



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

Website: www.mobile.legal

Call us or click
on our website
today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services

Senior Scope

USEFUL & ENTERTAINING INFORMATION FOR ALL AGES
IN WINNIPEG, RURAL MANITOBA & **READ ONLINE** at www.seniorscope.com

FREE
COPY

Join Senior Scope on:



Vol. 18 No. 9 | Mar 10 - Apr 9/20

Catch Selkirk's 2020 Vision... Get in the Games!

- Karyn Heidrick (Manitoba 55+ Games Coordinator)

2020 MB 55+ GAMES CANCELLED

UNTIL FURTHER NOTICE due to COVID-19. Please visit www.activeagingmb.ca for Updates.



Counter Clockwise: Top Left: Cribbage finalists at 2019 MB 55 Plus Games in Swan River; Passing the Games torch forward from Swan River to the Selkirk host committee for 2020, Bowling, Mixed Pickleball, Slo-pitch, Women's track medlists.

You can join hundreds of other older Manitobans & make new friends for life!

Selkirk, MB is gearing up for the 38th annual Manitoba 55+ Games (presented by **PlayNow.com**) scheduled for June 16 -18, 2020. This will be the first time the Games have been held in Selkirk since back in 2001.

The impactful slogan "**Catch Selkirk's 2020 Vision...Get in the Games!**" was chosen by the Selkirk host committee, who has a few fun surprises in store for both returning and new participants of this annual celebration.

Annual participants are looking forward to another exciting provincial event that is expected to attract over 1000 older Manitobans from all across the province. Participants ranging in

age from 55 - 90+ will be engaging in 25 age-friendly sports and activities over the 3-day provincial sport for life celebration. There will also be a free waterfront concert put on by the host committee and athlete celebration banquet and dance. Approximately 300 volunteers will be involved to help the events run smoothly.

The 2020 Manitoba 55+ Games are open to Manitobans who are 55 years of age or older by December 31, 2020. There is a wide range of events being offered with distinct age categories and ability levels that ensure each event is fair and friendly by matching participants with others their age and experience. Whether you are a beginner, who wants a taste of the Manitoba 55+ Games experience for the first time or a seasoned participant, there

is an event for everyone at these Games in June.

This set of Games will offer all the regular popular events such as golf, slo-pitch, pickleball, floor shuffleboard/curling, 5-pin bowling, predicted walk, horseshoes, snooker, swimming and track. The equally popular 'brain games' events such as contract bridge, cribbage, whist and scrabble will also be offered.

These events demonstrate how the Manitoba 55+ Games continue to respond to the expressed interests of older Manitobans and encourage them to participate in socially engaging activities for life.

For older adults, physical activity

Continued on page 5

SENIOR SCOPE - Available in Winnipeg and rural Manitoba Over 700 locations

Get your copy at your local public library or read online at: www.seniorscope.com

For info or advertising, call: 204-467-9000 | email: kelly_goodman@shaw.ca

Senior Scope -
Now to use.

To advertise... Call:

204-467-9000

Inside: Sheila & Bruce talk about
BRAIN AWARENESS WEEK
March 16-22

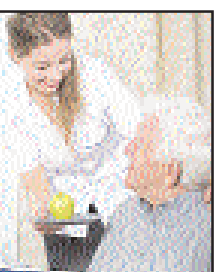
Alzheimer Society
MANITOBA



alzheimer.mb.ca

PRIVATE HOME
& HEALTH CARE
SERVICES

"The best service
I have ever had."
- Deb Morris



- Up to 24 Hour Care
- Personal Approach
- Specialized Care
- Professional Staff

Reliable
HomeCare



When the need arise call us for help!

204.415.3471
ReliableHomeCare.ca

**DRAKE
MEDOX
HEALTH SERVICES**

Winnipeg Assisted Living and Home Care Professionals

With the help of our Professional and Certified home caregivers, you or a loved one will be able to continue living in the familiar surroundings allowing you to enjoy your privacy, dignity and independence.



24 hour Service Support line
204-452-8600

An experienced Service Coordinator is available 24 hours per day 7 days a week to assist you in determining the level of service that is right for you or your loved one.

www.drakemedoxwinnipeg.com
bkunzig@na.drakeintl.com

SOUTH BEACH CASINO IS CLOSED UNTIL FURTHER NOTICE DUE TO COVID-19. PLEASE VISIT www.southbeachcasino.ca FOR UPDATES.



