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On World Alzheimer's Day, watch your favourite landmarks light up!
Find out more inside!

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Vol. 18 No. 3
Sep 10 - Oct 9/19

FREE COPY Join **Senior Scope** on:

Stonewall's first ever Pickleball Tournament an astounding success!



Players travelled from near and far destinations to participate in Stonewall's first ever Pickleball tournament. The men in white caps above travelled from Bemidji, Minnesota, in the U.S., while others travelled from Grand Forks and Fargo, N.D. Here in Manitoba, players were from Winnipeg, Brandon, Souris, Elm Creek, Lac du Bonnet, Victoria Beach, Arborg, Winkler, Morden, Winnipeg Beach, Stonewall, Warren, Argyle, Stony Mountain, East St. Paul, and more.

South Interlake 55 Plus (si55Plus) Pickleball Tournament committee members are proud of the success of their first ever Pickleball Tournament held at the Stonewall Curling Rink Sept. 6-8, 2019.

Credit goes to the committee members, all of the volunteers who worked tirelessly during this 3-day event, the Town of Stonewall for the use of the Curling Rink, not to mention to all of the team members from near and far who participated.

At least 107 teams (doubles) registered to play - (Women's), Sat. (Mixed) and Sun. (Men's).

Pickleball is the name, but pickles are not part of the game. This game was developed in 1965 in Washington State, U.S., by a couple of bored families. There happened

to be a badminton court but not all the equipment for the game. So they improvised and used the existing net lowered to the ground, rounded up some ping pong paddles and a perforated plastic ball. Voila! But they needed a name. The pet dog happened to be called Pickles, and he kept stealing the ball. The rest is history, although there is now specialized Pickleball equipment.

It is said to have been brought up to Canada by snowbirds who played the sport at their resorts during the winter. Pickleball has become the fastest growing sport worldwide and it is great for all ages, especially for the 55 plus age group.

It has even become one of the sports played at the Manitoba 55 Plus Games.

If you are interested in keeping active but you're not sure what to do, check with your local 55 Plus Club and see if they offer pickleball at their facility. This might be for you.

There are many websites for more information. Some are: pickleballmanitoba.ca, activeagingmb.ca, pickleballcanada.org.

Visit si55plus.org for more information on play times in Stonewall.

South Interlake 55 Plus would like to thank everyone involved in making this event a success including all of the players. Also, congratulations to all of the winners! You are all invited back next year! ■

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Box 1806, Stonewall, MB R0C 2Z0

Time for 'Active Aging' now that summer is pretty much done

By Roger Currie

Another fabulous summer has come and gone in Manitoba. The weather was perfect for a wide range of outdoor activities. For those of us who are limited by mobility challenges and other issues, the focus now begins to shift to more indoor activities, and the organization that used to be known as *ALCOA-MB* is once again leading the way, offering lots of encouragement and information.

Based at the Wellness Institute at Seven Oaks Hospital, the new name is *Active Aging in Manitoba* or *AAIM* for short. It's a partnership involving more than 40 organizations who are committed to getting those who are 55 and older up and moving.

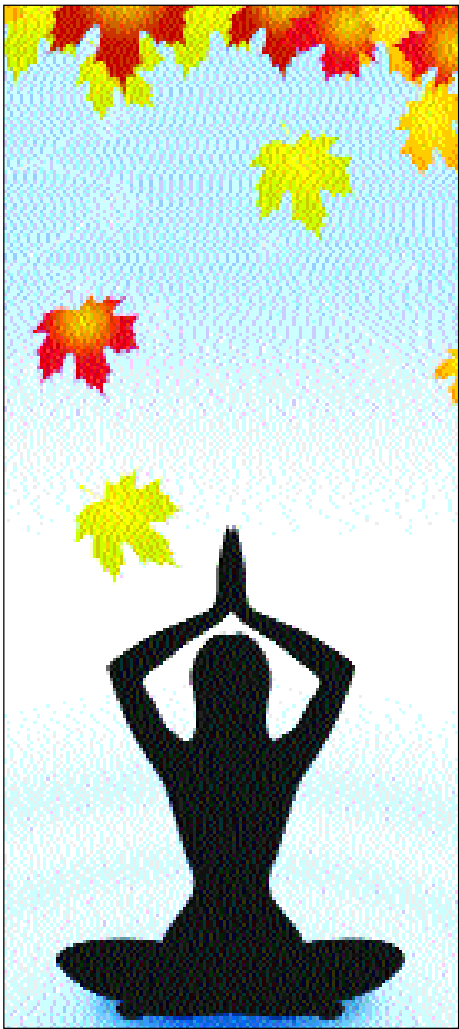
On their website (www.activeagingmb.ca) they remind us of some of the potential consequences of not getting up and moving.

.. 60% of older adults are inactive .. sitting or lying for long periods of time is a serious health risk .. comparable to smoking! They tell us that failure to take action can result in "a decline in bone strength, muscle strength, heart and lung fitness and flexibility".

But along with the name change since I last wrote about this subject, there has been something of an effort to put more emphasis on the positive outcomes that can be achieved.

From October 1st to October 7th, AAIM will be encouraging a wide range of activities during **Active Aging Week**. It's an annual promotion that takes place across this province, and in many other places around the world.

Jim Evanchuk, executive director of AAIM says, "This year's theme is 'redefining active'. People change, situations change; but, what remains constant is the necessity of being active, if you want to maintain opti-



mal health for life. AAIM encourages you to take the time during *Active Aging Week* to reflect on what 'active' means to you and how you can 'redefine active' in ways that are meaningful and sustainable for you."

October will see an entire month of programming aimed at older Manitobans.

"We want to encourage older adults in Manitoba to do their part, by taking stock of what's available

in their own community, so they can connect in a meaningful way," says Evanchuk.

As happens with many activities in our busy lives, a lot of worthwhile programs fall by the wayside simply because not enough people know enough about them.

A key partner in all of this is the *Manitoba Association of Senior Centres* (www.manitobaseniorentres.com).

AAIM is also teaming up ONCE AGAIN with libraries in Winnipeg and elsewhere across the province. "When we talk about 'redefining active', obviously reading is part of that, as is connecting with others at and through your local library," Jim says.

It's well known that people in this older age group are both eager and available when it comes to volunteering, and organizers of any age would be foolish not to engage these very capable people.

AAIM is already setting things in motion for what is expected to be the largest and most engaging older adult event in Manitoba - the **2020 Manitoba 55+ Games** that will be held in Selkirk June 16-18, 2020. This annual event takes on additional meaning, as it represents a variety of ways to 'redefine active' and it will be a qualifying event for the Canada 55+ Games being held in Kamloops, BC, in August, 2020. For ideas like this and more on redefining active, visit the AAIM website at www.activeagingmb.ca ■

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

Advertising Feature

Paint the Town Blue on September 21!

Courtesy - Alzheimer Society

Watch for lots of blue lights on the evening of September 21! That's when Alzheimer Societies across Canada will be painting their towns blue on World Alzheimer Day to show support for Dementia Friendly Communities.

Right here in Manitoba, the local Alzheimer Society is asking people to join them by lighting up their businesses, organizations and homes in blue on Saturday, September 21.

"If you light up in blue, you'll be joining other landmarks in Manitoba and across Canada," says Wendy Schettler, the Alzheimer Society of Manitoba's CEO. "Winnipeg's own

Centennial Concert Hall will be awash in blue light that night, and in Ontario, visitors to Niagara Falls are in for quite a spectacle!"

Other local organizations on board include the Manitoba Museum, the Forks and the Winnipeg Art Gallery.

There is more people can do that day to show support for people living with dementia - wear blue! Everyone at Alzheimer Societies around the country will lead the campaign by dressing in their favourite blue outfits, and they are challenging everyone to follow suit.

"The goal of this campaign is to encourage people to make their communities dementia friendly," explains Schettler. "These are places where people living with dementia can contribute to community life with confidence because they are understood, respected and supported."

Schettler and her counterparts across the country have reason to champion this agenda: worldwide,

an astounding 50 million are diagnosed with dementia. In Manitoba, there are over 23,000 people with dementia and 56% are directly impacted because they have a family member or close friend with the disease.

September is World Alzheimer's Month, an opportunity to talk about dementia and to let families impacted know that the Alzheimer Society is here to help.

Schettler is hoping that community members far and wide will paint the town and wear blue to show their support on September 21 as part of this cause.

