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Vol. 18 No. 5
Nov 10 - Dec 9/19

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Join Senior Scope on:

Sacrifice and Legacy: Two Amputees Share a Special Bond

- The War Amps



Second World War amputee veteran Lloyd Brown shares a special bond and Remembrance Day tradition with Sean Borle.

Sean Borle, 24, recalls meeting Second World War veteran Lloyd Brown, 96, for the first time six years ago at a Remembrance Day ceremony. "We had this magical moment where I reached out my right hand and he put out his left, to shake hands," he says.

Borle was born missing his left hand, and Brown lost his right arm due to the shrapnel of a shell on

October 18, 1944, while serving with the Loyal Edmonton Regiment in Italy.

On Remembrance Day, the pair share a special tradition of laying a wreath on behalf of The War Amps, an organization entering its second century of service this year.

The War Amps was started by war amputee veterans returning from the First World War to help each

other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

Borle grew up in **The War Amps Child Amputee (CHAMP) Program**, which provides financial

Continued on page 2

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Advertising Feature



WILLS & POWERS of ATTORNEY

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

Waiting until you are at death's door before making a will is a risky business. Chances are that you or your spouse will have children from a previous relationship. If you die without a will Section 2(3) of the **Intestate Successions Act** (<http://web2.gov.mb.ca/laws/statutes/csm/i085e.php>) applies to your estate. **That means that your spouse will only get half your estate and half of the second half.** While this protects the children of the deceased from being disinherited by a surviving spouse who is not their parent, it can also put that surviving spouse in a huge financial crunch. For example, if there is a house or a farm which forms part of the estate, and the surviving spouse cannot afford to buy out the children's share he or she might have to sell the property and move out. Other rules would also apply to compli-

cate matters, such as the requirement for the administrator of the estate to obtain a bond, which is not necessary if there is a will. Making a will in a timely manner is therefore very advisable. It is also advisable to make an Enduring Power of Attorney at the same time as you make your will. People are living longer these days and often cannot take care of their own affairs as they age. A **Power of Attorney** gives authority to another trusted person to do this instead. Spouses or adult children are often chosen to do this. If a person becomes mentally incompetent, from a stroke or Alheimers, for example, then it is too late to do a power of attorney. You would have to go to court to get a committee-ship, and this costs thousands of dollars. Loss of a loved-one or loss of one's competence is stressful enough without

having to sort out legal issues at the same time. Thinking ahead and being prepared for what is coming is a very good idea.

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

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(see advertisement on page 5)

Lest we forget...

In Remembrance of ALL those who fought for our freedom, peace, our Canada... including the service animals that sacrificed their lives - horses, pigeons, dogs and even cats, that all had important roles of varying degrees.



Sri Lankan 55+ Group sharing Sri Lankan traditonal foods with youth

- Senaka Samarasinghe

Sri Lankan 55+ Group decided to transfer seniors' traditional food preparation knowledge to young learners. To achieve this objective we decided to provide an opportunity for young learners to participate in our Cooking Demonstration of Sri Lankan food. Vali Thalapa is a well-known dessert in Sri Lanka made out of rice flour and Kithul Treacle (Palm Syrup - with low sugar content). Our member Sumana was the cooking demonstration facilitator. Other than the common room facility, Access provided a kitchen with all facilities. This kitchen used for the teaching session. We expected young adults (age 18-35) and adults (age 36-55), but happy to note children also participated. It is evident that the knowledge of Sri Lankan traditional food preparation technique has not been trickledown among second generation. As an organization for seniors, it is our duty to propagate Sri Lankan culture among our junior community.

Some of our seniors migrated from Sri Lanka after retirement but engaged in extensive social activities. It is our duty to pave the way for



them to continue the same in Winnipeg. Among us there are members such as Hema Perera. She composed a set of Sri Lankan folk songs narrating a story that she experienced. Further Hema convinced one of our members, Prema Helapitiya, to singalong to a set of folk songs with her. Hema volunteered to sing an old hit of famous actress and singer Rukmani Devi.

We invited the new President and her husband (Ursula and Sunil), Sri Lankan Association of Manitoba (SLAM). Both of them participated. Daya our President gave an oppor-

tunity to express Ursula's views on this event.

At the beginning of the event Daya requested our members to express their thoughts of future events scheduled to be held mostly on monthly basis starting from Jan 25th (SAT) 2020.

Lunch was served with traditional food Roasted Bread with lentil curry and coconut sambol. There were a number of desserts brought by a few of our volunteers.

Yathra monthly news magazine were sold and Elian explained about Lotto Game. ■

Sacrifice and Legacy, cont'd from front page

assistance for the cost of artificial limbs, emotional support and regional seminars to young amputees across Canada. It was started by **War Amps** Members, like Brown, who realized their experiences of living with amputation could help others.

Through what they call "**Operation Legacy**," Borle and his fellow members of CHAMP have now "taken up the torch" of remembrance to pay tribute to the veteran members of The War Amps, whose efforts have

made a difference in the lives of thousands of amputees.

"Knowing that there are people like Lloyd who understand what it's like to be missing a limb, makes you feel like you're not alone," says Borle.

When Brown attends the Remembrance Day ceremonies, he reflects on all those in his regiment who never came home. "It's heartbreaking to think of all those who lost their lives and it's important to remember

them," he says.

For Borle, it's special to share Remembrance Day with Brown. "I would not be the person I am today had it not been for that decision more than 100 years ago to begin The War Amps," says Borle. "It is our commitment as Champs that the legacy and sacrifices of Lloyd, and all the war amputee veterans, will be remembered and carried forward." ■



Advertising Feature

Listening to the Warning Signs: Daughter Turns to Alzheimer Society for Help

- Alzheimer Society



Jane Smith and her mom, Mary

When Jane Smith found bags of apples turned to mush in the trunk of her mother's car, it was the first clue that Mary LeBlanc was becoming confused. Mary told Jane someone had come and picked the apples – but it was Mary who had picked them, put them in the trunk and left them there.

When Mary had a car accident two years later, she told Jane and her brother that she couldn't remember what happened. That was another clue.

