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Join Senior Scope on:

The 40th Anniversary Class



THE BUZZ

By Scott Taylor
Photo by Scott Taylor

One did more than anyone to bring Manitoba soccer into the 21st Century. One earned an Olympic gold medal and then became a reality TV host. One was an internationally acclaimed Paralympian in two sports. And another built Manitoba basketball and then devoted the rest of her time to making wheelchair basketball an internationally-recognized success.

Former Olympic gold medallist Jon Montgomery, former Paralympic gold medallist Michelle Stillwell, thrower and weightlifter Susanne Dandenault and cricket sensation Charles Baksh are the four athletes who will be honoured.

The Manitoba Sports Hall of Fame has announced the eight inductees for its 40th Anniversary Celebration on Nov. 2, and its diverse class of athletes, builders and one of the finest teams ever constructed at the University level in our province.

"This is a remarkable and well-deserving slate of inductees," said Jason Treloar, Chair of the Board of Directors for the Manitoba Sports Hall of Fame. "They embody the kind of perseverance and excellence that our sport community commends and is inspired by, and that is exactly why we are grateful to have them become a part of the Manitoba Sports Hall of Fame."

Former Olympic gold medallist Jon Montgomery, former Paralympic gold medallist Michelle Stillwell, thrower and weightlifter Susanne Dandenault and



The class of 2019, from left: Hector Vergara, Susanne Dandenault, Frank Bojarski (Bobcats player), Charles Baksh, Jerry Hemmings (Bobcats coach), Maureen Orchard, Doug Carmichael (Bobcats player), Don Hornby.

cricket sensation Charles Baksh are the four athletes who will be honoured.

The three builders are Don Hornby (Rowing), Maureen Orchard (Basketball/Wheelchair Basketball) and Hector Vergara (Soccer). And the team dynasty honorees are the coaches and players of the incredible 1987, 1988 and 1989 Brandon University Bobcats.

"That team was pretty great," said a smiling Jerry Hemmings, coach of that amazing three-year run for the Bobcats. "I was fortunate to be the coach. We had so many great players, players from right across Canada who came to play in Brandon."

It is amazing to think that only two teams won CIAU (now USPORTS) national championships in the 1980s. The University of Victoria won the first seven in a row and then the Bobcats won the last three straight championships. Of course, led by the great John Carson, it was one of the most outstanding lineups ever assembled in this country.

John Carson, who was a five-time All-Canadian, capped off the 1987

national final against UBC with a thunderous dunk in the final few minutes of the championship game to give Brandon its first title with a 74-66 win. Then, in 1988, team captain Patrick Jebbison – the CIAU's most outstanding player – led the Bobcats to an 81-68 rout of the Acadia Axemen to make it two in a row.

And then, behind Jebbison's magnificent play once again, the Bobcats upset the heavily-favoured Victoria Vikes 74-73 to win its third straight championship in 1989.

"It was an exciting time," said Hemmings in his understated way. "Those teams weren't just good, they were really exciting to watch."

Meanwhile, Olympic gold medallist and television host Jon Montgomery, the pride of Russell, Man., will lead four outstanding athletes into the Hall. Montgomery won gold in skeleton at the 2010 Winter Olympics in

Continued on page 8

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Is it time to hand over the car keys?

By Roger Currie

Undoubtedly the most prized possession for most of us *Baby Boomers* after we celebrated our 16th birthday was and is our driver's license. I took it slower than many of my eager contemporaries, not taking the all important road test until almost 5 months after birthday #17. But once I made the grade, on the first try no less, I definitely felt like a more complete and very 'adult' human being, even occasionally cocky and foolish. Whatever happened to that glorious invincibility of youth?

That crisp early winter day in late November of 1964 on the streets of Winnipeg was the one and only time that my skills behind the wheel have ever been examined. I have to tell you that I'm seriously thinking that a 'refresher' of some sort is long overdue.

A few years after my triumphant test, the Manitoba Safety Council introduced an excellent program called the *Defensive Driving Course*. It was frequently mandated for drivers who were involved in a road accident, or had picked up a handful of tickets for speeding and other driving offences. I never actually took the course, but I did read the written material and I find that I still practise many of the important points that were covered. To the mild chagrin of my passengers and other less patient drivers who are following me, I often take my right foot off the gas pedal and poise it above the brake when entering any intersection, controlled or otherwise, where I am supposed to have the right of way. More importantly, I never ever blow through red lights, even though a growing number of other drivers are doing just that.

The summer of 2019 has been deadly on Manitoba highways and city streets. No fewer than 9 people died in fatal crashes in one 7 day stretch in the month of June. How much of a safety



Photo credit: Safety Services Manitoba

hazard are drivers like my 72 year old self and others who can remember when TV was in black and white and air conditioning was not standard equipment in our vehicles? Perhaps surprisingly, Brian Smiley of Manitoba Public Insurance says in fact that older folks are NOT as much of a hazard behind the wheel as we might think. Drivers over 60 are generally involved in something like 12% of accidents involving death or serious injury, well below the overall average. Smiley says there are a number of reasons for that. "Older drivers tend to drive less, especially once they are retired. They make shorter trips than when they drove to and from work five days a week. They also tend to not drive during rush hours, and they drive far less after dark than younger drivers do" he says. Among older drivers there definitely are quite a few people whose driving habits are restricted by *MPI* for medical reasons. Things like diminishing eyesight and being diagnosed with sleep apnea may result in seniors being limited to driving during daylight hours or not being allowed to operate a vehicle without an unrestricted driver beside them. Most often it's a report from a family physician that results in a restriction and such moves are not always easily accepted by seniors. My father's driving

career ended just before his 74th birthday when he suffered a major stroke. He was unconscious for a few days, and when he came to his first understandable words were "Where's the car?" That treasured freedom is not surrendered easily.

The Manitoba Safety Council has been replaced by *Safety Services Manitoba* and with funding help from MPI, they run a number of courses and programs aimed at improving our driving skills, including *defensive driving*.

Susan Everton is frequently in charge of workshops for *mature drivers*. They are held in communities across Manitoba and Everton stresses that they are not out to take anyone off the road. "We are not reporting anyone to MPI, so no one's license is put at risk by attending one of our three hour sessions. We try to answer people's questions about driving issues while providing information about how the aging process can affect a person's ability to drive" she says.

The workshops do not shy away from discussing the delicate question of when it might be time to surrender your car keys to a loved one. Specific issues that are dealt with include items that were not part of the driving experience more than 50 years ago, like how one handles *traffic circles*. Everyone who attends a workshop is given a copy of the Manitoba Driver's Handbook.

Everton says they also offer a *road review* for anyone who wants an independent assessment of their fitness to drive. It is free of charge and involves a 20 minute drive in their own vehicle with a qualified instructor.

Full details can be found at www.safetyservicesmanitoba.ca. ■

Roger Currie is a regular contributor to *Senior Scope*. He has been driving since November of 1964.

COUCH POTATO DIARY



By Roger Currie

This past month has had the world recalling the ultimate achievement when it comes to flying by human beings.

All of us who were alive on July 20, 1969 can recall what were doing when Neil Armstrong made that "*small step for man*" and "*giant leap for mankind*" on the surface of the moon.

At the age of 72, I remain as fascinated by the whole business of flying as I did before TV even arrived. I know the basic science, but I still can't help wondering how that huge metal structure carrying several hundred people and tons of luggage can zoom down a runway and lift off, travelling hundreds of miles in a few hours. To me it remains a daily miracle, even though it has been 8 years since my last flight.

I shall never forget my first journey by airplane. I was 16 and it was a beautiful Friday in September, 1963. Papa Andrew Currie, the boy from Balgonie, was a veteran airline passenger, but like myself, this was the first flight ever for my 51 year old mother, Thelma Currie. The two of us felt like space travellers as our *TCA DC 8* roared down the runway at Winnipeg Airport. First stop was Toronto where older brother David had embarked on his own life adventure eight months earlier. What a different time it was back then. There was zero security screening for passengers, you could smoke anywhere on board the plane and throughout the tiny wooden airport, and once we were off the ground we were served a

Roger Currie is a Winnipeg writer and broadcaster.

delicious full course meal at no additional cost. Our three day Toronto stopover included my very first ride on a subway train. Then it was on to New York and very brief change of aircraft en route to Washington D C.

