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Vol. 18 No. 6 | Dec 10/19 - Jan 14/20

After 29 Years, A Parade



Harris and the Cup

THE BUZZ



By Scott Taylor
Photos courtesy the Canadian Football League

The game itself was never in doubt. At the 107th Grey Cup in Calgary, the Winnipeg Blue Bombers were simply better than the Hamilton Tiger-Cats, right from the opening kickoff.

However, even the 33-12 score didn't matter to most Winnipeg football fans. What mattered was the relief. The pure emotional exuberance of a Grey Cup victory after nearly three decades, was enough to lift Blue Bombers followers to a higher place.

The drought was over. It was 1990 when the Bombers last won the Canadian Football League championship and all Winnipeg fans wanted to do was celebrate.

"So special to come together to celebrate a historic Grey Cup win for our Winnipeg Blue Bombers and for our city," said Mayor Brian Bowman. "I'm proud to recognize the Blue Bombers' Grey Cup championship with the naming

Continued on page 2

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THE BUZZ, cont'd from front page

“I’m proud to recognize the Blue Bombers’ Grey Cup championship with the naming of Grey Cup Champions Way.”

~ Mayor Brian Bowman

of Grey Cup Champions Way.”
After the victory, the champs were feted at the airport, honoured with a parade, praised at the Forks, cheered at a Jets game and invited to all sorts of soirees. They deserved it. After all, on the field they were clearly the nation’s best. This team, built by Canadian-born general manager Kevin Walters, went 3-0 in the playoffs and were overwhelmingly superior in the biggest game of the year.
In a nutshell, Andrew Harris, the Winnipeg-born runningback who survived a two-game suspension for using PEDs, gained 134 yards rushing and caught five passes for 35 more yards as he scored two touchdowns and become the first Canadian since Russ Jackson in 1969 to win the Grey Cup game’s Most Valuable Player Award.
Meanwhile, the Bombers two-quarterback strategy worked like a charm as starter Zach Collaros won his fourth straight game as the team’s passing quarterback while big Chris Streveler came off the bench to play brilliantly as the team’s running quarterback.
“It’s indescribable,” said Harris, 32, immediately after the game. “It’s a dream come true. To be able to accomplish this is a dream come true.”
Blue Bombers Head coach Mike O’Shea, a man who is loved by his players, had nothing but praise for Harris.



Andrew Harris runs wild.

“He’s fantastic, we’re so thankful that we got him,” O’Shea said. “He’s such a competitive guy and he’s so smart and he fit in so well, so quickly. I don’t know if there are many guys that could do that. I look around the league and I just don’t know if it would happen. That story should be written and told over and over again for a lot of years, cause it’s a fantastic story. It really is.”
O’Shea added, “It felt like a home game out there for us.”
While Collaros completed 17 passes for 170 yards and Streveler completed three passes for 39 yards and a touchdown, ran for another 30 yards and caught a pass from receiver Darvin Adams, it was the Bombers defence that shut down the Tiger-Cats. On Toronto radio, the Friday before the game, I said that if the Bombers win the turnover battle, they will easily win the game. They forced seven turnovers, had six sacks and blew the ‘Cats out of the building.
The Bombers defence held Hamilton quarterback Dane Evans and his Tiger-Cats offence to a measly 298 total yards. Evans had only 203 passing yards and league most outstanding player Brandon Banks had six catches for 72 yards before leaving with a hamstring

injury. Oh, yeah, the Bombers not only forced seven turnovers – three of them on downs, two on fumbles and had two interceptions, by Brandon Alexander and Mike Jones – they completely beat the Tiger-Cats to a pulp. By the fourth quarter Hamilton had no gas in the tank. They were a beaten team.
And was a remarkable thing to watch considering Hamilton was the CFL’s top team during the regular season with a 15-3 record. Winnipeg was third in the West at 11-7.
“Seven turnovers is unheard of in any game, let alone a championship game,” Collaros said. “From third-and-one stands to strip sacks, guys rallying to the ball. I don’t think we ever had a doubt they’d have an amazing game. And they did an amazing, amazing job.”
The Bombers each earned \$16,000 for their victory while Hamilton players received \$8,000. The attendance in Calgary was 35,493. Hamilton has not won the Grey Cup since 1999 and has now lost 16 straight games at McMahon Stadium. And when it comes to all of those losses, none was more convincing than their loss in the 107th Grey Cup.

Continued on next page



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THE BUZZ, cont'd from page 2



Chris Streveler

“I can’t even sum it up, what a roller-coaster,” Streveler said. “Our team had so much growth together, I had so much growth as a player and a quarterback. Our team has so much love for each other and that’s a winning recipe.”

At the post-game, open-invite party at the Forks on Tuesday, the Bombers were able to celebrate with 10,000 of their closest friends and biggest fans. Nobody said it better than Oak Park High School and University of Manitoba graduate Nic Demski.

“It’s crazy, man, it’s nuts,” Demski said while hoisting the Grey Cup. “Just to be on a champion wearing Blue. And we’re able to bring this Cup back home after the drought. This is my home town. This is my hometown team. It just feels so great. I don’t even have the words for it.”

Neither do most Winnipeggers. That’s because this Grey Cup is about exuberance. It’s about relief. It’s about enjoying every minute of it.

Because as Winnipeg football fans know, there is no telling when a victory of this magnitude will happen again. ■

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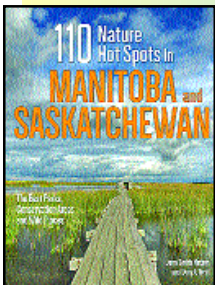
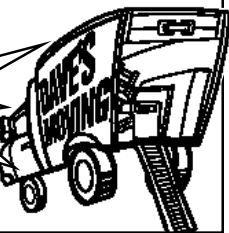
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Dec 10, 2019 - Jan 14, 2020 • V18N6

Lots of music of the season, and beyond

By Roger Currie

For residents of Manitoba who love all kinds of music, December is definitely *'the most wonderful time of the year'* as the song proclaims. Perhaps it's the splendid isolation of living on the prairies as well as long winters which in December seem to stretch out endlessly across the next three months or more. Enjoying a warm escape from the cold was scarcely an option for the early pioneers who settled in this part of the world. For those who weren't heavy into winter sports like hockey, there has always been music. We seem to have been blessed with an endless supply of music lovers who became teachers, choir directors and producers of the inevitable Christmas concert evening.

Attendance at traditional church services continues to decline, but in December you can always find a long list of festive musical events to enjoy in the weeks leading up to December 25th. This year the music is especially soothing for my wife Janice and me. She is in Palliative Care at Riverview Health Centre, and December 19th will mark the eighth anniversary of the first time we met face to face. It will also see a very special concert at the hospital by the **Winnipeg Pops Orchestra**. I confess that I had never really heard of this group before I was asked to write this article.