For more information on the **Alzheimer Society of Manitoba**, visit: <https://alzheimer.mb.ca/>

For more information about **Dementia Friendly Communities** visit: <https://alzheimer.mb.ca/we-can-help/programs-and-services/dfc/>

CORRECTION



In the Aug. 10 issue of *Senior Scope*, we erroneously captioned this photo as being Susan Everton who often facilitates workshops for mature drivers with MPI funding support. Our apologies to Susan!

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COUCH POTATO
DIARY



By Roger Currie

Roger Currie is a Winnipeg writer and broadcaster.

My lifelong love affair with moving images on a screen reached an early peak between the ages of 7 and 12. I was just turning 7 when television came to Winnipeg in 1954, an event that marked the beginning of the end for neighbourhood movie houses. In the River Heights area where I've been blessed to spend much of my life, there is a graphic reminder of those golden days. The dear old *Uptown* was a true gem of a theatre, but it stopped showing movies almost 60 years ago. It was converted to a bowling alley, but even that activity has now left the building. In addition to hanging out at the Uptown back then, some of us wandered across the Assiniboine occasionally and patronized some of the remaining neighbourhood houses on Portage Avenue. One of them was the *Valour* named for the street than runs north from Portage. It was originally called Pine Street but in 1925 the name was changed to commemorate the heroic exploits of three local boys during the Great War. How nice that our city is now home to *Valour FC*, a professional soccer team. The *Valour* was built

in 1937, and in 1949 it was bought by legendary Winnipeg businessman Albert Cohen. That neighbourhood house finally rode off into the cinematic sunset in 1960, and the building then had brief lives as a car dealership and a funeral home. In 1967 Holocaust survivor Arnold Frieman built *Advance TV and Car Radio* on the property. My wondrous Sony flat-screen TV came from what is now known as *Advance Electronics*. More than any other neighbourhood cinema in Winnipeg, the *Valour* specialized in pictures from the United Kingdom in the 1950's. Too bad it's not around right now to become the home of *Downton Abbey*, the movie. When that feature version of the popular mini-series hits theatre screens, it could be something of a last hope for luring Boomers back to buying tickets to be entertained in the dark. I come from a family that reveres most things that are associated with the British Isles, especially movies and TV. Post-WW2 classics like *The Lavender Hill Mob*, *Whisky Galore*, and *Brief Encounter* were as good as it got in our house. That's all there was to it. Thankfully the CBC which provided our only TV

service in the 1950's was quite happy to buy just about as much programming from the U K as it did from Hollywood. We watched virtually all of it on that 17 inch black and white TV at 1432 Wellington Crescent. In 2019 the British and the Australians continue to turn out many hours of fabulous TV, most of which is easier than ever to bring up on your home screen thanks to the world of *streaming*. Netflix has done very well by providing major budgets to the producers of *The Crown*, and come November we'll be binge watching season 3 as new actors take over the roles of Elizabeth and Philip. If you don't believe me that 'streaming' and other alternatives like *HBO* are the future of television, be sure to watch the 71st edition of the *Emmy* awards on September 22nd. If you're still stuck in the world of traditional networks, chances are you'll have trouble recognizing most of the shows that are nominated. Even the dear old CBC is getting heavily invested in the revolution. It continues to be a conventional broadcaster with local transmitters and shows that are delivered by

cable and satellite, but all of their shows are also being streamed online via an app called *Gem*. As a result Canada's public broadcaster has several Emmy nominations this year for *Schitt's Creek* which has been on the air for six years already! As I say the speed of change is accelerating rather than slowing down. Couch Potatoes like Janice and me have to be careful where we invest our pension dollars. The cost of Netflix recently went up to almost \$14 a month and I find myself rather in agreement with many people who question the quality of much of their content. We are also invested in a monthly subscription to *Amazon Prime* which now offers a direct connection to the British-based streaming service called *Acorn*. That's where we saw a delightful feature film the other night called *Cider With Rosie*. There was not a car chase or a slasher killing in the entire 97 minutes, just an ensemble of wonderful actors blessed with a wonderfully literate script. Back to the Couch. ■

Advertising Feature

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into small bites of tea sandwiches, scones, and sweets. Once she started inviting friends over it became a social gathering for women in the wealthy social class. Today, afternoon tea has evolved into a meal consisting three courses of dainty savouries, delicious scones, and delightful sweets to be enjoyed by all as an occasional luxury. Owners Trevor and Joanne Jesseau along with Chef, Baker and Kitchen Help, create a unique atmosphere with linen table clothes and napkins, grandma's china, and silver cutlery setting the table. Background music is quiet and soothing sounds of classical or easy listening.

Currently renting 339 - 12th Street, First Presbyterian Church, on selected Friday and Saturday afternoons from noon to 4pm. The aroma of fresh baking and made from scratch sandwiches greet guests upon arrival. You can choose from a Canadian blended loose-leaf tea or local fresh roast coffee, ground in house and served in a French press. In addition to our regular menu we have a children's menu, gluten free and soon vegan options. A 30 year dream of Joanne's, "I decided it is now or I will wonder and regret later that I never tried. The goal is to start, build and establish this business before Trevor retires."

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

If you are a United States citizen, green card holder or resident (referred to collectively as “U.S. taxpayers”), you are likely aware that you are subject to tax in the U.S. on your worldwide income and have annual U.S. tax reporting obligations.

- 01 Canadian mutual funds are typically PFICs under U.S. tax law.
- 02 We can provide you with an Annual Information Statement (AIS) for your IG Wealth Management mutual funds.
- 03 Discuss the impact of the PFIC rules and the benefits of a QEF election with your U.S. tax professional.

U.S. taxpayers owning Canadian investments also need to consider the application of the passive foreign investment company (PFIC) rules and can face challenges in tracking the cost basis of their investments for U.S. tax purposes.

This article provides some basic information on how the PFIC rules apply to Canadian mutual funds and explains what IG Wealth Management is doing to make it both easier and more cost-effective for our U.S. taxpayer clients to complete their U.S. tax filings.

We strongly recommend that you work closely with a U.S. tax professional on matters relating to U.S. tax filing, including PFIC-related tax implications – ideally a tax professional or firm with both Canadian and U.S. tax expertise.

The U.S. PFIC rules

The PFIC rules are intended to curb the extent to which U.S. taxpayers can defer U.S. tax through foreign investments.

We strongly recommend that you work closely with a U.S. tax professional on matters relating to U.S. tax filing, including PFIC-related tax implications – ideally a tax professional or firm with both Canadian and U.S. tax expertise.

A PFIC is defined as a non-U.S. corporation that meets either an income or an asset test. The income test applies where 75 per cent or more of the corporation’s gross income is passive, non-business income. The asset test applies where 50 per cent or more of the corporation’s assets produce, or are held to produce, passive income which generally includes interest, dividends, rents, royalties, annuities and capital gains. Because Canadian mutual funds normally satisfy these conditions, they would typically be classified as PFICs for U.S. purposes.

Unless the U.S. taxpayer can file certain elections to reduce the tax impact, capital gains and what are defined as “excess distributions” from a PFIC are subject to increased rates of tax and potential interest charges under the PFIC default tax regime.

QEF election

Electing to treat a Canadian mutual fund as a Qualified Electing Fund (QEF) may, in certain circumstances, mitigate the adverse aspects of holding a PFIC investment. However, to make a QEF election, the investor requires detailed information from the mutual fund to be able to report his or her pro-rata share of the fund’s ordinary earnings and net capital gains under U.S. tax principles.

Starting with the 2013 taxation year, you can request from us an individualized PFIC Annual Information Statement (AIS) for your IG Wealth Management mutual fund holdings (including iProfile™). The AIS will allow you, if you choose, to elect to treat each of your IG Wealth Management mutual funds as a QEF for U.S. federal income tax purposes for the tax year 2013 and beyond.

What the AIS contains

When a client makes a request regarding an account, we will prepare a separate AIS for each fund in that account containing the ordinary earnings, net capital gains and distribution information for the fund calculated under U.S. tax principles. We will customize each AIS for the investor on a per-unit/share basis, with the date and amount of distributions per-unit/share, in U.S. dollars. This personalized tax reporting is available on all series of all IG Wealth Management funds.

Requesting an AIS

Your Consultant can request an AIS on your behalf for each account containing IG Wealth Management mutual funds for which you are considering making a QEF election. If possible, we recommend that before making a request for an AIS you discuss your options and the advisability of the QEF election with your U.S. tax professional.

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Celebrate Active Aging Week October 1-7, 2019

Active Aging in Manitoba (AAIM) invites you to **"redefine active"** in your life for optimal health and participation for life!