Father was in the U.S. capitol to attend a major international gathering of people who, like him, were responsible for major parks and zoos. I was allowed to skip school for an entire week to be part of this. Have I mentioned that I won the lottery when it came to being blessed with wonderful parents? In Washington, Dad and I were given a personal and private tour of the *FBI*, and I got to shake the hand of J. Edgar Hoover himself! No, he was not wearing a dress. Interestingly, President John F. Kennedy, who only had two more months to live, was a two hour drive from Winnipeg while I was in Washington. He was visiting North Dakota where he had not stopped during his 1960 campaign for the White House. A few weeks later, the scenery that unfolded on TV during those dark days in November were all too real and familiar for us.

Two years later, in 1965, those same wonderful parents took me with them to my first Grey Cup. It would be the last big CFL challenge for legendary coach Bud Grant of the Blue Bombers, and it was a heart-breaker as Winnipeg lost to Hamilton 22-16, in the game that came to be known as the *Wind Bowl*.

There were lots of plane trips for me over the next 46 years, but thankfully not so many that it became a wear-

some chore. Many of the flights were work-related with an employer paying for the tickets. Since passing my 60th birthday, physical mobility issues have made all modes of travel more difficult for me, especially flying. I can't say I really miss it that much.

I wonder how many Canadians who continue to travel by air are now saddled with a measure of guilt about how they might be contributing to climate change. At any given moment there are hundreds if not thousands of planes in the air adding to the load of bad things like CO2 and water vapour, only adding to the climate crisis. There are predictions that global air travel may double over the next 20 years, leading many to perhaps seriously wonder how much of those flights are truly *necessary*. Might not many of important meetings happen just as easily in cyberspace?

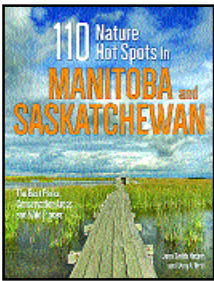
Then there is the never-ending question when it comes to air travel - '*how safe is it?*' Unlike my good friend '*Knuckles*' Irving who covers the Blue Bombers on radio, I cannot honestly say that I have ever really been afraid to fly, but I probably should have been.

The world's largest maker of commercial airplanes is Boeing and you have to wonder if they will survive the fiasco that is the *737 Max*. Their second quarter loss was close to \$3 Billion. Will anyone lose their freedom over the hundreds of lives that were lost in those two crashes overseas?

All in all, I am more content than ever to be a *couch potato* in a virtual world. ■

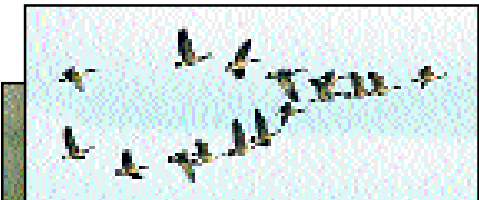
Great outdoor day trips from Winnipeg

Experience nature's best kept secrets on these easy day trips from Winnipeg.
By Doug O'Neill



Book: **110 Nature Hot Spots in Manitoba and Saskatchewan: The Best Parks, Conservation Areas and Wild Places**
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Whiteshell Provincial Park - Late August to October is the best time to visit Alfred Hole to observe the iconic V-shaped flying formation.



Photo Credit: Shutterstock_Delmas Lehman.

Why dream of far away mountain tops and hard-to-reach lakeside settings when you can immerse yourself in the best of Mother Nature on easy day trips from Winnipeg.

At **FortWhyte Alive Interpretive Centre**, location is everything. Not only is the 640-acre outdoor park and recreational facility a mere 22 minutes from Winnipeg, but it's also on the flight path of migrating Canada Geese. There's plenty of space to admire flora and fauna or even join a guided tour or participate in a nature workshop. FortWhyte is located along Manitoba's International Pine to Prairie Birding Trail – for very good reasons. Over the course of a year, 160 species of birds are spotted in the surrounding area, attracted to FortWhyte's diverse habits, including willow swamp, cattail marsh, aspen forest, grassland and lakes.

Birds Hill Provincial Park (no more than a 30-minute drive from downtown Winnipeg) covers more than 8,000 hectares and appeals to nature lovers who like to camp, swim at the beach, bird-watch, go horseback riding or even attend summer concerts. Birds Hill Park is home to over 40 mammal species including White-tailed deer. Bird-lovers are drawn by the 200-plus species that have been spotted within the park, including red-breasted nut-

hatch, American woodcock, Northern saw-whet owl, Eastern towhee and Lark sparrow, among others.

Sand dunes and lizards more to your liking? Some of nature's more curious surprises are to be found at **Spruce Woods Provincial Park** (2.5 hours from Winnipeg). For starters, there are the desert-like dunes known as the Spirit Sands, that reach as high as 30 metres – definitely not a common sight in Manitoba, as well as Devil's Punch Bowl, an eerie pond formed by underground streams. And there are not one but two species of cacti. The other curio is the northern prairie skink, which is Manitoba's only lizard.

What could be more iconic of course than Canada geese? That's what you'll find at the popular **Alfred Hole Goose Sanctuary** in Rennie (90-minute drive from Winnipeg.) Not only can visitors admire the signature V-shaped flying formation during migration season, but it's the best chance to glimpse adorable baby goslings.

A bit further afield is **Hecla/Grindstone Provincial Park** (about 2 hours from Winnipeg). Forests, limestone cliffs, wetlands and marshes are home to a variety of animals, including wolves, moose and Great Gray Owl.

Enjoy Manitoba's nature treasures! ■

Bowls Manitoba Sends Off Team to 2019 Canadian Championships

Courtesy Bowls Manitoba Inc. (BMI)

Bowls Manitoba Inc. (BMI) hosted its annual Provincial Team Send-Off on Wednesday, July 31, at the Dakota Lawn Bowling Centre at 1212 Dakota Street in Winnipeg.

Media, sponsors, family members and supporters, members of the Provincial and Federal Governments were invited to provide support for the teams.

Bowls Manitoba's 2019 Provincial Team is comprised of 31 athletes and a team manager that will be competing in various Singles, Pairs, Fours, Mixed Pairs, Junior and Senior categories.

The 2019 Canadian Championships take place from August 20th through to October in various locations across Canada. They will start in Burlington, ON with the Pairs and Fours for both men and women, followed by the Men's and Women's Singles in Kitchener, ON. The Senior Men's and Women's Triples (Montreal, QC) and the Mixed Pairs (Saskatoon, SK) will follow beginning September 13. The Indoor Singles are slated for Vancouver, BC in October.

The National Competitions will bring together athletes, coaches and staff from nine provinces, competing in Junior, Senior and Open categories for men and women. Winners of the Outdoor

and Indoor Singles Championships will advance to the World Singles events.

The Send-Off evening featured the men's Provincial champions playing against the women's Provincial champions in a short and friendly game. This was followed by a presentation of the Provincial Champions in all categories, including a light lunch.

Bowls Manitoba Inc (BMI) is dedicated to enriching, through sport, the lives of its young and senior population. It is a provincial not-for-profit grassroots organization that provides sport training and competition opportunities for over 290+ athletes of all ages and abilities. In Manitoba, there are currently nine community based clubs that offer sport programs offering athletes and families a sense of achievement and an opportunity to excel as they take on leadership roles within their community.

For more information please contact: Bowls Manitoba Inc. (BMI)
145 Pacific Avenue, Winnipeg
204-925-5694 / bowls@shawbiz.ca
www.bowlsmanitoba.wordpress.com
or Elaine Jones, BMI President
204-257-8821 / ejones41@shaw.ca

Lawn Bowling - Making a Come-back

- Louise Jutras, President - River Heights Lawn Bowling Club

Lawn bowling used to be very well known in Manitoba, especially in Winnipeg, from the early 1930s. Some clubs have closed down or were relocated. Others have survived and provide such a good reason to get out of the house and socialize with others while having fun on the rink! For locations still active in the Winnipeg area, visit the Bowls Manitoba website. It parents all of the Manitoba lawn bowl-

ing clubs: <https://bowlsmanitoba.com/our-clubs/maps-to-clubs/>.