Then one Christmas, Mary became distraught about all the strangers in her home. The "strangers" were her family.

Finally, after the family took Mary's car away, she started flagging down drivers on her street asking for a ride to the store. Around that time, Jane discovered that her mom had been making regular visits to the police station to report her daughter had stolen her car.

Asking for Help

That's when Jane turned to the **Alzheimer Society of Manitoba** in Portage la Prairie, where she and her mother both live. She spoke directly with the Society's Regional Coordinator, who

advised her to have her mom assessed. Mary was diagnosed with Alzheimer's disease. Fortunately, Jane was able to get her mom into a personal care home in Portage la Prairie soon afterwards.

Today Mary, 85, is a happy and popular resident in the secure unit there. She can walk, talk and feed herself, and Jane and her brother take turns visiting her every day. Her mom has forgiven her for stealing the car, Jane jokes.

But the journey to where they are today isn't a joke. Jane urges families to heed the warning signs and to speak to a doctor or someone at the Society to learn how to navigate the system.

"The Society is on top of everything, and they understand what you are going through," she says. "It's hard on a family when they don't understand why someone doesn't know who they are. It's also hard to be strong all the time."

The people at the Society, says Jane, will help guide and support you on your journey. "They're there for you," she says.

If you or someone you know is affected by dementia, reach out today for help from the Alzheimer Society of Manitoba at alzheimer.mb.ca ■

Lest We Forget



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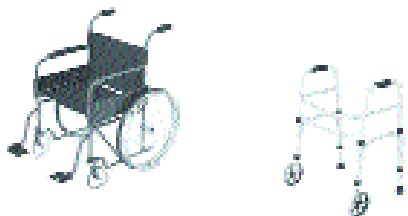
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NEWSBITS

Manitobans encouraged to get flu vaccine this fall

Emergency Departments, Urgent Care Visits and Hospitalizations Due to Patients Suffering From Flu Creates Backlogs and Increased Wait Times: Friesen

The seasonal flu vaccine is now available free of charge to all Manitobans aged six months and older, Health, Seniors and Active Living Minister Cameron Friesen announced.

Seventeen people with lab-confirmed flu died in Manitoba during last year's flu season, while another 42 were admitted into intensive care units. In total, there were 228 hospitalizations due to influenza. Comparatively, the 2017-18 season hit 10-year highs, with 46 deaths, 35 ICU admissions and 505 hospitalizations.

Emergency department and urgent care visits and hospitalizations due to patients suffering from the flu increases wait times and is costly to the health-care system. Immunization is a cost-effective way to reduce the chance of getting the flu and needing health-care services.

A record number of people received flu vaccines last winter in Manitoba, with more than 336,000 doses administered. In total, 23.6 per cent of people with Manitoba health cards received the vaccine.

A special high-dose seasonal flu vaccine is once again available for senior residents of long-term care facilities. The high-dose vaccine may provide better protection for those at increased risk of complications from the flu, potentially reducing the number of outbreaks experienced in long-term care facilities and better protect those at highest risk of complications.

"As we age our bodies change and it is important that we use all the tools provided to us to ensure we stay healthy. Flu vaccines are a great preventative measure that reduces the risk of illness for all Manitobans, but particularly for older adults," said Tom Farrell, president, Manitoba Association of Senior Centres. "We must also consider those around us, like our spouse, our children, grandchildren and friends. Social connection is very important and avoiding the flu also helps those around us."

The **flu vaccine** and **Pneu-P-23 vaccine**, which helps protect against pneumococcal disease and is offered free of charge to seniors, are available at local public health offices, nursing stations, doctors' offices, and Access Centres. Pharmacists can also provide immunization services to people seven years of age and older.

The nasal spray form (FluMist Quadrivalent – AstraZeneca) will not be available in Canada for the 2019-20 influenza season.

Regional health authorities, with the exception of the Winnipeg Regional Health Authority, will conduct immunization clinics.

Check Manitoba's seasonal influenza website at www.manitoba.ca/flu or contact Health Links-Info Santé at **204-788-8200** in Winnipeg or **1-888-315-9257** toll-free for dates, times and locations.

INFLUENZA AND FLU VACCINE

Influenza is a respiratory virus that can spread easily from one person to another through coughing, sneezing or by touching your mouth, eyes or nose after coming into contact with objects contaminated with the virus.

The vaccine is particularly important for people who are at increased risk of serious illness from the flu, along with their caregivers and close contacts. This includes:

- seniors 65 years of age and older;
- residents of personal care homes or long-term care facilities;
- children six months to five years;
- individuals with chronic health conditions such as diabetes, anemia, obesity, cardiac or pulmonary disorders such as asthma;
- health-care workers and first responders;
- regular caregivers of children up to five years of age; and
- Indigenous people.

Manitobans over 65 should get a **pneumococcal (Pneu-P-23) vaccine** at the same time as the **flu vaccine**. The vaccine helps protect against pneumococcal disease, blood infections and meningitis. Both the flu and the Pneu-P-23 vaccine are offered at no charge for people aged 65 and older as well as to some people two years of age and older who are at increased risk of pneumococcal infection. Most people need only one dose of this vaccine in their lifetime.

Manitobans can minimize the risk of getting or spreading the flu also by

shielding their coughs and sneezes, staying home when they are sick and washing their hands regularly. ■

October, 2019 Provincial Departments release annual reports Demonstrating Progress, Ensuring Accountability: Fieldling

Manitoba government departments have released their annual reports for fiscal year 2018-19 and the results of all provincial programs and services.

"Four years ago, our government was elected to fix the finances, repair the services and rebuild Manitoba's economy," said Finance Minister Scott Fieldling.

