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Vol. 18 No. 4
Oct 10 - Nov 9/19

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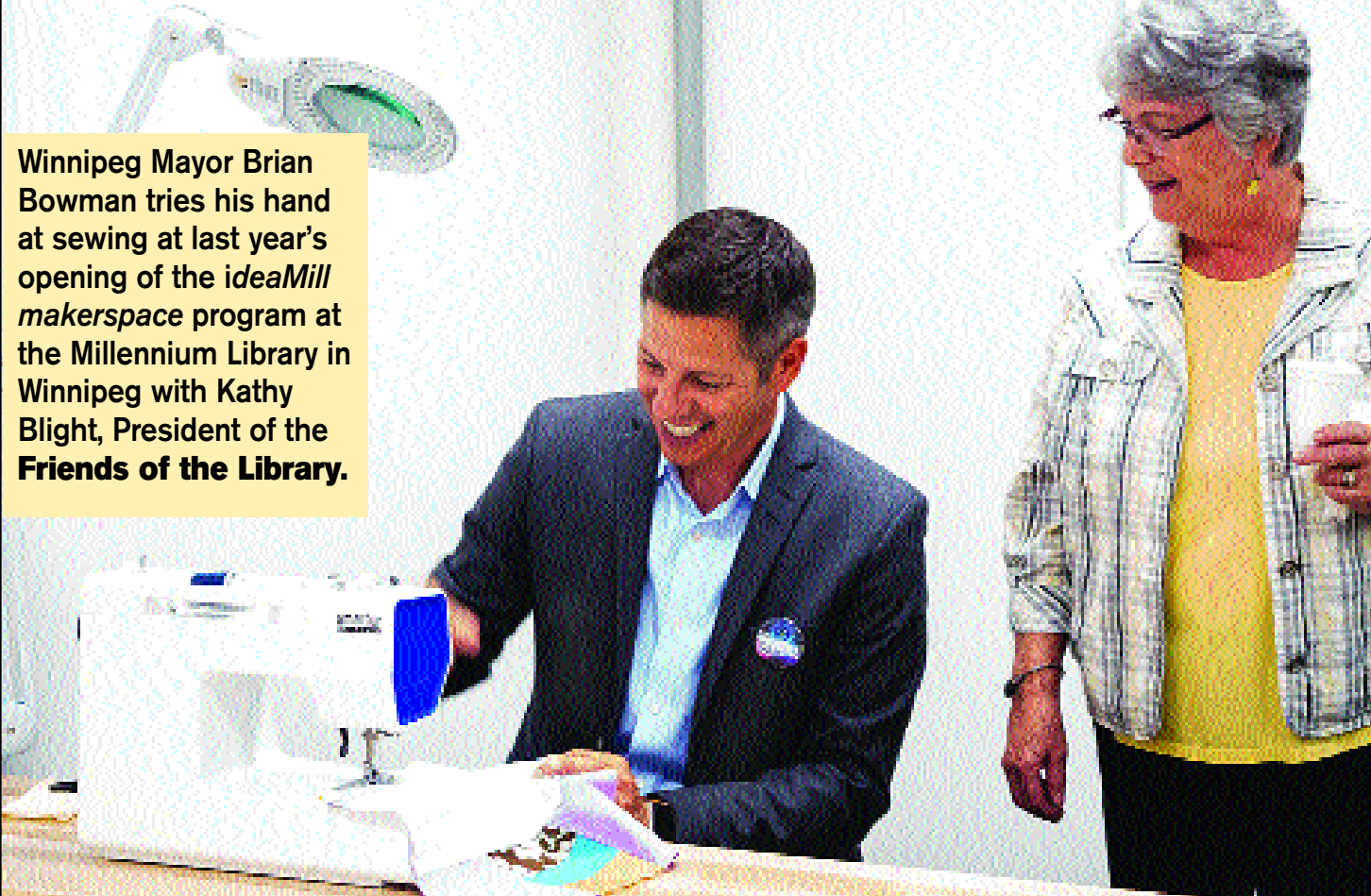
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Winnipeg Mayor Brian Bowman tries his hand at sewing at last year's opening of the *ideaMill makerspace* program at the Millennium Library in Winnipeg with Kathy Blight, President of the Friends of the Library.



2019 is the 15th anniversary of the Friends Fall Book Sale, coming up at Grant Park High School Gym, Saturday & Sunday, October 26 & 27th.

The Sale has over 55 Categories, 65 tables stocked with about 20,000 books, posters, prints, DVDs, LPs & CDs, and last year we sold nearly 70% of them. It's a short weekend sale - so the prices are kept low, and on Sunday, everything is half price. Shoppers' favourite tables include Fiction, Cooking, Children's,

Canadiana, and Mystery. The Art tables have a loyal clientele, as do smaller categories such as "Curiosities & Wonders", Indigenous, Cats, Graphics & Comics, and the offbeat "Outside the Box."

Proceeds from the sale, and other Friends Fundraising activities go to support Winnipeg Public Library programs and projects. The Friends have contributed over \$278,000 since 2000. Some programs would not be possible without our support and others benefit from extra finan-

cial help. This has been achieved by raising funds through events such as the **Fall Book Sale**, **Spring Books & Brunch** and from the **Best of Friends Gift Shop** in the Millennium Library. Some funds go to ongoing programs such as the Writer-in-Residence and Spring Break Family programs. Others are new, the "ideaMill maker-space" (photo) at the Millennium


Continued on page 2

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Manitobans are the most generous Canadians, but charities and non-profits have to work harder these days

By Roger Currie

Thanksgiving is a good time to take stock of how we're doing when it comes to sharing with those of us who need financial help more than others who have plenty. The measurement and accounting of charitable giving is becoming somewhat more difficult because of new technology and changing demographics, but the good news locally is that residents of this province continue to be the leaders in Canada when it comes to charitable giving. Manitoba has been acknowledged for many years as number one among provinces when it comes to charitable donations on a per capita basis, but the numbers could be a lot higher as I'll explain a little later.

October sees a major push in Winnipeg for the local United Way campaign with this year's record fund raising goal of \$21.6 million. Their story goes back more than half a century. In 1965 it began as an historic partnership between business and organized labour to ensure that local needs were funded effectively, ensuring a caring community that became the envy of many other communities across the country.