Their history goes back more than 60 years. Under the direction of veteran teacher and percussionist Owen Clark, the Winnipeg Pops currently has a membership of 70 musicians of all ages who play for the love of it. Over the decades, the orchestra has been led with great

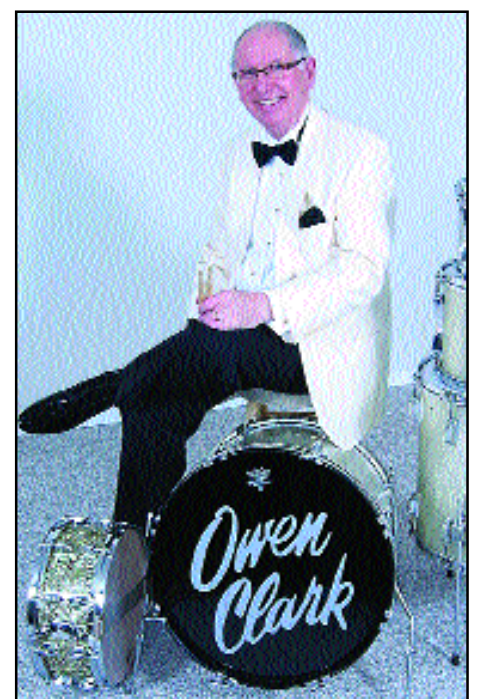
dedication by people like William Lord, Leon Bell, Mary Ann Taylor and Dave Schmidt.

81 year old **Owen Clark** took over the baton this past summer and right now he's anxious to find more string players. "We are fully covered on most instruments, but we can always use more people who can play a violin, viola, cello and particularly bass players" says Clark. "We have one terrific person on bass and I would love to have two more." He craves bench strength, especially in busy seasons like Christmas when different organizations are sometimes looking to attract concert audiences on the same night. Also, the all volunteer nature of the Winnipeg Pops sees them having to cover for musicians who travel during the winter months.

Rehearsals take place every Thursday evening for two hours and interested players should send an e-mail to winnipegpops@gmail.com. Their **premier event this holiday season will be Saturday, December 21st at 7pm at the Franco-Manitobain Cultural Centre on Provencher.**

Owen Clark says "We'll be playing many of the favourites of the holiday season, but the evening will also include special material that will carry forward into the new year, including a performance of *Lord of the Dance* by Winnipeg's **McConnell Dancers**. Also on the program will be several tunes that were written during the American Civil War which I have arranged for the orchestra."

Owen Clark's interest in percussion began when he was a teenager at Winnipeg's Tec Voc High School



Owen Clark

in the 1950's. He developed his own skills as a drummer by listening to the recordings of legendary players like Gene Krupa and Buddy Rich. Among Clark's many accomplishments and honours was being named *'Musician of the Year'* by **Jazz Winnipeg** in 2009.

Other musical treats this festive season include "A *Swinging Christmas Concert*" with **Murray Riddell's Big Band, Saturday, December 14th at 7pm, at St. John's Anglican Cathedral** in Winnipeg's north end. Tickets are \$10. For those whose musical interest includes more serious classical offerings, a reminder that **Camerata Nova** will be presenting *Rosa*, an evening of the Renaissance music of Gabrieli, Bovicelli, Mouton and Praetorius. The concert features Bruce Dickey, one of a handful of musicians in the world who are dedicated to reviving a medieval instrument called the *Cornetto*. **Concerts are Friday, Dec. 13th at 7.30, and Saturday, Dec. 14th at 7.30, at Crescent Fort Rouge United Church at 525 Wardlaw.**

Have a joyous and safe holiday season.

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



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Advertising Feature



COHABITATION AGREEMENTS

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

Common-law relationships have become very common indeed. After three years of co-habitation certain legal rights and obligations crystallize which are virtually identical to those in a marriage. This includes the right to half the net "family property" upon the break-up of the relationship, a share of each other's pension benefits, homestead rights in the family home and spousal support. Common-law rights and responsibilities can accrue even if one or both parties are still married to someone else. These consequences are usually not top of mind when parties move in together, but can cause problems if the relationship sours after three years. The good news is

that a **co-habitation agreement** can modify the default regime under the *Family Property Act*, the *Family Maintenance Act*, the *Homesteads Act* and other applicable legislation. Such an agreement can be entered into at any time but it is advisable to do so before three years of co-habitation. Opting out is also available to parties who wish to get married. That's called a Pre-Nuptial Agreement. This kind of agreement is often suitable in a second/subsequent relationship because financial situations and other obligations are more complex than in a first relationship. Thinking ahead and being prepared for possible developments is a very good idea.

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Connie Newman (L) of MASC with Dr. Verena Menec.



Table discussion: L-R: Lenore Butler, Lynn Greaves, Mary Louise Ryan, Kathy Elias, Don Dyck, Brouwen Yewdall.

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Manitoba's Keystone Canucks - Medal Winners at Huntsman World Senior Games

- Submitted by Andy Viallet

On October 18, 2019 the **Keystone Canucks** slowpitch ball team captured the silver medal in the 70+B Division at the **Huntsman World Senior Games**, held in St. George, Utah.

Dream Team from Austin Texas overcame a 16 - 12 score in the bottom of the 7th inning scoring 5 runs to win gold.

In the semi-finals the Canucks scored 7 runs in the bottom of the 7th inning defeating Wenatchee, Washington 14 -13, leading them to the gold medal game.

Brian Gadsby from Mitchell, Mb. introduced the Canuck team in October 2013 representing Manitoba four times in the Huntsman World Senior Games. Several players have managed to make the 4 trips, winning silver 3 times:

- October 2013 Silver medal in the 60+AA Division lost to Salt Lake City.
- October 2015 65 + B Division didn't make the medal round.
- October 2018 Silver medal 65 +B Division lost to Elora, Ontario. (players from Ottawa, Kitchener, Mississauga and Texas) 10 -8
- October 2019 Silver Medal 70+ Division lost 17 -16 to Dream Team



Team members: Andy Viallet, Erwin Warkintin, Ron Harms (Morden), Ken Rigaux, Brian McKenzie, Don Champagne, Mel Johnston (Manitou), Dave Boch, Garth Whitlock, Gerald Machnee, Lloyd Penner, Brian Gadsby (Mitchell) and Don Wiebe (Carman) won Silver for 3 of their 4 trips to Huntsman World Senior Games.

Photo submitted

from Austin Texas.

Huntsman World Senior Games are held every year in St. George, Utah, the beginning of October lasting a period of two weeks. Depend-

ing on the age category and the sport you choose determines which week you would be participating. Over 30 different sports from pickelball, golf, races, slow -pitch etc.,

are played with participants coming from over 80 Countries.

St. George is 120 miles north of Las Vegas. ■

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Locations in Winnipeg:



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4000 Portage Avenue, Winnipeg, MB
204-272-4535

Salon funéraire Desjardins Funeral Home
357 Des Meurons Street, Winnipeg, MB
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
455 Lagimodiere Blvd, Winnipeg, MB
204-272-7905



Arbor
Memorial

Arbor Memorial Inc.

Sign up NOW for MINDS IN MOTION!