Accomplishments include:

- reporting a decrease in the number of children in care for the first time in 15 years;
- creating a new Manitoba Economic Development office to lead economic development initiatives and projects with business, industry and stakeholders;
- introducing a new, refundable Child Care Centre Development Tax Credit to stimulate the creation of licensed child-care centres in work places, which helps businesses create strong community connections and meet employees' needs;
- announcing a \$500,000 crime reduction incentive program for police agencies to submit innovative proposals to reduce crime across the province;
- finishing construction on new, state-of-the-art emergency departments in Flin Flon and at Winnipeg's Grace Hospital, as well as creating 60 new, full-time paramedic positions in rural areas;
- meeting the commitment to make at least \$1 billion in strategic infrastructure investments and spend at least \$350 million on roadway infrastructure;
- investing in the Diversity Gardens and the Inuit Art Centre; and
- investing \$102 million to create the new Conservation Trust Fund.

To view the annual reports, visit www.gov.mb.ca/finance/publications/annual.html. ■

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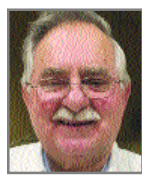
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- Metro Hnytka

Coin Collecting

In all my years of collecting coins, one thing I'd like to see is seniors being honoured with a coin in the future for all that they have done for this country. They started with very little, but with hard work and perseverance, they built a great nation. They cleared the wilderness, built homes and towns, raised families and fought in two wars to keep our country free.

Now, seniors are often treated as a nuisance or second-class, and are neglected and forgotten.

Bless the seniors, as many are still contributing to this great country. Time for a change!

I recently added these coins to my collection. Most I got from



the Royal Canadian Mint, and a few in my pocket change. They make my

collection more complete.

~ Metro

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Manitoba Churches –

Lac du Bonnet - St. Anthony Petchersky - Ukrainian Catholic - 1937

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.

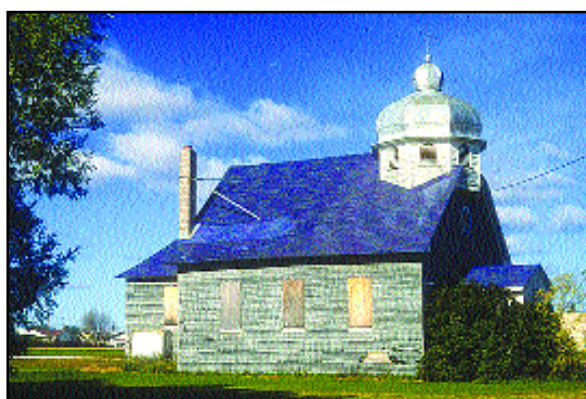
If you would like a particular church featured in **Senior Scope**, or would like to make a booking for his exhibition, contact **Tyrrell Mendis** at tymendis@shaw.ca,

(204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca.ManitobaChurches/ (Testaments of Faith)

This was the first church of the parish. It was designed by Father Hewki and built in 1937 with donated materials and volunteer labour of the Ukrainian settlers of Brightstone. Had the name not already been taken Brightstone would have have been Whitestone, named after a nearby stony hill.

The first services were then conducted by priests who came from Winnipeg, especially Rev. Dr. Kushnir, who came frequently.

Due to the influx of settlers from Brightstone in the 1950s a new parish was established in Lac du Bonnet in 1960. Also in 1960, with a donation of \$1,000 the parish purchased 2.75 acres of land and moved the church to Lac du Bonnet. In August 1961 the church was blessed by His Excellency Metropolitan M. Hermaniuk and placed under the



patronage of St. Anthony Petchersky.

The parish was served by Rev. Iwanchuk until 1965, and then in succession by Rev. George Spolitakewich, Rev. Semen Izyk and Rev. Eugene Rudachek. The church was visited by Bishop Myron Daciuk on July 9, 1984.

This wooden church is on a masonry foundation. It has a large dome in front.

Entry is through an added-on porch. Four columns support the choir loft to the left of the nave. The slightly raised carpeted sanctuary has the sacristy to its right. To the left is a room with the oil-burning stove. Although wired for electricity the chandelier used candles for lighting. The roof is shingled. The walls are clad in imitation stone siding. The interior and ceiling are finished with wood siding and press board.

Other than for the framed painting behind the main altar *Jesus Christ – Lover of Mankind* (signed "Kostur V. 1938"), the holy images on the walls are all oil paintings.

After closure the church was moved from Lac du Bonnet to north of Old Pinawa beside Provincial Road 520.

Photographed in 1993

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The members of the Winnipeg Police Canine Unit and their K9 Partners are proud to release the **2020 Canine Unit Calendar!** Calendars are \$15.00 and all proceeds raised will go directly to the Cancer Care Manitoba Foundation.

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- 2335 McGillivray Blvd
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- St Vital Shopping Center
Winnipeg Police Credit Union
- 300 William Ave.
- 230-266 Graham Ave.
(HQ Skywalk)
Winnipeg Police Museum
- 245 Smith St.
Urban Tactical
- 891 Century St.
Shoppers Drug Mart - Charleswood
Center - 3900 Grant Ave, Unit 1A
Boston Pizza - All locations
Cruise World - 1090 Waverley St.

Save On Foods
- Bridgewater / McPhillips /
St James locations
Bridgewater Veterinary
- 400 N Town Rd.
Dakota Veterinary
- 1026 St. Marys Rd.
Birchwood Animal Hospital
- 2596 Pembina Hwy
Source For Sports
- 2077 Pembina Hwy
Leo & Co Pet Shop
- 1501-B Gateway Rd.
Pembina Veterinary Hospital
- 730 St Anne's Rd.



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Winnipeg Transit Master Plan

Public Engagement Phase Two – Proposed Network Design

Major changes are needed to Winnipeg's transit system to move the most people where they want to go, quickly and reliably. In Phase Two of public engagement for the Winnipeg Transit Master Plan, we are sharing proposals for the future of Winnipeg's transit system based on data about how Winnipeggers move around the city and public input from the first phase of public engagement.

The City of Winnipeg invites you to attend a public event to learn about the proposed network design and share your thoughts to help shape Winnipeg's transit system for the future.

Community conversations – Let's talk transit

Community conversations will include a presentation of the proposed network design and a facilitated discussion where you can provide your input. Refreshments will be served. Please RSVP by email to transitmasterplan@winnipeg.ca

Date: Tuesday, November 19	Date: Wednesday, November 20
Time: 5 p.m. – 7 p.m.	Time: Noon – 2 p.m.
Location: Cindy Klassen Recreation Complex 999 Sargent Ave.	Location: Win Gardner Place 1631 McGregor St.

