse.
- Keep communication with the person short, simple and clear, and use visual cues as much as possible. For example, when starting a meal, pick up a fork to demonstrate.
- If the person does not want to do what you are asking, say "okay" and try again later. Right now, the



pressure is off because there's no rush to go anywhere!

- If the person wanders, try to arrange a safe outdoor space to walk. If neither of you have symptoms, it might be possible to go for a walk around the block while practicing social distancing from others.

Tips for Taking Care of Yourself

Take care of yourself so you'll have the energy to provide care. You can do this by:

- Extending your circle of support – ask family and friends if they are able to step in to help if needed.
- Staying connected by keeping in touch with friends and family using

different methods of communications. You can phone or set up video chats via **Facetime, Skype** or **WhatsApp**. If you don't know how to use these methods, ask a techie friend for help.

- Checking online for entertaining videos. Many arts groups and individuals are doing their part by posting free shows for the benefit of the community.
- Maintaining an exercise program, keeping a regular sleep routine and eating healthy food.
- Making time for a project or something you enjoy doing, be it reading a book, hooking a rug or watching sports reruns.

Above all, remember that you are not alone. While the **Alzheimer Society** has had to postpone face-to-face education programs and support groups, staff members can provide a comforting and helpful voice if you have questions or just want to talk. Reach out today at: **204-943-6622** (Winnipeg) **1-800-378-6699** (in Manitoba) **support@alzheimers.mb.ca** **alzheimers.mb.ca**

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The Alzheimer Society is closely monitoring developments related to Coronavirus (COVID-19). Supporting the health and wellbeing of our local community is our highest priority.

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Alzheimer Society
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Lessons Learned: The 1918 flu revisited

By Anna Olson

At various times, the media warns that a flu epidemic like the one in 1918 could return. “We’re overdue for another epidemic The ‘big one’ is coming We need to be prepared with vaccines and drugs,” the experts say.

When I first heard this, I became curious. What caused the influenza epidemic of 1918-1919, also called the Spanish flu? I logged onto the internet and borrowed some books from the library to start my quest.

On the internet, I was surprised to see quotes from people who lived through that period, blaming vaccines for the flu epidemic that swept the world at the end of World War I. There were comments like:

- “More soldiers were felled by vaccine shots than by enemy shots.”
- “The ones who were vaccinated died. If you didn’t get a shot, you were more likely to live.”
- In her book, *The Poisoned Needle*, Eleanor McBean titled a chapter “Vaccinations caused the 1918 Flu Epidemic.”
- Lionel Dole railed against vaccines in his book, *The Blood Poisoners*.

Could these people be correct? Vaccines are supposed to protect people against illness. Our society accepts the presence of vaccines in our lives almost without question: just some chiropractors, homeopaths and a few anti-vaccine rebels protest that vaccines are harmful and should be discontinued.

After reading the arguments for both sides, I came to the conclusion that the overuse of primitive vaccines and serums, dubious medical treatments like aspirin, harmful patent medicines that contained alcohol and opium, unsanitary conditions, malnourishment, poverty, and the disruption of war including poison gas and trench warfare, could have contributed to the high mortality rate of the Spanish flu.

Usually symptoms of flu are sore throat, fever, coughing, muscle pain, abdominal pain, vomiting and diarrhea. Pneumonia is the complicating factor that can kill those with weak immune systems: the elderly, children and those with other health problems.

Symptoms of the Spanish flu were so bizarre that many doctors insisted on using “influenza” in quotation marks. Patients might have a sudden collapse, a fever of 104° F., a rosy rash across the chest, purple face, hands and feet, coughing and vomiting blood, and often death within hours or a couple of days. Sometimes patients would go crazy or have a fit of rage just before dying.

Influenza has been with us since recorded time. The Italians called it “influenza di freddo” meaning “influence of the cold.” People don’t become immune to this regular winter visitor because the virus changes a small amount every year, called “virus drift.” Every so often, the virus changes more dramatically, called “virus shift.” This “shift” virus tends to produce the same symptoms but more severe and with a higher mortality rate.