It is a fun sport played currently by mostly retired older adults. It's low impact; not much equipment is needed (so cheap), and can be played single, double, triple, and fours. There are various locations in Winnipeg (three indoor) and some in rural Manitoba. (Check with your local rural 55 Plus Club or organization.) ■

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FINANCIAL PLANNING:

Vacation property succession planning

- Shirley Hill, CFP - Executive Financial Consultant, IG Private Wealth Management

For many families, it is much more important to preserve the family cottage than any other asset. Those who want to leave the cottage to their children must plan for the tax consequences and disputes which may arise upon their death. The concepts here apply to any vacation property, including a ski chalet or condo.

- 01 Make sure that you understand the tax consequences of transferring your vacation property to your children.
- 02 Talk to me about using the principal residence exemption to your best advantage.
- 03 Consider life insurance as a means to ensure that there will be sufficient funds to pay any tax liabilities.

Tax liability at the time of death

The first hurdle to overcome when leaving an asset to your children is to make sure that there are sufficient funds in your estate to pay any tax liability that may arise at the time of your death. Many individuals do not realize that the increase in value of their vacation property since the time it was purchased may result in a tax liability for their estate. This is because upon death, there is a "deemed disposition" of all of a person's assets, unless the assets are transferred to their spouse or common-law partner. A deemed disposition means that all of your assets are deemed to be disposed of for fair market value. Therefore, upon the death of the last spouse, there may be tax owing before the assets can be transferred to the next generation. The danger in failing to do estate planning is that you may need to sell some of the estate's assets (including the vacation property) in order to pay the tax.

Principal residence exemption

One possible way to reduce the tax liability is to designate the property as your principal residence for tax purposes, and thus exempt some or all of the capital gains on the disposition of the property from taxation. However, families can only designate one residence as their principal residence for any given year. If you have owned more than one personal-use property during the same period of time, then the calculation of the principal residence exemption can become quite complicated. For example, if you have owned the family cottage for the last 20 years, but during that same 20 years you have bought and sold several "city homes" and exempted the gains on the sales of those city homes, you will not be able to shelter the entire gain on your cottage.

You do not have to designate a property as your principal residence until you actually sell the property or you are deemed to have sold it (as you would be in the year of death). At that point in time, you (or your executor/ liquidator) should speak with your financial and tax advisors to determine how to use the principal residence exemption to your best advantage. If you are interested in more information on this topic, ask your IG Consultant for a copy of the article entitled "Claiming the principal residence exemption."

Preserving the adjusted cost base

Another option for minimizing the taxable capital gain is to ensure that all additions to the adjusted cost base or "ACB" of the property are fully accounted for. This is important because capital gains are calculated by subtracting the

ACB of the property from its fair market value, so the higher the ACB of the property, the lower the gain which must be recognized. The ACB of the vacation property is not just the amount you initially paid for it. Many people pour thousands of dollars of capital improvements into their vacation properties over the years, thereby increasing the ACB. However, the ACB is not increased by sweat equity, only out-of-pocket expenditures. You should keep the receipts for the improvements that have been made in order to justify these costs in the event you are (or your estate is) audited by the Canada Revenue Agency or Revenu Québec.

Many property owners also had their properties appraised in order to use the \$100,000 lifetime capital gains exemption which was eliminated for real property in 1992. In order to claim the exemption, an election would have been made on your tax return by the 1994 deadline or such extended date as allowed at the time (all allowable extensions have now passed). If you made such an election, be sure to keep copies of the relevant documentation and the tax return on which you made the election so that the capital gain reported by your estate is accurate.

Planning with insurance

If you know that your estate will have to pay a substantial capital gains tax upon your death, and you do not have any other way to minimize it, you will need to find a way to fund this liability, or risk the sale of the vacation property in order to pay the tax bill. If your estate has sufficient liquid assets, this may not be a problem, but it is sometimes difficult to guarantee that there will be a sufficient amount left in the estate, particularly if you incur significant long-term care costs. Life insurance is usually the solution used to ensure that there will be sufficient funds to pay the tax liability. Even if you can't afford it, your children may be willing to pay the premiums if it means preventing a "fire sale" of the family vacation property at the time of your death. In any event, it will be important to have this conversation sooner rather than later, since delaying the conversation too long could result in the life insurance option no longer being available (due to advanced age or poor health).

Gifting during your lifetime

One mistake that some property owners make is to try and escape paying tax by transferring the property to their children during their lifetime. These individuals assume that if they transfer the property to their children now, then no tax will be payable. Unfortunately, this is not the case, as

the Canada Revenue Agency and Revenu Québec will deem the property to have been sold for fair market value at the time it is transferred to the children, potentially triggering an immediate capital gain. If you do not transfer complete ownership of the vacation property, but instead add a joint owner or owners, then there is a disposition of a proportionate amount of the gain when an additional owner is added (e.g. if a sole parent is currently the owner, and that parent adds two children as joint owners, then two-thirds of the gain is triggered now, with the remaining one-third triggered at the time of the parent's death, although in some cases it may be possible to argue that the new owner is simply a "trustee", and does not actually have an ownership interest in the property).

The only advantage to transferring part or complete ownership during your lifetime is that the amount of the gain taxable in the hands of the parents is "capped" at the time of the gift or sale.

However, life insurance will not be an option for paying this tax, and the tax deferral in the hands of the parents is lost.

Problems can also arise if you sell the property to your children for anything other than fair market value. For example, if you purchased the property for \$50,000, and then sell it to your children for that same amount at a time when the fair market value is \$100,000, you will be deemed to receive \$100,000, and you will have to pay tax on the capital gain. However, your children will only be deemed to have a cost base of \$50,000, resulting in double taxation when they sell the vacation property.

If you want to transfer the vacation property to your children during your lifetime, the best options are to either gift it, or sell it for fair market value.

If you give the asset to your children, you will still be deemed to have received fair market value for it, which may result in a capital gains tax liability, but your children will be deemed to have paid fair market value, so there will not be double taxation when they sell the property.

If you choose to sell it for fair market value, ask your legal advisor if it would be beneficial to structure the sale documents so that only 20 per cent of the

Continued on next page

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Ten-Year Volunteer is Happy to Give Back

Courtesy - Alzheimer Society

She's put bandanas around dogs' necks and applied temporary tattoos to people's bodies. She's handed out t-shirts and prizes, and she's taken registrations. She's given thirsty walkers water and hungry walkers food.

For her decade of commitment to the IG Wealth Management Walk for Alzheimer's, Valerie Blahut has received her 10-year volunteer pin.

She doesn't intend to stop there.

Valerie recently retired from her job in human resources at IG Wealth Management and has already asked the Alzheimer Society about other volunteer opportunities now that she has more free time.

While some of her extended family members have had Alzheimer's dis-

ease, that isn't Valerie's main motivation for helping the Society.

"I love volunteering. It's fun and it feels good to give back," she says, adding that the Walk is especially gratifying because everyone is happy and enjoying themselves. "I don't necessarily have money to give, but I have time. And these events wouldn't happen if you didn't have volunteers to help."

She also likes volunteering at the Walk because she can meet new people, even within her own company. "At IG Wealth Management, we have 1,000 employees, so you meet people you don't generally work with," she points out.

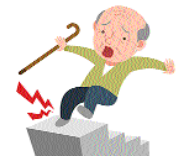
IG Wealth Management promotes volunteerism and makes it easy for their employees to find opportunities to

help their community through a variety of agencies, Valerie says. The company posts volunteer opportunities with contact information that makes it simple to sign up.

"If you're not aware of how to get involved or aware of the opportunities available to you, you're not likely to participate. But when an event is posted and you just need to send an email to sign up, it's easy."