Among the dozens of agencies who depend on this vital funding are the YMCA / YWCA, the Girl Guides, and the Elizabeth Fry Society to name some of the groups who have been on the receiving end from the beginning. Added more recently are a long list of agencies serving the needs of single women, disadvantaged youth and several groups that specifically target the needs of indigenous people who are moving to Winnipeg in larger numbers every year. Over the years the work of the United Way has become more organized and business-like, but at its heart it remains a testament to an army of volunteers who always manage to get things done in Manitoba. Dozens of companies as well as public sector workplaces lend key employees to ensure that the mission of the United Way is accomplished.

What is it that has contributed to Manitoba's splendid record when it comes to giving and sharing? No doubt the story results in part from the "splendid isolation" that goes along with being in the middle of the country, thousands of miles from

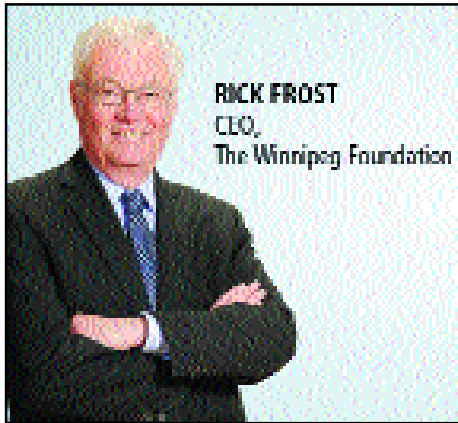


William Forbes Alloway

larger places where major decisions are made. There is also the undeniable strength that comes from enduring those long harsh winters. It was those factors and others that helped to foster the development and growth of the performing and visual arts that we are famous for in Manitoba.

It was also the unique vision and commitment of several business leaders that helped to establish the charitable and non-profit sector in this part of the world. Such a person was William Forbes Alloway who was still in his teens when he came to Manitoba in uniform with the Wolseley expedition in 1870. Success in the world of merchant banking made Mr. Alloway a millionaire before the age of 60. In 1923 he put up \$100,000 to create the Winnipeg Foundation. 96 years later the dream continues to grow. Rick Frost is the current CEO of the foundation that now manages a wide range of endowment funds totalling more than \$762 million.

The earnings are distributed in support of a very long list of community projects and programs in the not for profit sector. As was the case with the United Way, it's a story that is envied across this land and beyond. But Rick Frost and others are some-



rick frost
CEO,
The Winnipeg Foundation

what worried about the future. The Winnipeg Foundation released a study last year that showed that while the size of individual donations to charity is steadily rising, the total number of donors has been declining for quite a few years. Frost says it is seniors who are carrying the largest share of the load, and they are not always being replaced when they die.

Frost says "Generally speaking younger people, possibly because of the higher debt loads they carry for housing and education, are not giving to charity in anything like the same numbers as those who are older. The number of people who are making claims for charitable donations on their tax returns continues to drop each year". He acknowledges that part of that results from newer fund raising efforts like "Go Fund Me" campaigns that do not provide formal receipts.

Let's take time to thank those who continue to give, and make sure millennials in particular are made aware what has been built over many years in Manitoba. ■

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

Advertising Feature

Now and Then: A Journey in Time

Six Sessions: Fridays, Nov. 1 to Dec. 6, 2019

Manitoba Museum, 190 Rupert Ave., Winnipeg, MB

Cost: \$95 per pair / \$90 for Museum Members (+GST)

To register or for more information, contact Corinne Antoniuk at cantoniuk@manitobamuseum.ca or 204-988-0671

People living with early to moderate signs of dementia can explore art "up close and personal" at the Winnipeg Art Gallery through Art to Inspire, sing in the Vivace Voices Choir at the Canadian Mennonite University and, starting in November, hold million-year-old fossils at the Manitoba Museum in a new program called **Now and Then: A Journey in Time**.

The six-session program will take participants and their caregivers to a different gallery in the Museum each week. There, they will learn about related human and natural history and be able to touch and hold objects from the Museum's handling collection, be it the fur of an Arctic fox or a fossil specimen that is millions of years old.

"The program gives people a chance to hold things and share their ideas and memories, or learn something new, and do something that is tactile and sociable," says Rachel Erickson, the Museum's Manager of Learning and Engagement.

Kathy Diehl Cyr, the *Alzheimer Society of Manitoba's* Community Partnership Manager, is excited about this new program, a joint initiative of the Museum and the Society through its Dementia Friendly Communities programming. Now and Then: A Journey in Time will let folks connect with their senses as they hold and talk about museum artifacts. As Kathy says, "senses have memories."

Making People with Dementia Feel Welcome

Rachel says the concept of dementia friendly communities is being taken seriously by the Museum. For example, staff members participated in a Dementia Friendly Communities training session provided by the Alzheimer Society. These sessions provide ideas on how to help people with dementia feel welcome and comfortable.

The Museum even took the extra step of inviting people with early stage dementia and their caregivers to attend planning sessions to ensure that **Now and Then: A Journey in Time** would meet its participants' unique needs.

Kathy appreciates the effort. "People with dementia should be able to walk through the doors of any organization in their community and enjoy a program that is suited to them and meets their needs. They should feel included, valued and supported.

There are added benefits. "Programs like this help to stimulate the mind and the body," says Kathy. "On top of that, participants make connections with others in an enjoyable, fun atmosphere. And that's really the bottom line."

For more information about community partnered programs for people with dementia and their care partners, visit <https://alzheimer.mb.ca/discover-explore-get-involved/>.

Friends Fall Book Sale,

cont'd from front page

Library, an innovative and exciting new department. A big favourite are the colourful Puppy Stools in the Children's Departments at all Branches.

Many Book Sale veterans say it's their favourite volunteer work: they love their Library and love working with books. Some have worked the sale since day #1, and many for over 10 years. This has contributed to the high quality of the books, as volunteers preparing the Sale grow more knowledgeable and selective every year. The Saturday morning lineup grows every year, and shoppers tell us: "I love this sale!"

Donations are welcome year round; details are at www.friendswpl.ca ■

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North Centennial Seniors Association of Winnipeg Celebrates 35 Years in the Community

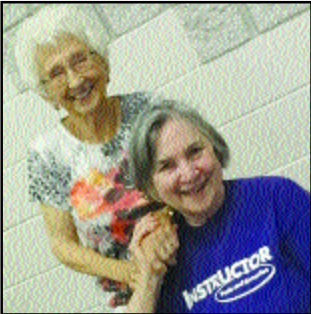
Submitted by the North Centennial Seniors Association of Winnipeg

The North Centennial Seniors Association of Winnipeg was established to promote fitness and fun for seniors. On December 12, 1984, the NCSA was officially incorporated. This year, the NCSA is proud to announce that its members past and present will be recognizing this 35 year milestone with an anniversary celebration. Operating within **Sergeant Tommy Prince Place**, the NCSA has made a significant contribution to the surrounding community.