The first of three “waves” of infection for the 1918 flu started in the military camps of the United States. The U.S. was preparing to enter the First World War to help Britain and France fight Germany.

Vaccination of the troops in the U.S. became mandatory in 1911. All soldiers were inoculated as the men gathered in training camps across the country. The vaccines available at that time were smallpox, rabies, anthrax, typhoid, plague, meningitis, and yellow fever. Mercury, which is one of the most poisonous sub-

stances known, was used as part of the carrier liquid in vaccines. Mercury affects the brain, gut, liver, bone marrow and kidneys. Even minute amounts can cause nerve damage.

One doctor of the times noted: “It is of some importance that immediately prior to the onset of the epidemic, some thousands of these soldiers had just received typhoid vaccine.”

The army camps were crowded and unhygienic. There were a large number of animals close by: horses for riding, and pigs and chickens for food. Soldiers disposed of the huge amounts of wet dung by burning it, creating a yellow haze that irritated the eyes, nose and lungs. Pneumonia sometimes resulted. When a contagious flu-like illness broke out, makeshift hospitals soon filled to overflowing and many soldiers died.

Military recruits were then packed into troop ships for the long voyage to France, their first landing place. Crowded, unsanitary conditions could have helped to strengthen any “bugs” on board.

The second wave of the flu started after the American troops landed on French soil in March of 1918. A three-day-flu had been present in the earlier part of the war, which started in 1914, but had been milder with a lower mortality rate.

After the arrival of the Americans, the length of the fever increased to closer to a week and the soldiers took longer to convalesce. There were more complications like pneumonia and a higher death rate plus the strange symptoms of purple blotches starting on the face, hands and feet and gradually spreading to the rest of the body. Nurses would have to look at the soles of the feet to see if the patient was white or coloured.

This second wave of the flu spread throughout Europe, India and Africa.

Conditions in Europe were deplorable during the First World War, especially for the soldiers: mustard gas blinded them and induced respiratory problems, malnutrition was widespread, and trench-foot was common in soldiers who had to stand and sleep in muddy trenches.

The British soldiers were inoculated, as were the French and German soldiers. Most “Westernized” countries vaccinated their citizens, especially with the smallpox vaccine, which was hotly opposed by those who saw it causing more illness and death than it prevented.

The third wave of the 1918 flu occurred in the fall of that year as soldiers returned home to North America, bringing a very infectious illness with them. In the next four months, the United States suffered at least half a million deaths; Canada had about 59,000 casualties from the flu. The numbers are estimates because at first, flu was not a reportable disease; then during the epidemic, doctors and clerks were too involved with the uncontrollable disaster to keep accurate records.

Vaccines were thought to be the number one remedy for bringing the epidemic under control so the troops arriving back on American and Canadian soil were re-vaccinated. School inoculation programs were set up and the public was exhorted to be vaccinated for protection against the dreaded “Spanish Lady.” Vaccines and serums (clear liquid from the blood of sick or recovering patients) were also injected if a person got sick. As the epidemic continued to devastate the country, the American federal government allotted a million dollars for research. Most of this money was funneled into vaccine production.

All these vaccines were made with pathogens other than viruses, which were too small to be visible in the microscopes of the day. Researchers would have to wait for the invention of the electron microscope in the 1930s to be able to see the little bundles of viral DNA and RNA, many thousands of which could fit on the tip of a pin.

All the vaccines of 1918 contained mercurous chloride as part of the carrier liquid. Because vaccines were used for treatment as well as prevention, it is possible people were accumulating a toxic load of mercury in their bodies. Plus there could have been a strong flu virus mixing with the vaccine germs to become even more lethal.

A serum was developed from the blood of sick patients in an attempt to isolate the viruses the scientists suspected were there. The known pathogens were filtered out and the serum administered as a vaccine to try to prevent viral illness. Another serum

“Masks: Perhaps their greatest contribution was discouraging the common habit of spitting in public. Coughing and sneezing in public without covering the nose and mouth was fined.”

was developed from recovering patients in the hopes that antibodies would help people to recover from whatever was causing this horrible flu.