For ideas on redefining active visit the AAIM website at www.activeagingmb.ca





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Page 5

Redefine Active – Embrace the 2019 Active Aging Week Theme

By Jim Evanchuk, Active Aging in Manitoba (AAIM)

There has been a lot of discussion over the years about the importance of being active – of living an active lifestyle. Research has shown the mostly positive results from people choosing an active lifestyle (still, there are no guarantees) and the too often negative impact of people choosing a more sedentary lifestyle. After all is said and done, being active still wins and continues to help people maintain their health and independence, and the likelihood of living longer in good health.

But, you say you're not as fast or as nimble as you were in your teens or twenties and now you couldn't even dream of participating in the activities you enjoyed back then. Fair enough, but you may be one of the many people who have drifted away from past activities, have assumed there is no point in trying to participate in "young people" activities and are on a slippery slope to sedentary living (the easier choice).

Active Aging Week (October 1-7, 2019) presents the opportunity to jog your memory, dust off active interests of the past or explore new interests to help you get and stay moving for life. Active Aging in Manitoba (AAIM) is reaching out to Manitobans 55+ years of age to encourage them to accept where they are at in their life journey and to make a conscious effort to "redefine active" in their lives.

As we approach the "Decade for Healthy Aging" (2020-2030) identified by the World Health Organization (WHO), set yourself up for success by committing to participation in activities that suit your ability, your interests and yes, your dreams of a possible you. Picturing yourself as a participant is an important step in redefining what active means and can mean to you.

To help you overcome any perceived barriers to participation and some cautiously comfortable excuses; otherwise known as the "lack

of's" (lack of time, lack of energy, lack of motivation, lack of skill, lack of resources) consider the following suggestions:

■ Build physical activity into your daily routine: walk or ride a bike to your destination; walk your dog or your neighbour's dog; park farther away from the entrances. For those who are retired, think about the opportunity to become more active instead of less.

■ Using energy to do things that are fun and interesting actually gives you more energy to do more things. It is a strange but wonderful phenomenon that helps you redefine active and helps you move more and sit less. Yes, the more you get in motion the more you will have the desire to be in motion.

■ Plan ahead; make a personal activity plan and just do it! Invite a friend to join you – that support goes a long way to getting active and sticking with it.

Continued, see "Active Aging Week" on page 7

...clients with U.S. tax filing... *cont'd from page 4*

We target a mailing of Annual Information Statements to clients by the end of March with delivery in early April.

Tracking cost basis for U.S. tax purposes

In the U.S. there is more than one method of tracking an investment's cost base for the purpose of calculating capital gains and losses. The relatively simple average cost method used in Canada is not available under U.S. tax rules for foreign investments. This can be a contributing factor to the cost of tax preparation for U.S. taxpayers.

To help with the computation of your U.S. cost basis, when AISs are requested for funds within an account, we will also provide each fund a table containing ordinary earnings, net capital gains and unre-

captured section 1250 gains on a per-unit/share basis and the date and amount of distributions per-unit/share.

Consult a U.S. tax professional

These matters are complex, and we encourage clients who are U.S. taxpayers to consult with a tax professional who understands both the Canadian and U.S. tax implications of owning Canadian mutual funds. ■

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Executive Financial Consultant

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IG WEALTH MANAGEMENT

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The Spirit Side of Life

By Anna Olson

NDE: Back from the brink

A near death experience (NDE) is usually caused by a serious illness, accident or a failed suicide attempt. The person may be prematurely declared dead or may hover close to death for a while. Some do die, but others live to tell what they saw and heard while their earthly faculties were non-functioning. They are called NDEers.

Many people who experience a near death feel sure afterwards that they do have a spirit, and that their spirit will survive after the death of their body. The *Near Death Experience Research Foundation (NDERF)* has set up a website (nderf.org) for people to write about their near death experiences. You will see quite a variety of reports. *NDERF* has recorded over 4,000 NDE experiences in over 23 languages.

In some NDEs, the spirit (still attached to the body by a “silver cord”) rises out of the body but doesn’t go very far. Maybe it just floats around the body or operating room before coming back into the body. When the person wakes up, he or she can report on who was in the room, doing what activity.

In other cases, the spirit goes farther, experiencing a tunnel or stairway before being turned back. I know a woman who says her NDE included climbing a stairway, and being greeted by a spirit seated at a table with a big book. The spirit looked for her name in the book and could not find it, saying, “Sorry, you have to go back. It’s not your time.” Her spirit did come back into her body, and she recovered from her

near death adventure.

Then there are those who go farther into Heaven (also called the Light, the Afterlife or the Other Side). Dr. Eben Alexander, author of *Proof of Heaven* was close to death for seven days. When he came back to life, he told about the levels of Heaven he had experienced: the earthworm’s eye view (his words), the middle area, and then a higher vibration close to merging with what he called the Godhead. This is from a self-proclaimed agnostic who was changed forever by his near death experience.

Heaven is for Real by Todd Burpo is about his four-year-old son Colton’s NDE after an appendicitis attack. After Colton recovered, he told his parents about his spirit journey while his body was close to death on the operating table. His amazed mother and father heard such details as, “Jesus is really nice. He has a rainbow-coloured horse. I played with toys and had a good time.” A person’s experience of heaven often reflects his or her life on earth. Colton’s family was immersed in Christianity with the father being a pastor.

The usual outcome of people having a near death experience is that they are no longer afraid of dying like they were before. They know that their spirit will live after the death of their body, and that there is somewhere beautiful waiting for them.

Anna Olson is a Winnipeg writer, editor, and author of Exploring the Mysteries of Life & Death. She can be reached at annols@mts.net.

The Canadian Taxpayers Federation Taxpayers Federation releases 19 for 2019 federal election wish list

OTTAWA, ON (Sept. 5/19): The Canadian Taxpayers Federation released its policy wish list in advance of the 2019 federal election.

“We believe these 19 policies – some small, some big – will leave more money in the pockets of Canadians, give them better value for tax dollars spent and hold our politicians more accountable,” said CTF Federal Director Aaron Wudrick “We encourage all parties to steal any and all of these proposals as part of their 2019 campaign.”

Spending and fiscal management

1. Balance the budget: The Trudeau government promised to balance the budget in 2019-20, but is now projecting a deficit of \$19.8 billion. Canadians should demand every party present a plan to return to balance as soon as possible.

2. Core spending review: A pledge to undertake a core spending review to identify the least efficient five per cent (approximately \$16 billion) in government spending.

3. End corporate welfare: Eliminate more than \$3 billion in taxpayer subsidies for business, and instead put

that money towards deficit reduction and/or broad-based tax relief.

4. Scrap the media bail out: Media independence is critical to any functioning democracy, and efforts to make media dependent on taxpayer handouts obviously undermines that independence.

5. Ensure pipelines get built: The pipeline deficit has meant a loss of over \$6.2 billion in federal revenues since 2013, or \$3.6 million dollars per day. The Trans Mountain expansion should get built and sold so that taxpayers are made whole once again.

6. Reform government sector pensions: defined-benefit pension plans are expensive and unsustainable in the long run. Government workers should be moved over to defined-contribution (RRSP-style) plans.

7. Simplify the Income Tax Act: The Income Tax Act is over 1.1 million words and 3,200 pages. Undertake a multi-year review, like the Carter commission, to examine the entire tax code with the primary goal of simplification, which would