Seniors have access to a range of exercise activities facilitated by certified instructors which keep members active, healthy and independent within their own homes for as long as possible. Complementing the physical exercise component is the social activity program where seniors have opportunities to meet, to enjoy lunches and to participate in a schedule of classes on topics of interest.



Grandma Swim Program for local preschoolers - Dec. 2018



Bernice Feledchuk, President (standing) with Barbara Morris, Grandma and Grandpa Swim Program Co-ordinator - June 2019



Pizza & Paint Party – Aug. 2019

The membership has also distinguished itself by donating countless volunteer hours over the 35 years to promote a healthy and safe program

not only for members but by also embracing the local community. The NCSA's multi-generational Grandma and Grandpa Swim Program has

been the recipient of provincial and national recognition for providing countless preschoolers a swim and play time which developed trusted relationships across generations within a diverse neighbourhood.

The calendar of events planned for members is indicative of the diversity, inclusiveness and respect as foundation stones upon which new members and renewing members will continue to sustain the NCSA into the next decade.

Culminating the celebration will be a luncheon on November 21st. As part of the celebration members will also be recognizing the NCSA founder and long-serving President, Bernice Feledchuk, for her dedication and commitment to the organization.

For more information: President, North Centennial Seniors Association of Winnipeg: 204-582-0066 ■

Manitoba Coin Club - Celebrates 65th Anniversary

Photos by Howard Engel



The Manitoba Coin Club held its annual Coin, Stamp & Collectibles Show on Sept. 28 and 29 at the Sunova Centre in West St. Paul. Everyone had a good time. See you next year!

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RETIREMENT READINESS:

Secure your nest before going south

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

When you **travel**, the **last thing** you want to **worry about** is **finances**. But, if your **finances aren't** in **order** before you leave Canada, you could return to a **money mess**.

- 01 Taking care of your financial affairs before leaving the country is very important, considering the potential financial repercussions if they are not properly in order.
- 02 Health insurance, taxes, investments and bills are just some of the items you should have in order before you leave for your destination.

It's important that those leaving the country for an extended vacation make appropriate arrangements – including snowbirds who split their retirement between Canada and southern destinations. Here are some issues to discuss before making your next trip:

Health insurance

Make sure you have adequate out-of-country health insurance coverage. If you run into a medical emergency, you can run up massive expenses without insurance coverage. Be sure you are familiar with the terms of your policy – particularly the sections concerning existing medical conditions (which may not be covered).

Wills and Powers of Attorney

Your will should be up to date so that all of your bases are covered. If you have assets outside Canada, you should review your will to ensure these assets are properly considered. This is especially important since a death in a foreign country can complicate estate issues. Your relatives or executor should know where to find your will. Your Power of Attorney (called a Mandate in anticipation of incapacity in Quebec) must also be current. Through a Power of Attorney, you designate someone to make financial decisions for you should you become incapacitated. If necessary, you can appoint someone you trust to manage your domestic finances while you are away or out of reach.

Manage your investments

Make arrangements in advance to deal with term investments that might come due in your absence, such as Guaranteed Investment Certificates (GICs). If you have mutual funds or securities in your portfolio, speak to your financial advisor about how to best handle them while you're away. If you have a computer and you're willing to tear yourself away from leisure activities, you may be able to manage most of your finances via the Internet. Check with your financial institution.

Income taxes

Unfortunately, you can't take a holiday from the taxman. You will be subject to Canadian tax on your world-wide income, even while spending time abroad, unless you permanently sever your residential ties to Canada. Therefore, it's important to make arrangements to file your yearly income-tax return by the deadline even if you are absent. If required, make sure quarterly income tax payments are made in your absence.

Possible U.S. tax obligations

If you spend a significant time in the U.S., you may be considered a resident for tax purposes, which may have reporting obligations. For example, snowbirds who spend more than 122 days in the U.S. (but less than 183 days) would meet the substantial presence test in the U.S. Therefore, in order to avoid being subject to U.S. tax on your world-wide income, you have to claim a Closer Connection Exception under the Canada-US treaty by completing the Internal Revenue Service (IRS) form 8840. If you spend more than 183 days in the U.S., this Closer Connection Exception is not available to you; but you may still be able to claim an exemption under the Canada-US tax treaty by attaching the IRS form 8833 to your non-resident tax return.

Pay bills

Pay outstanding bills before you leave, and make arrangements to have those that arrive in your absence paid. Again, you may be able to take care of these through Internet banking. A host of other details should be taken care of before you travel, such as arranging for access to cash through an ATM. It's a good idea to obtain a duplicate ATM card in case your original is lost or stops working, and investigate other means – such as a U.S. dollar money market account – that carry chequing privileges. ■

As you are making plans to head south, also make plans to **meet with us** so we can be sure that **nothing is overlooked** while you are away.

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Page 5

September 27, 2019

Project Guardian: Working with the Community to Combat Property Crime

- Winnipeg Police Service

The Winnipeg Police Service's 2018 Annual Statistical Report identifies increased crime rates in West Winnipeg. One of the hardest impacted neighborhoods, which saw a significant increase in property-related crimes, is River Heights.

To address this spike, West District Community Support officers increased proactive patrol resources over the summer. Targeted times were determined through Smart Policing Initiative (SPI) crime data. Officers conducted 170 subject stops and apprehended 26 suspects for a variety of offences including stolen vehicles, weapons, drugs, outstanding warrants, breaching conditions, and missing persons.

Crime Prevention starts with the Community, and we all have a role to play

The Winnipeg Police Service West District Community Support Unit along with the River Heights/Crescentwood Safety Association and Councillor John Orlikow worked together to address the concern.