**EARN 10x POINTS
EVERY WEDNESDAY ON ALL SLOTS**
SOME RESTRICTIONS APPLY. SUBJECT TO CHANGE WITHOUT NOTICE.

15 min North of Selkirk on HWY 59. SouthBeachCasino.ca | 1-877-775-8259



Senior Scope

www.seniorscope.com

Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca

Readership: 60,000

Printed at:
Derksen Printers, Steinbach, MB

Advertising:
204-467-9000

Regular columns / Submissions:
Scott Taylor
Roger Currie
Adrian Powell - Crosswords
John Martin - Cartoonist

Contributing Submissions:
Alzheimer Society
Tyrrell Mendis
Senaka Samarasinghe
Dying With Dignity Canada - Winnipeg

Senior Scope is FREE at over 700 locations plus by mail and email subscription, plus online at **www.seniorscope.com**.
Mail-out Subscriptions: 30.00 + 1.50 gst (31.50 total) for 12 issues/yr.
Mail cheque or money order payable to:
**Senior Scope, Box 1806
Stonewall, MB R0C 2Z0**

Available in Winnipeg and 90+ rural Manitoba communities:
Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Clandeboyne, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Eriksdale, Fisher Branch, Flin Flon, Fraserwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killamey, Komarno, La Salle, Lac du Bonnet, Leaf Rapids, Letellier, Lockport, Lorette, Lundar, Lynn Lake, Mariapolis, Marquette, Melita, Middlechurch, Minnedosa, Montcalm, Morden, Morris, Neepawa, Niverville, Notre Dame de Lourdes, Oak Bank, Pilot Mound, Pinawa, Pine Falls, Poplarfield, Portage la Prairie, Plumas, Ritchot, Riverton, Roblin, Roseau River, Russell, St. Adolphe, St. Anne, St. Eustache, St-Jean Baptiste, St. Laurent, St. Malo, Selkirk, Snow Lake, Starbuck, Steinbach, Stonewall, Stony Mountain, Swan Lake, Teulon, The Pas, Thompson, Tolstoi, Treherne, Victoria Beach, Virden, Warren, Winkler, Winnipeg Beach, Woodlands.

Copies are concentrated in Winnipeg and larger rural centres.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 700 locations in all. Available online at **www.seniorscope.com**, by mail subscription, or email subscription (FREE), e-Subscribe at: **kelly_goodman@shaw.ca**.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2020 **Senior Scope**. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact **Senior Scope** by email at **kelly_goodman@shaw.ca**.

Send your **LETTERS...**
or **STORY SUBMISSIONS**
Attn: the editor
to **kelly_goodman@shaw.ca**
or mail to: **Senior Scope
Box 1806, Stonewall, MB R0C 2Z0**

Keyboard Ventures

Music Centre & More!

POPULAR NEW COMPATIBLE PRINTER CARTRIDGES and LASER TONERS FOR LESS!
Brother, HP, Xerox (laser) toners!
GREAT PRICE! GREAT DEAL! Starting at only \$30.00

SALES & SERVICE:

- USB flash drives, SD cards, SDHC Memory Cards & Adaptors, CDRs, DVD-Rs, Cash Register Ribbons, Surge Protectors, iPhone Cases, iPod Accessories, Gaming Accessories, Laptops/Tablets, etc.
- Computer virus removal.**
- Batteries (hearing aids, fireplaces, remote car starters, etc.)

MUSIC:

- Piano, Keyboard, Guitar, Banjo, Mandolin, Drums and Voice Lessons - onsite or in-home.
- Music Accessories, Music Education Software.

Serving Winnipeg, Stonewall, Selkirk & area

Text or call Terry:
204-955-5428
terry@keyboardventures.com
www.keyboardventures.com
310 Weitzel Street • Winnipeg
324 Main Street • Stonewall

How 'connected' are Manitoba patients to health care, plus another update on the Janice miracle

By Roger Currie

It has been almost half a century that I have been blessed to share dramatic human stories with large numbers of readers and listeners. I have been a writer and broadcaster since June of 1970. Not one of those stories can match the impact on me of the story of Janice, the *Miracle Lady*. She and I met just before Christmas in 2011, and we became husband and wife in August of 2015. Four years later her days were suddenly 'numbered' because of a blood cancer called 'M D S' (Myelodysplastic Syndrome). Janice's bone marrow was no longer doing its most important job which is to produce healthy new blood cells. Blood transfusions that began at the end of January in 2019 helped to stabilize the situation, but after several months her strength was failing. The situation went from bad to worse because of a severe blood infection that caused her to become delirious with a fever of 40 degrees celcius. I made the dreaded 9-1-1 call and off Janice went to hospital. At that dark moment it was impossible not to think that our joyous time together as a loving couple would likely soon be over. A few days after her admission to hospital a doctor declared that "Janice has possibly four weeks to live".

I have already written extensively on these pages about how Janice's story took an amazing turn barely one month later, thanks to a blood transfusion in late November that might never have happened had it not been for a wonderful young doctor named Brian.