- Alzheimer Society

There's a lot going on in the Alzheimer Society's **Minds in Motion® program**. The program is an ideal opportunity for people with dementia and their care partners to get out into the community to stay active, connected and engaged.

This is an extremely popular program: some participant pairs can't get enough, so many stay involved by participating in one eight-week session after another throughout the seasons.

With that in mind, now is the time to sign up for a winter 2020 session to ensure you get a spot. The Society is offering sessions between January and March around Winnipeg and in Brandon. (See sidebar for dates and locations.)

Here's what participants have to say about Minds in Motion:

"Mom comes alive at Minds in Motion – she's energized and fully engaged. The program has been really great for her."

"There's a real opportunity for caregivers to build strong relationships, especially between those who keep signing up for more sessions."

"The activities help Mom keep moving and stretching, and that will keep her nimble so she can continue to do everyday things, like dressing and reaching for something."

Program Activities

Participants are involved in physical activity, mind-stimulating



games and socialization opportunities during the program, which takes place in community recreation or senior resource centres. They are led by trained facilitators and certified fitness leaders who make the Minds in Motion experience stimulating, engaging and fun.

Activities involve chair exercises, socializing with others over refresh-

ments and conversation, and fun games that challenge the brain. Participants might play Jenga one week, while the next they may sing and play percussion instruments under the guidance of a musical therapist.

Minds in Motion is one of a handful of programs in Manitoba – offered by or in partnership with

the Alzheimer Society – that is designed specifically for people with early to moderate symptoms of dementia to enjoy with a family member or community friend.

For more information, go to alzheimer.mb.ca ■

Sign up for MINDS IN MOTION in your area:

Winnipeg Locations

Riverwood Square
1778 Pembina Hwy.
Jan. 14 - Mar. 3 | Tuesdays, 10 am - 12 pm
Call to register: **204-275-7632**

YMCA – YWCA of Winnipeg
5 Fermor Ave. (South Branch)
Jan. 14 - Mar. 3 | Tuesdays, 1:30 - 3:30 pm
Call to register: **204-233-3476**

The Reh-Fit Centre
1390 Taylor Ave.
Jan. 14 - Mar. 3 | Tuesdays, 2 - 4 pm
Call to register: **204-488-8023**

The Wellness Institute
1075 Leila Ave.
Jan. 15 - Mar. 4 | Wednesdays, 2 - 4 pm
Call to register: **204-632-3900**

YMCA – YWCA of Winnipeg
454 Kimberly Ave. (Elmwood-Kildonan Branch)
Jan. 16 - Mar. 5 | Thursdays, 1 - 3 pm
Call to register: **204-668-8140**

The Rady Jewish Community Centre
123 Doncaster St.
Jan. 16 - Mar. 5 | Thursdays, 10 am - 12 pm
Call to register: **204-477-7510**

Cindy Klassen Recreation Complex
999 Sargent Ave.
Jan. 22 - Mar. 11 | Wednesdays, 10 am - 12 pm
Call to register: **311**

City of Winnipeg - St. James Civic Centre
2055 Ness Ave.
Jan. 24 - Mar. 13 | Fridays, 1 - 3 pm
Call to register: **311**

Regional Location

Prairie Oasis Senior Centre
241 8th St., Brandon, MB
Jan. 15 - Mar. 4 | Wednesday, 1:30- 3:30 pm
Call to register: **204-727-6641**

Be A Santa To A Senior

The holiday season is a time of celebration, however for isolated and vulnerable older adults it can be a very trying time.

Be a Santa to a Senior program is run by **Home Instead Senior Care** and partners such as **A & O: Support Services for Older Adults**.

Last holiday season A & O delivered over 6000 gifts to socially isolated and/or in-need older adults who might not have otherwise received a gift. The need for gifts this year is very large and we are running short on donors.

How does Be a Santa to a Senior work?

A & O staff and volunteers identify Agency clients and participants that would benefit

from **Be a Santa to a Senior**. We also receive referrals from community partners including Agape Table, Hope Centre Health Care, West Central Women's Resource Centre, Health Services on Elgin, Health Sciences Centre, Geriatric Mental Health, Centre de santé, KeKiNan Centre, and Headingley Community Centre.

The **Be a Santa to a Senior** participants identify a gift they would like to receive (under \$25.00). Common requests include warm lap blankets, clothes, playing cards, large print puzzle books, jigsaw puzzles and magnifiers. Over the past few years, we have seen many more requests for basic needs rather than wanted items.

How you can get involved:

Get your group or workplace involved - sponsor a group of older adults, wrap and deliver gifts to one location (delivery optional). Make a monetary donation and we will shop for you!

For more information, call:

A & O: Support Services for Older Adults
204-956-6440
or
Call Home Instead Senior Care
204-953-3720

Wishing you a
Happy Holiday season

Manitoba
PC Caucus

 <div>Brian PALLISTER MLA for Fort Whyte info@brianpallister.com</div>	 <div>Heather STEFANSON MLA for Tuxedo tuxedo@mymba.net</div>	 <div>Eileen CLARKE MLA for Agassiz agassiz@mymba.net</div>	 <div>Cathy COX MLA for Kildonan - River East cathycox@mymba.net</div>	 <div>Cliff CULLEN MLA for Spruce Woods cullen@mymba.net</div>	 <div>Ralph EICHLER MLA for Lakeside mla.eichler@mymba.net</div>
 <div>Wayne EWASKO MLA for Lac du Bonnet wayne@wayneewasko.com</div>	 <div>Scott FIELDING MLA for Kirkfield Park scott@scottfielding.ca</div>	 <div>Cameron FRIESEN MLA for Morden-Winkler info@cameronfriesen.ca</div>	 <div>Kelvin GOERTZEN MLA for Steinbach kelvin@kelvingoertzen.com</div>	 <div>Audrey GORDON MLA for Southdale mla.audreygordon@gmail.com</div>	 <div>Josh GUENTER MLA for Borderland josh.guenter@leg.gov.mb.ca</div>
 <div>Sarah GUILLEMARD MLA for Fort Richmond contact@sarahguillemard.com</div>	 <div>Reg HELWER MLA for Brandon West reghelwer@mymba.ca</div>	 <div>Len ISLEIFSON MLA for Brandon East brandonle@mymba.ca</div>	 <div>Derek JOHNSON MLA for Interlake - Gimli interlake@mymba.ca</div>	 <div>Scott JOHNSTON MLA for Assiniboia scottjohnston@mymba.ca</div>	 <div>Bob LAGASSE MLA for Dawson Trail lagasse@mymba.ca</div>
 <div>Alan LAGIMODIERE MLA for Selkirk alanlagimodiere@mymba.net</div>	 <div>Shannon MARTIN MLA for McPhillips mcp@shannonmartin.ca</div>	 <div>Brad MICHALESKI MLA for Dauphin dauphin@mymba.ca</div>	 <div>Andrew MICKLEFIELD MLA for Rossmore andrew@andrewmicklefield.com</div>	 <div>Janice MORLEY-LECOMTE MLA for Seine River janice@mymba.net</div>	 <div>Greg NESBITT MLA for Riding Mountain gregnesbitt@mymba.ca</div>
 <div>Blaine PEDERSEN MLA for Midland midland@mymba.ca</div>	 <div>Doyle PWINIUK MLA for Turtle Mountain info@doylepwiniuk.ca</div>	 <div>Jon REYES MLA for Waverley jon@mymba.ca</div>	 <div>Ron R. SCHULER MLA for Springfield-Ritchot ron@ronschuler.com</div>	 <div>Andrew SMITH MLA for Lagimodiere andrew@andrewsmith.ca</div>	 <div>Dennis SMOOK MLA for La Varendyne dennis@mymba.ca</div>
 <div>Rochelle SQUIRES MLA for Riel rochelle@rochellesquires.ca</div>	 <div>James TEITSMA MLA for Radisson james@mymba.ca</div>	 <div>Jeff WHARTON MLA for Red River North north@mymba.net</div>	 <div>Ian WISHART MLA for Portage la Prairie p@mymba.net</div>	 <div>Rick WOWCHUK MLA for Swan River rick.wowchuk@leg.gov.mb.ca</div>	