Continued on next page

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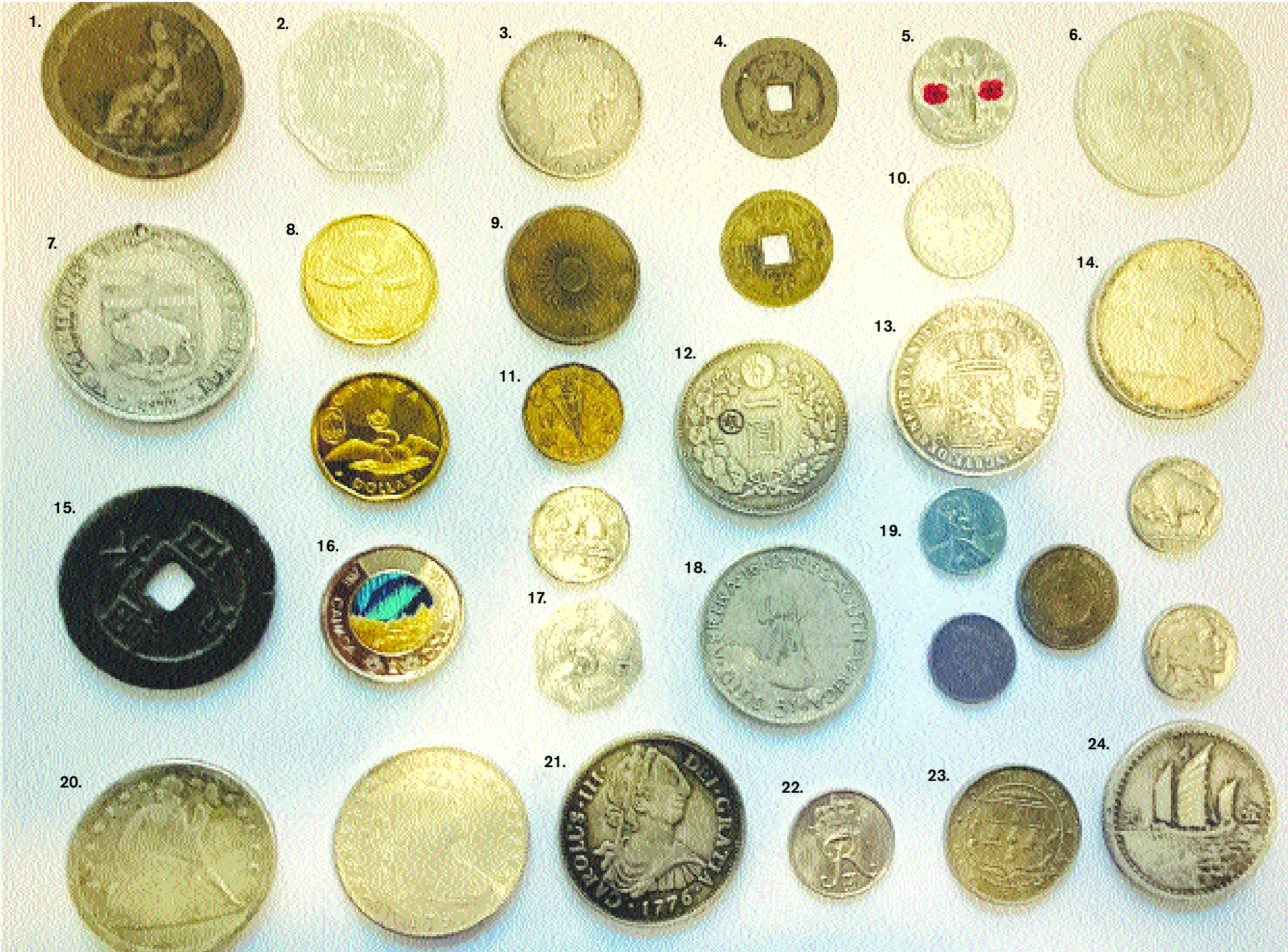
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Memorial

More coins you'll see at the Manitoba Coin Show - Sept. 28 & 29 (PART TWO)

By Dmetro Hnytka, Manitoba Coin Club

These are some coins from my collection. Plan to visit us at our **Coin Show, September 28th and 29th**, at the Sunova Centre, West St. Paul, MB. For info, please call **Barré Hall: 204-296-6498**.



- | | | | | |
|-----------------------|---------------------------------|--------------------------------|---|--------------------------|
| 1. 1797 2 Pence | 6. French indo China | 11. 1943, 1962 5 cents | 17. 5c Trade token | 21. Spanish 8 Reale 1776 |
| 2. Regency Coin token | 7. Coronation medallian 1911 | 12. Japan 1 yen | 18. 5 Shilling South African | 22. 25 ore Denmark |
| 3. 50c Newfoundland | 8. Hockey Loonie / Lucky Loonie | 13. 2 1/2 Guilders Netherlands | 19. U.S. Steel penny, Indian Head, 2c, Buffalo 5c, Indian Head 5c | 23. Jamaica one penny |
| 4. Chinese cash | 9. 1 sen Japanese | 14. Chinese dollar | 20. U.S. 1847 dollar, 1797 Flowing hair dollar | 24. Chinese junk dollar |
| 5. Poppy quarter | 10. Cougar 25c | 15. Chinese cash | | |
| | | 16. Glow in dark \$2 | | |

Active Aging Week, cont'd from page 5

■ Redefine your active by choosing activities that don't require new skills, such as walking or cycling. Take a class to develop a new skill or ask a friend to teach you a new skill (no matter what age, you have the capacity to learn new skills and doing so is good for your cognitive ability as well).

■ Choose activities that are close to home, activities that don't require a facility membership or equipment such as walking, gardening and yard work. Spend active time with grandchildren and enjoy each other's company.

What does your "active" look like? Share your thoughts and encourage others.

Active Aging in Manitoba (AAIM) would like to hear from you about what being active means to you and how you plan on redefining active in your life. AAIM encourages you to participate in a brief survey about "redefining active". Take a few moments a share what active looks like to you by taking a brief survey on the Active Aging in Manitoba website at www.activeagingmb.ca ■

Taxpayers Federation wish list, cont'd from page 6

greatly streamline tax compliance and enforcement.

Taxation

8. Eliminate the federal carbon tax: Allow provinces to pursue their own climate change policies that are tailored to their regions.

9. Cut income taxes: This fiscal year, Canadians will pay \$170 billion in personal income taxes. Any reduction in this figure will go right into the pockets of working Canadians.

10. End tax-on-tax double taxation for goods such as gasoline: Taxes should be transparent, and not imposed by stealth, and these taxes currently cost Canadians more than \$2 billion annually.

11. Repeal the escalator tax on alcohol: Hiking taxes automatically through a formula buried in legislation circumvents political accountability, and sets a terrible precedent that will invite governments to use this mechanism for other taxes.

12. No new sugar or fat taxes: As with many other taxes designed to shift behaviours, taxes of these types are regressive and do not work as promised and should be rejected.

13. Stop taxing medical cannabis: We don't pay taxes on medicine, and medically necessary cannabis should be no exception.

Accountability and Transparency

14. Enforce the First Nations Financial Transparency Act: First Nations people have a right to transparency and accountability from their leaders and the federal government should enforce the law that helps empower them to do so.

15. End the use of omnibus legislation: unwieldy, trojan horse legislation allows governments to pass laws without proper scrutiny undermines Parliament's oversight function. Bills should be broken up so that they can be properly debated, critiqued and where necessary, amended.

16. Implement recall legislation: Legislation, modelled on British Columbia, that provides a mechanism for constituents to hold their Member of Parliament accountable between elections would create a strong disincentive for MPs to break faith with their constituents.

17. Give the Information Commissioner order making powers: Canada's

federal access-to-information laws are broken; requests for information can take years to be fulfilled and are often heavily redacted. The Information Commissioner should be empowered to order the release of information.

18. Ensure independent officers of parliament, including the Parliamentary Budget Officer, Auditor General and Information Commissioner are all properly funded: Accountability suffers when those tasked with holding government to account do not have the resources to do their jobs.

19. End the endless expense account for former governors general: once they have left office, taxpayers should not longer be on the hook for the ongoing expenses of former governors general.

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has more than 202,000 supporters and seven offices across Canada. The CTF is funded by free-will, non tax-receptable contributions.

THE BUZZ



By Scott Taylor
Photo by Scott Taylor

Slowing Down, But Setting More Records

Winnipeg's Lou Billinkoff didn't become an internationally-recognized athlete until he was 89-years-old.

Until then, Billinkoff had no interest in playing sports. In fact, when he was a kid, he didn't play sports because, "the other kids always chose me last, or wouldn't pick me at all."

Today, at age 96, however, Billinkoff has his own Athletics Canada Athlete Profile page. He's an international track star, the current Canadian record holder in the 95-99 age group for the 60-metre dash.

"I had the record for the 100-metre dash," he said with a mischievous smile. "But another guy broke the record six weeks after I set it. I think I might try to get it back."

So how does an admitted lifelong non-athlete, who was an engineer with Winnipeg Hydro for 40 years before retiring 36 years ago, become a nationally-ranked age group track star? How does a nonagenarian (yes, we had to look up the word) become one of the most famous Masters' sprinters on the planet?

It's easy. Have a heart attack.

"It all just fell on me," he said. "I never expected this to happen to

me. I never saw myself as an athlete. I never was an athlete.

"What happened was, I had a heart attack when I was 89. That was seven years ago. After the operation – it wasn't a very big heart attack – my doctor recommended that I go through a program at the Reh-Fit Centre, which I must say is a really wonderful place. I think the Reh-Fit is the most marvelous place there is.

"So, while I was doing the different exercises and walking, I reminded myself that when I was younger, I used to run. So, I said to myself, 'I wonder if I can still do it?' So, I started running and I enjoyed it. Nobody took any notice of it. I didn't think anything of it. But one day, my son Errol, timed me and then looked up my age group on the Internet and he said, 'Do you know, your times are right up there with the top runners in the world?' I just said, 'No, it can't be.' And he said, 'You're one of the best.'"