The medical and folk cures for flu in the early 1900s may have weakened people rather than strengthening them. Consider these treatments:

- **Aspirin**, noted for its ability to reduce pain and thin the blood, was a new and popular remedy in the early 1900s. But it can also damage the lining of the stomach, create a prolonged bleeding time, and cause wheezing and breathlessness. People did not know that aspirin hurts the body when used for a viral illness. It has a synergistic effect with alcohol, increasing gastric bleeding. Reye’s syndrome (severe liver dysfunction, brain swelling, stomach irritation with repeated vomiting, change in level of consciousness, and often rapid death) was first connected to children taking aspirin when ill with a viral illness. Recent research has revealed adults can also get Reye’s syndrome in the same way.
- “One cannot help but wonder,” says Dr. Perko in *The Homeopathic Treatment of Influenza*, “what role the new ‘wonder drug aspirin’ played in the death of especially the many young adults during the 1918-19 Spanish flu pandemic, when doctors were grasping at pharmaceutical straws and over-prescribing aspirin in record numbers.” She notes that doctors thought aspirin might not be safe for the really young or old, but that it was OK for teenagers and young- to mid-adults. This is where the greatest number of deaths occurred.
- **Laudanum** (alcohol mixed with opium and sweetened with sugar) was a favourite remedy in the early 1900s. In use since the 1500s and very addictive, laudanum could create rages and hallucinations in its devotees. The opium content depressed the vitality of the body, creating a pale and frail appearance. Respiratory complications, low blood pressure, mental health issues, severe constipation, lung, liver, kidney and brain damage, loss of weight, and frequent infections were common side effects.
- **Chloroform** was used in a number of cough medicines. It’s now known

that it oxidizes to form phosgene, an extremely deadly chemical.

- **Masks** became mandatory in a lot of communities across the U.S. and Canada. However, one writer pointed out that masks might have inadvertently provided warm, moist havens in which germs could multiply. Ideally, a mask should be removed every two hours, boiled and allowed to dry before wearing again. Also, these masks were too porous to prevent bacteria and viruses from being inhaled. Perhaps their greatest contribution was discouraging the common habit of spitting in public. Coughing and sneezing in public without covering the nose and mouth was fined.
- **Alcohol** was a favoured cure. It was in short supply because the food stuffs and labour for its production were recruited for the war effort. Charging \$2 to the client, doctors would write a prescription for eight ounces of alcohol, which would be filled by the pharmacy. The doctors knew that not all requests were for medical reasons.
- **Camphor balls, turpentine or kerosene** on sugar cubes carried in bags around the neck were used in an attempt to ward off the dreaded flu. “We were all smelling bad,” said one person who lived through that era.

Most people are in one of two camps: one side believes that vaccines are generally effective and that the benefits outweigh the risks. They trust that humanity has reduced the scourge of infectious illness largely through the use of vaccines.

Others say that vaccines are a form of blood poisoning and all injection vaccines should be discontinued. The anti-vaccinists say that improved sanitation and better nourishment are the best ways to reduce infectious illness. If conditions stay poor, no amount of vaccinating will create health: if conditions are improved, then health improves.

In 1918, many doctors claimed they were seeing blood poisoning in the Spanish flu victims: high fever, chills, flushing, shivering, sweating, muscle aches, abdominal pain, vomiting and lowered blood pressure causing collapse. This latter symptom was a common occurrence with the Spanish flu: people would be walking on the street or doing some task and suddenly collapse.

The purpose of vaccines is to give a person a mild case of a particular disease in the hopes that antibodies will be produced so the immune system will recognize and quickly defeat the germs if they reappear. The problem is that giving many vaccines at once actually gives the body many diseases at the same time. This can overwhelm the immune system and cause serious, even life-threatening illness.

Hopefully we will not have another Spanish flu. Medicine has evolved since 1918. Doctors no longer prescribe mercury-, opium-, chloroform- or alcohol-based remedies, and they understand the dangers of aspirin. Vaccines, although they can still cause problems, are not the same as 100 years ago. Public sanitation (at least in the Western world) has greatly increased. True, we have increased international travel, which tends to spread infectious disease more easily but we also have higher levels of nutrition and health care.