Drop-in events

Join us at a drop-in event to learn about the proposed changes and share your feedback.

Date: Saturday, November 16	Date: Saturday, November 16	Date: Wednesday, November 20	Date: Saturday, November 23
Time: 10 a.m. – noon	Time: 2 p.m. – 4 p.m.	Time: 6:30 p.m. – 8:30 p.m.	Time: 10 a.m. – noon
Location: Kildonan Place 1555 Regent Ave. West	Location: Grant Park Shopping Centre 1170 Grant Ave.	Location: St. Vital Centre 1725 St. Mary's Rd.	Location: Garden City Shopping Centre 2305 McPhillips St.

For inquiries or for those who require alternate formats or interpretation in order to participate, please contact transitmasterplan@winnipeg.ca

For more information, visit us online at: winnipeg.ca/transitmasterplan

THE BUZZ



By Scott Taylor and
Baseball Manitoba
Photos by Scott Taylor
and courtesy Baseball
Manitoba

Jack McCallum has been a fixture in Manitoba baseball circles for decades. This year, he will be honoured for his service.

McCallum will become the first Honourary Life Member selected by the Manitoba Baseball Hall of Fame when the Manitoba Baseball Hall of Fame holds its 24th annual induction banquet on Saturday, June 6, 2020, at the Morden Event Access Centre.

McCallum will enter the Hall this year alongside individuals Ron Arnst, Les Charles, Blaine Fortin, Andrew Halpenny, John Kroeker, Morris Mott and Kalam Paull; minor club teams' Carman Goldeyes Midgets 1994-95 and 1997-2000, the Elmwood Giants Juniors from 2002-2007 and the Cardale Cougars Bantams, Midgets and Bisons from 1971-75; and a special category team, the 1991 Portage Athletics Midgets.

Callum, 83, was a member of the Manitoba Baseball Hall of Fame Board of Directors from 1998 to 2017 and was Chairman of the Board of Directors from 2003 to 2011. As Chairman he was responsible for two important initiatives: He worked tirelessly to make the local Morden Committee an important contributor to decisions made by the Board and he was the person most responsible

Honourary Lifetime Member McCallum Leads New Baseball Hall Class

for the success of Baseball Manitoba's Museum expansion project in 2008-2010.

Callum will be joined in the Hall in 2020 along with the following inductees:

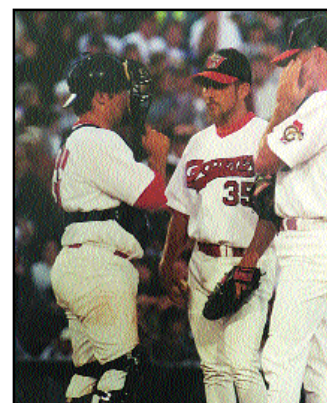
Ron Arnst, Winnipeg: The former station manager at CKLQ in Brandon, Arnst, 69, grew up playing minor ball in Saskatchewan. He broadcast games in the Manitoba Senior Baseball League and did play-by-play of Western Canada Championships. He was the in-house announcer at Canadian National Senior Championship tournaments held in the Westman area and was part of the organizing committee that brought the 1991 World Youth Championships to Brandon. Since 1994 Ron has been the park announcer for the Winnipeg Goldeyes.

Les Charles, Didsbury, Alta.: As one of the better players in the Souris minor baseball program Didsbury, 53, had an outstanding career in the Manitoba Senior Baseball League from 1978 to 1993 as a pitcher and hard-hitting infielder. He won a national championship as a member of the 1981 Bison team, as they took the gold medal in Sarnia, ON. In 1985 Les was a member of Team Manitoba at both the Nationals in Nova Scotia and Westerns in Vancouver. In 1989 he represented Manitoba at Westerns in St. Albert, AB.

Blaine Fortin, Lundar: By the time Fortin, 42, completed his 16-year old season in 1994 he had already compiled a resume worthy of Hall of Fame admission. That year alone he



Jack McCallum (left) and Kalam Paull



Kalam Paull, Goldeyes

played at the Midget, Junior, and Senior level and played on the Provincial Youth Team. He was also chosen to play on Team Canada at the World Youth Championships in Brandon where he batted .346. He was named Manitoba's Minor Player of the Year in both 1993 and 1994 and Baseball Canada's Youth Player of the Year in '94. His talent and awards caught the eye of the Toronto Blue Jays who drafted him in the sixth round and third Canadian overall of the MLB Entry Draft. He played three years of professional minor league ball from 1995-97 for Blue Jay affiliates in Dunedin, St. Catherines and Medicine Hat.

Andrew Halpenny, Winnipeg: Halpenny, 47, started his minor ball career in his hometown Selkirk but soon advanced to represent Manitoba at the national and international level. In 1990 Andrew was catcher for Team Manitoba and then for Team Canada at the World Youth tournament in Cuba. He earned a scholarship to the National Baseball Institute in Vancouver and in 1993 he represented Manitoba at the Sumer Games in Kamloops. In 1994 Andrew was signed by the Winnipeg Goldeyes and spent three years with the team. In 1997 Andrew opened Rookies Baseball Experience, Canada's first indoor baseball and softball teaching facility.

John Kroeker, Stonewall: Manitoba's own Field of Dreams exists today in Stonewall thanks mainly to the efforts of John Kroeker. Opened in 1995 and known as Diamond No. 1, Quarry Park is a world-class, lighted facility that has attracted provincial

and national tournaments. Kroeker, 71, had been active in Stonewall baseball since 1987 when he joined the Minor Baseball executive. He also coached Minor ball from 1987-93. He chaired several baseball committees and in 1994 was named Baseball Manitoba Volunteer of the Year and Sport Manitoba's Volunteer of the Year.