- In May, a Community Safety Forum was held for residents of River Heights and Crescentwood
- In June, a community BBQ was held with a focus on the bike registry
- In July, laneway trees were trimmed from street lights, problem dark laneways were identified, and motion-activated lights were supplied to those areas

Put the Brakes on Thefts from Vehicles

In many instances of break-ins and/or thefts from vehicles, electronic items such as laptops or Global Positioning Systems (GPS) have been left in plain view within the vehicle. Break-ins and or thefts from vehicles can be prevented by keeping a few simple tips in mind:

- Always close windows and lock all doors
- Display an "All Valuables Removed" card in your window (can be picked up at your District Station)
- Don't leave personal identification, vehicle registration/ insurance certificates, or credit cards in your vehicle

- Never leave your car keys, house keys or garage door opener in your vehicle
- Never leave your vehicle running while unattended
- Park in well-lit areas with pedestrian traffic
- Remove your garage door opener when the vehicle is not in use
- Remove valuables and shopping bags from view - this includes removing loose change, electronic devices, and GPS devices

Additional crime prevention information can be found online at <https://www.winnipeg.ca/police/tblofcontents/takeaction.stm>

The Smart Policing Initiative program is only as effective as the accumulated data, so we encourage victims of crime to make a report. To see which crimes can be reported online, visit our website at <https://winnipeg.ca/police/report/default.stm>.

The Winnipeg Police Service will continue with proactive efforts and increase our presence where Smart Policing Initiative data directs. ■

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Pickleball Tournament held to honour the late Dino Moran for his outstanding contribution to the sport and community

Dino Moran was a great supporter of pickleball recognizing the social and physical benefits to those in the pickleball community.

Funds raised at the Dino Moran Memorial Pickleball Tournament

held on Sept. 25, 26 and 27th at the Winakwa Community Centre in Winnipeg will go towards the purchase of a plaque to commemorate Dino's service to the Centre.

Special thanks to: Pat and Chris

Bothe, Paul Aquin, the staff of the Winakwa Community Center and the many volunteers who make these events possible.

Fun was had by all! Come back for next year's tournament. ■



Socializing a little during the games.



Dino Moran



Some winners in various categories. Noel and Ron Rogowski (right) travelled all the way from Arborg, MB to participate.

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Advertising Feature

Do you have an Estate Package containing a Last Will Testament, Power of Attorney and a Living Will?



By Peter J. Manastyrsky

In June of this year an article appeared in the *Senior Scope* entitled **Are you protected and empowered in your life? Legal Shield Manitoba will ensure that for you!** That article mentioned many important issues that you might have experienced in your life that required the service of a lawyer. Probably you hesitated and didn't see a lawyer because simply cannot afford to pay a lawyer for every phone call, or meeting. Yet the need was there!

Now you can afford a lawyer by becoming a member of **Legal Shield Manitoba**, offering legal plans, such as a **Last Will and Testament, Power of Attorney, and Health Care Directive (Living Will)**.

Once you become a member of **Legal Shield Manitoba** a client-lawyer relationship is developed and access to legal protection that everyone can afford, being on your side, having the opportunity to a top-quality law firm 24/7 no matter how traumatic or how trivial your situation may seem to be at the present time or down the road.

This client-layer relationship provides a service and gives you access to a dedicated

established law firm provider in Manitoba. **McRoberts Law Office** will talk to you whenever and whatever you want, no matter how small the issue, offering professional cost-effective legal service.

Canadians live in a complex social media world, unfortunately our life just seems to get more and more complicated. To protect our lives and rights, **Legal Shield Manitoba** with **McRoberts Law Office** is available for **all citizens** from the **young to seniors** providing a safe, secure and trustworthy coverage pertaining to your legal plan.

Although you may contemplate from time to time, many of us don't think seriously about preparing a **Last Will and Testament**, but this is probably the most important document you will ever need and there is no time like the present to have one in place. If you have a Will in place it is a safe and responsible way to protect your family and loved ones from any unneeded stress in an already emotional time. A Will is one of the most caring things you can do, and it gives you peace of mind that you are not leaving anything to chance when it comes to the future. When you pass away and have a valid Will in place, your wishes will be carried out as per your Will. If you pass away without a Will, your estate will be distributed by law without taking into consideration your wishes.

Another important document that is very vital which allows an appointed individual to handle your affairs in the event you become mentally incapable or due to physical condition to make your own decisions, **Power of Attorney**. The appointed one or more persons or a trust company (if there is no one to represent) have the legal authority to conduct business in your place within the limits set in the document. The major issue with the Power of Attorney, do not wait, it will be too late once you have suffered a health setback or accident which renders you, unable to conduct your own affairs. Without a designated Power of Attorney, the Public Trustee can assume control of your assets and administer your affairs.

In our lives there may come a time when we are not capable of making or communicating a decision as to what medical treatment, we would like continued or withdrawn. The **Health Care Directive (Living Will)** will indicate your wishes as to the medical treatment you do or do not want administered to you when you no longer can make such decisions for yourself. This Health Care Directive will have in place an appointed person to be your health care **proxy**, or one who makes health care decisions on your behalf when you are no longer able to do so. A special note to remember, you can cancel your Health Care Directive (Living Will) at any time or revoke it by making a new Health Care Directive.

To protect our life and rights, **Legal Shield Manitoba** assists by providing a law firm, **McRoberts Law Office** as the legal counsel for Manitobans covering many facets pertaining to the legal plan that is available with a client-lawyer relationship. Once you become a member of **Legal Shield Manitoba** you can investigate and decide which plan would be applicable in reference to the **Estate Package**.

As an independent associate of **Legal Shield Manitoba** and a member of the **Better Business Bureau of Manitoba**, my commitment is to ensure that you and your family members understand the network of the legal services and the legal coverage by a qualified law firm like **McRoberts Law Office** at an **AFFORDABLE FEE**.

Please call me, no obligation, confidential dialogue and live worry free with **Legal Shield Manitoba**. ■

Legal Shield Manitoba
(see advertisement on page 5)

Peter J. Manastyrsky
Independent Associate
Winnipeg, Manitoba
204-781-7472
pmanas@mymts.net
peterj48.wearelegalshield.com
legalshield.com/hub/peterj48



Winnipeg South Baseball - winds up season with a banquet

Another season of baseball has come and gone for Winnipeg South which consists of four teams. A banquet was held to wind up the season at Canad Inn on

Pembina, September 30th. Good food, good friends and camaraderie were enjoyed by all. New players are welcome for next season.



Beverly and her husband Réul Meilleur.



A magician captivates the audience.