He authorized the transfusion that marked a major turning point on the path to the wonderful development called '*remission*'.

It would be tempting to say at this point that "the rest is history", but we know that lots more uncertainty probably lies ahead. Janice came home on February 11th. A huge thank you and a very special blessing to all the wonderful men and women who provide care at Winnipeg's Riverview Health



Roger with his wife Janice

Centre. We share with them a very special bond of love and friendship.

I know I was obliged to share far too many '*bad news*' stories as a radio journalist over 40 plus years. How sweet it has been to be spreading such amazing good news.

New in Health Care for Canada

This amazing and very personal experience has made me more aware that ever before of new developments when it comes to health care in Canada. In the summer of 2012, I returned to live in Manitoba after spending six years in Saskatchewan, the place where *Medicare* was created by the government of Tommy Douglas almost 60 years ago. The card that Manitobans are given to access health services is not what you would call impressive. It's a rather flimsy piece of cardboard that barely survived in my wallet when I got caught in a thunderstorm at a Blue Bomber game that summer.

It made me wonder "What ever happened to '*Smart Health*', a \$20 million program that Conservative Premier Gary Filmon's government had promised in the 1990's?" A partnership with Canada's largest chartered bank, the *Royal*, the objective of the *Smart Health* program was to transform that humble health card into a magical key that would connect each of us to a broad range of our medical records. Patients and health care professionals would be able to swipe the card and gain immediate access to all of our

most recent encounters with the system, including results of blood tests, MRI's, etc .. Alas, a quick Google search did not come up with an answer to the "what happened" question. Right now the concern over how to deal with and hopefully contain *CoronaVirus* is the focus of most of the attention in health care.

There are signs that things are changing when it comes to 'connectivity' between patients and the health care system. Dr. Michael Rachlis is a semi-retired health policy consultant and a former Winnipegger, now based in Toronto. He graduated from the University of Manitoba Medical School in 1975. He welcomes the advent of greater 'connectivity'.

"When it comes, it will hopefully help to overcome provincial hurdles that hamper national responses to situations like the one we're facing now" says Dr. Rachlis.

An organization called *Canada Health Infoway* has launched the *Access 2022 Movement*, in an effort to put a timeline on greater connectivity. Receiving relatively little attention in this province is a company called *eChart Manitoba* <http://echartmanitoba.ca/>. Both of these efforts are focusing their early attention on hospitals and other care facilities. Greater digital monitoring of things like blood pressure and other vital signs will hopefully offer greater patient safety, while enabling care with fewer staff.

Seems like we haven't seen anything yet when it comes to digital healthcare.

Roger Currie
rogerc@mymts.net



Dr. Michael Rachlis

Who will speak for you when you can't speak for yourself?

- Lori Blande for the Winnipeg chapter of Dying With Dignity Canada

What is a Health Care Directive (HCD) and why do I need one?

It's a legal document, signed and dated by you, that indicates your wishes for your medical care. Who will speak for you if you cannot speak for yourself? *and*, if they do speak, will they say and do what you would say and do if you were able?

Will decisions about your medical condition and treatment cause a huge fight among your family members? Will there be tension between family and medical staff over your treatment?

An effective HCD clearly outlines what you do and do not want with respect to medical care if something bad happens and you can't speak for yourself. Many people arrive at hospitals with either no instructions in writing, or with a paragraph written in language too vague for doctors to act upon. Don't assume that just because your spouse/partner/child knows your wishes that that's what will happen in an emergency.

Dying With Dignity Canada isn't all about dying - it's about living too; living according to your own personal definition of quality of life.

Winnipeg chapter volunteers have been presenting the free Advance Care Planning workshop at various locations around the city, and as word spreads so does the demand for the workshop.

The workshop details the intricacies of preparing a Health Care Directive (HCD) (sometimes called an Advance

Directive, or Living Will). A HCD is totally different from a Power of Attorney (PoA).

The complete **Advance Care Planning Kit** is available to anyone for free from the Dying With Dignity website: www.dwdwinnipeg.ca. At first glance, it appears straightforward enough. However, based on past presentations and reports from patients, families and health care professionals, lots of questions and many issues needed further elaboration and interpretation - hence the 2.5 hour intensive and very full workshop. Think about it - you probably spend more time researching an everyday purchase than thinking about or planning for a medical emergency. After all, bad things happen to everyone else - not us.

There is a lot more to writing your HCD than just filling out a form and using common but imprecise phrases such as 'no heroic measures' and "no artificial means". What do those words mean exactly? They sure don't mean the same thing to everyone.

There is no "right or wrong answer", only your answers and what works best for you and your values. Our workshop discussions have certainly proved that over and over again. I for one don't want to leave some of THE most important decisions of my life to chance. Yet, many people are doing just that!