Morris Mott, Brandon: Morris grew up playing both baseball and hockey in rural Saskatchewan. Although now better known for his hockey career, Morris was good enough on the diamond to be inducted as a player into the Saskatchewan Baseball Hall of Fame in 2002. Mott, 73, played some senior ball after moving to Manitoba but his work with the Manitoba Baseball Hall of Fame has been instrumental in its success. Over seven years, 2013-19, Morris's strong leadership served the Hall of Fame well as Board Chairman.

Kalam Paull, LaSalle: Starting in 1989, Paull, 47, was a member of the Manitoba Youth Team and helped pitch the Elmwood Giants to a provincial Midget title. In 1990 he dominated locally as a MJBL all-star and Top Pitcher as he led his Junior team to the league championship and was named Manitoba's Junior Player of the year. He again dominated the MJBL in 1991 by throwing two no hitters and being named MVP and top Pitcher. Kalam next took his talented arm to US college ball for four years along with a season at the National Baseball Institute in Vancouver. He turned professional with the Winnipeg Goldeyes and

Continued on page 8

Don't Slam the Door!

- Victor Epp

It all started a few days ago when I was pondering the things parents say to their children, year after year, generation after generation. So I thought I'd put a series together to address these perennial retorts.

"Don't slam the door!" came to mind when my friend Shane, who is in a band called "One Blue Door" was looking for a name for the band's fan club. Suddenly, a picture of Delma Sawatzky flashed through my mind. Red haired, freckle faced Delma, standing at the back door dutifully opening and closing it carefully time after time. I think it was a hundred times she had to do it.

Tears rolling over her freckled cheeks, I can only imagine what she was thinking. Well, I know what I would have been thinking in such a circumstance, and it wouldn't do to repeat it here. I do remember having considerable empathy with her in her situation.

Well come on! We're talking about a screen door. You know, the kind that has a heavy-duty spring on it so that it remains closed and doesn't let flies and mosquitoes in. Who can remember to hang on to the stupid thing when you're whizzing through the door to go get a piece of bread and peanut butter, or get nothing at all but just go inside.

I mean nobody belly-ached about the outhouse door slamming shut. What's the big deal with the back

door of the house anyway? It was sprung the very same way. Stupid!

Knee jerk reaction, I guess. It must go all the way back to the cave dwellers when you had to be careful rolling the stone over the cave entrance. Too much oomph and the rock would shatter. Yeah, that must be it. Still stupid!

I don't know what I'm ranting and raving about. I remember yelling at my kids "Don't slam that (expletive, expletive) door!" - all five of them, and wouldn't you know it, all five of them yelled at their kids; "Don't slam that (expletive, expletive) door!"

Hunh! There's what's changed. The only thing the kids learned out of that whole exercise is how to cuss! Holy mackerel! They're enough to make a longshoreman blush. Half the expletives they come up with - I don't even know what they mean. Of course others are quite unmistakable. And did you notice that there's one extra expletive with each succeeding generation? This is not good. We started out to teach proper behavior and ended up with a crash course in creative cussing.

I'd sure like to bump into Delma one more time to hear her side of the story. I bet she'd tell me that some mistakes are just too much fun to learn from the first time. As I recall, she went through that exercise quite a few times. Just sayin'. ■

Victor Epp is an eighty-four year old writer, storyteller and translator. As a writer, Victor has been accumulating stories going back to Teulon, MB in 1939, and subsequently in a book called "Honest to God and Other Whoppers". Victor has a series of books in the works that will be available sometime in the future. For more info: vepp@mymts.net

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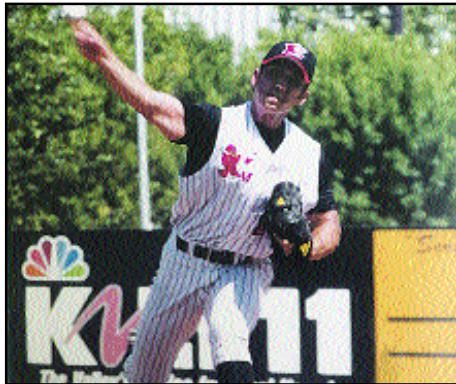
The BUZZ - Lifetime Member McCallum Leads New Baseball Hall Class... cont'd from page 7



1994-95 Carman Goldeyes



Ron Arnst



Kalam Paull Fargo-Moorhead RedHawks



The Cardale Cougars



1991 Portage Athletics

spent seven years, 1997-'02, '04, in the Northern League with five teams. **Minor Team. Carman Goldeyes Midgets 1994-95 and Juniors 1997-2000:** This talented group of players dominated the Manitoba Midget classification for two years and many went on to continue winning even more championships with the Junior Goldeyes for four years. In 1995 the Midgets captured the Western Canada title before bringing home a silver medal from the National Midget tournament in Stonewall. The Carman Juniors were

the first team in league history to win four straight Manitoba Junior League titles. **Minor Team. Cardale Cougars Bantams/Midgets/Bisons 1971-75:** The hamlet of Cardale managed to dominate Manitoba minor baseball from 1971-75 with a core group of nine local players coached by Graeme Shaw. Only future major leaguer Terry Puhl prevented them from claiming National titles in 1971 and 1973. The 1975 Bison edition of the Cougars captured the Western Manitoba Bison Baseball League

pennant and playoffs but finally lost to Winnipeg in the provincial final. **Minor Team: Elmwood Giants Juniors 2002-2007:** The Giants represented the province all six years in either Western Canada or National championships. Four times they were Manitoba Junior Baseball League and provincial champions (2003, 2005, 2006 and 2007) and attended the Baseball Canada National events. Their best performance was at the 2006 Nationals, where they were unbeaten in round-robin play but lost two close games to finish 4th.

The other 2 years they hosted the Western Canada championships at Koskie Field, placing third both years. **Special Team. Portage Athletics Midgets 1991:** The ultimate achievement for the 1991 Portage Midgets was winning the National Midget Championship held in Saskatoon. No Manitoba Midget team had ever achieved this goal before and none have been able to accomplish it since. Tickets for the induction ceremony in June are available online at www.mbhof.ca • With notes from Baseball Manitoba

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LEST WE FORGET



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PC Caucus

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**

Manitoba Genealogical Society Research Committee - offering Free 3rd Thur. Research Days, (Jan-May 2020), Next session: Nov. 21, 1-3 pm at MGS Resource Centre, Unit E, 1045 St. James St. Register at research@mbgenealogy.com at least 7 days prior to your desired session.