Billinkoff was now 92 the day Errol's watch came out for the first time. Since Lou had committed to his program at the Reh-Fit, he had given absolutely no thought to running competitively. In fact, it was the furthest thing from his mind.



Lou Billinkoff, at 96, aimed at re-claiming record for 100-metre dash.

He was only running to stay alive.

"I never thought I would do anything in competition," he said, still a little shocked by his recent celebrity. "Errol insisted that I enter a competition. I didn't have any idea what it was. I had no idea how you did it. How you entered. I knew nothing about it. But through Athletics Manitoba, I entered a meet and ran the 100 metres in 29.55 seconds."

It was July 8, 2015, and Billinkoff was entered in the Men's 90-94 age group 100-metre dash. He was the only runner and yet he set the Canadian age group record for the 100.

From that point on, he tried to run at least one competitive race a year. In 2016, he ran 100-metres at the Manitoba Provincial Age Group championships in 28.29 and moved up in the rankings to No. 7 in Canada and No. 18 in the World.

On Dec. 8, 2017, he ran his first Indoor competition at Athletics Manitoba's Last Chance Meet at the University of Manitoba's Max Bell Centre. He ran 60 metres in 17.33 seconds.

Then, in the summer, he turned 95 and ran 100-metres in the 95-99 age category at the Manitoba Age Group Championships in 29.73. He was now ranked No. 2 in the World and No. 2 in Canada.

On Nov. 10, 2018, he ran a 50-metre dash at a University of Manitoba indoor meet in 14.58 and then, on June 21, he set the Canadian record in the outdoor 50 at the Provincial Age Group championship by running the distance in 15.68.

"I never thought I'd ever have an official athlete's profile, let alone be ranked in the official World Masters' rankings," Billinkoff said, laughing and shaking his head. "It's unbelievable. In the 50-metre dash this

year, I was the only person entered. I'm the only one running in the province at my age. In years past, there have been one or two runners and in the 90-94 age group there are a lot of runners, but now, I run by myself and there aren't that many runners in the world.

"I picked the 50 metres this year because I looked at the world record and thought I had to chance to break it. It's also getting hard to run 100 metres now. I've been running mostly 60s. Setting the Canadian record in the 50 metres was an easy cinch."

Billinkoff still drives a car and he and Ruth, his wife of 68 years, still spend much of the winter in Palm Springs. They fly south and he drives around town when they get there.

"I've almost been retired as long as I worked," Billinkoff said. "I've almost completely forgotten my working life. My goal now is to be retired longer than I worked. That's a goal post for me. I'm going to celebrate when I get to 40 years retired. I'll be 100. I expect to get there."

Billinkoff admitted that when he was young he was a "terrible athlete." Now, however, he's become a star. When he's training at the Reh-Fit Centre, people cheer as he runs by. He's recognized in local restaurants and he's even signed a few autographs.

He's coached by Sheldon Reynolds, the co-founder of Stride Ahead Tough Track Club, but admits there isn't a lot Reynolds can do at this stage. "What can he say to me? I'm 96," Billinkoff said, grinning.

"It's been a lot of fun," Billinkoff added. "But this has also been good for me. I feel great. I don't have any pains in my ankles or knees, because I've never been an athlete and never had any injuries. So, I have no serious ailments. I'm a really happy guy." ■

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A Tale of Two Cities: Winnipeg and Colombo

Road to Canada Friendship - PART TWO

Continued from (Aug. 10/19 issue *Senior Scope*)

Second stage of KAP was stated in the late 1970s, to formulate the Master Plan of Katunayake International Airport (KIA) with a Canadian consortium named Lea, Acres and Norr. This Group work with government aviation experts. Canadian company Norrhad was long associated with the airport project in Sri Lanka. Mr. Trevor Carnahoff worked number of years in Sri Lanka. He married Ms. Beulah Dias Karunaratne a famous Sri Lankan beauty, film actress and professional dancer. They raised their family in Canada. Mr. Carnahoff enjoyed a 35 year career in the airport development sector and he served more than 20 airport projects around the world. Dr. LakshmanAbeyagunawardena explained how Ms. Karunaratne trained medical students for a dance to perform on their Block Concert and Dance in 1962 which was held at the New Arts Theater in the University of Colombo.

Mr. Michael Couture

To the same Canadian consortium offered a commercial contract to build an airport hangar for Sri Lanka first commercial airline, Air Lanka. Pendrith was the project development company. Canadian Mr. Michael Couture was the project manager of this company. Funding was tapped from Export Development Corporation, TD Bank, Bank of Nova Scotia, and Melon Bank USA. Mr. Couture is still living in Colombo with his wife, artist Ms. Lise Nadeau. He established his company in Colombo named as Regulated Canadian Immigration Consultant. Mr. Couture assisted at least 3600 Sri Lankans to reach Canada to settle in. He noted that it has been very rewarding to work in Sri Lanka exclusively was an unexpected bonus. His determination is to remain in Sri Lanka to be involved in immigration because a vast majority are well placed and likely doing very well. He had truly

enriched Canada based on his own status. Now he is considering retirement as his children are requesting him to do so. Chandani (my wife) and I came to Canada on a Super Visa after applying for Permanent Residence (PR). Due to long delay of our PR we handed our case to Mr. Couture. Within a few weeks the PR application process started and we obtained PR within few months. Thanks to the Air Port project and Mr. Couture.

Business Development

Other than the construction activities of the two airports the most surprising effect was migration of people between Sri Lanka and Canada. Migrated individuals established businesses in both counties. Further airport construction paved the way for business enhancement also took place for the benefit of the economic growth. This is another feature of the airport construction project. Multiple connections of this nature reflect the stability of relationship is underway from 1963 to the present day.

For the Canadian airport project Sri Lankan electrical engineering services were rendered by Fentons Ltd. They started business in 1921. Fentons was a local contractor that provided electrical engineering services at the Terminal building on the Canadian airport project. They established contacts with Canadians for the last four decades. Further, currently new hangar project and installation fire detection equipment plan with a Canadian agency, MIRCOM. Today they are contributing big share in Sri Lankan business in the areas of mechanical, electrical and plumbing (MEP); information and communications technologies (ICT).

Canada Friendship Road

At the very beginning Sri Lanka had been a recipient of technical assistance from Canada under the Colombo Plan. In this regard, Mr. D.W. Boyd represented Canadian Department of Transport to work in consultation with the Department

By Senaka Samarasinghe

of Civil Aviation (Sri Lanka) on this project. Canada provided financial and technical assistance to complete the construction of the Colombo International Airport. In appreciation for the services provided by the Government of Canada the Government of Sri Lanka named the connecting road from airport to Negombo-Colombo main road as "Canada Friendship Road". This road sign was marked in three official languages namely Sinhala, Tamil and English.

The naming ceremony of this road was held in January 25th, 1971 during the visit of Canadian Prime Minister Hon. Pierre Elliott Trudeau to Sri Lanka.

Canada Friendship Road Sign
Canada Friendship Road Sign -
Plaque

As Hon. Trudeau expressed his interest in Sri Lankan astrology the authorities made arrangements for

an astrologer to meet him personally. During that period Hon. Trudeau was a bachelor and his age was in forties. The astrologer predicted that he will marry within a year. When Hon. (Mrs.) Bandaranaike (then Prime Minister in Sri Lanka) met Hon. Trudeau, in 1975 at the Commonwealth Heads of Government Meeting in Kingston, Jamaica, Hon. Trudeau was there with his wife and two children. He told Hon. (Mrs.) Bandaranaike that he has an immense belief in Sri Lankan astrology.

Establish in Museums - Canada and Sri Lanka

To commemorate this landmark aviation historical event it would be ideal to establish in Royal Aviation Museum of Western Canada and aviation authorities in Sri Lanka.

Senaka A. Samarasinghe
Winnipeg Canada
April 1st, 2019

Batting the C out of Cancer



On September 08 2019, a fine group of baseball players took to the bats for Canadian Cancer Society to raise dollars for the battle against Breast Cancer.

Players came from Lee River, Selkirk, Manitoba Classics, and from all Winnipeg South teams.

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Thanks, - Metro



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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**

A&O - 13th Annual 55+ Housing & Active Lifestyles Expo, SAVE THE DATE, Fri. May 29, 2020, 10 am-4 pm at Victoria Inn Hotel, 1808 Wellington Ave. aoexpo.ca, **204-956-6440**

Manitoba Rural & Northern Juried Art Show - Sept. 3-29, at the Buhler Gallery, in the St. Boniface Hospital, 409 Taché Ave. Free admission.