It’s good to learn how to care for oneself and others in connection with the flu, but I don’t think we need to be overly worried about a repeat of the 1918 flu pandemic.

Anna Olson, a Winnipeg writer and editor, can be reached at annols@mts.net

Putting Life on Pause: Unfortunately, due to COVID-19, all activities are put on hold and we are all asked to isolate from family and friends unless they reside in our households, or unless you are showing symptoms. If you have a computer, smart phone or tablet, you can connect with the outside world. If you want to inquire about volunteering, there are some opportunities below that don't require personal contact. **WE WILL GET THROUGH THIS. Stay Strong!**

Things To Do

WINNIPEG

More listings available at www.seniorscope.com (Events page)

MISC EVENTS

Forum Art Centre - Spring Online Art Classes, 10 wks, starts when you register. Register: www.forumartcentre.com/classes, register@forumartcentre.com

SPORTS/FITNESS/GAMES

Garden City Senior Golfers Club - looking for Men, 55+ to golf in fun league, weekly, May-Sept. 75 members play in different foursome ea. month at various clubs within 1 hr of Wpg. Special green fees (each golfer is responsible for) at certain Wpg clubs. Brian Ridley **204-669-4795**, pritchardfarm@shaw.ca, gcsqwgpg.com

VOLUNTEERING

HSC Winnipeg - Well Wishes program. end adult patients a personalized email greeting. Free service by HSC's Volunteer Services. Info: forms.manitoba-ehealth.ca/hsc/wellwishes

WENPHC (West End Non-Profit Housing Co-operative) - Volunteer needed for maintaining Minutes for our meetings. We are creating a multi-income and multi-suite living co-operative complex in the West End. Sue McKenzie: **204-453-1139** or sjwinnipeg@yahoo.ca

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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Events Director, and Page Administrators to monitor, receive and post info pertaining to lost dogs. Minimum commitment 6-8 hours/mo along with computer and internet access. board@winnipeglostdogalert.com or president@winnipeglostdogalert.com

Holy Family Home - Volunteers needed for evening and Sat. morning programs. 165 Aberdeen Ave. Call Janice: **204-589-7381**, ext. 265

Caregiving with Confidence - Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or jnybakken@aosupportservices.ca

Misericordia Volunteer Services - accepting applications for Spiritual Health, Recreation Services and Rehabilitation programs. Training provided. **204-788-8132**

Downtown Winnipeg BIZ - Volunteers needed to help promote the downtown community. 426 Portage Ave. **204-958-4644**. <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. **204-831-2503** or visit www.deerlodge.mb.ca/volunteers.html

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, service@actionmarguerite.ca

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

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. Bob: **204-661-7402**, bmilks@concordiahospital.mb.ca

Southeast Personal Care Home - Volunteers needed 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 - Volunteers needed 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+ - The Board of Directors of PAL (55+) has postponed all its current programming until further notice. They hope that PAL 55+ members are keeping safe and well. Info: www.pal55plus.com, **204-946-0839** or office@pal55plus.com

Dufferin Senior Centre - Due to the coronavirus, the Centre is closed to all its activities until Sept 23rd, 2020. Sorry for the inconvenience. Info, Al: **204-771-3325**

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

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**

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 May 3rd for May 10 issue.**

Things To Do

RURAL MANITOBA

More listings available at www.seniorscope.com (Events page)

VOLUNTEER

Beausejour - Alzheimer Society Interlake/Eastern Office - Volunteers Needed: Evening Telehealth Session Host at Beausejour Hospital, once monthly thru April; Care Partner Support Group Facilitator, dates/times TBD, once monthly ongoing. Personal and/or professional experience with dementia required; professional experience preferred for Facilitator position. Info, Samantha: **204-268-4752**, alzne@alzheimer.mb.ca

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 - Selkirk and District Lions Club - Looking for members. Allan Hoehn: **431-334-9363**, slionsaaccount@gmail.com

Selkirk - Tudor House Personal Care Home needs volunteers. Various positions. Info: Denise Smith **204-482-6601** Ext: 128, dsmith@mytudor.ca

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Info: Matt Mutcheson @ **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**

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Transportation, shopping, Meals on Wheels for shut-ins. **204-427-2869**

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+ - Cancer society Transportation Program, fee for service contact list, Erik kits. Facility available to rent. **204-638-6485**, www.dauphinseniors.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors 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 **444-3139**; 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 - Joanne: **204-304-0551** or jbarnabe@hotmail.ca

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

Seine River Services for Seniors - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**

Les services rivière seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**

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.