CEO Wendy Schettler presented Valerie with her 10-year pin at the Society's Annual Meeting in June. She summed up Valerie's dedicated approach to volunteerism: "Valerie is one of those people who volunteers with a smile on her face. Whatever tasks she is assigned, she does willingly and graciously." ■

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Vacation property succession... cont'd from page 4

purchase price is payable in any one year, allowing the capital gain to be spread out over five years, as opposed to 100 per cent being taxable in the year of sale. However, if you are not receiving the entire sale price immediately, you may wish to take security against the vacation property in the event future payments are not made as promised. If you do not intend to collect payment from your children, consider forgiving the debt in your will, but include it for the purposes of dividing the estate, so that your other children receive assets of similar value.

Another concern with transferring a vacation property to a child is the fact that you will lose control over that asset. This can be problematic in the event your child suffers a marriage breakdown, or has creditor issues. Think carefully before giving up control of a major asset such as a vacation property.

Succession issues

There are also non-tax issues to consider. Do you even know which, if any, of your children wants the vacation property? Your children may be interested in coming to the property as long as you are there, but if they live in another province, or are not interested in maintaining the property themselves, you may be surprised to learn that they do not want to keep the property after you are gone. Discussing this issue with your children can help to alleviate disagreements after the time of your death.

Equalizing the estate with insurance

If one or two of your children wants the vacation property, but some do not,

the issue may become how to equalize the estate. If the vacation property will form a large part of your estate, insurance may help fill the gap for the other children. Again, if you are not interested in paying the insurance premiums, do not rule out the possibility that your children may be willing to pay the premiums if the insurance policy will be the solution to keeping the property.

Planning for multiple owners

If several children want the vacation property, then you need to consider a co-ownership agreement. There should be something in writing setting out how the vacation property will be used, who will pay for it, and who will be responsible for its upkeep. One idea may be to have the children sign a co-ownership agreement as a condition to inheriting a part of the vacation property. In that way, the agreement will be there long before there are any arguments. Once the parties start to disagree, negotiating a co-ownership agreement will become next to impossible.

The co-ownership agreement should also specify how the parties can be bought out in case of disagreement and what happens upon the death of one of the siblings – will it go to the grandchildren? Or does it go to the surviving children only? Can it pass to a son or daughter-in-law? It is best to resolve these issues sooner rather than later.

It is important to plan for how the vacation property will be passed to the next generation long before it actually happens. We can help you learn more about the issues relevant to vacation property planning, and how to prevent

family disputes or unexpected tax bills.

If you have further questions, you are welcome to call us at 204-257-9100. We will also be **hosting a seminar** on how to talk to your family about Family Wealth Management. To participate in this seminar, you must have investible assets of **One Million** dollars or more. The seminar will take place at 200-1605 Regent Avenue W. on **August 21st** at 9 am. To register please call **204-257-9100**. With room for only 10, it will fill up quickly. ■

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Herman's daughters, Jocelyn and Karen, are the third generation to carry on the family business, but he remains active in the operation and at 85, has no plans to retire. ■



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A Tale of Two Cities: Winnipeg and Colombo

Road to Canada Friendship - PART ONE

Aviation History in Sri Lanka

In 1934 was a remarkable year for Ceylon (now Sri Lanka) on aviation history. The State Council made a decision to construct an aerodrome to accommodate lightweight aircrafts 15 km south of the capital city of Colombo a town named as Ratmalana by the side of Colombo - Galle main road. On November 27th 1935 the first aircraft was landed on Ratmalana new airport. The pilot was Chief flying instructor of the Madras Flying Club Mr. Tyndalle Bisco. Make of the aircraft was De Havilland Puss Moth.

In 1944 during the Second World War the Royal Air Force (RAF) a military airfield was established in Katunayake 32.5 km north from the capital City of Colombo. In 1957 the RAF removed British Military personal and aircrafts from Sri Lanka and handed over airfield to the Royal Ceylon Air Force (RCyAF).

Construction of Two Airports: Winnipeg and Colombo (Katunayaka)

Tallman Construction Company based in Winnipeg has done the construction of Winnipeg airport. This Company built the first drive-in theatre on Pembina Highway in the City of Winnipeg and created good image on this project. Subsequently they began to specialize in building airports and the first bid on the Portage la Prairie (in Winnipeg) airport for Canadian Forces

Base to train Royal Canadian Air Force and NATO pilots. They started to construct airports across western and northern Canada with two runways (11,000 feet) in Edmonton airport. During the same period they diversified activities and started joint venture projects with Henry J. Kaiser for dam building. Their first such dam was across North Saskatchewan River.

On January 7th 1964 the new terminal was opened on the east side of the Winnipeg International Airport. The architects were Green Blankstein, Russell and Associates and principal design done by Bernard Brown and David Thordarson.

During the first stage in 1963 under Colombo Plan, Canada worked with Sri Lanka on the runway and terminal building for an airport in Colombo. The Government of Sri Lanka decided to construct the new airport in RCyAF airfield.

In 1967, started building of a new International Airport at Katunayake to replace Ratmalana, with Canadian aid. In 1967 was a revolutionary year of Sri Lankan transport history in the areas of air, sea, rail and road. Port Tally and Protective Services Corporation was formed in Colombo Port on the same year. During this year established Employees' Councils to help run the Ceylon Government Railway. Ceylon Transport Board constructed Central Bus Stand close proximity of railway station of Colombo.

By Senaka Samarasinghe

Katunayaka Airport Project (KAP) was the largest single aid program to Sri Lanka by the Government of Canada. Media named it as “the showpiece of the East” because 80 percent grant and a loan of 20 percent. The project was completed three months ahead of schedule and TWA, Aeroflot, UTA, Quantas and British Eagle Airways started operating their scheduled flights.

When Canada was trying to help KAP project Tallman Construction Company established its name of airport construction in Western Canada. As a result the same Company obtained the contract for KAP project. In 1962 Winnipeg airport handled 394,000 passengers per year. The terminal building also constructed to cater such traffic. In the mid-1960s Sri Lanka passenger traffic was 150,000 per year. They made few changes to the terminal building plan and completed Katunayaka terminal building. The runway KAP was also the same length in Edmonton runway.

On August 5th 1968 Katunayaka was opened with its peripherals namely runway, terminal building, apron and taxiway. In 1968, Airport Regulations were gazetted by the Government of Sri Lanka.

Migration: Between Winnipeg and Colombo

Among the Sri Lankan workforce of Tallman Construction Company, three bachelors expressed their willingness

to migrate to Winnipeg. During the initial stage of soil testing a Sri Lankan was attached to this Company. Subsequently this young man was identified by the Company to serve as the Maintenance Supervisor (on behalf of the Company) of the terminal building of the KAP. Mr. Cyril Perera too came with the construction firm and settled down in Winnipeg in 1968. Before joining this firm Mr. Perera served in the Ceylon Defence Force for five years.

That was when the City of Winnipeg concentrating on second longest road in the City named as Pembina Highway (15 km). Length of St. Mary's Road is 16.7 km whereas Portage Avenue is 14.6 km. With construction experience, a job was offered on the Pembina road project to Mr. Perera. This was his first appointment in Canada. He was privileged for an opportunity to work on one of the oldest City roads (Highway No. 75) which started its operation in 1850s. Later he was engaged number of Projects and retired in 1994. He served as a Power Engineer in Manitoba Telephone System. Mr. Perera was a dedicated volunteer at the Western Canada Aviation Museum, founder of the Friends of the Assiniboine Conservatory and busy with other church and community groups as well. Mr. Cyril Perera passed away on August 13th, 2013.

Continued next issue (Sept. 10/19)

Manitoba Churches – Grand Marais – Church of St. Jude – Anglican – 1896

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.ManitobaChurches/** (Testaments of Faith)

The community of Grand Marais on Lake Winnipeg is at the base of, and named after, Grand Marais Point. It is west of Pine Falls in the RM of St. Clements.

Recorded history of the area begins in the early 1730s with the arrival of French explorer Pierre Gaultier de La Verendrye and the fur traders. But Indigenous peoples had lived there long before then.

In the early 1800s families of Cree, and mixed Cree and Scottish/English heritage, migrated from northern communities to the Red River Settlement. During the latter part of the 19th century the migrants were Poles, Ukrainians and Russians from the east.