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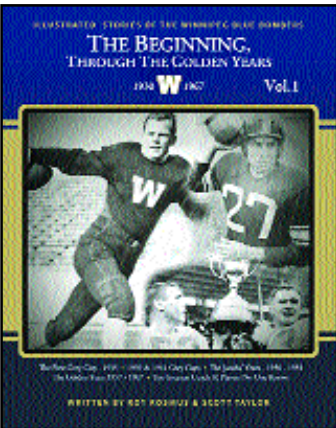


By Scott Taylor
with Roy Rosmus
Photos courtesy
Roslor Publishing

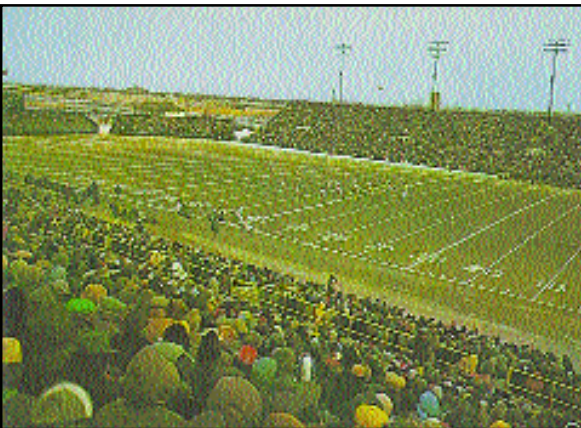
When we first decided to come up with a series of books that would illustrate the long, storied history of the Winnipeg Blue Bombers, we never thought we would get to the fourth volume. We started with *Quiet Hero: The Ken Ploen Story*. Then it was *The Jonas Era*. Not long ago, we completed *Dieter Brock Through the Championship Years, 1975-1990*. And soon to be published is *The Beginning, Through the Golden Years*. Which is actually Vol. 1, but I'll explain that later. This latest book has been a real labour of love, especially for our

The Best Canadian Sports Story of the 20th Century

researcher, Roy Rosmus. That's because he knew that over the long history of an institution, people start taking things for granted. For most Winnipeg Blue Bombers fans – certainly not all, but most – what happened before the arrival of Chris Walby or Matt Dunigan or Milt Stegall or even Andrew Harris is meaningless. "Today our Bombers are in the midst of a 29-year Grey Cup drought and, as fans, it's our job to get to the stadium and cheer them on to that elusive victory. What happened almost 90 years ago is of no interest to me." There is nothing wrong with that sentiment. There is definitely nothing wrong with living in the moment. But every now and then, in those dark times, when your team loses



Soon to be published book!



Winnipeg Stadium circa 1960

two straight in Hamilton and Toronto or your quarterback goes down with that pesky upper-body injury, it doesn't hurt to remember how your team began. It doesn't hurt to remember that despite the team's troubles today, there were Glory Days. There was a time when the

Continued on page 8

Advertising Feature



SO YOU HAVE A WILL!

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

Kudos to those who have a will! Waiting until you are at death's door is risky. You can make things even easier for your Executor. If you intend to leave certain personal items (heirlooms, a vehicle) to specific persons, do the list up NOW and keep it with the will or in a place known to your Executor. Keep it updated. Make sure your preferences for funeral arrangements are known, if not specified in the will. Create a master list of the financial institutions you deal with,

investments, life insurance policies and related account numbers. Make a list of your social media accounts and passwords to be closed down or turned into memorials. Also important for those who survive you is **KNOWING** that you are no longer with us! Many of us will want to attend your funeral. Prepare a list to contact upon your passing (close and distant relatives, friends and acquaintances) with recent contact info

(address, phone, email). They will appreciate being informed. Remember that embarrassing time you asked someone how their mother was doing only to be told she had passed away three years ago? These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature and legal professionals should be consulted for best results.

But if you DON'T have a will, I am available to prepare one. I will travel to your home or community including Winnipeg and surrounding locations, as well as in the Interlake, Whiteshell and South-Eastern Manitoba. I can provide service in English, French and German. Call (204) 228-7063 or 1(855-933-5454) or send me an email at rkhnatiuk@rosemaryhnatiuk.ca for an appointment. ■

(see advertisement on page 5)

He never wanted a fancy funeral.

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Locations in Winnipeg:

Chapel Lawn Funeral Home & Cemetery
4000 Portage Avenue, Winnipeg, MB
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Salon funéraire Desjardins Funeral Home
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204-272-7228

TimeToRememberWinnipeg.ca

Glen Eden Funeral Home & Cemetery
4477 Main Street, West St. Paul, MB
204-272-4691

Glen Lawn Funeral Home & Cemetery
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Things To Do

WINNIPEG

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

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**

2020 BibleLand Israel Tour - Mar. 25-Apr. 3/2020. Come and visit this historical Promised Land. Ken: **204-942-5433** or **k4mcghie@gmail.com**, visit **www.TolIsraelWithLove.com**

The Miniature Enthusiasts of Winnipeg (M.E.O.W.), a local dollhouse and miniatures club - Dollhouse and Miniatures Show and Sale, Sun. Oct. 20, 10 am-4 pm, at The Viscout Gort Hotel, 1670 Portage Ave. Add. \$4 Adults (18-54), \$3 Seniors (55+), \$2 Children (5-17).

Art Expo - Manitoba's Premier Art Show & Sale - Oct. 25-27, Fri. 1-9, Sat. 10-9, Sun. 10-5, Assiniboia Downs.

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**

MEALS / FALL DINNERS

Belgian Club - Annual Fall Supper, Sun. Nov. 2, 4-7 pm, at Belgian Club, Legion branch 107, 407 Provencher Blvd. \$15 adult, 10 & under \$7.50. **204-237-4263, info@belgianclub.ca**

St. Charles Headingley United Church - Fall Supper, Sun. Nov. 3, 3 seatings: 4, 5 & 6 pm, at Headingley C.C., 5353 Portage Ave., Headingley. Advance tickets only. Adult-\$15, 6-12-\$8, 5 & under-Free. **204-222-5402**

Kildonan Community Church - hosting a "Desserts at Kildonan" afternoon, Sat. Oct. 19, 2-4 pm, 2373 Main St. Silent auction, bake table.