Manitoba Genealogical Society (MGS) - 'Discover Your Past to Understand Your Future' for Culture Days, Sat. Sept. 28, 10 am-4 pm, at MGS Resource Centre, Unit E - 1045 St. James St. at Ellice (Brick Plaza). Tour library, browse resources, talk with experienced genealogists, etc. www.mbgenealogy.com, **204-783-9139**

Friendship Force - Dinner meeting, Wed. Oct. 9, 6-8:30 pm, Holiday Inn South, 1330 Pembina Hwy. Providing opportunities to explore new countries and cultures. Reservations: **204-452-5299**, www.friendshipforcewinnipeg.org

Creative Writing Class for Mature Adults - 10 Wednesdays, Oct. 2-Dec. 4, 10:30 am-12:30 pm, Riverview Community Ctr. No experience and no computer necessary. Enroll at <https://riverviewcc.powerupsports.com> or **204-452-9944**

Manitoba Mega Train Hobby Show & Sale - Sept. 28 & 29, 9 am-5 pm, at Red River Exhibition Place, 3977 Portage Ave. Info: **204-837-4776**, vectormb@mymts.net

LUNCHEONS/FALL DINNERS

Women's Canadian Club of Winnipeg - Luncheon, Sept. 26, 12 noon, at RBC Convention Centre. Speaker Greg Agnew, member of Heritage Board. Cost \$28. Reservations: **204-663-5657**

Riverwood Square - Health & Wellness Fair, Thur. Oct. 17, 2 pm, at 1778 Pembina Hwy. Attendees invited to complimentary light fall supper buffet, 4-5 pm. RSVP by Oct. 11. **204-275-7632**

Canadian Celiac Association - AGM, Sat. Oct. 5, 11 am-1 pm, at Maranatha Church, 910 Sturgeon Rd. No Gluten Free 101 session prior to mtg. Bring GF dish for Pot Luck Cold Lunch. Presentation: Celiac Disease and Dental Manifestations. Info: www.manitobaceliac.com

Belgian Club - Bud, Spud and Steak, Fri. Sept. 20, 5:30-7 pm, at Belgian Club, Legion branch 107, 407 Provencer Blvd. \$14.50 ea. Reservations for groups of 10 or more. **204-237-4263**, info@belgianclub.ca

ALS Society of MB - Bud, Spud & Steak, Fri. Sept. 27, 6-9 pm, at Canad Inns, Polo Park, 1405 St. Matthews Ave. Tickets: **204-831-1510**, ahallam@alsmb.ca

HEALTH/WELLBEING

Downtown Connection – 55+ Resource - Free information and fitness sessions: Mindfulness, Learn about the Mature Worker Program, and a Studio Central Art Class, Oct. 22, 23 & 24, at Cindy Klassen Recreation Complex, 999 Sargent Ave. Register: 204-940-8140; Variety Dance Demo, Oct. 30, 11 am, Line Dancing, 12 pm, plus various info booths at Edmonton Court, Portage Place Shopping Centre. No registration. Healthy Aging Resource Team **204-940-8140**. Supported by: Portage Place Shopping Centre, Winnipeg Regional Health Authority, Downtown Seniors Resource Council, and City of Winnipeg.

Post Polio Network - Meeting, Sept. 24, 12-2 pm, at the Caboto Centre, 1055 Wilkes Ave. Presentation by Canopy Growth Corporation (Tweed)

Windsor Community Centre - Gentle Yoga, Mondays, 10:30 am, 10 wks starts Sept. 23, Board Rm, 99 Springside Dr. Free. Yoga mat required. Register: **204-233-0648** or office@windsorcc.ca

Osteoporosis Canada - TOO FIT TO FRACTURE? FREE public forum Thur. Sept. 19, 6:30-9 pm, at the Norwood Hotel, 112 Marion St. Register: **204-772-3498**, www.osteoporosis.ca/forum

The Transcona Council for Seniors - Annual Health Fair - Wed. Oct. 9 featuring Health Services, Thur. Oct. 10 featuring Community Supports. 9 am-2 pm both days, at Kildonan Place. Over 50 booths and demo activities. Free and open to all ages. Info: **204 222-9879**

Alzheimer Society of Manitoba - Care4u Family Conference, Sat. Oct. 26, 9 am-3:30 pm, at the Canadian Mennonite University, 500 Shaftesbury Blvd. Cost \$40 includes lunch. Register at alzheimer.mb.ca or **204-943-6622**. **Space limited.**

The Manitoba Prostate Cancer Support Group - Meetings 3rd Wed. ea. mo., 7-9 pm, at The First Unitarian Universalist Church, 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.

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

St. Mary Magdalene Anglican Church - Garage Sale, Fri. Sept. 27, 9 am-5:30 pm and Sat. Sept. 28, 9 am-noon, at 3 St. Vital Rd. Clothing, furniture, books, puzzles, toys, tools, kitchen items and so much more.

Grand Trunk Nostalgia Club Inc. - Antique & Collectible Sale, Fri. Sept. 27, 4-9 pm, Sat. Sept. 28, 10 am-4 pm, Assiniboia Downs. Adm \$7, under 12 Free. Parking Free. **204-478-1057**

St. Andrew's Anglican Church - Rummage Sales, last Sat. ea. Mo. 1st sale Sept. 28, 9 am-12 pm, at 2700 Portage Ave. Christmas items and more!

Riverbend Seniors Group - Huge garage sale, Sat. Sept. 21, 10 am-1 pm, at 400 Osborne St. Furniture, household items, toys, perennials and household plants etc.

The Great White North Breweriana Club - presents 31st Annual Buy, Sell & Trade Show, Sat. Oct. 19, 9 am-2 pm, at Army Navy & Air Force Veterans (ANAVET), 3584 Portage Ave. Beer related items for sale or trade. Free adm., raffle, giveaways. Info: www.gwnbeercollectors.ca

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

Westminster Concert Organ Series - Sebastian Heindle of Leipzig, Germany, Sun. Oct. 27; Jean-Willy Kunz of Montreal, Sun. Feb. 9; Denis Bedard of Vancouver, Sun. Apr. 26. All concerts 2:30 pm, at Westminster United Church, Westminster Ave. at Maryland. **204-784-1330**.

Good Neighbours Choristers - Meet Tuesdays, 9:30-11:30 am, 720 Henderson Hwy. Choral exp. preferred but not essential. Donna: djplatt@shaw.ca, Sandra: sandale6@shaw.ca

Rockin' Richard's - Record & CD Show n' Sale, Sun. Oct. 6, 10 am-4 pm, at Victoria Inn, 1808 Wellington Ave. Adm. \$5, Under 12 Free. Free parking. Info: **204-338-3655**

Whirlaway Westerners Square Dance Club - Learn Modern Square Dancing! Fridays, 7-9:30 pm at Kirkfield-Westwood C.C., 165 Sansome Ave. Singles, couples and new dancers. **204-831-8954**

Seniors' Choral Society - Inviting new 55+ members. Practice Mondays, 10 am-12 noon, starting Sept. 9, at McClure Place, 533 Greenwood Place. **204-669-5570**, www.seniorschoralsociety.ca

Whirlaway Westerners Square Dance Club - Learn Modern Square Dancing Fridays at the Kirkfield-Westwood C.C., 165 Sansome Ave in St. James. 7-9:30 pm. Singles, couples & new dancers welcome. First 3 dances are free. **204-831-8954**

The Happy Homesteaders - Senior men sing a capella barbershop harmony. Perform in various senior venues, afternoons only. Recruiting for tenors, leads, baritones, & basses. Rehearsals Mon's, 1:30-3:30 pm in Legion (lower level), 426 Osborne, Sept.-May. **204-888-4214**

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

55+ Dance Club - Mondays, 1-3 pm, in Legion Hall, 134 Marion St. Old-time live band resumes Sept. 10. **204-233-5892**

SPORTS/FITNESS/GAMES

Lady Bowlers - Friday's, 12:45 pm at Polo Park. \$10/wk includes Christmas luncheon and fun day, plus wind-up in April. Call or text **204-770-3903**

ODE Jon Sigurdsson Chapter - Bridge & Whist Luncheon, Sat. Sept. 28, doors open 11 am, Betelsdatur Housing Cooperative, 1061 Sargent Ave. \$20 at door. Parking on street. Funds raised support the scholarship program. Reservations, tables of 4: jonsigurdssoniode@gmail.com.