Manitoba Coin Club

- 65 Years Strong

The Manitoba Coin Club is celebrating it's 65th Year and it's great to see it is very vibrant.

More young members will mean we will go on as a club for a long time.

Sixty members and friends gathered at Aaltos in Club Regent on

December 5th for our year end dinner and everyone had a great time.

Thanks to all who worked to make it a great success

Have a great Xmas and an excellent 2020!

~ Metro



A fine group enjoying dinner including Tracey Heminger (2nd from right) from the Royal Canadian Mint.



Barré and Dawny Hall



Chantal Chiasson and son Patrick



Ian & Rochelle Laing of Gatewest Coin



Esther Juce, Howard R. Engel

Manitoba Churches – Winnipegosis

Holy Ascension of Our Lord Jesus Christ – Ukrainian Catholic - 1929

Municipal Heritage Site No. 14

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)

Ukrainians first settled in the areas around Lake Winnipegosis in 1899. Services were then at the Church of the Nativity of the Blessed Virgin Mary 3.5 miles northeast of town. The first Divine Liturgy of Winnipegosis was in 1910, celebrated by Rev. A. Sabourin in the home of Stefan Smerychanski. The parish was formally established in 1926 by 28 founding members.

Due to challenges facing them the settlers' first churches were usually small and often of modest size with little adornment. By the 1920s, however, with greater prosperity many congregations were able to build larger. And so it was with the Ukrainian Catholics in the Winnipegosis area who found services in the small church near Cork Cliff becoming very crowded.

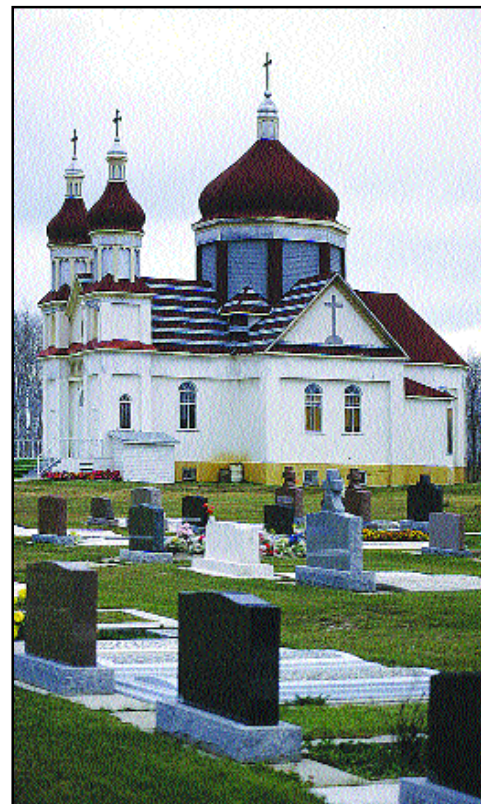
This is the first church of the parish. It was built on a 4-acre site by the settlers themselves assisted by Rev. Peter Kamenecky. It was designed by Rev. Philip Ruh, whose churches reflect the ornate 18th century Baroque ones of Kiev. This is one of his finest. Many of his churches for Ukrainian Catholic parishes across

western Canada have come to be known as Prairie Cathedrals.

The church is a large cruciform wooden structure with three domes, each topped with an iron cross. Two small domes are part of the front towers. The dome-cupolas are finished with sheet metal, the domes and roof with brick-coloured asphalt shingles. The walls are stuccoed.

The church has six entrances. Stairs to the basement are to the right of the main entrance, with stairs to the choir loft on either side. The sanctuary and altar are elevated. The wall behind the altar has five panels. The five triangular sections of the vaulted ceiling bear paintings: of the Ascension in the centre panel, and of the four Evangelists, John, Matthew, Mark and Luke, and their symbols, on either side. These, and the other paintings, of Our Mother of Perpetual Help and of St. Nicholas, are by Yakiw Majdanyk.

Nearby stands the enclosed single-bell belfry, and beyond that is the parish cemetery.



Photographed in 1987

Kelly Lewis Artistry

kellylewisartistry@yahoo.com
204-202-9814

@KellyLewisArtistry on FB
kelly_lewis_artistry on IG

Kelly Lewis is a local winnipeg artist who specializes in affordable Pet Portraits.
Contact Kelly Lewis Artistry to get your quote on a custom Pet Portrait today.



You can help Drea



"Nobody ever wants their kids to miss out on anything, never mind life."

Our names are Mike and Mandy and our six-year-old daughter Drea has brain cancer.

Our world changed instantly earlier this year when we received the devastating news of Drea's cancer.

We wondered ... was our youngest child going to live?
In the months since her life-altering diagnosis, we have come to appreciate how donor generosity is giving Drea and our family of five more time together. However, we need people to continue giving because it's highly likely Drea's cancer may come back.

We hope Drea's story inspires you to rally behind her.
Drea is a unique little girl. One moment she's a colourful "girly girl" and the next she's mimicking her favourite wrestling stars with her older siblings.

Last December we noticed physical changes in Drea. Then they intensified. A CT scan in mid-January revealed the unthinkable. Drea had a brain tumour.

How do you explain to your child she's going to need brain surgery?
How do you act normal in front of her? Every time we looked at her we burst into tears. Can you imagine if this was your child or grandchild and you were told doctors worldwide don't yet know the best treatment? Drea's cancer is that complex.

The surgeons were able to get the entire tumour but this isn't the end of her journey. Drea has a long, grueling treatment plan ahead of her. One laced with uncertainty.

Her CancerCare Manitoba oncologist hopes she will tolerate the maintenance chemotherapy she will be on for one to two years. The odds of this happening are precarious though.