In 1891 each of the brothers-in-law, George Rupert and Alexander Knott, both of Native American and European descent, donated an

acre of land for a church and cemetery. The church was built in 1896, in an unusual manner. The foundation was of fieldstone and mortar. The walls were of squared and dove-tailed black poplar logs, sheathed on the outside with wooden panels painted white. Alex Kennedy, reputedly the best at hand sawing logs, was one of the crew of five builders.

The interior was heated by a wood-burning stove for which members of the congregation



took turns collecting and chopping wood. The pews, holy table and shelves were made by James (Jim) Raven, a Native American carpenter from Scanterbury. This after he had lost one of his arms.

In 1914 Canon George Smith of St. Peter's helped with events to raise funds for an organ.

St. Jude's underwent several changes in the 1930s. A chancel sanctuary with a stained glass window donated by

Mrs. Margaret Linklater was added to the north end. Two vestry rooms were also added. The tower with its large cross, and the porch, were replaced with a front porch and square belfry on a concrete foundation. The bell, said to be from the first fire hall in Winnipeg, came from the Grand Marais Old Cement School (1913-14).

The church was closed in 1963 when the congregation moved. For a while after it was opened on request. For three years from 1970 on it was a local museum. The Friends of Old St. Jude, a community group, has worked to restore the church and have it designated an official heritage site. The roof has been reshingled and the exterior repainted.

Photographed in 2009

The BUZZ - Manitoba Sports Hall of Fame, cont'd from front page

Vancouver and then, after an extended party, when on to become the host of the reality TV show *The Amazing Race Canada*.

Joining Montgomery in the class of 2019 is wheelchair basketball player and racer Michelle Stilwell. Stilwell has won seven Paralympic medals, including six golds. She also won nine world championship titles.

She is the first Canadian Paralympian to win gold in two different summer sports, winning gold medals in the 200m and 500m events at the 2008 Beijing Paralympics. She then won gold in the 200m in the 2012 London Paralympics. She was also part of the Canadian wheelchair basketball team that won gold at the 2000 Paralympics in Sydney.

Susanne Dandenault was born and raised in Winnipeg and attended the University of Washington on a track and field scholarship. She graduated with undergraduate degrees in Psychology and Environmental Studies in 1993 and

returned to Canada to complete her law degree at the University of Manitoba in 1996.

A successful thrower, she was convinced by a friend to try weightlifting to improve her results. Two years later she retired from track and took up weightlifting full-time. She joined the national team in 1998 and competed in five World Championships, two Pan Am Games, a Commonwealth Games, was an alternate at the 2004 Olympics. She is a nine-time national champion (1997-2005).

Charles Baksh was born Showkat Baksh, 81 years ago in Trinidad and Tobago. He was a righthanded batsman who played for Canada's national cricket team in 1979, at the age of 41.

Maureen Orchard grew up in Winnipeg and admits she was “not a very good basketball player,” but she grew up to be a very good referee and a person whose commitment to the sport was unmatched.

“I started playing basketball at the youth league at our church when I was 12-years-old,” she recalled. “Hall of Famer Vince Leah was in charge and he came up to me and said, ‘Maureen, I need someone to administer the league.’ I was 12. I barely knew what administer meant and I went home and complained to mom. I told her I just want to play. And she said, ‘Is Uncle Vince helping you? Don't you think you should help back?’ and that's how I got started.

“Funny, but my mom was 96 and we were talking about how I got started and she smiled and said, ‘But I didn't mean for it to last your whole life, dear.’ That's how I got involved. But I stayed because I loved the game.”

Don Hornby, 75, the owner of Hummer TV Productions, was a dedicated rowing umpire and long-time Rowing Manitoba board member who has served both locally and nationally Rowing Manitoba and Rowing Canada.

He didn't start in the sport until he was 28, but went on to compete with two-, four-, and eight-man teams at the Canada Summer Games, Royal Canadian Henley Regatta, the Northwestern International Rowing Association Championship, and the World Masters Championship.

Hector Vergara, 53, was not only the executive director of Soccer Manitoba but also a highly-regarded FIFA official. Born in San Javier, Chile, he grew up in Winnipeg and graduated from the University of Manitoba. He played soccer competitively for 10 years, recreationally for 30 years and was on the FIFA officials' roster for 19 years.

This year's Induction Dinner will mark 40 years of the event. Friends, family and the public are invited to come together and celebrate the inductees who will be honoured for their outstanding achievement in sport.

Tickets for the 40th Anniversary Induction Ceremonies on Nov. 2, 2019 will go on sale on Sept. 1, 2019. ■

Collecting Coins for Fun & Profit



By Patrick Chiasson and Barré Hall - Manitoba Coin Club

I am a coin collector and dealer and have a serious interest in coins! Coins have been collected almost since they were first made more than two and a half millennia ago. People frequently asked me “What should I collect?”, or, separately, “What are the best coins to buy now?”. Much depends upon the budget and interests of the individual coin buyer. Each collector should read, learn, and examine coins or at least view quality images of coins, and develop a plan before spending an amount that is ‘a lot’ to him or her.

The Attraction of Coins

The first coin collectors were ancient kings, queens, and other wealthy individuals in ancient Rome, which is largely the reason why coin collecting is referred to as the “Hobby of Kings.” In the Renaissance period, coin collecting blossomed in Europe among scholars, researchers, and others who were interested in studying the artistic, cultural, and sociopolitical aspects of ancient coins as well as more contemporary coinage of the time. Coins reflect the artistic, economic, and political history of the world. For example, President Theodore Roosevelt commissioned America’s greatest sculptor, Augustus Saint-Gaudens, to redesign some of the United States coins to emphasize the beauty and artistic qualities. Countries are always improving their coin designs because it represents their country and their people. In fact, our very own Royal Canadian Mint is leading in coin technology and innovation and has minted coins for over 75 countries.

Coin collectors, more properly called numismatists, tend to pursue their

hobby as a labor of love rather than profit. Most often, numismatists love the historic side of the avocation as well as its potential. For the most part, however, true “collectors” are more interested in the intrinsic beauty of the pieces they amass, and intend to hang onto their collections forever. Indeed, coin collections are one of the most common items included in family inheritance estates. In times of financial need or emergencies, some collectors will, reluctantly, part with their beloved coins, but they’d rather not.

Identifying a Theme

There are many approaches to collecting coins. Common collection themes include by country, the time period or date, mint mark (mint location), type sets, subject (such as historical events, geo-political movements) and denominations. A type set, or a type collection, is a coin collection based upon the coin’s design. Instead of assembling a collection of coins based upon dates, a type set will consist of one coin from each design type. In many ways, this is an ideal way for an intermediate coin collector to assemble a coin collection that contains a wide variety of different coins. Topical collecting entails assembling a set of coins with a certain kind of design theme, regardless of the coin’s nation of origin, date, or denomination. For example, a person building a topical set of coins with boats on them might collect a 2001 Rhode Island state quarter, 1923 South African half penny, 2003 New Zealand America’s Cup \$5 coin, and the 1949 Canadian silver dollar.

Most advanced collectors will collect key dates. A key date coin is a coin that is usually the last coin purchased for a coin collection because the date is exceptionally rare or hard to find. It is often one of the most expensive coins in the series that you are collecting and one that most collectors need to complete a particular coin collection. Several factors determine what coins are considered a key date coin. There are also many factors that determine the price or value of the key date coin. Some of these factors may include the mintage, survival rate, condition, and the popularity of the coin series amongst collectors.

Build Your Collection

A combination of buying and finding coins can be a good way to build your collection. Joining a coin club such as the Manitoba Coin Club gives you access to trade or buy coins privately with fellow collectors. Another great source is local coin dealers. Coin dealers buy, sell, and trade coins. Some coin dealers run shops or can be found at coin shows. Some collectors prefer looking for coins with a metal detector. Many valuable coin collections have been built this way.