By the way, having "DNR" tattooed on your arm or chest won't work. Neither will a signed piece of paper with

"I do not want to be resuscitated" written on it guarantee that your wishes will be respected. You can't use an ID bracelet such as 'MedicAlert' with DNR on it either. Just another of the many things I learned at the workshop.

Here is some of the recent feedback we have received from people who attended workshops. "Excellent presenter, much practical experience and knowledge was shared. Helped me get my head around the idea of an (sic) HCD, which I previously preferred to ignore." And "The information gave direction as to what to enter on the form. Gave me info on what to think about - WOW! I'm glad I came".

The **Winnipeg chapter of Dying With Dignity Canada** is dedicated to educating people and helping them understand their rights with respect to medical treatment. We are actively recruiting new volunteers to present and assist at these workshops. So if you are interested please check out the volunteer opportunities on our website: www.dwdwinnipeg.ca

If you would like to host an Advance Care Plan workshop at your community club, library, living facility or senior centre please contact us. The workshops are presented at no cost and you can download the workbook for free from our website.

Contact us at:
wpgevents@dyingwithdignity.ca
Our website: **www.dwdwinnipeg.ca**

Advertising Feature

Active Lifestyle Keeps Couple's Brains Healthy

- Alzheimer Society

The Alzheimer Society celebrates Brain Awareness Week from March 16 to 22 to encourage people to challenge their brains and reduce the risk of dementia.

Bruce and Sheila Anderson are great examples of people who take action to do just that. They both stay mentally, physically and socially active on a day-to-day basis to keep their brains healthy.

This is especially important for Bruce, who was diagnosed with vascular dementia over two years ago. He aims to keep his brain healthy as a way to help slow the progress of the disease.

Bruce maintains he's the same person he always was. He says he's "still kicking, just not as high" as he was during his career as a firefighter, but even so, he wants to continue being active in his community.

Sheila is right by his side as they live life as fully as they can. "We still do the things we enjoy doing – we visit friends, attend exercises and go grocery shopping together," she says.

The couple includes a myriad of activities in their schedule, and it's working: Bruce has a gleam in his eye as he talks about Sheila and his family, claiming that dementia does not define his approach to life.

For example, he and Sheila attend the Alzheimer Society's Minds in Motion program, where they engage with other participants in physical activities for overall fitness. The program also offers games and puzzles to challenge their minds, as well as opportunities to socialize so they can keep up meaningful interactions with others.

Touch of Glass

A hobby working in stained glass keeps Bruce's mind in gear and his



Sheila and Bruce

eye-hand coordination intact. For Sheila, it allows her to focus entirely on the task, which stops her from worrying about other things. "It's almost meditative," she says. "You don't have time to think about anything else."

The pair has enjoyed the craft for almost 20 years, and they have no reason or desire to put their tools away. And that's a good thing: research shows that trying new skills fires up neurons in the brain and opens up mental pathways. With their stained glass, Bruce and Sheila are coupling a tried and true skill with ideas for new designs, keeping their brains active.

Along with the positive activities enjoyed by Bruce and Sheila, people can improve brain health by making healthy food choices, reducing the stress in their lives and protecting their heads when participating in sporting activities.

Let's face it: brain health is worth the effort.

For more information on brain health, visit the Alzheimer Society of Canada's website: www.alzheimer.ca/en/Home/About-dementia/Brain-health . ■



STEM CELL THERAPY

BIOLAB SCIENCES SCOTTSDALE, ARIZONA, USA

The doctors at Biolab who are focused on musculoskeletal conditions, are pleased to announce that we are accepting patients for treatment of the following conditions: Degenerative Joint diseases and various sport/accident related injuries (hips, knees, shoulders etc) and conditions involving neurological diseases, and internal conditions. Patients may contact us to have a free discussion about their condition first by calling our toll free number:

Contact information:
Clinic and Accommodation
13825 N. Northsight blvd.
Suite 101, Scottsdale,
Arizona, USA
85260
Tel: toll free: 1-888-840-2057 (direct to patient services)

Holiday Inn (just a short walking distance to the clinic, **10% discount** for patients of BIOLAB SCIENCES) Address: 14255 North 87th Street, Scottsdale, Arizona, USA, 85260 Holiday Inn Tel: **480-922-6500**

Advertising Feature

Unique Wellness for those with Unique health issues - Bee Wellness delivers

Bee Wellness for Mature Adults & People with Mobility Needs, is a unique facility that offers a wide range of wellness programs.

Candace Swick started **Bee Wellness** eight years ago with a vision to offer unique programs to help those with unique health issues.