Nobody ever wants their kids to miss out on anything, never mind life.
Looking ahead is not easy. It's plagued with unknowns. As her mom, I feel helpless. I'd like to go to bed not being terrified she's going to relapse. If Drea's cancer does come back, I need to know there will be more knowledge and answers to cure her. For this to happen, we need your help. Your gift may be the difference CancerCare Manitoba's researchers need to better understand and treat Drea's unique cancer.

As a dad, I want to protect my family.
Drea's illness rocked me to my core. Like Mandy, I worry terribly what the future holds for her. My way of coping though is to set little goals. Her next MRI is in December. I'm focused on that and getting another clear scan.

Then there's Christmas and New Year's. I just want our family to enjoy these special times together. But if you ask me about the long term, I can't tell you I think about university or her getting married. I can't even tell you what January holds for Drea.

What we do know is your support and compassion will be a bright light for our family this holiday season. Thank you from the bottom of our hearts for caring and giving. *Mike & Mandy*

* A special thanks to the Gauthier Automotive Group for matching donations up to \$25,000 in support of Drea.



Donate today to help Drea and your gift will be matched.

Here is my Special Gift of:

☐ \$100

☐ \$50

☐ \$25

☐ \$ Other _____ (Minimum \$15 for tax receipt)

Name _____

Street Address _____

City _____

Province _____

Postal Code _____

Phone (H) _____

(M) _____

I prefer to give by:

☐ Cheque (Payable to CancerCare Manitoba Foundation)

☐ Credit Card (Fill out form below)

Credit Card ☐ Mastercard ☐ Visa ☐ Amex

Credit Card # _____

Expiry Date _____

Cardholder's Name _____

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Did Shakespeare Come From Hambantota?

Author: S. Samarasinghe, Principal Assistant Registrar General

Published in: The Island 15th March 1986



There is a strong belief among certain sections of the old generation in distant Ruhuna that according to tradition William Shakespeare was, in fact, no other than a “Sinhalese” boy who was taken away to Britain from a hamlet in Kirinda in the Hambantota District.

The story has it that certain English Missionaries, who were sailing in a frail boat, were shipwrecked off the coast of Hambantota. They were compelled to spend a few days on land until the repairs were done. The villagers, who looked with curiosity the white men in distress, helped them to get food in keeping with the custom of hospitality which is known among Southerners even today.

Among those villagers, the Missionaries observed an intelligent fair complexioned boy and decided to take him along. They consulted his parents, who asked his tutor the monk of the temple the Ven. Bhikkhu, who knew that the boy would in future become a famous man, because the powerful planets indicated this in his horoscope, agreed. But the monk vehemently insisted that the name of the child and that of his clan should not be altered in the country where he was going to make his fortune.

All in the Name

The boy was descendant of “scheekkauperuge”, people of an ancient clan who were also called Weluman being connected to King Dutugemunu’s warrior Welusumana, who was related to the ancestors of the glamorous Gajamannona of exceeding beauty, the nightingale of the South.

Eventually, the visitors set sail with the young man and took him to a small village on the banks of the river Avon in Britain, where he was named William brought up by an obscure foster father, who was later known as John Shakespeare.

After the boy left the Island it is said that there had been some correspondence with the parents for some time. Unfortunately the papers kept in the village temple had been destroyed by floods. Suddenly correspondence ceased and nobody was interested thereafter.

A few years ago an article appeared in a magazine in India

that this identical Shakespeare happened to be a Muslim boy taken from Arabia to England under almost similar condition as mentioned here.

It was reported that the boy was called at home by the name Shelk Abdul Pierrierson of Wahid Sulaiman, thus became William Shakespeare. Whatever it may be, certain circumstances indicate definitely that Shakespeare was not born in England and that his early childhood is shrouded in mystery.

Critical examinations of the life of Shakespeare written by several authors show actual date of birth is not known. Peter Alexander, the famous historian, says that according to tradition William was of one John Shakespeare and that the boy was christened on 26th April, 1565. The place of birth is not known and it is reported that William came to London from Stratford on Avon, an insignificant village where there were practically no facilities for studies. Peter Alexander also says that in 1582 Shakespeare married Anne Hathaway, a lady who was eight years his senior. Taking for granted that he was christened a few days after birth, he should have been eighteen years at the time of marriage, which is not possible, because Englishmen at that time did not marry so young.

Miracles in Literature

He might have been a lad of ten when he was christened, as he might have been eight or ten when he left Ceylon and therefore, at the time of the marriage he could have been a young man of 28 or 30 years. It is also reported that Shakespeare died on 23rd April 1616 that is 48 years after the date of christened. If he got married at 18, he could not have had time to pursue his studies to write so many plays in such a wonderful manner.

Ben Jonson had remarked that it is strange that Shakespeare, who

knew “some Latin and less Greek”, had done miracles in the field of literature. Aubrey goes on to say that according to Shakespeare’s language and expressions he might have been a teacher in some country and that he adopted a style of his own.

These expressions lead us to the conclusion that the early education in Buddhist philosophy that the village temple and his family background being related to Gajaman Nona were to help him later on as a dramatist.

When we carefully consider the works of Shakespeare we can see clearly that most of the plays are based on Buddhist Jataka Stories and anecdotes of the East with a background that points to typical ancient Sinhalese culture in which we always find utterance relating to astrology, astronomy, oracles, superstitions beliefs in the East and other kindred subjects, which were not known to the writers of the West at that time.

Heroines from the East - Buddhism

Moreover, it is an established fact that Shakespeare “has no heroes but heroines”. This statement will prove categorically that he had followed the Jataka Stories in Buddhism, diligently studied by him in Ceylon, in which it is always the woman who took the leading role. Most of the names of female characters in his comedies sound more like names taken from Eastern countries than from the West, such as Miranda Amelia, Ursula, Nerissa and Desdemona in Othello – taking a Muslim into the scene is rare among English writers.

We find in “Merchant of Venice” how Portia, a lady dressed as a lawyer valiantly delivers an address on “mercy” masterpiece in the English language.

It is based on human sympathy and compassion – “mercy that blessed him that give and him that takes” is an expression benevolent “Maitri” – one of the most prominent features in Buddhist doctrine, where it is said that thought of “Maitri” come from our inner selves and have three beneficial effects on the persons who practice and others as well.

In “Julius Caesar” a soothsayer coming into the stage is in keeping with eastern custom, particularly in Ceylon of consulting the planets to ascertain one’s future.

Then again in “Hamlet” we come across a peculiar character who says: “If you live close to Church then you go further away from heaven”. This also refers to a belief among certain Buddhist that it is a sin to build houses in front of temples. Then we find the obnoxious cry of the owl in the night foreboding ill – also a common belief in the East.

Seven Stages of Man

In “Twelfth Night” Shakespeare has shown vividly the change (Anichcha) in human life in describing the Seven stages of Man from birth. “The infant in mother’s arms to old age” sans teeth sans hearing is exactly. The division of man’s life into seven periods the last being “sans everything” this is according to the principles of Buddhism. No writer has ever attempted to describe human life in such vivid fashion. However, we still find mural paintings of Man, so that the ordinary pilgrim could easily grasp the fast change of man with the help of these pictures.