Deer Lodge Community Centre - Gentle Yoga, Mondays, Sept. 9-Dec. 2, 7-8 pm, 323 Bruce Ave. E. \$8 for registered, \$11 drop-in. Info: Doreen **204-837-9613** or dwuckert@shaw.ca

VOLUNTEER - Winnipeg ICE Hockey Club - Watch a game for free while helping out our Hockey Club! Needed: 1 Head Off-Ice Official (honorarium role) to lead a team of Off-Ice Officials. Volunteer roles: 1 Time Clock Keeper, 1 Score Sheet Keeper, 2 Goal Judges, 2 Penalty Box Attendants, 1 Online Scorer, 1 Goals/Assists, 2 Plus/Minus, 2 Shots on goal, 1 Face-offs. Tricia Neill, 50 Below Sports + Ent. **204-489-7465**

Deer Lodge Antlers Men's Curling (50+) - Openings avail. For teams or individuals for 2019-20 season. Curl Mon. and/or Wed. and/or Fri., 10 am. Fees \$155 (1 day), \$260 (2 day), \$365 (3 day) per person. Includes Christmas and windup banquets. 5-man teams avail. at special rate. Bryan: **204-889-6577**, bcrandell@mts.net, www.deerlodgcurlingclub.ca/LeaguesAntlersmain.html

VOLUNTEERING

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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Secretary, to attend monthly Board meetings. Must have transportation.; Page Administrators, to monitor, receive and post info pertaining to lost dogs. Minimum commitment 6-8 hours/mo. along with computer and internet access. Email: board@winnipeglostdogalert.com or president@winnipeglostdogalert.com

The North Centennial Seniors Assoc. - Seeking volunteers for Grandma and Grandpa Swim Program, Tue. Mornings, Oct.-June. Looking for friendly outgoing seniors to play an active role in the pool enjoying swim and play activities with preschoolers. Contact: ncsc@shaw.ca or **204-582-0066**

Misericordia Health Centre - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Call **204-788-8132**, or www.misericordia.mb.ca/volunteer or apply in person. Free parking.

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 promote the downtown community. 426 Portage Ave. **204-958-4644**. <https://downtownwinnipegbiz.com>

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

Deer Lodge Centre, 2109 Portage Ave. - Volunteers needed 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. 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

Willow Centre & KINRC - 110-61 Tyndall Ave. Reflexology Treatments, Foot, Hand, Aroma Touch \$20 for 20 mins. 1st Wed. of mo. **204-632-5940**

Keewatin Inkster Neighbourhood Resource Council Inc. - Legal Clinic, last Monday/mo. at Willow Centre Senior Apt's, 110-61 Tyndall Ave. Members can access Wills and Power of Attorney preparation - \$50/doc. Call for app't: **204-774-3085**

Pembina Active Living (PAL) 55+ - Can still register for some programs - contact the office. New programs: PAL Stitchers and PAL Bookclub. Special events: "Preventing elder abuse" presentation – Thur. Sept. 12, 1 pm; Still Bloomin' Garden Club - Thurs. Sept. 26, 1 pm, Topic "KOKEDAMA (string gardening)"; Food & Wine Pairing Fundraiser - Thurs. Sept. 26, 7 pm, Riverwood Square; Coffee PALs – Fri. Oct. 4, 1 pm, at Access Fort Garry. Info: www.pal55plus.com, **204-946-0839**, office@pal55plus.com

St. Chad's Anglican Church - Up and At It Sun. Sept. 15, service 9:30 am followed by a light lunch and displays. Now worshipping at 400 Rouge Rd.

Transcona Council for Seniors - Seniors that Sizzle Lunch and Learn Series, Thursdays, doors open 11:30 am, at 209 Yale Ave. W. \$7 ea. Reservations: **204-222-5947** or tcs@mymts.net. The 55+ Dining Experience, Home cooked meals, served Mondays and Wed's, 4:30 pm and Fri's at noon. Open to 55+. **204-222-5947** to hear menu and make reservations before 8 am of day you wish to attend.

Men's Shed - New in Transcona, starting Oct. 16, 3 pm, at Oxford Heights C.C. www.menssheds.ca, **204-224-4941**.

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SENIOR'S DISCOUNT

Things To Do

WINNIPEG, Cont'd

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

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. **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 & KINRC - 1960 William Ave. W. Reflexology Treatments, Foot, Hand, Aroma Touch \$20 for 20 mins. 3rd Wed. of mo. **204-632-8367**

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

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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**

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**

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 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**

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

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

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

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

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

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

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

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

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

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

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

Archwood 55 - Yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or bil-

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liards. 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

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**

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.

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

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

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

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.

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**

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

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

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**.

Things To Do

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

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

The Centre on Aging - Half day workshops: Ageism and Communications (morn.), Healthy Aging (afternoon). Free to attend but must register. Light lunch provided.

Beausejour - Sept. 27, , 9:30 am-12 pm; 1-3:30 pm; (registration: <https://bit.ly/2P8oud6>), Beau-head Senior Citizen's Association, 645 Park Ave. Reg. closes Sept. 19

Dauphin - Oct. 2, 9:30 am-12 pm; 1-3:30 pm (registration: <https://bit.ly/2zhhzng>), Dauphin Multi-Purpose Senior Centre, 55 - 1st Ave. S.E. Reg. closes Sept. 24

The Pas - Oct. 3, 9:30 am-12 pm; 1-3:30 pm (registration: <https://bit.ly/22omrkZ>), Wescana Inn, 439 Fischer Ave. Reg. closes Sept. 25.

Beausejour - Brokenhead River Community Hall - Old Time Dance, Sun. Oct. 20, 1 pm. 2 bands: Gem Stars and

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Over the Edge. Adm. \$10, cash bar. Dinner 5 pm. Caterer Lucy. \$13. Proceeds to Brokenhead Hall and Knights of Columbus Local Charities. Tickets: **204-509-6282, 204-755-2821**. Accommodations avail. Superior Inn: 204-268-9050.

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 - Farmers Hall - Old Time Dance Lineup, last Wed. of mo., 1-4 pm. Gem Stars, Wed. Sep. 25; Country Pride, Wed. Oct. 30. Tickets \$15 includes lunch. Cash bar. Elaine: **204-296-0540**, klymdesk@gmail.com

Komarno - Fall Supper and Dance, Sat. Sept. 28, Cocktails 5:30 pm, Supper 6 pm. Music: Dennis Nykoliation. Advance tickets \$25: Mona **204-886-2994**. Proceeds to

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Komarno Hall renos.

Dugald - Springfield Curling Club - Bud, Spud & Steak, Fri. Sept. 20, 5:30-7:30. Dugald C.C. Music by Two Man Band. Tickets \$25 avail. at Dugald Store. Fundraiser for ice plant replacement.

St. Adolphe - St. Adolphe Cemetery Committee with the St. Adolphe Cultural Committee - Country Gospel Concert, Sun. Sept. 22, 2:30 pm, at the St. Adolphe Church. Featuring Father Armand Le Gal & Jeannine Guyot. Tickets \$20: call **204-883-2440, 204-883-2287**

St. Andrews - Old St. Andrews-On-The-Red Musical Concert, Sun. Oct. 6, 2 pm at the Church. Featuring The Back Pew Boys, all male choir from Selkirk and area. \$5 at door. Barbara: **204-338-7483**

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Steinbach - ROC Eastman, Recreation Opportunities for Children Inc. - Semi-annual used Book Sale, Oct. 17-18-19 at the Clearspring Centre on Hwy 12 North in Steinbach. Thur. & Fri. 9:30 am-9 pm, Sat. 9:30 am-4 pm. Call **204-371-2887** or moni@roceastman.ca for info.

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 - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582: Rewind Concert**, Sat. Sept. 28, 7 pm, at Heritage Arts Centre, 166 Main St., Stonewall. 50's, 60's & 70's music. Fundraiser for 55 Plus. Tickets \$20 avail. at

Continued on page 13

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 Oct. 3 for Oct. 10 issue.**

MacBook Recall - Courtesy of Simply Computing

If you have a 2015 15-inch MacBook Pro with Retina display you should check to see if it is covered under a recall put out by Apple. Apple indicated that some of its MacBook Pro batteries suffer from a fire safety risk. This recall applies to the Mid-2015 15-inch MacBook Pro Retina sold between September 2015 and February 2017.

Recent reports from the US indicate that the Federal Aviation Authority has banned mid-2015 15-inch MacBook Pro models with faulty batteries from flights. As reported to Bloomberg, four airlines, including TUI Group Airlines, Thomas Cook Airlines, Air Italy and Air Transat have all implemented a ban which prevent the

laptops from being brought onto their flights. According to the report, laptops with replaced batteries won't be impacted. First, check to see which 15-inch MacBook Pro you have. Choose About This Mac from the Apple menu () in the upper-left corner of your screen. Confirm your model is "MacBook Pro (Retina, 15-inch, Mid 2015)." If you have that model, enter your computer's serial

number into Apple's recall page. If it is included in the recall, Apple suggests you stop using the computer immediately. If you have one, you can bring it to the Simply Computing store closest to you so we can carry out the battery replacement. If possible please ensure you backup your computer before bringing it in for service.