Manitoba Book Awards/ Les Prix du livre du Manitoba - Call for Submissions, deadline Nov. 18 (post-marked). 32nd Annual Awards, Fri. May 8, 2020, at the Winnipeg Art Gallery, celebrating local talent, diverse books, and bilingual category. www.manitobabookawards.com

2020 BibleLand Israel Tour - Mar. 25-Apr. 3/2020. Come and visit this historical Promised Land. Ken: **204-942-5433** or k4mcghie@gmail.com, View 2 videos: www.TolsraelWithLove.com

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**

HEALTH/WELLBEING

Children's Hospital Foundation of MB - Christmas for Kids, Fri. Nov. 29, 11 am-7 pm, Sat. Nov. 30, 9 am-9 pm, at CF Polo Park Centre Court. Patients and their families share their stories and doctors, researchers and nurses talk about the future of the Children's Hospital and how you can help. Christmas for Kids was started in 2013 as a way to remember kids who can't leave their hospital bed. Also tune into KISS 102.3 and 92.1 CITI all wknd. Info: goodbear.ca/xmasforkids

Beyond Belief AA (secular) - Wednesdays, 6:30 pm, basement of United Church, 613 St. Marys Rd. 1 hr. OPEN meeting. Blue doors open by 6:10. Cathy: **204-981-5055**

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

Canadian Celiac Assoc. MB Chapter - Gluten Free 101 class for those newly diagnosed with Celiac Disease, DH and/or related conditions caused by gluten, Mon. Nov. 25, 7-8:30 pm, at the SMD Building, Room 203-825 Sherbrook St. Free adm. and free parking in SMD lot off McDermot at Sherbrook. Info: **204-772-6679** or office@manitobaceliac.com

Canadian Celiac Assoc. MB Chapter - General Meeting, Sat. Dec. 7, 11 am-1 pm, at the Maranatha Church 910 Sturgeon Rd. Bring GF food item for potluck hot dinner. Guest speaker: UM researcher Adriana Mudry, on "How Canadians Deal with the Gluten Free Diet." We accept GF items for Winnipeg Harvest.

Winnipeg AM Tops Weightloss group - meets Thursdays, 9:30-11 am, in the lower level of the Harrow United Church, 955 Mulvey Ave. Info: **204-979-9905**

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.

MEALS / FALL DINNERS

St. Andrews Church - Annual Breakfast, Sat. Nov. 16, 8:30-10:30 am, 2700 Portage Ave., church hall. Pancakes, eggs, sausages, ham, toast, coffee/tea and juice. Adults: \$10, 5-10: \$5, under 5: Free. Tickets avail following church service, or **204-832-0117**

Ways and Means for Crestview United Church - 17th Annual Cookie Walk on Sat. Dec. 7, 10 am-12 noon, 316 Hamilton Ave. A variety of cookies will be available. Cost is \$8.00 a box.

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

CRAFT & MISC SALES

St. Charles Headingley United Church - Christmas Craft & Bake Sale, Sat. Nov. 16, 9 am-3 pm, 110 Bridge Rd. Headingley. www.stnorbertcc.ca

McClure United Church Women - Christmas Sale, Sat. Nov. 23, 10 am-12:30 pm, 533 Greenwood Place. Free admission.

St. Andrew's Church - Christmas Craft & Vendor Sale, Sat. Dec. 7, 10 am-3 pm, 2700 Portage Ave. Adm. \$2, children free.

St George's Anglican Parish, Transcona - Christmas Bazaar, Craft & Bake Sale (with lunch bar), 10 am-2 pm, Sat. Dec. 7, at St George's Anglican Church, 321 Pandora Ave West. Info: stgeo321@gmail.com, **204-222-1942**

Scandinavian Centre - Christmas Market and Café, Sun. Nov. 17, 11 am-2:30 pm, 764 Erin St. Imported food, home baking, crafts. A la carte cafe serves Scandinavian delicacies. Free Adm.

St. John's Presbyterian Church - Annual Bazaar and Tea, Sat. Nov. 16, 12-2:30 pm, in church hall, 251 Bannerman Ave. Lunch in tea room, baking, deli and craft tables. Free adm. Tea room by donation.

Lions Place - Christmas Craft & Bake Sale, Sat. Nov. 23, 10 am-2 pm, 610 Portage Ave. Open to the Public, Free Adm.

Riverbend Seniors Group - Craft, Bake Sale & Tea, Sat. Nov. 16, 10 am-2 pm, at 400 Osborne St. Come browse, shop, enjoy tea or lunch listening to Harp music. Free adm. All welcome.

Nearly New Shop, 961 Portage Ave. - Christmas Sale, Fri. Nov. 15-Sat. Nov. 23: 50% Off toys, games, books, dolls, VHS movies, CDs, Records, Cassettes (excludes DVDs, grab bags, silent auction items). Donations gratefully received during open hours: Mon-Sat, 10 am-4 pm. **204-772-3629**. A volunteer-run project of the Children's Hospital Guild of Manitoba.