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Manitoba Churches –

Cromer United Church – 1911
Manitoba Municipal Heritage Site No. 89

Cromer is a community southwest of Virden in the Rural Municipality of Pipestone. It was Elm Valley in 1884 when a Post Office opened there. In 1911 it was Cromer Station. In 1915 it became Cromer.

It is generally accepted that Cromer was named after Sir Evelyn Baring, First Earl of Cromer, a British diplomat and financier. However, in 1958 at the Minnedosa Women's Institute, it was reported by Cromer resident Malcolm Macdonald that Cromer was named after a town in England. But which Cromer was it? Cromer in Hertfordshire, or Cromer in Norfolk?

The wood frame Methodist Church was built thanks to a group of dedicated men and women. "The amount of \$1300 was borrowed from the North of Scotland Canadian Mortgage Company and signed by Albert Grose, Norman Grose, Hanson Chandler, Alick Rowe and D. E. McGill. The church officially opened on December 5." (Notice in the church)

In 1925 the Methodist Church became Cromer United when four Protestant denominations merged to form the United Church of Canada. The church was dedicated on June 11, 1995.

Cromer United Church is a small rectangular Gothic Revival building erected on an east-west axis. This architectural style originated in England in the 1740s. Some of its distinguishing features are the pointed arch and windows, pitched roof and ornamental tracery. This church has a tall

tower on the northeast corner, a square brick chimney, and a truncated hip roof with short cross gables on three sides.

Inside, under a high ceiling in the bright open auditorium-like nave the oak pews are



arranged in three sections. The altar and oak pulpit are centred. The raised choir platform extends along most of the west wall.

Cromer United Church received \$6,500 in matching funds from the Manitoba Prairie Churches Project for renovations that took place between 2003 and 2008.

The church and the lots it occupies were designated a Municipal Heritage Site on December 10, 1992.

Photographed in 1996

Tyrrell Mendis, assisted and encouraged by his wife Doreen, 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, contact **Tyrrell Mendis** at: tymendis@shaw.ca / (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca/ManitobaChurches/ (Testaments of Faith)

April 8, 2020

COVID-19 PROCUREMENT

The Manitoba government has a special request for gloves to support its preparation efforts of COVID-19:

- The following items are:
- nitrile gloves, and
 - vinyl gloves.

The province is specifically looking to purchase gloves and other medical supplies from the health and wellness industry. Businesses such as dentist offices, salons, therapy clinics or all other groups that are no longer using personal protective equipment are asked to contact the provincial government immediately to fulfil this need.

To add to the Manitoba Protection Plan, the province announced the investment of more than \$100 million to accelerate the pace at which Manitoba is procuring essential medical supplies and equipment, hotel capacity and other critical needs to help prepare for COVID-19.

Manitoba manufacturers or busi-

nesses able to provide supplies or prepared to re-tool and rapidly scale up production lines to develop products made in Manitoba to help in the fight against COVID-19 can go to the online submission form at www.manitoba.ca/covid19supplies. Once visiting the site, businesses should wait to be contacted by the procurement office.

Shared Health has also issued a call to businesses who have personal protective equipment on hand. If the supplies are in original packaging, clean and in usable condition, and you are interested in donating the requested items, reach out by visiting <https://sharedhealthmb.ca/covid19/supply-donations/>. Drop-off locations exist across Manitoba in Winnipeg, Brandon, Portage la Prairie, Selkirk, Winkler and Steinbach.

For accurate, up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/covid19. ■

April 8, 2020

MANITOBA 150 CELEBRATIONS ON HOLD

Due to the significant public health concerns surrounding COVID-19 and large public gatherings, major **Manitoba 150** celebrations are being paused for 2020, Premier Brian Pallister announced.