Travel / Leisure / Activities

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

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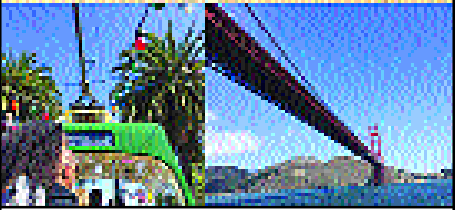

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Manitoba Churches – Virden – St. Mary the Virgin - Anglican - 1892

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)

Originally a farming community known as Gopher Creek, Virden is a town with a population of 3114 on the Trans Canada Highway. Its first church was Anglican, built in 1885 on land assigned by the Canada Northwest Land Company. The company was incorporated in 1882, the same year the Anglican church was founded in Virden with Rev. F. F. Davis, its first appointed minister, conducting services in his home. The parish of St. Mary the Virgin, in the Diocese of Brandon, was created on April 20, 1886.

That first wood frame church was in use until 1891 when it was sold and removed. The present fieldstone church replaced it in 1892. Its cornerstone was laid by Mrs. Nina Gertrude Watts, wife of Rev. Henry Watts, the rector. A tin box with newspapers, building plans and other items was placed in the foundation as a time capsule. This was opened at the 100th anniversary celebrations in 1992. The church was consecrated by the Most Reverend Samuel



Prichard Matheson, Archbishop of Rupertsland, in 1905.

St. Mary the Virgin Anglican Church was designed by Winnipeg architect Walter Chesterton whose plan, it is said, is based on that of St. Mildred, a stone church in the Isle of Wight. The

result is a basilica-like building with a large stone tower, several stained glass windows (two by Leo Mol), and extensive woodwork.

In 1910 a corner plot at Ninth Avenue and La Crosse Street was purchased for a rectory, for which George Harris

obtained a contract in 1915. He had earlier received the contract for the Parish Hall on Queen Street. Renovations made around that time included interior work, enlargement of the vestry, and upgrading of the heating and lighting. Changes in the 1950s included addition of a cloister and a fieldstone fence, and extension of the roof to protect the sidewalk.

A medallion window presented to the 12th Manitoba Dragoons by the City of Bruges, Belgium, in recognition of the regiment's liberation of the city on September 12, 1944 was installed and unveiled in 1952.

• Lila Bell Wallace (nee Acheson), daughter of a Presbyterian minister and co-founder of Reader's Digest, was born in Virden on December 25, 1889. She died of heart failure at the age of 94 in Mount Kisco, New York.

Photographed in 2008

Things To Do

RURAL MANITOBA Cont'd from page 11

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

55 Plus; **Neuromovement**, Presentation and class, Tue. Oct. 8, 1:30 pm, at O.F. Hall. \$10. Call to register; **Quiz Night**, Fri. Oct. 18, 7 pm, Parochial Hall, 435 1st Ave. North, Stonewall. Call to register team; **Care in Our Community**, Presentation, Thur. Oct. 24, 1:30 pm, O.F. Hall. Call for info.; **Pickleball**, Tue's 7 pm - Stonewall Collegiate, Thur's 7:15 pm - Stonewall Centennial School. Drop in welcome.

Warren - Warren United Church - Fall Supper/Bake Sale, Sun. Sept. 15, 3-6 pm, at Warren Memorial Hall, 15 min. north of Perimeter on Hwy. 6. Wheelchair friendly. Adults-\$15, 6-10-\$6. No reservations.

VOLUNTEER

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

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

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

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

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcherson for info: **204-482-5469** ext. 20956 or mmutcherson@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 paperwork. *Facility available to rent.* www.dauphinseniors.com, **204-638-6485**

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregare meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

Gimli - New Horizons 55+ Activity Centre - 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit www.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, congregare meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or **ensemble@mymts.net**. We are **always looking for volunteers** to help with these programs.

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

Floor Curling/Floor Shuffleboard. Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events trips. Contact Hope or Chris: **204-857-6951**, hp55plus@mymts.net

Seine River Services for Seniors - Help and support with E.R.I.K. kits and other forms, foot care, transportation services, companionship, homecare services, illness, grief, housing, finances. Melanie Bremaud: **204-424-5285**.

Les services rivière seine pour aînés - aide et appui avec T.I.S.U. et autres formulaires, soins des pieds, transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **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**

Springfield - Springfield Seniors - Pickleball, Tuesdays and Thursdays, 10 am-12 pm, at Cooks Creek C.C. Info and register: Ashley, ashtcooks creek@hotmail.com; Mondays, 6-9 pm, starts Sept. 16, Oakbank Elementary

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

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Today's Recipe



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Apple Turkey Pitats

Metric	Ingredients:	Imperial
1	medium apple, cored and thinly sliced	1
30 ml	lemon juice	2 tbsp
250 ml	onion, thinly sliced	1 cup
1	medium red pepper, cut into thin strips	1
1	medium green pepper, cut into thin strips	1
15 ml	canola oil	1 tbsp
1	cooked turkey breast, cut into thin strips	1
6	pita rounds, lightly toasted	6
125 ml	plain yogurt	1/2 cup

Toss apple with lemon juice; set aside.

In a large skillet; cook onion, red and green pepper in hot oil until tender crisp.

Stir in turkey; cook and stir until heated through. Stir in apple mixture.

Fold the pita rounds in half and fill with turkey mixture. Drizzle with yogurt.

Serve warm.

Serves 6 www.PeakMarket.com

WORDSEARCH - Phrases By Senior Scope

C	C	U	H	U	N	G	D	R	A	W	N	A	N	D	Q	U	A	R	T	E	R	E	D	M
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X	L	I	A	W	O	E	J	L	E	A	F	M	Y	S	A	L	A	D	D	A	Y	S	U	N
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CROSSWORD Specially for the Senior Crowd By Adrian Powell

ACROSS

1 Capital of Bulgaria

6 Mediocore

10 VHS rival, once

14 Bigotry against the elderly

15 Minor chess piece

16 Musk of "SpaceX"

17 Term for the increased volume needed to speak to the seniors?

20 Matched collection

21 Elmer's mom

22 Anchorman Baxter of WUWT's Six O'Clock News

23 60's Jamaican music

24 PhD exams, often

26 Sap-sucker's genus

28 Freebie awarded to women who go back to college when they're 83?

33 Very hard to find

34 Swagman's call

35 Just 2 minutes away

36 Peeved

38 Pound an old Underwood

42 Halt, legally

44 King of Olympus

45 Event area reserved for those ladies of a more "mature" age?

50 Bangladeshi yogurt dip

51 "___ pay for this!"

52 Cockney's cry for assistance?

53 Bond creator Fleming

56 Novel-sounding antelope

57 ___ de toilette

60 Term applied to older guys who have a really square attitude?

64 Item you cram for

DOWN

1 Yields to gravity

2 Fairytale fiend

3 Chrysler's auto-making partner

4 Marx or Mao follower

5 Current amount

6 Offshore oil worries

7 Big, clumsy buffoon

8 "M*A*S*H" co-star Loretta

9 Sometime in the past

10 Place a wager

11 Actress Cuthbert of TV's "24"

12 Provided digs for

13 Pavlova and Paquin

18 "All in the Family" producer Norman

19 Wise old saying

24 Stuff oneself silly

25 Cold compensation?

27 Knotty, salty snack

28 Caterer's coffee container

29 Not, in Scotland

30 Rebel gp. that once fought in Ulster

31 Extremity susceptible to gout

32 Letter before Kaf

36 "...for what ___ worth"

37 Break down

39 MP's supportive shout

40 Place down

41 Substantial dictionary section

43 Aquarium gastropod

45 Milky Way, e.g.

46 Broken rock used in foundations

47 Rotten to the core

48 Really primitive building material

49 Guzzles, noisily

50 Correct a cribbage score

54 Poor's donations

55 Lowest high tide

57 Abu Dhabi VIP

58 East end of the church, usually

59 Like Thrift Store buys

61 When many alarms go off, for short

62 Bleaching agent

63 Ne v. neighbour

SOLUTION ON NEXT PAGE

SUDOKU MEDIUM By Senior Scope

					5	6		
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		1	4					
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SOLUTION ON NEXT PAGE



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