“The Tempest” is considered Shakespeare’s farewell to the stage, where he make Prospero to unite and release the spirits from bondage - kodivina kapanawa - and bury the magic wand, the last scene where actually astrology and charms in this Island are used to end his literary career.

Arden has suggested on one occasion that the interrogative ‘No’ at the end of a statement in Shakespeare’s plays to turn it to a question, could be taken as an acceptable Ceylonism. Several instances can be found in his plays Viz. *Hamlet*: Do you love me Master, No?

Secrets Within

A friend who visited Stafford on Avon on a centenary celebration told me that while examining same articles that Shakespeare has used, a tourist from France, inspected the bed and asked the guide whether it was, in fact, the bed on which Shakespeare’s mother gave birth to her son. He also told me that there was an inscription on the monument where he was buried with the words: Woe unto him, who pens this”. There is therefore, some secret lying within the tomb. Perhaps, as important documents, depicting hi antecedents might have been placed inside. ■

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**

Bear Clan - Free presentation by James Favel on the work of the Bear Clan, Sun. Jan. 26, 1:00-2:30 pm, @ Crestview United Church, 316 Hamilton Ave. Donations to The Bear Clan gratefully accepted. W/C accessible, lots of free parking. Refreshments. **204-832-0475**

Manitoba Book Awards/ Les Prix du livre du Manitoba - 32nd Annual Awards, Fri. May 8, 2020, at the Winnipeg Art Gallery, celebrating local talent, diverse books, and bilingual category. www.manitobabookawards.com

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

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

Canadian Celiac Assoc. Manitoba Chapter - There will be a Gluten Free 101 information class for those newly diagnosed with Celiac Disease, DH, and those attempting to navigate the gluten free lifestyle. This will be held at the SMD Building, Room 203-825 Sherbrook St., Mon. Jan. 20, 7-9 pm. There is no charge and parking is free in the SMD lot off McDermot at Sherbrook. For more info contact our office at **204-772-6979** or office@manitobaceliac.com

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**

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 / LUNCHEONS

The Women's Canadian Club of Winnipeg - Luncheon, Dec. 17, 12:00 noon, at RBC Convention Centre. This Holiday Celebration will feature the Shoestring Players who will perform two staged readings: "Just a Two Cent Stamp" by Ron Blicq and "Mother's Day" by J.B. Priestley. There will be fun and surprises along with a turkey dinner and all the trimmings. 12:00 noon. Cost \$33.00. Reservations and info: **204-663-5657** or wccwinnipeg@gmail.com

CRAFT & MISC SALES

Craft, Vendor & Bake Shows - 7 Days 'til Christmas, Dec. 15, Greendell Park C.C., 75 Woodlawn Ave. Info: **204-408-8213**

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 - 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

The Pembina 55-PLUS Curling League - is looking for curlers. We curl at the Pembina Curling Club located at 1341 Pembina Hwy (close to McGillivray). Two games are played per week, alternating between Mon., Wed. and Fri. at 1 pm. Teams are established using random selection for each of 4 rounds (10 Games per round). An alternative is to start off by sparing. For registration information please visit our website at "55pluscurling.com" email us at contact@55pluscurling.com or call Ed at **204-261-8049**

Lady Bowlers - Fridays at 12:45 pm at Polo Park. Our group is very friendly and invites Ladies of all ages to come bowl with us. We bowl for fun so if you have never bowled before or haven't bowled for a long time come out and give us a try. If you can't commit to every week come spare with us. Cost is \$10 per week and includes a Christmas luncheon and fun day, as well as a wind-up in April, lunch included and prize money. Time off at Christmas and Easter. Age is no barrier. We have had a lady who was still bowling at 99 years! Call or text **204-770-3903**

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 (honorarium role) to lead a team of Off-Ice Officials. Volunteer roles: 1 Time Clock Keeper, 1 Score Sheet Keeper, 2 Goal Judges, 2 Penalty Box Attendants, 1 Online Scorer, 1 Goals/Assists, 2 Plus/Minus, 2 Shots on goal, 1 Face-offs. Tricia Neill, 50 Below Sports + Ent. **204-489-7465**

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. **204-958-6644**. <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. **204-668-0967** 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 dates: Jan. 9, Feb. 13, Mar. 12. Free, adult drop-in. Play cards, table games or just conversation. Light refreshments. Info: Chris: **204-895-7410**

Pembina Active Living (PAL) 55+ - Winter classes begin Jan. 6, 2020: yoga, fitness, Tai chi, yogalates, strength/resistance training, line dance, Zumba Gold, writing, etc. New members are welcome to join PAL 55+. Registrations are accepted at the office (closed on Dec. 13 for the holidays) or on the website. Drop-in activities resume in January: bowling, men's breakfast, bridge, movies, LunchPALS, etc. For information: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

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.

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**

Bleak House Senior Centre - 1637 Main. Mon. 12:30 pm whist, Tue. 10 am coffee and conversation, 11:45 am Lunch, 1 pm Bingo - Ceramics Thur. 12:30 pm Cribbage, Friday 9:30 am Quilting. **204-338-4723**

McBeth house (a non-profit organization for seniors and community) - Various activities. Mon. morning drop in rsvp, Yoga, 50+ 2-3 pm, 6-7:30 pm, **204-479-4857**; Tue. Cribbage 6:30-8:30; 1st Wed. of mo. Book Club, **204-654-1109**; Thu., Painting/crafts 10-2, Quilting 6:30-9 pm; Sat. Bridge 1-4 pm. Info: **204-339-0432** or mcbethhousecentre@shaw.ca

Senior Achievers - Meet 3rd Thur. 1-3 pm at 618 Selkirk Ave. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360**

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

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

St. Matthews Maryland Community Ministry - Seniors Art Workshop Wednesdays, 12:30-2:30 pm, instruction and supplies provided, no experience necessary. Seniors Health and Wellness program Fridays, 11 am-1 pm. Different wellness activities weekly. Healthy snacks provided. 365 McGee St., **204-774-3957**, www.stmatthewsmaryland.ca

MB Christian Writer's Assoc. (MCWA) - Meets 10 Sat. afternoons/yr. Writers of all levels welcome. Annual membership \$25. Drop-in \$3/mtg. Meetings: 1:30-4 pm, May 4, June 1, at Bleak House Centre, 1637 Main St. Info: **204-256-3642, 1-204-326-7286**

Meadowood United Church - Handiworks Crafters Group, 2nd and 4th Tuesdays of mo, 2 pm. Started Sept. 11. Quilter's Group, every Thur., noon at Meadowood Church, 1111 Dakota St. \$35 fee/year. **204-256-7002**

South Winnipeg Family Community Drop-In - Seniors meet Wed's, 9:30-11:30 am, at 800 Point Rd. Includes coffee, snacks, activities. **204-284-9311**