"The most rewarding part of the business is watching how people get better and share their stories about seeing the changes that I've helped them with," says Candace. She continues, "My ultimate goal and dream is to take the business and grow with the health care system and take my creation and bring it to all older adults in Winnipeg and rural Manitoba."

What are we "GOOD" at?

We offer a very unique program:

- 1 on 1 Functional Rehab: this starts off with a FREE meet and greet for us to find out what tailored program we can create for your body.

- We specialize in programs for people who have chronic health conditions- Parkinson's, Stroke, MS, and all others. A certified practitioner teaches the new Parkinson's program.

- We work with Pre & Post Knee, Hip and Shoulder Rehab. We will assist those looking for a homebased program as well!

Also, with a doctors note, you can use your 3rd party insurance (minus Blue Cross & Sun Life) or keep your receipts for income tax (medical) for Rehab services.

For information and prices please contact us or come by to pick up a program guide.

3680 Roblin Blvd.

Winnipeg, MB

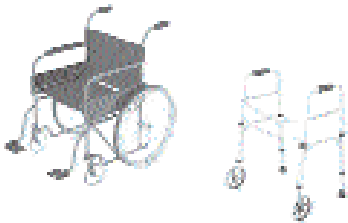
204-832-2077

www.bee wellnessinc.com

(see advertisement on page 5)

ABILITY SOLUTIONS

We repair, rent and sell wheelchairs and walkers



We also install Grab Bars, Railings, and other mobility aids.



Great Deals!

Luck of the Irish Specials

in March on Reconditioned Standard and Tilt Wheelchairs

(204) 471-1533

✉ lavallee@mymts.net

LIFE-CHANGING DEBT SOLUTIONS
Get out of debt once and for all.

"We dreamed of a debt-free retirement. MNP made it happen."



MNP LTD

FREE CONFIDENTIAL CONSULTATION. FLEXIBLE APPOINTMENTS. IMMEDIATE ASSISTANCE.

Winnipeg* or Steinbach
877.231.6167

Brandon*, Portage, Virden, Souris, Neepawa
800.774.8377

* Resident Office

Licensed Insolvency Trustees

MNPdebt.ca

Living Made Easy Ltd.
 Home Healthcare Products • New & Used

Shoprider GK84 Chameleon Scooter

- Shoprider 4-wheel scooter
- Lightweight and portable
- Easy to disassemble
- 8 inch flat free tires
- Interchangeable panels in Red, Blue or Champagne



665 Archibald Street • Wpg
 (204) 231-1746 Mon-Fri 9-5 | Sat 10-2



Calvin J. Friesen

200-1630 Ness Avenue, Wpg
 Madison Square
 direct line: 204-944-7967
 email: cjf@mlo-llp.com

Wills

- for a couple \$295.00
 - individual \$200.00

Estates

- for deceased persons
 - fees as set by the Court, please inquire

JIM'S CLASSIC CORNER
STORAGE:
 Heated Indoor / Unheated Indoor



Jim Higham
 204-997-4636
 Email: jimhigham@shaw.ca
 www.jimsclassiccorner.com

A selling service for classic & antique automobiles


ROSSMERE PHARMACY

Now offering **FREE DELIVERY** to Rural communities of East & West St. Paul, Oak Bank, Birdhill in addition to CITY WIDE

FLU VACCINATIONS AVAILABLE

Call or visit us for all your Health Management Needs

Seniors Discount
 7 Days & **FREE** Blood Pressure Monitor for new Customers*
(Conditions Apply)

Monday-Friday 10 am - 6 pm
 Saturday 10 am - 3 pm
204-615-6050
 Unit D, 1046 Henderson Hwy
 Winnipeg





This view. Once a year. Every year. What's the plan?

Enjoy a truly synchronized approach to enhancing your financial well-being, now and in the future.

For a personal consultation, contact:
Treena Nault cfp®
 Executive Financial Consultant
 204.257.9100
 treenal.nault@igpwm.ca

Investors Group Financial Services Inc. (Investment), including IG Private Wealth Management, are owned by I.G.M. Financial Inc. and licensed in various jurisdictions.



OVER 6 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
 An Intermediate Care Facility



• Government Approved Facility
 • 24 Hour Supervision
 • Reg. Nurse • Health Care Aides
 495 STRADBROOK AVE • WPG
452-4044
 www.thorcare.ca
 INQUIRIES WELCOME

Looking...
 for more customers?
 Want...
 better cash flow?

Call or email
 troy@tcextrade.com
204-295-9473
 tcextrade.com



Early to Bed,
 Early to Rise,
 Work Like
 Mad, and
 ADVERTISE

Call: 204-467-9000 **Senior Scope**

TAX and ESTATE PLANNING:

Optimizing your retirement income

- Treena Nault, CFP, RRC, Executive Financial Consultant

If you are heading toward or in retirement with a well-balanced portfolio of assets and/or guaranteed income sources such as an employer pension, you may already have enough anticipated resources to create a life-long income stream.