Assembling the Collection

Properly displaying your personal coin collection can be a challenge on its own. You’ll want to ensure the security and safety for the coins themselves in a way that is still aesthetically pleasing to you and admirers. No coin collector wants to think about what would happen to their valued coin collection if their home is burglar-

ized or burnt to the ground. Protecting your coin collection from fire and thieves is a priority for any serious coin collector. Investing in the correct amount of insurance, security equipment, and systems, will ensure that your coin collection will be there when you need it in retirement or that your family will be able to enjoy it for generations to come.

Conclusion: Getting Started in Coins

There are many reasons that people become interested in coin collecting. Some people stumble onto the hobby of coin collecting by finding a curious coin in their pocket change or uncovering a coin while metal detecting. Others inherit a coin collection from a relative and are fascinated by it. And still, others are introduced to the hobby through a family member, friend, or attending a coin show or coin club meeting. Regardless of how you get started, you are about to embark on a lifelong journey of fun, enjoyment, making new friends, and possibly making some money.

To buy or sell coins, please attend the **Coin, Stamp, & Collectibles Show** at the **Sunova Centre, 48 Holland Rd, West Saint Paul** (North Main past the Perimeter Highway – first left), on **Saturday, September 28th** and **Sunday, September 29th, 2019.**

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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/B01Q0N9AS> 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:

ACCEPT

(Joanne Klassen)

*Pain is only one face of reality ...
We may not like reality, but having accepted it we can begin with love and patience, to transform it ... by saying, "OK that's the way things are, the way people are— now let's see what we can do..."*
(Eddie Askew, *Disguises of Love*)

Dreamers like me sometimes find it hard to come down to earth and face difficult realities rather than float on a cloud of comfort and possibilities. Unpleasant aspects of

life can be avoided for only so long. Leaks need to be fixed, clutter managed, conflicts resolved. Acceptance, we are told, is the key on the key ring of choices for moving ahead in these moments.

For example, family members, friends, or doctors can be habitually late. With love and patience can I accept this reality, and then look at what I can do to be comfortable rather than irritable? If I anticipate, rather than judge this reality, I can have a book, magazine, or journal on hand to enjoy moments of unscheduled solitude.

What about facing realities in myself that I would rather avoid? I think of the number on the bathroom scale. Acceptance is the key to help me see the things I can do to

move forward beyond my own weighty issues, with patience and love. (JK)

I open my eyes and heart to see and accept what is. Patience and love lead to freedom and transformation.

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 Writing™ 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

This column concludes excerpts from the book **Creative Journey**.

Look for Heartspace "Stories of Home" coming up in this column in future issues of **Senior Scope**.



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Life is just a journey.
~ Princess Diana

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MISC EVENTS

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**

St. Norbert Community Centre - Autumnfest, Sun. Sept. 8, 10 am-6 pm, 3450 Pembina Hwy (by Farmer's Market). Many activities, bbq, etc. **204-269-4120**, www.stnorbertcc.ca

Fabulous 50's Ford Club of Manitoba - Annual Flashback Weekend, Sock Hop Dance - Fri. Sept. 6, 8 pm, Transconal Country Club, 2070 Dugald Rd. Tickets \$20. **204-453-4871**; Classic Car Cruise - Sat. Sept. 7, 2 pm from Garden City Shopping Centre; Garden City Car Show & Shine - Sun. Sept. 8, Garden City Shopping Centre, McPhillips & Leila, 12-5 pm. Reg. starts 10 am.

Helen's Melons Merchandise Bingo - 3rd Annual Bingo fundraiser, Mon. Sept. 9, 1st game 7:15 pm, at St. Louis Centre, 445 Tisnot St., off Provencher. Cards sold at door, reserve table of 8 - \$25 fully refunded at event and get name into early bird draw. Call/text **204-771-0830** or **204-955-5746**

Indigenous Languages of MB - Honouring Our Languages Conference, Oct. 23-25, Best Western Plus Winnipeg Airport Hotel, 1715 Wellington Ave. Registration fee \$350. more info, visit www.honouringourlanguages.com

HEALTH/WEELLBEING

The Manitoba Prostate Cancer Support Group - Meetings 3rd Wed. ea. mo., 7-9 pm. Next mtg. Aug. 21 at The First Unitarian Universalist Church at 603 Wellington Cres. No charge. **204-667-4156** or delank1@gmail.com

Alzheimer Society of Manitoba - Free seminar on latest research, new findings for dementia, Tue. Sept. 24, 7 pm, at the Samuel N. Cohen Auditorium, St. Boniface Hospital Research, 351 Tache Ave. alzheimer.mb.ca to register.

Caregiving with Confidence - Presentation: Tue. Sept. 24, 1:30 pm, at St. James Assiniboia 55+ Centre, 3rd floor, 203 Duffield St.; Reh-Fit Centre Health Fair: Fri. Oct. 4, 9 am-1 pm, 1390 Taylor Ave.

Manitoba Sjögren's Support Group - Meeting, Wed. Sept. 11, 5:30-7:30, at Access Fort Garry, 135 Plaza Drive. Phyllis Hirota: manitobasjogrens@shaw.ca or **204-477-5158**

Drugfreeworld.org, Winnipeg Chapter - Volunteers needed to hand out drug education booklets. Call Winn **204-955-9166**

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

MISC SALES

Knights of Columbus, Canon Luhov Assembly #0374 - Farmer's Harvest Charity Market, Sat. Sept. 7, 10 am-5 pm, LUBOV SSMI Foundation parking lot, 1085 Main St. Locally harvested fresh vegetables, by the pound or by the bag. Supplied by Neumann's Market. **204-339-3837** or **204-632-0484**

Parkside Plaza Social Club - Mega Craft/Vendor Sale, Sat. Sept. 14, 10 am-3 pm, at 1630 Henderson Hwy, Rm 103. Light lunch avail. All welcome. Info: **204-430-0010**, **204-226-7104**

Nearly New Shop - 50% Off Clothing, Belts and Shoes, til Aug. 29/19. 961 Portage Ave., **204-772-3629**. Proceeds go to the Children's Hospital Foundation of MB.

Children's Hospital Book Market - Sept. 26-28, Thu-Fri, 10 am-9 pm, Sat. 9:30 am-5 pm, St. Vital Centre. 86-1225 St Mary's Rd. Visit goodbear.ca/bookmarket

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. To donate art: **204-270-8447**, gnmAFTA@gmail.com

MUSIC & ENTERTAINMENT

Whirlaway Westerners Square Dance Club - Learn Modern Square Dancing! Guest Night, Fri. Sept. 13, 7-9:30 pm at Kirkfield-Westwood C.C., 165 Sansome Ave. Dancing continues every Fri. eve. 1st 3 dances free! Singles, couples and new dancers. **204-831-8954**

Manitoba Underground Opera - 2019 Festival, Aug. 16-24. Dido/Aeneas, Aug. 16, 20, 23, 7:30 pm, Broadway Neighbourhood Ctr; Lost Voices, Aug. 18, 1:30 & 4 pm, Aug. 21, 7:30 pm, at St. Boniface Cathedral; The Triumph of Truth and Time, Aug. 17, 22, 24, 7:30 pm, creBery Gallery; Bon Appétit, Sept. 27, 7:30 pm, Kitchen Sync. Tickets: ManitobaUndergroundOpera.com. **For Children:** The Three Little Pigs, til Aug. 23 at public libraries in Altona, Gimli, Morden, Portage la Prairie, Selkirk, Steinbach, Winkler and 16 locations in Wpg. Free Adm.