This year marks the 150th anniversary of Manitoba joining Confederation and many activities and events to commemorate this significant milestone were planned by the Manitoba 150 Host Committee Inc.

These events are being postponed, but funding will remain in place to

support community projects and events when it is once again safe to hold large gatherings.

Questions about **Manitoba 150** programming can be emailed to: aimee@manitoba150.com.

Organizations with questions about events and funding should email: artsbranch@gov.mb.ca.

A comprehensive list of MB government COVID-19 measures can be found at: <https://manitoba.ca/bg/2020/04/covid19.html>. ■

Testaments of Faith, Manitoba's Heritage Churches

- Exhibition -
Photographs by Tyrrell Mendis

June - July, 2020 (Dates TBA)

Ste. Therese Chapel (Museum)

Cardinal, Manitoba

View a photo collection of Manitoba's fast-disappearing relics of our heritage, taken and compiled by Winnipeg resident Tyrrell Mendis.



Ste. Therese Chapel, in Cardinal, southwestern Manitoba, is now a museum.

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Larry McIntosh

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Bean Salad with Feta Vinaigrette

Metric	Ingredients:	Imperial
75 ml	olive oil	1/3 cup
10 ml	dried oregano	2 tsp
-	salt and pepper to taste	-
1 kg	thin green beans, trimmed	2 lb
125 ml	red onion, chopped	1/2 cup
50 ml	red pepper, chopped	1/4 cup
30 ml	balsamic vinegar	2 tbsp
50 ml	feta cheese, crumbled	1/4 cup
50 ml	walnuts, toasted & chopped	1/4 cup

In a large mixing bowl; place oil and oregano, stirring to combine. Season with salt and pepper. Set aside.

In a large pot of boiling water; cook beans until tender crisp, about 3 to 4 minutes. Drain and then run cold water over them to cool. Pat beans dry with paper towel and set aside.

Place onion and red pepper in bowl with seasoned olive oil and stir to combine. Stir in balsamic vinegar and feta cheese. Toss the beans with feta vinaigrette. Just before serving, top salad with toasted walnuts.

Serves 8

WORDSEARCH - Shakespeare By Senior Scope

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

CROSSWORD Easter Bunny Time By Adrian Powell

ACROSS

1 Place you can get pampered

4 Long Icelandic tale

8 1967's "The Flim ___ Man"

12 For the lady

14 Present opposing evidence

15 Act like a king

16 Inscribe on glass

17 Plain for all to see

18 Fluids in your pens

19 Times when Mardi Gras and pancake eating takes place

22 Give it some effort

23 Almost

24 Beginning of Lent

28 Like Eton John's outfits

29 I portion, usually

30 Yiddish loser

34 Kay's follower?

35 Target of a Q-tip, often

38 Lab, for one

40 Mouse-sighting cartoon scream

41 Flipped animal

43 Bartender from "Cheers"

45 Major artery

47 Chocolate egg time, for a lot of people

51 Historic Spanish fleet

54 Sheer linen fabric

55 Time before Easter that celebrates the Last Supper

59 Actor who never has a speaking part

60 Delete

61 Dollop of gunk

DOWN

1 Personal pronoun for the wife

2 Cats and dogs, usually

3 Meathead's father-in-law

4 Longest UK river

5 Aided in a robbery

6 Indian wise guy

7 Take care of, sort of

8 "Good" Easter days

9 Moon-related

10 Hydrocarbon group

11 Quite untidy

13 Crafty

14 Meandered about

20 Big white daisy

21 Caribbean, e.g.

24 Ripens, like cheese

25 Boxing day event

26 Hoop of the sixties

27 Lawn-to-be

31 Bunch of buffalo

32 "Simple Simon ___ pie man"