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Things To Do

WINNIPEG Cont'd

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

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Gerry: **204-257-1475**

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

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

Elmwood EK Active Living Centre - Café: Wed. 10:30-noon. Coffee and treats \$1. Come and see what other events and activities the Centre has to offer. ie: Community Woodshop (including a Ladies at 10:30 Fridays), Hand & Foot Canasta, Carpet Bowling, floor curling (Mon. 1-3) and many more. 180 Poplar @ Brazier. Membership \$20. **204-669-0750**

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-in 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am, presentations, monthly birthday lunch, outings, games, etc. Wed. - Steppin' Up FREE Exercise Class 10-11:30 am, Thur. - Pickle Ball 9:30-12 pm. Coffee/Tea/snacks provided. More info, call Sheila: **204-990-2339**

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

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

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

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

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

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

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

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

Le Conseil des francophones 55+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only:

Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., conseil55@fafm.mb.ca

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

Archwood 55 - Yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com

Sturgeon Creek United Church - Fellowship gatherings. Games, cards, conversation and light refreshments. 2nd Thur. of the mo., 1:30-3 pm except July and Aug. Free. **204-895-7410**

Ukrainian Cdn Veterans Br # 141 - Live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Info: **204-589-6315** ext 103.

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

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

Dakota 55+ Lazers Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. **206. WHIST**, Wednesdays, 12:30 pm,

contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

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

Fort Garry Legion - 1125 Pembina Hwy., Paper Bingo, Fri., Early Bird 7:15 pm; and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch.

The Friendly Settlers Senior Citizens Club - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or ganyadel4@mymts.net

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

55+ Men's Club - Wed. & Thur. afternoons, 1-4 pm, at Bourkevale Lawn Bowling, 900 Ferry Road. Art and hobby classes, or just enjoy a coffee. **204-987-8850**

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

Mensheds Manitoba Inc. - Peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call **204-832-0629**

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

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Manitoba Brain Injury Association - now also available in Selkirk, MB

Every 9 seconds, someone acquires a brain injury in North America. Its effects last longer than the few seconds it can take to acquire it; they can last a lifetime.

Survivors come in all ages, whether young or old, brain injury can happen to anyone. "People who have suffered brain injury for the first time or those who have lived with

a brain injury often feels isolated, frustrated, or confused about their symptoms," said Gladys Hrabí, Executive Director of Manitoba Brain Injury Association. Joining a support group can help survivors gain valuable knowledge and insight on how to cope with their new normal. Support group can also provide a sense of commu-

nity and validation that what they are going through and struggling with, also happens to many other survivors of a brain injury.

In addition to Winnipeg, Steinbach, Brandon, and Dauphin, survivors from Selkirk, Manitoba can now join the support group that will be held at **Gordon Howard Seniors Centre** at 3984 Eveline Street,

Manitoba every **first Wednesday of the month**.

Registration is not required; caregivers are also welcome to join.

For more information, please contact: **Yinka Abiola** Service Navigator, services@mbia.ca **204-975-3271**

Things To Do

RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

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

Beausejour - Sponsored by Knights of Columbus Council - Malanka, Sat. Jan. 11, Brokenhead River Community Hall, 320 Veterans Lane, Beausejour. Live Band "Dennis NYKOLATION!" Dinner catered by Lucy's Catering. Ukrainian Dancers Entertainment. Cocktails 5 pm, Dinner 6:30 pm. Advance tickets only. Adults \$40 ea., 11-13 \$20, 10 & under \$15. Tickets: call Ron, **204-755-2821** or Stan, **204-268-2961**. Proceeds to local charities.

Interlake/Eastern Region - Alzheimer Society - Family Support Groups: Gimli, 3rd Tues. of mo, 1 pm, Gimli Community Health Centre; Lac du Bonnet, 2nd Wed., 6:30 pm, Health Centre; Selkirk, 1st Wed., 7 pm, Gordon Howard Centre; Springfield, 3rd Thur., 1 pm, Springfield Library; Stonewall, 4th Tues., 10 am, Stonewall & District Health Centre. Info: **204-268-4752** or alzne@alzheimer.mb.ca

Selkirk - Selkirk Senior Mixed Recreational Curling League - welcomes new curlers. Individual entry. Play positions

accommodated where possible. New teams formed by random draw for each of the 6 rounds in the curling season. ALL skill levels. Stick and slide delivery. Join anytime. Mon. & Fri., 1:30 pm, at Selkirk Curling Rink, 381 Jemima St. Ken Bumstead, **204 785-2207**

St. Andrews - St. Andrews Heritage Centre, 374 River Rd - Wreaths By Tracy, Sat. Nov. 16, 1:30-3:30 pm. \$45. Register at www.standrewsrectory.ca; Deck the Halls. See our decorations and seasonal gift shop at the St. Andrews Rectory, Nov. 16 until end of season. Holiday tour with cookies and hot cocoa, Nov. 21-22, 10 am-8 pm, Nov. 23, 10 am-5 pm. Thursday Night Lights, Nov. & Dec. 5-8 pm; Burrowing Under, presentation about burrowing animals and their habitat, Sat. Nov. 30, 1-3 pm. \$5/person, \$15/family (max 4). The Prairie Wildlife Rehabilitation Centre Ambassadors will be attending. Register at www.standrewsrectory.ca. Info: standrewsmuseum@hotmail.ca, **204-339-6369**

St. Andrews - Old St. Andrews-on-the-Red - Old Fashioned Christmas, Sat. Dec. 14, 1-4 pm. Craft and bake sale, Father Christmas, Rainbow Auction and Celtic Christmas music with the group *Two by Two* at 2 & 3 pm. Refreshments served. Adm. \$5. Info: **204-338-7483**

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: Monthly luncheon**, Wed. Nov. 13, noon, O.F. Hall; Pickleball, Tue's 7 pm - Stonewall Collegiate, Thur's 7:15 pm - Stonewall Centennial School. \$5 Drop in, \$3 si55Plus members.

Teulon - The Teulon Senior Citizens' Club - Monthly afternoon dances, at Teulon-Rockwood Centennial Center. Info: Joan Trombo, **204-886-2098**

VOLUNTEER

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

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

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

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

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or mmutcheson@ierha.ca

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Christmas Concert

December 21, 2019
7:00pm

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SATURDAY, DECEMBER 14, 2019 AT 7:30 PM
LE VENDREDI 13 DÉCEMBRE 2019 À 19 H 30 et
LE SAMEDI 14 DÉCEMBRE 2019 À 19 H 30
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Things To Do

RURAL MANITOBA Cont'd from page 15

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

PROGRAMS / SERVICES

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

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

Beausejour - Beau-Head Senior Centre - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, beauhead@mymts.net

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

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

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services:

Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), 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.gimlinehorizons.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 (CLOSED DEC. 24-JAN. 2/20) - Chair excercises, 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 Jan. 8 for Jan. 14 issue.**

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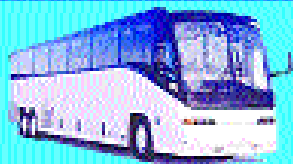
California Zephyr Tour

October 16-25th, 2020
\$3400.00 pp dbl occ



Tour Includes: 9 Nights Lodging (4 Nights Amtrak Train Roomette, 4 Nights Emeryville, 1 Night Flandreau), Motorcoach Transportation Winnipeg to Omaha, Amtrak Transportation Omaha to Emeryville, Bay Cruise, Fisherman's Wharf, San Francisco Cable & Trolley Ride, Alcatraz Tour, San Francisco City Tour, Ferry from Oakland to San Francisco, Meals while on Amtrak Train plus Tour Director Accompanies Tour.