St. Norbert Community Centre - Breakfast with Santa, Sat. Dec. 7, 10 am-12 pm, 3450 Pembina. All welcome! Info: **www.stnorbertcc.ca**

Women's Canadian Club of Wpg - Luncheon, Thur. Oct. 24, 12 noon, at RBC Convention Centre. Speaker Dr. Neil Craton will talk about his book "*Wisdom From the Homeless: Lessons a Doctor Learned at the Homeless Shelter*". Cost \$28. Reservations and info until Oct. 20. **204-663-5657** or **wccwinnipeg@gmail.com**

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**

HEALTH/WEELLBEING

Beyond Belief AA (secular) - Wednesdays, 6:30 pm, basement of United Church, 623 St. Marys Rd. 1 hr. OPEN meeting. Blue doors open by 6:10. Cathy: **204-981-5055**

Mary, Mother of the Church - Annual Parish Fall Supper, Sun. Oct. 20, 4-7 pm, continuous seating, 85 Kirkbridge Dr. in Fort Richmond. Adults \$15, 6-12 \$5, under 6 free. Turkey dinner. **www.mmmoc.ca**

St. Norbert Community Centre - Healthy Eating Series by WRHA, Tuesdays, 1-3 pm. Oct. 29, Nov. 5, Nov. 12, Nov. 19, Nov. 26. \$3/session. Must register: **204-269-8003** or **dana_derkson@hotmail.com**

Manitoba Sjögren's Support Group - Meeting, Wed. Oct. 23, 5:30-7:30 pm, at Access Fort Garry, 135 Plaza Drive. Phyllis Hirota: **204-477-5158** or **manitobasjogrens@shaw.ca**

The Manitoba Dystonia Support Group - Free public info session featuring Movement Disorder Specialist Dr. D.Hobson, Sat. Nov. 9, 1:30 pm, at Deer Lodge Centre, 2109 Portage. Info/to register: **1-800-361-8061** or **www.dystoniacanada.org/manitoba informationssession**

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.

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**

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

Headingley C.C. - 13th Annual Christmas Arts & Craft Sale, Fri. Oct. 18, 11 am-7 pm/ Sat. Oct. 19, 10 am-4 pm, 5353 Portage Ave. Crafts, jewellery, woodwork, pottery, stained glass and more. Free parking. Adm. \$2, 12 & under Free. No ATM on site. Proceeds to Headingley Seniors' Services.

Friends of the Winnipeg Public Library - Annual Book Sale, Sat. Oct. 26, 10 am-6 pm and Sun. Oct. 27, 11 am-4 pm, at the Grant Park High School Gym, Grant and Nathaniel. Great used books in over 55 categories from vintage to collectible to current. Also, DVDs, CDs, LPs, Art Prints and Posters. Proceeds support special projects of the Winnipeg Public Library.

Holy Cross School - HUGE Craft sale, Sun. Nov. 10, 9-3 at Holy Cross School Gym, 292 Dubuc St. 70+ tables, Silent Auction, 50/50, Rummage, Canteen, Kids table. FREE Admin. Proceeds towards kitchen reno.

St. Andrew's Anglican Church - Christmas Bazaar, Sat. Nov. 2, 10 am-2 pm, at 2700 Portage Ave., in church hall. Christmas baking, knitted items, crafts. Lunch and tea available.

Fibromyalgia Support Group of Wpg - Craft Fair & Bake Sale, Sun. Oct. 20, 1-4:30 pm, at Sturgeon Heights C.C., 210 Rita St. Over 40 vendors! Info: **info@fmswinnipeg.com**

Deer Lodge Centre Auxiliary - **Christmas Craft Sale, Sat. Nov. 2, 10 am-3 pm** at Deer Lodge Centre, 2109 Portage Ave. Crafts and baked goods for sale. Silent auction. Free adm. Proceeds to make lives better. Contact: Sandra Burlakow, **204-831-2503, sburlakow@deerlodge.mb.ca**

Forum Art Centre - Fabulous, Funtastic 55th Anniversary Fundraiser, Formerly Loved Finds – Art for Sale, Fri. Oct. 25, 5-10 pm, at Forum Art Centre, 120 Eugenie at Tache. Everything from \$5-\$55. **204-235-1069, https://www.forumart centre.com/events-exhibitions/ fundraiser-art-sale/**

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**

MUSIC & ENTERTAINMENT

The Friendly Club - Friday night dancing to live bands all year long, 8 pm-12 am, Anavets Assiniboia Unit #283, 3584 Portage Ave. Non-members \$5. **204-837-6708**

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**

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**

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**

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**

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**

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.deerlodgescurlingclub.ca/Leagues Antlersmain.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.deerlodge.mb.ca/volunteers.html**

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. 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

Together Time Drop in - 2nd Thur. of mo, 1:30-3:30 pm, 207 Thompson Dr., Prairie Spirit United Church. Next drop-in is Thur. Nov. 14. Free, adult drop-in. Play cards, table games or just conversation. Light refreshments. Info: Chris: **204-895-7410**

St. Norbert Community Centre - Senior Fitness Classes: Drop ins welcome. Zumba Gold, Sept.-Nov., 3450 Pembina Hwy. \$4/class. For days/times: **204-269-8003** or **dana_derkson@hotmail.com**

Pembina Active Living (PAL) 55+ - New activity – Tai chi, Wednesdays 12:15 pm. Drop-in activities continue: bowling, men's breakfast, bridge, LunchPALS, pickleball, PAL Bookclub, PAL Stitchers. Expressions of interest requested for two new groups: Urban walking and Music/ukelele. Still Bloomin' Garden Club, "Gardening with Onions" by Reena Nerbas, Winnipeg Free Press columnist, Thur. Oct. 31, 1 pm; Coffee PALS, Fri. Nov. 1, 1 pm, at Access Fort Garry. Info: **www.pal55plus.com, office@pal55plus.com** or **204-946-0839**

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**

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

Applications for Birth, Marriage and Death Certificates Available Online

October 1, 2019

Manitobans can now use an online service to apply for foundational identity and vital status documents from the Manitoba government's Vital Statistics Agency (VSA), such as birth, marriage and death certificates. This online service will help streamline services, improve access and reduce delays. This approach improves convenience, by allowing Manitobans to apply online 24-7.

Since the VSA began testing the online service in April more than 5,000 applications have been received.

To apply for vital event documents, go to <https://vitalstats.gov.mb.ca> and click on Online **Certificate Application**. There are some situations where applications must be mailed, usually if other documentation is needed to support the request.

Manitobans should be aware that online searches for vital event documents

such as birth, marriage or death certificates often bring up third-party, private organizations that are not affiliated with Manitoba's Vital Statistics Agency. These organizations submit requests on a person's behalf and they often charge more than the fees set by Vital Statistics Agency. Using third-party services could result in additional processing delays. To protect the privacy of personal and confidential information, individuals should confirm they are ordering directly from

the VSA by looking for the Manitoba government logo. Third-party companies must state on its website that it is not, and is not affiliated with, the Manitoba government. The VSA also provides the lowest fees, about \$30 for most certificate types.