The key to making your plan as sustainable and tax-efficient as possible lies in understanding how you want to use your savings and how much you can afford to withdraw each year.

Fortunately, your **IG Living Plan™** is designed to help you forecast how much income you will need in retirement, how much will be funded by government and private pension sources, how much you can withdraw from your registered and non-registered investments to cover shortfalls, and how much you'll be able to leave as part of your plan to share your wealth with your heirs.

How you use your retirement savings

Assuming you have made provisions for your loved ones through your estate plan and for any causes you hold dear through charitable giving plans, managing your retirement funds comes down to how you want to use them. Here are some options to consider:

Plan to preserve all your money and live on the income only

If you enter retirement with substantial savings and multiple income streams you may be able to live on the income generated by your investments and never have to access the capital. This option results in the opportunity to leave a healthy bequest to heirs, charities, and groups you support.

Plan to spend some of your retirement funds

You may decide that you are comfortable living off the income from your investments while you draw some of the capital. In this case, you need to estimate how much you can withdraw taking into account limits that apply to Registered Retirement Income Fund (RRIF) withdrawals and your expected tax rate. You also need to ensure that any capital withdrawals are done in sustainable manner to ensure your funds last your lifetime and still meet your estate objectives.

Plan to spend most of your retirement funds

You may be comfortable depleting most of your retirement savings by a certain age. How long you need your money to last depends on your life expectancy (something you can't estimate) and the percentage you withdraw each year. The chart below demonstrates the principle.

Whatever your plan, the amount that you allocate to retirement income can last a lifetime when it's invested well and withdrawn in a sustainable, tax-effective way. Regardless of how much you have saved, making it last comes down to keeping your annual withdrawals at the right level. As part of your plan, you may also want to consider the use of life insurance to preserve or create an estate, allowing you to possibly access more capital during your retirement years knowing this part of the overall plan is covered.

Understanding your withdrawal rate

The amount you withdraw from your retirement savings each year affects how long the capital will last. This chart shows the effects of various withdrawal rates[1] on a moderate portfolio since 1970, a time marked by a severe market downturn, substantial inflation and then a really good market run with high returns.

Source: IG Wealth Management

As you can see, investors who withdrew only 4%-5% percent of their savings annually actually managed to grow their assets while enjoying a predictable income for 45 years. Investors who chose a more aggressive withdrawal rate of 8% saw their retirement savings depleted in approximately 17 years. Your optimal withdrawal rate will depend on several factors, including the rate of return, your tax rate, and whether you want to spend most, some or none of your total retirement savings.

Regardless of how you plan to optimize your retirement savings, now is the time to work with an IG Wealth Management Consultant who can help you synchronize all the dimensions of your financial plan to forecast your retirement needs and determine how much you can afford to pay yourself in retirement. ■

Coffee's on!

Throughout 2020 we'll be hosting information seminars on investing and other financial planning topics that matter to you. I also look forward to welcoming you to our offices (with no obligation) and talking about your financial goals over hot coffee. Please feel free to include a family member in our conversations. His or her input is important.

Our first **seminar** regarding **tax and estate planning** is on Wed., **April 8**, at 10 a.m. at 200-1605 Regent Ave West, Winnipeg, MB R2C 3B3. ■

Legal:

This is a general source of information only. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Nault Group Private Wealth Management is solely responsible for its content. IG Private Wealth Management and Investors Group trademarks are owned by IGM Financial Inc. and licensed to its subsidiary corporations. All other logos are trademarks of their respective corporations. All rights reserved.

Investors Group Financial Services Inc. 03/2020

Treena L. Nault, RRC
 Executive Financial Consultant

200-1605 Regent Ave West,
 Winnipeg, MB R2C 3B3

Tel (204) 257-9100 | Fax 204.222.1706
 Toll Free 855.459.9744

treenal.nault@igpwm.ca
 www.igprivatewealth.com

Investors Group Financial Services Inc.
 Member of the Power Financial Corporation Group of Companies

Treena Nault is an Executive Financial Consultant with IG Private Wealth Management (Investors Group Financial Services Inc). She works collaboratively with clients to develop synchronized financial plans that help them create and preserve wealth and pass it on to the next generation tax-efficiently.

DAVE'S MOVING
 Moving Furniture & Small Items
 204-746-4318
 204-746-6141



SENIORS DISCOUNT

Dave's Cleaning & Janitorial Services

- Residential & Commercial
- 15 Years Experience

 Call For Rates
204-746-4318
204-746-6141
 Can provide references.