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Chicago

April 18-24th, 2020
\$1650.00 pp dbl occ

Tour Includes: 6 Nights Lodging, Transportation Winnipeg, MB to Red Wing, MN return, Economy Amtrak Train Ticket Red Wing to Chicago return, Admissions to Shedd Aquarium, Field Museum, Art Institute & Science and Industry Museum, 75 Minute Architectural Boat Tour, Transit Passes, 6 Breakfasts plus Professional Tour Director Accompanies Tour.



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Newfoundland Labrador

TOUR:

June 23 - July 5th, 2020
\$3950.00 pp dbl occ - Includes HST



Tour Includes: Westjet Flights, 12 Nights Lodging, Deluxe Motorcoach Transportation, 23 Meals, 2 Boat Tours, Ferry to Labrador, Local Guides in St. John's, Bonavista & L'Anse aux Meadows, Excursions to Cape Bonavista, Trinity, Bonavista & Twillingate, Wine Tour / Tasting, Entrances Fees to UNESCO & Provincial Park, Luggage Handling plus Tour Director Accompanies Group from Winnipeg!

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Today's Recipe

www.PeakMarket.com

Crab Spread

Metric	Ingredients:	Imperial
125 ml	cottage cheese	1/2 cup
50 ml	sour cream	1/4 cup
125 ml	flaked crab meat	1/2 cup
1 ml	curry powder	1/4 tsp
50 ml	celery, chopped	1/4 cup
-	salt & pepper to taste	-
-	assorted crackers for serving	-

In a medium bowl; combine cottage cheese, sour cream, crab meat, curry powder, celery, salt and pepper to taste. Cover and refrigerate for at least 2 hours. Serves 6

Pecan Cheese Ball

Metric	Ingredients:	Imperial
2	package cream cheese, softened (8 oz / 227 g)	2
1	can crushed pineapple, drained (8 oz / 227 g)	1
375 ml	pecans, finely chopped	1 1/2 cup
50 ml	green pepper, finely chopped	1/4 cup
30 ml	onion, finely chopped	2 tbsp

In a large bowl; mix cream cheese, pineapple, 1 cup (250 ml) pecans, green pepper and onion. Blend well. Refrigerate for 1 to 4 hours.
Shape into ball and roll in reserved 1/4 cup (50 ml) pecans. Serves 6

CROSSWORD

Beware the Grinch!

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

48 Stone monument

50 Weiridly strange

51 Doorstop, perhaps

52 Items they display as Kelowna Intl. Singer Orbison

53 Float on the breeze

55 Highest sundial numeral

59 Ireland's ___ lingus

SOLUTION ON NEXT PAGE

WORDSEARCH - Yuletide Spirit

By Senior Scope

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

Advent	Crib	Gift	Jesus	Merry	Red	Spirit
Angel	Cupid	Gold	Jingle	Midnight	Roast	Star
Baby	Dasher	Gravy	Bells	Mass	Sales	Tidings
Brussels sprouts	Dolls	Green	Jolly	Myrrh	Santa	Toast
Card	Donkey	Ham	Joseph	Nativity	Sauce	Toys
Carol	Eggnog	Happy	Joy	Noel	Shepherds	Winter
Cedar	Elves	Holly	Lights	Pie	Sherry	Wise men
Child	Family	Holy	Lord	Pine	Sing	Worship
Christmas	Fir	Icicle	Magi	Port	Sled	Wreath
cookies	Flock	Inn	Mary	Potato	Sleigh	Xmas
		Ivy		Prophecy		Yule

SUDOKU MEDIUM

By Senior Scope

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

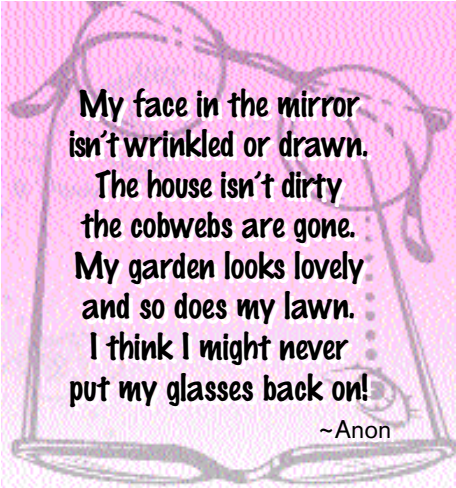
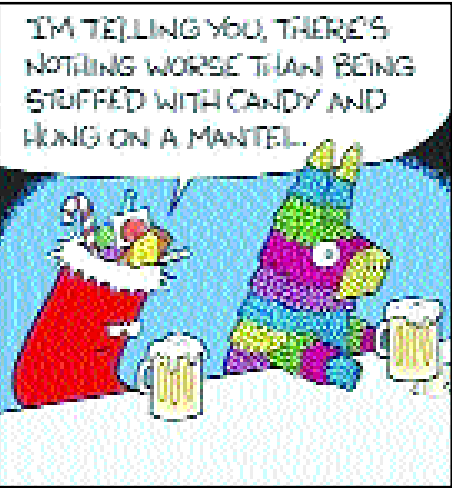
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TRIPLE THRILL

THURSDAYS

FACEBOOK FINDS



Young boy: Dad, I've decided that I'm going to get married.
Dad: That's great son! Do you have anyone in mind?
Boy: Yes, grandma! She said she loves me. I love her too. She's the best cook and story teller ever!
Dad: Well, that's nice, but there's a little problem with that.
Boy: What's the problem?!
Dad: She happens to be my mom. You can't marry my mom.
Boy: Why not? You married mine!

If you were born in the 80's and raised in the 90's and make it to 2020, you will have lived in 4 different decades, 2 different centuries, 2 different millenniums, and you're not even 40 years old!

LAUGH A LITTLE!

Things to ponder....

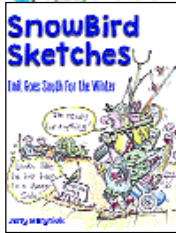
- What if my dog brings back the ball only because he thinks I like throwing it?
- If poison expires, is it more poisonous or no longer poisonous?
- Which letter is silent in the word 'scent'? The 's' or the 'c'?
- Should the letter 'w' actually be called 'double v'?

CROSSWORD - Solution

G	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 Copyright © 2018 by Gerald Maryniuk



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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, Hnaua General Store, and Terjesen's in Gimli. snowbirdsketches@gmail.com

WORDSEARCH - Solution

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

SUDOKU - Solution

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

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