The online application system was funded through the Manitoba government's Idea Fund, which helps public servants enhance their ability to provide quality services for Manitobans. VSA now handles inquiries and applications 7 days a week. ■

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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PRESENTATION: Oct 17, 6:30 pm
Henderson Library 1-1050 Henderson Hwy.
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No Country Can Live in Isolation:
An Example from an Island Nation,
Sri Lanka

Content
History - Culture - Interrelationship
Canada & Sri Lanka - Demographics
- Emerging Sectors - Human Capital
Development - Agriculture
- Srilankan Community in Winnipeg

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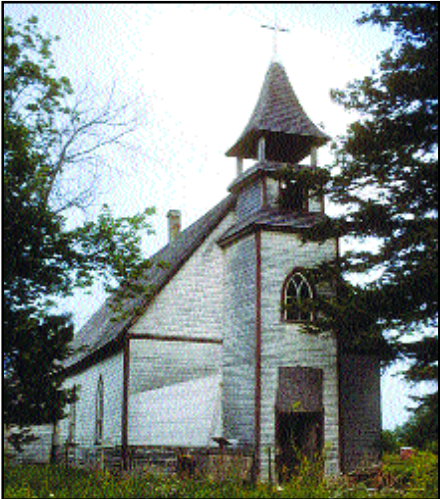
Manitoba Churches – Fort Alexander (Sagkeeng First Nation) - Christ Church - Anglican - 1870

Tyrrell Mendis, assisted and encouraged by his wife Doreen, has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, **Testaments of Faith**, Manitoba's Heritage Churches is now available for booking. If you would like a particular church featured in *Senior Scope*, or would like to make a booking for his exhibition, contact **Tyrrell Mendis** at tymendis@shaw.ca, (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca/ManitobaChurches/ (Testaments of Faith)

Christ Church in Fort Alexander was built by parishioners between 1868 and 1870 on land donated by the Hudson's Bay Company.

The church is an early example of the Red River log frame building technique. Its design is that of a typical prairie church, but with some special features as Gothic windows, hand-carved furnishings, and an exterior bargeboard with leaf and wave cutouts.

Around the church is an extensive cemetery, and beside it the newer Christ Church. The mature trees that once fronted the church have been cut down. The church itself has undergone some extensive renovations and does not appear as in the accompanying photograph here. Both



churches, sitting side by side, are maintained by the community.

Fort Alexander is now Sagkeeng First Nation. The area was first used by the Ojibway who set up fishing and hunting camps. The Hudson's Bay Company operated here from 1795 to 1801.

In 1732 a fur trading post known as Fort Maurepas had been built north of the Winnipeg River by one of La Verendrye's sons. After its abandonment at the end of the colonial period it was replaced by Fort Bas de la Riviere, a new post on the south side at the mouth at Lake Winnipeg. It was built by Toussaint Lesieur of the Northwest Company and functioned as its Lake Winnipeg district capital.

That post was rebuilt in 1807 by Alexander Mackay, a Northwest Company partner, for whom it was named in 1808. Fort Alexander continued its operations as a trading post after the Hudson's Bay and Northwest companies merged in 1821.

Fort Alexander was founded as a mission in 1864 with services from the Canadian Missionary Society. In 1901 it was transferred to the Diocese of Keewatin. From 1986 to 1988 it was transferred to the Diocese of Rupert's Land for pastoral care.

Photography date unrecorded

CONGRATULATIONS TO THE WINNERS OF SENIOR SCOPE'S ANNUAL CONTEST

Lauren Marcq of Winnipeg claimed the prizes for the 1st draw in July valued at approximately \$230.

Geri Zabudny of Sandy Hook, Manitoba, was the lucky winner of the 2nd Grand Prize Package valued at approx. \$700.

TOTAL PRIZE VALUE - OVER \$900!

PRIZE #1 VALUE APPROX. 230.00

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

PRIZE #2 VALUE APPROX. 700.00

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

Thank you to everyone for entering this contest and for your feedback. Thank you to everyone who participated by providing such great prizes.

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



Things To Do

RURAL MANITOBA

Cont'd from page 11

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

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 - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582: Free Casino trip** - McPhillips Street Station. Call, must register in advance; **Quiz Night**, Fri. Oct. 18, 7 pm, Parochial Hall, 435 1st Ave. N. Call to register team of 6-8. \$20 ea or \$160/team. Bring own snacks, cash bar; **Care in Our Community**, Presentation, Thur. Oct. 24, 1:30 pm, O.F. Hall. Call for info; **Potluck & Games Afternoon**, Wed. Oct. 30, 12-4 pm. Bring a dish/dessert to share, O.F. Hall. Call for info; **Cribbage Tournament**, Mon. Nov. 4, 1 pm, O.F. Hall. Individual play. Reg. not required; **Bingo**, Thur. Nov. 7, 1:30 pm, O.F. Hall; **Accumulative Cribbage Tournament**, Wed. Nov. 13, 20, 27 & Dec. 4, 7 pm. Call to register team of 2; **Monthly luncheon**, Wed. Nov. 13, noon, O.F. Hall; **Pickleball**, Tue's 7 pm - Stonewall Collegiate, Thur's 7:15 pm - Stonewall Centennial School. Drop in welcome.

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 Mutcheson for info: **204-482-5469** ext. 20956 or mmutcheson@ierha.ca

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

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), 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. Info: **204-642-7909** or www.gimlinewhorizons.com

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

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

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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, 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 - Chair exercises, Carpet bowling, Pickleball, Strides Walking Program - **204-853-7582**; Bowling - **204-444-5373**; Drums Alive - **204-612-9255**; Chair Yoga - **204-228-2322**; Zumba Gold - **204-479-5386**; Stick Curling - **204-853-7729**; Aquafit - **204-444-6166**; 55+ Women's Fitness - **204-880-4716**

Springfield - Springfield Seniors - Cooks Creek C.C. - Pickleball, Tue. & Thur. 10-noon; Badminton, Wed. 7-9 pm; Volleyball, Thur. 7 pm; Tai Chi, Wed. 12-2 pm, Fri. 10-noon. Yoga, Tai Chi - TBD. Info: cookscreekcommunitycentre@hotmail.com

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. 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



www.PeakMarket.com

Turkey Casserole

Metric	Ingredients:	Imperial
50 ml	butter	1/4 cup
1	packaged stuffing mix for turkey	1
398 ml	can cream of mushroom soup	14 oz
125 ml	sour cream	1/2 cup
2	carrots, diced	2
284 g	water chestnuts, drained & sliced	10 oz
500 ml	turkey, cooked & diced	2 cup
2	green onions, sliced	2

Pour melted butter in 9 x 9 inch (23 cm x 23 cm) baking dish. Stir in contents of seasoning pouch of packaged stuffing. Mix in stuffing crumbs.