(Seniors' Discount)

Seniors Transport
 City Wide Transportation For Seniors
 We Offer transportation services for:
 Appointments, Hospital Discharges,
 Social Gatherings, Airports, Leisure Trips, And More...



Door to Door Professional Service
 7 days a Week.

For Booking please call or email:
204-430-9851
 seniorstransport@outlook.com



"Catch Selkirk's 2020 Vision... Get in the Games!"

2020 MB 55+ Games June 16-18 Selkirk, MB

"Participate. Compete. Play!"

Registration for the 2020 Manitoba 55+ Games opens March 6th.

The MB 55+ Games are open to Manitobans who are 55 or older by Dec. 31 in the year of the Games.

Registration Fees (per event) – \$35 for initial event, \$15 for each additional event.

Deadline to register for all events is Friday, May 08, 2020. (Early bird pricing in effect until April 24, 2020).

To register: visit the AAIM website to download the registration form: www.activeagingmb.ca/55games/register



Get in the Games! *cont'd from front page*

and exercise are essential to maintain quality of life, feel energetic and live a happy and rewarding life. It doesn't matter what your age or your current level of activity, it is never too late to experience the joy and health benefits of an active lifestyle.


There are plenty of opportunities to experience the Manitoba 55+ Games in Selkirk June 16-18, 2020. Registration will begin March 06, 2020 (mark your

calendars!) so choose an event and surprise yourself this June. Registration for all events closes Friday, May 08, 2020. The deadline for slo-pitch is Friday, May 15, 2020. Registration Early Bird Fees (per event) – \$35 for initial event, \$15 for each additional event. Early Bird pricing will be in effect until April 24th (registration after April 24th will add \$10 per person per event).

Visit the AAIM website to download a registration form: www.activeagingmb.ca/55games/register.

For more information on the 2020 Manitoba 55+ Games (presented by **PlayNow.com**), please contact the MB 55+ Games office at: **204-261-9257**, email: manitoba55plusgames@gmail.com or visit the AAIM website at: www.activeagingmb.ca.

Advertising Feature



ROSEMARY HNATIUK LL.B. B.C.

LIVING WILLS

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

A Living Will is a written statement in which you give direction to your family and healthcare providers about what kind of medical treatment you would like to receive when you are at the end of your life. This can also be done in the form of a Health Care Directive, which is usually much more specific about the kinds of medical procedures you want or don't want to receive. The following is the wording of the Living Will which I provide to clients for whom I prepare wills and powers of attorney.

Death is as much a reality as birth, growth, maturity and old age. It is the one certainty of life. If the time comes when I can no longer take part in these decisions for my own future, let this statement stand as an

expression of my wishes, while I am still of sound mind.

If the situation should arise in which there is no reasonable expectation of my recovery from physical or mental disability, then I request that medication be mercifully administered to me to alleviate suffering, and that I be allowed to die and not be kept alive by artificial means or "heroic measures". I do not fear death itself as much as the indignities of deterioration, dependence and hopeless pain.

This request is made after careful consideration. I hope you who care for me will feel morally bound to follow its mandate. I recognize that this appears to place heavy responsibility on you, but it is with the intention of relieving you of

such responsibility and of placing it on myself in accordance with my strong convictions, that this statement is made.

I wish to die peacefully surrounded by my family and loved ones. I would like my remains to be disposed of as directed in my last Will and Testament.

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.

I am able to travel to the homes of clients or meet in a convenient location, if requested. Call **(204) 228-7063** or **1 (855-933-5454)** for an appointment.

(see advertisement on right)

Vital Seniors, children, and families enjoy song and fun

By Leslie Smith

This inter-generational program of song, creative movement, & instruments, sponsored by Manitoba Association of Senior Centres (M.A.S.C.), St. Mary Magdalene Anglican Church, and Vital Seniors, was held February 11, 2020. Executive Director Nancy Aasland, along with an instructor, led youngsters, their families, seniors, and community members, through a fun-filled morning that included bubbles, scarves, singing, and more. Homemade soups, sandwiches, and lots of goodies were served for lunch following the fun. Lunch was funded by The Assiniboine Credit Union -



Photos taken by Betty Cobb's family



St. Mary's Road Branch. This is the fifth year running for the fun-filled community based program. ■

DISABILITY TAX CREDIT

Do you have a disability?

\$8416.00 Tax Credit Claim Overlooked for 2019 Tax Return!

DO YOU HAVE ANY OF THESE DISABILITIES?

- Difficulty walking, managing your bowel or bladder, or have other impairments,
- Suffer from mood disorder, schizophrenia or other mental functions. Living with an Ostomy?

We help individuals, family members and caregivers complete the Disability Tax Credit - DTC.