Craft, Vendor & Bake Shows - Holly & Ivy, Nov. 16, Sinclair C.C., 490 Sinclair St.; Naughty OR Nice, Nov. 30, Vince Leah Rec., 1295 Salter St.; Holidays Are Coming, Dec. 7, Garden City CC, 725 Kingsbury Ave.; The Grinch's Christmas, Dec. 8, Chalmers C.C., 480 Chalmers Ave.; 7 Days 'til Christmas, Dec. 15, Greendell Park C.C., 75 Woodlawn Ave. Info: **204-408-8213**

MUSIC & ENTERTAINMENT

Anavets Unit #283 - Elvis Gospel & Christmas Variety Show, Sat. Nov. 30, Doors open 6:30, Show 7:30, 3584 Portage Ave., in the Stillwell Hall. Daylin James performing. Tickets \$25 avail. at the bar. **204-837-6708**

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 - Jean-Willy Kunz (Montreal), Sun. Feb. 9; Denis Bedard (Vancouver), Sun. Apr. 26. Concerts 2:30 pm, Westminster United Church, Westminster 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. Includes Christmas and windup banquets. Bryan: **204-889-6577**

VOLUNTEER - Winnipeg ICE Hockey Club - Watch a game for free while helping out our Hockey Club! Needed: 1 Head Off-Ice Official (honorary 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**

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 with preschoolers. Tue. Mornings, Oct.-June. . 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

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

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. **204-668-9967** 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

Filipino United Community Church - Seniors Fellowship every other Wed. 6-7:30 pm, 1039 Pritchard Ave. 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. Info: **431-337-1113**, pastorvictor118@gmail.com

Vital Seniors - Monthly Book Club: **204-257-4014**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Monthly Luncheon: **204-255-7508**, Monthly Men's Breakfast: **204-452-2230**, Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

Pembina Active Living (PAL) 55+ - Fall classes and drop-in activities continue. Special events: Presentation "Private home care" by *Reliable Home Care* - Thur. Nov.14, 1 pm; Still Bloomin' Garden Club - Thur. Nov. 28, 1 pm - presenter Gloria Sawatsky from *Beyond Flowers*, demonstrating seasonal arrangements; Christmas/ Holiday Party and registration for winter classes - Thur. Dec. 5, 1 pm. New members welcome. Coffee PALs - Fri. Dec. 6, 1 pm at Access Fort Garry. www.pal55plus.com, office@pal55plus.com or **204-946-0839**

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**

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**

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.

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

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

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**

Parkinson Canada

SUPPORT GROUP:

Second Thursday of the month, September - June
Central Church of Christ
170 St. Mary's Rd. Wpg.
2:30 - 3:30 pm

Topic for November 14:

Donna Greening, Parkinson Canada:
ACT on Time program & resources

MEDITATION GROUP:

Once per month, Sept-Nov and Jan-May
123 Doncaster Street (Rady JCC), Wpg.
6:00-8:00 pm
Wed. Nov. 13/19, Wed. Jan. 15/20, Wed. Feb. 12/20

For people with PD, their caregivers & partners. Vipassana Insight meditation may help reduce stress & anxiety and improve cognitive function. Bring your own water bottle.

If you are new to the group, please register: Donna Greening, Parkinson Canada - Winnipeg office:
1-800-565-3000 Ext 3440 or **donna.greening@parkinson.ca**

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: Dec. 4, 2:00 pm
Henderson Library 1-1050 Henderson Hwy.
Please R.S.V.P.

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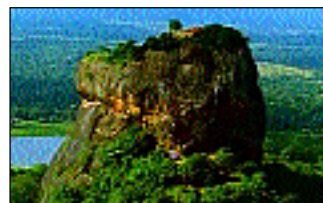
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Topic

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An Example from an Island Nation,
Sri Lanka

Content

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

Contact: Senaka Samarasinghe

204-888-8253

Email: senaka24@yahoo.com

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PRESENTATION: Dec. 11, 2:00 pm
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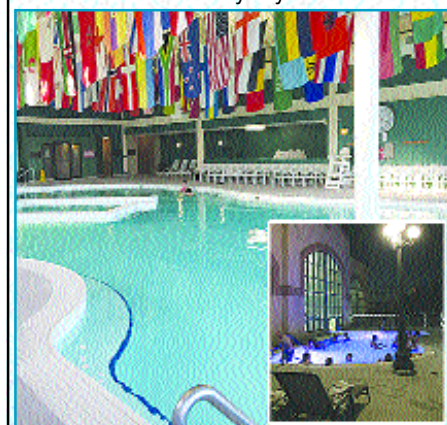
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Things To Do

RURAL MANITOBA Cont'd from page 11

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

ing and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

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

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

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling/Floor Shuffleboard. Blood Pressure Clinics, and Stroke Survivors, Book Club, 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**
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: cooks creekcommunitycentre@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

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 Dec. 3 for Dec. 10 issue.**

The Material Girls

By Leone Newton

Our quilting group, The Material Girls, was formed in the fall of 1999 with meetings hosted bi-weekly in our own homes. The group emphasis is quilting but other creative hand-work is also done by our members.

To accommodate our increasing membership, we moved to the East St. Paul 55+ Centre in 2006. A year later we successfully held an exhibition there showcasing our creations of quilts and needlework. Successive Quilt Shows have been held in 2013 at the 55+ Centre and then in 2016 in the Community Centre hall.

Another noteworthy group project was the creation of a spectacular full size quilt depicting all areas of Manitoba for the 2009 Manitoba Homecoming. Although we didn't win the competition, our quilt was displayed at the Manitoba Legislature, the Red River Exhibition, and the Royal Manitoba Winter Fair in Brandon as well as at the Grand Finale Gala at the Victoria Inn in Brandon. We sold the quilt after it was displayed that summer in a Manitoba Tourist Centre.

In 2016 East St. Paul celebrated its Centennial and we were asked by the Municipal Council to create a quilt for the occasion. We designed and constructed a very special quilt, keeping in mind the history of the municipality as it developed during the 100 year period. On November 3, 2015, at a special meeting in the Council Chambers, the commemorative quilt was unveiled and remains on display there. With the fabric left, plus donations from our members, we made over 30 lap covers for the comfort of Middle Church Home residents.

Ongoing group and individual projects include charity quilts for hospitals and community service needs. For a Christmas 2016 project, over 40 stockings were sewn and then filled with items purchased with a 55+ Club donation. Another Christmas project involved members making a specific block using seasonal fabrics. They were then all



Material Girls quilting group in East St. Paul, Manitoba.

sewn together to create Christmas tablecloths for the 55+ Centre.

We sometimes participate in 'challenge projects'. In 2012 the challenge was one in which colours from a sample fabric, specific dimensions and a particular block were required. The card player membership judged for 'favorite' and in return we supplied coffee and sweets.