33 Give approval to

36 Ore sample

37 Mouse's larger kin

39 Caesar finally conquered them in about 51 BC

42 Least fatty

44 Gas that adds to global warming

46 Jumpy

48 Append

49 Yanks out of bed

50 Horse fathers

51 Capital of Jordan

52 Lift up

53 Common childhood illness, once

56 Elm, e.g.

57 Unfortunately...

58 Olden days

62 Triple layer sub

SUDOKU MEDIUM By Senior Scope

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

SOLUTION ON NEXT PAGE

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



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HUMOUR



Rick Goodman
rickgoodmansk@gmail.com

The VIRUS DIARIES

TALKING THE DOG

By Rick Goodman ©Copyright 2020 / Email rickgoodmansk@gmail.com if you'd like to publish this column in your publication.
Other topics of humour are also availabl

Bea and I have been self isolating now for around three weeks and things are actually going better than either of us had hoped. We were initially afraid that close confinement would generate a lot of friction and tension and stress, but so far, so good. There were a few harsh words spoken over the cribbage and monopoly boards but we are well past that now. (I had the good fortune to draw a '29' hand on the last game we played and I must say the language that resulted was absolutely shocking. Shocking!) But since we taped off the house into 'his' areas and 'her' areas with a couple of small common areas things have settled down nicely. Occasionally one of us will commit an intentional trespass out of pure boredom simply to provoke what I

like to think of as a recreational argument. One of these can keep us entertained for an entire afternoon. Unless we decide to go non-verbal. These arguments can go on only as long as the dog is willing to run notes back and forth so the duration is uncertain at best.

Now you might be thinking that these little contretemps are savage full blown donnybrooks but nothing could be further from the truth. We have rules and we play by them.

Rule one states that all perceived faults and transgressions of party number one as pointed out by aggrieved party number two must be relevant and current and therefore must have occurred post conception. What you might have been up to when you were an egg is completely out of bounds.

Rule number two states that regardless of the degree of exasperation experienced by the parties engaged in said arguments these parties MUST refrain from indiscriminate gunplay. Verbal broadsides are allowed, as is long range sniping via dog delivered notes, but the use of live ammunition is strictly prohibited and will not be tolerated. Any infractions will result in the wronged party refusing to engage in future recreational arguments. And that would mean some long and boring afternoons.

At least we're communicating. We talk to each other, even when we're not recreationally disagreeing. And we talk to our food. I told my lunch that it was a pretty darn good looking bologna sandwich earlier today and instructed it to come to Daddy.

Bea had some harsh words with her toast at breakfast when it fell on the floor butter side down. And when I'm not talking to food I can usually pick a fight with the TV.

Early on we tried talking to the cat but he's full time employed eating, sleeping and licking his butt, and has no time for idle conversation. The dog seems to enjoy an occasional chat though. And I might be imagining it but lately he seems to be talking back.

Just this morning he was sitting by the door so I said to him, "Sparky, what are you going to do today?"

"Well," he replied, "I think I might go for a walk and then later try and ambush the neighbour's cat."

And then going out the door he looked back and said, Stay home Rick. Stay! Bahahaha!" ■

Read more of The VIRUS DIARIES at www.seniorscope.com

FACEBOOK FINDS

YOUR 2020 HOROSCOPE

ARIES - You'll be staying home

LIBRA - You'll be staying home

TAURUS - You'll be staying home

SCORPIO - You'll be staying home

GEMINI - You'll be staying home

SAGITTARIUS - Staying home

CANCER - You'll be staying home

CAPRICORN - Staying home

LEO - You'll be staying home

AQUARIUS - Staying home

VIRGO - You'll be staying home

PISCES - You'll be staying home

SHOPPING DURING THE COVID CRISIS

While in a long line at 7:50 in the morning at the grocery store that opened early for seniors, a young man came from the parking lot and tried to cut in at the front of the line. An elderly woman beat him back to his car with her cane. He returned a few minutes later and tried cutting in again. This time an elderly man punched him in the gut, put him in a headlock and dragged him away. He approached a third time and before anyone could take a swing at him, he said, "If you don't let me unlock the door, you'll never get inside!"




Look at all the people with muzzles! Who did they bite?!

2020 is a unique Leap Year. It has 29 days in February, 200 days in March, and 3 years in April.

GRANDPA SEZ...

WOMEN THAT CARRY A LITTLE EXTRA WEIGHT LIVE LONGER THAN THE MEN WHO TELL THEM ABOUT IT!