Rainbow Stage - Encore Gala 2019 (fundraiser), Sat. Sept. 14, 6:30 pm Champagne Reception, 7:30 pm Dinner, Entertainment & Auction. Tickets \$200 ea. or table of 8: \$1500. **204-989-5261**, Ext. 103, jshewaga@rainbowstage.ca

Seniors' Choral Society - Inviting new 55+ members. Practices Mondays, 10 am-12 noon, starting Sept. 9, at McClure Place, 533 Greenwood Place. Sing up to 16 times/season in senior residences and nursing homes, with at least one major concert. www.seniorschoralsociety.ca, Gerda **204-669-5570**

North Kildonan Community Players - Elf the Musical, Auditions, Tue. Aug. 27, 5-9 pm at 167 Lombard, Rm 880. Rehearsals begin Sun. Sept. 8, then Sat, Sun & Mondays. Show dates: Wed. Nov. 28-Sun. Dec. 1, at St. Boniface University Theatre, 200 Rue de la Cathedrale. Info: northkildonancommunityplayers@gmail.com

SPORTS/FITNESS/GAMES

The Pembina 55-Plus Curling League - In-person Registration, Wed. Sept. 4, 1-3 pm, at the Pembina Curling Club, 1341 Pembina Hwy. Season - 4 rounds w/10 games ea, 2 games/wk, alternating Mon-Wed-Fri, 1 pm, Oct-Mar. Various play options or spare. Info: 55pluscurling.com or contact@55pluscurling.com

VOLUNTEERING

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

Canadian Red Cross - Seeking SmartStart Injury Prevention Facilitator, Supply Chain & Logistics Responder, Personal Disaster Assistance (PDA) Responder, Emergency Response Team (ERT) Responder, Supervisor, and Site Manager. redcross.ca under volunteer tab. vrs@redcross.ca or **1-844-818-2155**

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 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.deer-lodge.mb.ca/volunteers.html

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 in-house appointments. Mon-Sat. Volunteer Services **204-235-2111**; service@actionmarguerite.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

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 counselling 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

Pembina Active Living (PAL) 55+ - PAL 55+ Annual Community Picnic, Tue. Aug. 20, 11:30-2 pm, St. Norbert Farmers' Market, entertainment, flea market, BBQ, vendor tables. PAL memberships available. Register for fall programs beginning Sept. 9. Coffee PALs, Fri. Sept. 6, 1 pm at Access Fort Garry. www.pal55plus.com, office@pal55plus.com or **204-946-0839**

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.

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

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

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**

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 membership \$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**

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

Continued on page 13

ENTERTAINMENT:

70-year old Charly Chiarelli on set in Sicily

From Manitoba to the Silver Screen

A Once in a Life-time Movie for the Intelligent Heart

Dale Hildebrand, born and raised in southern Manitoba, moved from the family farm to accepting international awards for his independent film, **Road to the Lemon Grove**.

Hildebrand directed, produced and co-wrote, with Charly Chiarelli, the heartwarming comedy of an old-world deceased Sicilian father who tries to negotiate his way into heaven. However, the only way he can get to heaven, is to go back and repair his relationship with his son, get him to reunite their family who has been in a bitter fight over a lemon grove, and help all find love in places they never imagined.

The comedic, yet touching film exposes the loss of a culture and identity. **Road to the Lemon Grove** will resonate with anyone who has an immigrant story. New immigrants everywhere, have shared similar experiences — parents relied on their young children to translate for them; parents feared their children would lose their language and culture; and parents struggled to understand their children who adopted the culture of their new home. Yet, no matter how long ago their family immigrated, they continue to gather over home cooked meals, with a taste of the “old country.”

Starring in the film are first time film actor, 70-year-old Charly Chiarelli (Sicilian “Spalding Grey”) and seasoned actors Burt Young (Rocky) and Nick

Mancuso (Ticket to Heaven) along Rossella Brescia (Italian TV star and Italy’s Prima Ballerina), Manitoba born Loreena McKennitt (Multi-Platinum Recording Artist) and Tomaso Sanelli (Titans, Cicada 3301).

Among the awards won by **Road to the Lemon Grove** are Best Comedy Feature of Edmonton International Film Festival; the Cirs Award at the Taormina Film Festival for Best in Cultural and Social Achievement in Sicily; the Best in Italian-Canadian Cinema at the Italian Contemporary Film Festival; and the Excellence in Performance Award at the Italian Contemporary Film Festival.

Road to the Lemon Grove is opening in 16 cities across Canada on the **LABOUR DAY WEEKEND**, Friday, August 30, 2019. In WINNIPEG, it will be playing at the CINEPLEX POLO PARK THEATRE. ■



Director – Dale Hildebrand – known for films such as T O in 2 4, Hyena Road and The Woman Who Loves Giraffes. With over 30 international film festival wins and nominations - ranging from best picture, best director, best cinematographer, 3 Gemini nominations and a Gemini win – Dale’s breakthrough work can be seen in both documentaries and feature films.

Writers – Dale Hildebrand & Charly Chiarelli – After having three scripts optioned in Hollywood, Dale joined forces with cultural/comedic writer Charly Chiarelli. Together they examine the fascinating true stories of the immigrant experience, while paralleling today’s cultural volatility, taking us on a hilarious yet heartfelt journey.

www.roadtothelmongrove.com

Our lives may have changed but our love of Musical Theatre has not!
By Laurie Fischer

When my wife, Cathie and I founded North Kildonan Community Players 22 years ago, our lives were very different.

We had three young daughters at home, I was in a successful Financial Services career and we were both relatively healthy.

Well, here we are 22 years later, we are Retired and Producing and Directing our 24th Musical Community Theatre Production, our daughters are married with families of their own and just over a year ago, I was diagnosed with Stage 4 Prostate Cancer. But I absolutely refused to let my disease run my life, I will control my disease and continue to do what I love to do... Produce and Direct Musical Theatre. My attitude and Life Philosophy from the moment of my diagnosis has been “It is what it is, one step at a time, one day at a time!”

That being said, North Kildonan Community Players are thrilled to announce “Elf the Musical” is coming to Winnipeg this November. After almost a decade of trying, we have secured the rights to this delightful and joyful Musical. Our audiences of all ages are in for a wonderful Musical treat when we take to the stage on November 27th at the St Boniface University Theatre.

Auditions for the show take place on Tue. Aug. 27th with invited call-backs the following evening. Rehearsals commence on Sun. Sept. 8th and continue on Saturdays, 1-4 pm, Sunday’s and Monday’s, 6-9 pm through Sept., Oct. and Nov.

For further details, please email northkildonancommunityplayers@gmail.com

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Things To Do

WINNIPEG

Cont'd from page 11

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

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

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.

Please mention Senior Scope when contacting our advertisers.

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

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**

Please mention Senior Scope when contacting our advertisers.

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**

Please mention Senior Scope when contacting our advertisers.

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**

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

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

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**

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

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

Things To Do

RURAL MANITOBA

PROGRAMS / SERVICES / VOLUNTEERING

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

East St. Paul - Quilt Show and Stitchery, Fri. Oct. 4, Sat. Oct. 5, 10 am-4 pm, East St. Paul Arena, Banquet Room, 266 Hoddinott Rd. Adm. \$5 included refreshments.

Interlake - 2019 WAVE Artists' Studio Tour (Aug. 31/Sep. 1). 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. Ambrose & Friends, Wed. Aug. 28; Gem Stars, Wed. Sep. 25; Country Pride, Wed. Oct. 30. Tickets \$15 includes lunch. Cash bar. Elaine: **204-296-0540**, klymdesk@gmail.com

Komarno - Harvest Dance - Sun. Aug. 25, 1-5 pm, at Komarno Community Hall. Music by Canadian Rhythm Masters. \$20/person. Lunch included. Tickets, Mona: **204-886-2994**

Ste Anne - 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.

Stonewall - The Canadian Celiac Association, MB Chapter – Gluten Free 101 session for the newly diagnosed, Thur. Sept. 26, 6:30 pm at South Interlake Regional Library, 419 Main St., Stonewall. Info: Chapter office at **204-772-6979**

Stonewall - Pickleball Tournament - Fri-Sun, Sept. 6-8, Sunova Curling Club, 500 Main St. Stonewall. For info, to register or volunteer, email: stonewallpickleballtournament@gmail.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.

Please mention Senior Scope when contacting our advertisers.

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

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 paper-work. *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**

Please mention Senior Scope when contacting our advertisers.

Gimli - New Horizons 55+ Activity Centre - 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit www.gimlinewhorizons.com for monthly newsletter. Info: **204-642-7909**

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

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

Please mention Senior Scope when contacting our advertisers.