In 2015 the challenge involved paint chips. Each participant was given three paint chips for the colours to be used in a specified sized quilt.

The Tula Pink Challenge of 2017 required those to use at least 20 - 6" blocks chosen from a design book by that name. The book featured 100 different blocks to choose from. The results were astonishing.

Last year we challenged ourselves to create a 'Log Cabin Block Quilt'. It was amazing to see the variety of designs using only log cabin blocks.

We have 36 members, but membership numbers continue to increase. We now meet year round every Wednesday 10 am-4 pm, as well as the 1st, 3rd and 5th Mondays, 11 am-4 pm.

Thanks to the East St. Paul Municipality for giving us the wonderful meeting and working space in the 55+ Centre. ■
Info: quiltsandthings2@gmail.com



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Hamburger Biscuits

Metric	Ingredients:	Imperial
500 g	lean ground beef	1 lb
1	onion, chopped	1
125 ml	barbecue sauce	1/2 cup
1	package refrigerator biscuits	1
125 ml	cheddar cheese, shredded	1/2 cup

In a medium skillet; brown beef and onions. Drain off any excess fat.
Stir in barbecue sauce.

Separate biscuits. Firmly press in bottom and sides of lightly greased muffin tin. Spoon beef mixture evenly between muffin cups.
Sprinkle with cheese.

Bake in preheated 400 F (200 C) oven for 10 to 12 minutes.
Cool slightly before removing from pan.

Serves 5www.PeakMarket.com

WORDSEARCH - Indigenous People

By Senior Scope

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

CROSSWORD

The Men In Charge

By Adrian Powell

ACROSS

1 British clock std.

4 Career chosen by men in this puzzle (abbr.)

7 Screws up

12 Sounds like a dove

13 It's twisted and resides in a cell

14 Huge W. African city

15 Suddenly paid attention

16 Douglas, Gen. of the Army, accepted surrender of Japan on the USS Missouri

18 Well-informed about

19 Solitary types

20 Put the fix in

21 Bernard, Field Marshal, Cmdr. of British Eighth Army in the W. Desert

23 Fibrous network

24 Lunch holder, often

25 "Besides..."

27 Pinkish hue

30 Break down and crumble

32 Just ___ out a living

36 Socrates' prize pupil

37 Sunset period

38 Calgary Stampede

39 Augment

40 Deranged

41 Item of value

42 Sicilian smoker

44 Huge Fed Ex rival

45 God send

48 Dwight, Gen. of the Army, supervised invasions of France and Germany

54 Mouth piece?

55 Accustomed (to something)

56 Overrule

57 Harold, Field Marshal, oversaw evacuation Dunkirk

59 "It's as plain ___"

DOWN

1 Boarded

2 Louis, Adm. of the Fleet, planned the dire Dieppe Raid

3 Usual Buckley's dose, for short

4 '83 Keaton movie

5 Totally ludicrous

6 Gashed

7 Needle-nosed

8 Great mth. for pumpkin growers

9 Dirty yellow hue

10 Apple or orange

11 Beetle Bailey's boss

12 Mafia kingpin

15 Easy math problem

17 Hydrocarbon group derived from benzene

19 Cabin building unit

22 Big lummoX

23 Konstantin, Marshal of the Soviet Union, helped plan Operation Bagration

26 Angel with six wings

27 H&R Block expert, for short

28 35, to grade 1 kids

29 "Far out!"

30 Letover portion

31 Eggs, technically

33 Border-crossing requests, usually

34 Premarital name indicator

35 Acquired

43 Light-filling gas

44 Donner ___ Blitzen

45 Fur coat type

46 Edmonton ice man

47 Item that Verdi wrote

49 Stone monument

50 Weiridly strange

51 Doorstop, perhaps

52 Items they display as Kelowna Intl. Singer Orbison

53 Float on the breeze

58 Highest sundial numeral

59 Ireland's ___ lingus

SOLUTION ON NEXT PAGE

Adena

Alacalufan

Apache

Apinai

Araucan

Arikaree

Atoara

Aztec

Cheyenne

Creek

Crow

Dene

Erie

Fox

Fuegian

Haida

Huron

Inca

Lenape

Maya

Miami

Mohave

Mohawk

Mojave

Nazca

Nootka

Ojibway

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Sioux

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SUDOKU MEDIUM

By Senior Scope

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

SOLUTION ON NEXT PAGE

50 PLUS CLUB

SAVE 50%

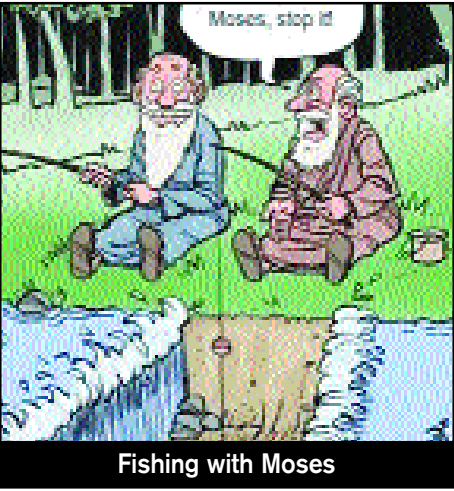
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FACEBOOK FINDS



1st Grade students filling in the proverbs:

Proverb beginning	Students' answers
Strike while the...	bug is close.
It's always darkest before...	Daylight Saving Time
Don't bite the hand that...	looks dirty.
No news is...	impossible.
A miss is as good as a...	Mr.
You can't teach an old dog new...	math.
If you lie down with dogs, you'll...	stink in the morning.
The pen is mightier than the...	pigs.
Where there's smoke there's...	pollution.
Happy the bride who...	gets all the presents.
A penny saved is...	not much.
Don't put off til tomorrow what...	you put on for bed.
Children should be seen and not...	spanked or grounded.
When the blind lead the blind...	get out of the way.
A bird in the hand...	is going to poop on you.

As you turned your clocks back, that sound you heard was Saskatchewan laughing!

LAUGH A LITTLE!



CROSSWORD - Solution

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

'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

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

SUDOKU - Solution

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

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