CROSSWORD - Solution

SPA	SAGA	FLAM
HERS	REBUT	RULE
ETCH	OVERT	INKS
SHROVETUESDAYS		
EXERT	NEARLY	
ASHWEDNESDAY		
GAUDY	DOT	SHMO
ELL	EAR	DOG
SEAL	SAM	AORTA
	EASTER	SUNDAY
ARMADA	TOILE	
MAUNDYTHURSDAY		
MIME	ERASE	GLOB
ASPS	RENTS	EARL
NEST	SEES	SET

WORDSEARCH - Solution

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

SUDOKU - Solution

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

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MISCELLANEOUS

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FOR SALE: Recently widowed. Several items for sale: Keurig Coffee Maker, 2 yrs old, ask \$35; Electrolux, power nozzle, very good cond, ask \$100; Hoover upright vacuum; Wolfgang Puck Portable Oven, amazing cond; and many more items. Call Clark, 204-222-7999, 204-227-9888.

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Stay Safe and Healthy!



Brian PALLISTER
MLA for Port Whyte
info@brianpallister.com



Heather STEFANSON
MLA for Tuxedo
tuxedo@mymts.net



Eileen CLARKE
MLA for Agassiz
agassiz@brianpallister.com



Cathy COX
MLA for Kildonan - River East
cathy@brianpallister.com



Cliff CULLEN
MLA for Spruce Woods
cullen@brianpallister.com



Ralph EICHLER
MLA for Lakeside
mla@brianpallister.com



Wayne EWASKO
MLA for Lac du Bonnet
wayne@ewasko.com



Scott FIELDING
MLA for Kirkfield Park
scott@scottfielding.ca



Cameron FRIESEN
MLA for Morden-Winkler
info@cameronfriesen.ca



Kelvin GOERTZEN
MLA for Steinbach
kelvin@kelvingoertzen.com



Audrey GORDON
MLA for Southdale
mla@audreygordon.ca



Josh GUENTER
MLA for Borderland
joshguenter@leg.gov.mb.ca



Sarah GUILLEMARD
MLA for Port Richmond
contact@sarhguillemard.com



Reg HELWER
MLA for Brandon West
reg@helwerlaw.ca



Len ISLEIFSON
MLA for Brandon East
brandonisleifson@shaw.ca



Derek JOHNSON
MLA for Interlake - Gimli
derekjohnson@leg.gov.mb.ca



Scott JOHNSTON
MLA for Assiniboia
scottjohnston@outlook.com



Bob LAGASSE
MLA for Dawson Trail
rlagasse@outlook.com



Alan LAGIMODIERE
MLA for Selkirk
alanlagimodiere@mymts.net



Shannon MARTIN
MLA for McPhillips
mcp@shannonmartin.ca



Brad MICHALESKI
MLA for Dauphin
bradmichaleski@outlook.com



Andrew MICKLEFIELD
MLA for Rossmore
andrew@andrewmicklefield.com



Janice MORLEY-LECOMTE
MLA for Seine River
janice@seinerivermba.com



Greg NESBITT
MLA for Riding Mountain
gregnesbitt@mymts.ca



Blaine PEDERSEN
MLA for Midland
midlandmla@outlook.com



Doye PIWNIUK
MLA for Turin Mountain
info@doyepiwniuk.ca



Jon REYES
MLA for Wawarley
jon@jonreyes.ca



Ron R. SCHULER
MLA for Springfield-Ritchot
ron@ronschuler.com



Andrew SMITH
MLA for Lagimodiere
andrew@andrewsmith.ca



Dennis SMOOK
MLA for La Verendrye
dennis@dennis-smook.ca



Rochelle SQUIRES
MLA for Riel
rochelle@rochellesquires.ca



James TEITSMA
MLA for Radisson
james@jamesteitsma.ca



Jeff WHARTON
MLA for Red River North
mthmla@mymts.net



Ian WISHART
MLA for Portage La Prairie
pi@mla@mymts.net



Rick WOWCHUK
MLA for Swan River
rick.wowchuk@leg.gov.mb.ca