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

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

Selkirk - Gordon Howard Centre (384 Eveline St) - 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**

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. Reception **204-320-4600** <https://www.patporteralc.com>

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: ssinc1@mts.net, www.ebseniorscene.ca

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

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

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 Sept. 3 for Sept. 10 issue.**



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- Blue Cross & DVA Providers
- Specialize in Diabetics
- Gift Certs Available, Visa/MC



Today's Recipe

Larry McIntosh

www.PeakMarket.com

Moroccan Chicken

Metric	Ingredients:	Imperial
750 g	boneless, skinless chicken breast halves	1 1/2 lb
30 ml	vegetable oil	2 tbsp
125 ml	onion, chopped	1/2 cup
1	garlic clove, minced	1
500 ml	salsa	2 cup
125 ml	water	1/2 cup
50 ml	currants	1/4 cup
30 ml	liquid honey	2 tbsp
7 ml	cumin	1 1/2 tsp
5 ml	cinnamon	1 tsp
125 ml	almonds, toasted & slivered	1/2 cup

Brown chicken in oil and place in baking dish.
Lightly saute onion and garlic. Spoon over chicken.
Combine salsa, water, currants, honey, cumin and cinnamon. Pour over chicken.
Cover and bake in preheated 325 F (160 C) oven for 1 hour.
Sprinkle with almonds.

Serves 4 www.PeakMarket.com

WORDSEARCH - VEGETABLES By Senior Scope

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

Beet	Celery	Cress	beans	Leek	Pulse
Broccoli	Chard	Cucumber	Garlic	Lentil	Radish
Cabbage	Chicory	Eggplant	Gherkin	Lettuce	Sage
Calabrese	Chili	Endive	Globe	Lima bean	Shallot
Caper	Chive	Eschalot	artichoke	Maize	Soy
Capsicum	Cole	Fennel	Gourd	Marrow	Spinach
Carrot	Corn	Fitch	Greens	Nettle	Swede
Celeriac	Courgette	French	Kale	Okra	Sweet potato
				Onion	Tomato
				Parsnip	Turnip
				Pea	Yam
				Pimento	

SUDOKU VERY EASY By Senior Scope

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

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

CROSSWORD It's Work, by any Other Name By Adrian Powell

ACROSS

1 Jab in the ribs

5 Performance fortwo

9 Mortify

14 Pre-holiday nights

15 Poet Pound who authored "The Cantos"

16 Like slugs

17 Labour Day period

19 Islam's largest denomination

20 Ford's bailiwick, for short

21 A street in Paris

22 Tack room item

23 Labour

28 Take down a notch ortwo

31 Unimprovable

32 Asian "Sea" that's an environmental disaster

33 Close

34 Tommy Douglas' gp. of the '60s

37 "Love's Labour's Lost" author

42 Beatty of "Deliverance"

43 Mountain passes

44 "Famous" cookie guy

45 Gentleman's gentleman

46 Brusque

48 UK's Labour leader

52 Easy jump for a figure skater

53 Syst. the Red Cross once used

54 The Wild West's Carson

57 Colander's kin

59 Labour

62 Of days gone by

63 Valuable blackjack cards

64 Pilaf material

65 Rookery structures

DOWN

1 Colombian coin

2 Hansel and Gretel's destiny

3 Hung on to

4 Guess, for short

5 Quiet and modest

6 Tashkent resident

7 Literary "before"

8 It's related to pitch

9 Donkey, essentially

10 Like men, women and children?

11 Longed

12 Obstetric test, for short

13 Con man's skill

18 God who often

takes a bow

23 Great Chinese landmark

24 Connects with

25 Concept dreamed up in Dijon

26 Predatory New Zealand parrots

27 Wyatt, the lawman

28 Sunup

29 Lake on Ontario's border

30 Hairless

34 Orca in a '66 movie

35 Fall to the ground

36 Cockroach, for one

38 Ponzi scheme, e.g.

39 Sacrosanct

40 Evelyn Waugh's brother

41 Make some wages

45 Luxurious fabric

46 Mother Superior

47 Party directive, briefly

48 "Friday the 13th" villain

49 Napoleon's fate

50 Pond's surround-ings, often

51 "Bolero" composer Maurice

54 Wavyedged dagger

55 Seven year problem

56 Those guys

58 There are two in a penny

59 Comedian's one-liner

60 Zamboni's work surface

61 The Gershwin who wrote the lyrics

SOLUTION ON NEXT PAGE

10X POINTS

Ocean Club Members will receive 10x points on penny slots! Every Monday! Some restrictions apply.



Let's Go To The Beach!

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THANK YOU FOR ENTERING
THE SENIOR SCOPE ANNUAL
SURVEY/CONTEST

to help Celebrate 17 Years of Publishing - July 1, 2019

Your opinions will be valuable in determining how aging is viewed among Manitobans.
Our findings will be published in an upcoming issue of *Senior Scope*.

Winner of **AUGUST 7/19 Draw - TO BE ANNOUNCED**

Winner #1

CONGRATULATIONS to
LAUREN MARCO of Wpg, MB.
PRIZE VALUE APPROX. 230.00

1. Two Passes - **Prairie Dog Central Railway**
2. Two Tickets - **Rainbow Stage** - Cinderella
3. One **\$50 Gift Certificate - Assiniboia Downs**
(Terrace Dining Room or Club West)

Winner #2

TO BE ANNOUNCED
Prize #2:
PRIZE VALUE APPROX. 700.00

1. 2-Night Stay & Play package
at **South Beach Casino**. (Value 325.00)
2. Four Tickets - **Rainbow Stage**
- Cinderella (Aug. 13-30/19)
3. Two Passes - **Prairie Dog Central Railway**
(Adult \$30.95 ea or Child \$23.95 ea)
4. One **\$50 Gift Certificate - Assiniboia Downs**
(Terrace Dining Room or Club West)
5. Two Passes to see the movie **Road to the
Lemon Grove** at the Polo Park/Scotiabank
Theatre, **Mon. Sept. 2/19** (tickets \$11.50 ea
provided by Ex. Producer Larry Chornoboy)

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Movie: Road to the Lemon Grove
Directed, produced and co-written by
Manitoba native - Dale Hildebrand.
Playing at Polo Park/Scotiabank
Theatre - Aug. 30 & 31,
Sept. 1 & 2/19



OVER
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IN PRIZES

READ ONLINE: www.seniorscope.com
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email: kelly_goodman@shaw.ca



'Snowbird Sketches'

by Jerry Maryniuk of Arborg, MB

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Shoulders level -
- Keep your eye on the ball -
- left arm steady -
- remember the grip -
- don't swing too fast



all the distance is in
the turn -
- Swing through the ball -
- shoulder width -
and HAVE FUN!!



How did you
get so twisted
up ???



CRAPTS

SnowBird Sketches
comic books
are available directly
from Jerry & Sharon
for \$20.00 plus
\$5.00 shipping.
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.

snowbirdsketches@gmail.com

– OBITUARY –

Chris Gerhard Tuttahs
(born Brady Clark Seaborn)
August 10, 1961 - May 25, 2019

It is was great sadness to announce the passing of Chris Tuttahs. Chris was born in Winnipeg, Manitoba and adopted by loving parents Gunter and Helga Tuttahs. He was raised mainly in Balmoral, Manitoba going to school there and in Stonewall. He lived in Winnipeg for most of his adult life until his passing. He is predeceased by his mother Helga and son Bradley, and survived by his father Gunter, brother Peter, daughter Kristin, grandsons Liam and Dillan, nephew James, nieces Samantha and Melissa, great niece Sara, great nephews Jayden and Jordan. As a child Chris enjoyed country life, riding his mini-bike and helping in his parents' snack bar in Balmoral with his brother Peter. He learned to play the piano and enjoyed listening to music. He worked in Teulon and Gunton for a time and spent the remainder of his life living and working in Winnipeg.

Addition can happen to anyone. In lieu of flowers, donations can be made to The Addictions Foundation of Manitoba or any related cause. A private ceremony will be held at a future date.

CROSSWORD - Solution

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

With Deepest Sympathy



WORDSEARCH - Solution

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

SUDOKU - Solution

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

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