Reserve 1 cup (250 ml) of mixture. Spread remaining crumbs evenly in bottom of dish.

Blend soup and sour cream in a large bowl. Stir in carrots, water chestnuts, turkey and green onions. Spread over stuffing crumbs in dish. Sprinkle reserved stuffing over top.

Cover and bake in preheated 350 F (180 C) oven for 35 minutes. Uncover and bake an additional 5 minutes.

Serves 6 www.PeakMarket.com

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By Senior Scope

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H	T	D	T	R	E	F	U	E	L	C	E	L	L	J	T	N	O	D
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S	O	L	A	R	C	E	L	L	F	T	G	G	Y	Z	D	A	M	S

CROSSWORD

We're Heading for a Fall

By Adrian Powell

ACROSS

1 Tasty part of a crab

5 Ammo holder

9 Alternative to "plastic"

13 Wash bowl

15 A man's castle, so they say

16 Yearly physical, e.g.

17 Dictator's assistant?

18 Indiana Jones' dread

19 Top dog on Olympus

20 What Humpty did?

23 P on a frat house

24 Pork out

25 Popular Canadian bar

28 Appendix adjuncts

31 Clip

34 Something most hope won't happen until January

36 Endangered spotted cat

38 Luke and Leia's dad

39 Neighbour of Turkey

41 Quebec's _____

42 Preacher's podium

44 October scapegoats?

46 Deity from Memphis

47 Catholic title, for short

48 Rapscallions

49 Earth mother goddess

51 Hairy Addams relative

53 Lose favour, perhaps

59 It's always abuzz

60 Hippo's haunt

61 Arch, to Meathead

63 Transfusion amount

DOWN

1 World's second largest broadcaster

2 Plaster wall foundation

3 Out on the Aegean

4 Line of drying hay

5 Overcook badly

6 Get defeated

7 Graceful antelope

8 Basil-based pasta topper

9 Inspiration to

10 Beginner's skating jump

11 First Hebrew king

12 Gilbert and Sullivan's "_____ Pinafore"

14 Lexicographer Webster

21 Miniature racer

22 Type of year used by accountants

25 "Make it snappy!" in its

26 Listless feeling

27 Churns up

29 Common street tree

30 They're at the head of the staff

32 Largest pelvic bone

33 Bit of coral

35 Saudi king from 1964-75

36 Roughneck's work place

37 Dick Tracy's love

40 Gripe constantly

43 Little porkers

45 Spanish gypsies

47 Where to keep your yacht

50 Otherwise

52 Remove the excess

53 Parking penalty

54 Enthusiastic

55 Cheers for matadors

56 Fine kettle of fish

57 What blood does, hopefully

58 Effortless

59 Centre of activity

62 Minute

SOLUTION ON NEXT PAGE

Aviation

Battery

Biodiesel

Biofuel

Biogas

Biomass

Bus

Butane

Car

Chernobyl

Dams

Demand

Ethanol

Fuel Cell

Fuel Tax

Gasohol

Heat Pump

Heating

Hot Spring

Hydrogen

Industry

Meter

Oil Price

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Rail

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Transport

Uranium

Wave Power

Wind Energy

Wind Power

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By Senior Scope

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

SOLUTION ON NEXT PAGE

TRIPLE YOUR FUN EVERY THURSDAY!

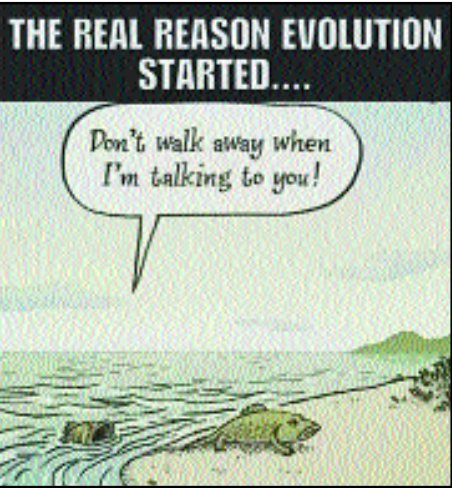
50 Plus Club members will now receive 50% off menu items or a buffet in Mango's or the lounge, 10x points on all slots for OC members and it's Ladies Night (5 cash draws).

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TRIPLE THRILL
THURSDAYS

FACEBOOK FINDS



Dog gone tired

An old tired-looking dog wanders into a guy's yard. He examines the dog's collar and feels his well-fed belly and knows the dog has a home.

The dog follows him into the house, goes down the hall, jumps on the couch, gets comfortable and falls asleep. The man thinks its rather odd, but lets him sleep. After about an hour the dog wakes up, walks to the door and the guy lets him out. The dog wags his tale and leaves.

The next day the dog comes back and scratches at the door. The guy opens the door, the dog comes in, goes down the hall, jumps on the couch, gets comfortable and falls asleep again. The man lets him sleep. After about an hour the dog wakes up, walks to the door and the guy lets him out again. The dog wags his tale and leaves.

This goes on for days. The guy grows really curious, so he pins a note on the dog's collar: "Your dog has been taking a nap at my house every day."

The next day the dog arrives with another note pinned to his collar: "He lives in a home with four children - he's trying to catch up on his sleep. Can I come with him tomorrow?"



CROSSWORD - Solution

CLAW	CLIP	CASH
BASIN	HOME	EXAM
STENO	ASPS	ZEUS
HADAG	GREAT	FALL
RHO	LOIN	
AERO	CECA	SNIP
SNOW	FALL	OCELOT
ANI	ARMENIA	ILE
PULPIT	FALL	GUYS
ISIS	MSGR	IMPS
GAIA	ITT	
FALL	FROM	GRACE
HIVE	NILE	INLAW
UNIT	ONES	MOOSE
BEDS	TASS	STYE

'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB

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Snowbird Sketches comic books are available directly from Jerry & Sharon for \$20 plus \$5 shipping. Phone/text, Cell 204-981-9797

Also available in Winnipeg at: Artists Emporium on St. James, McNally Robinson Booksellers (Grant Ave.), online at mcnallyrobinson.com

In the Interlake at: Arborg Pharmacy, Hnausa General Store, and Tergesen's in Gimli. snowbirdsketches@gmail.com

WORDSEARCH - Solution

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

SUDOKU - Solution

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

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