A STEP BEYOND & ASSOCIATES

Call Peter 204-663-4651
www.astepbeyond.ca




Community Paramedics Service

Our private duty staff provide:

- Lift assists
- Non-emergent transport to clinics, hospitals, medical appointments and procedures (eg IV therapy, dressing changes)
- Safe transport home after hospital discharge
- Transport to and from the airport
- Veterans Blue Cross accepted

1-204-406-6499

"When you need a paramedic, not an ambulance."

www.communityparamedicsservice.com
info@communityparamedicsservice.com



Bee Wellness

3680 Roblin Blvd • 204-832-2077
www.bee wellnessinc.com

Bee Wellness for Mature Adults & People with Mobility Needs:

- 1 on 1 Functional Rehab - customized for your whole body.
- Wide range of "functional" Fitness classes – Yoga, Tai Chi & more.
- Tailored group classes with certified instructor.
- Meet & greet to discuss and create a tailored program **FREE of CHARGE.**

Our Specialties: Stroke Recovery; Parkinson's Recovery; Pre & Post Hip, Knee & Shoulder Rehab; MD; MS; Stenosis; Balance Training; and Strength and Mobility Rehab.



ROSEMARY HNATIUK LL.B. B.C.

barrister, solicitor & notary public

204.355.9404
Toll Free: 1.855.933.5454
rkhnatiuk@rosemariyhnauiuk.ca
Cellular: 204.228.7063
Fax: 204.355.9405

Communication in
ENGLISH • FRENCH • GERMAN



1 in 3 Seniors Fall Each Year



Breakthrough Technology Neurological Socks & Insoles HELP TO REDUCE FALLS

Improve Balance & Stability by 31%
Increase Range of Motion by 15%
Reduce the Discomfort from Pain

The BIGGEST breakthrough in Wellness in 50 years.

30 Day Money Back Guarantee
204-799-2700
darleneeneufeld.voxlife.com



13TH ANNUAL 55+ HOUSING & ACTIVE LIFESTYLES EXPO

A & O: Support Services for Older Adults' 55+ Housing & Active Lifestyles Expo provides older Manitobans and their families with a variety of housing options, active lifestyle opportunities and support services necessary for successful aging.

[AOSUPPORTSERVICES](https://www.facebook.com/AOSUPPORTSERVICES) [AANDOSUPPORT](https://www.facebook.com/AANDOSUPPORT)

FRIDAY, MAY 29, 2020

TIME
10:00 A.M. - 4:00 P.M.

PLACE
**VICTORIA INN HOTEL
1808 WELLINGTON AVE.**

PRICE
FREE ADMISSION!

AOEXPO.CA



By Scott Taylor

Photos courtesy the
Canada West Conference
and Manitoba Sports
Hall of Fame

When the decision was made to honour the people who had brought athletic glory to the universities across Western Canada, there was little doubt that the honour roll would include the stars and heroes from the University of Manitoba, the University of Winnipeg and Brandon University.

After all, beginning with the University of Manitoba capturing the first Western Canadian Intercollegiate Athletic Union (WCIAU) men's hockey banner in 1919-20, Manitoba's best student-athletes have been competing across the West.

So, in the spring of 2019, in order to commemorate 100 years of university sport across Western Canada, the Canada West Hall of Fame was created and the first induction class – 100 inductees -- has been unveiled in an ongoing fashion, during the 100 days of the 2019-20 season.

Of the first 100, there were 15 athletes, coaches, athletic directors and builders with direct ties to Manitoba's three Canada West members who were named to the Hall. Granted, you had to wonder how the likes of Garth Pischke, Barry Trotz, Martin Riley, Wanda Guenette, Sandra Carroll, Jerry Abernathy, Henry Janzen, Janet Lumsden, Andy Murray, Ken Opalko, the Brandon Bobcats 1987-89 Men's Basketball Team, Gail Winston, Vic Pruden, Walt McKee, Ted Milian, David Onyemata, (and on and on) didn't make the inaugural list, but the future is bright as they say.

As for now, let's get up close and personal with the first 15 Manitobans in the Canada West Hall of Fame (thanks to the Canada West Conference for its help with the biographies):

Mike Burchuk, University of Winnipeg, Volleyball Coach

Presiding over one of the greatest dynasties in Canadian volleyball history, the long-time former head coach of the University of Winnipeg Wesmen women's program, Burchuk was named CIAU coach of the year four times. With Burchuk at the helm, the Wesmen women won six straight national titles between 1982 and 1988 and won 123 consecutive matches. Burchuk also coached Team Canada at NORCECAs, World Cups, Pan-Am Games and, ultimately, the 1984 and 1996 Olympics.

Mike Ridley, University of Manitoba, Hockey Player

Years before this Winnipegger was an All-Star in the National Hockey League, Mike Ridley was an All-Canadian with the University of Manitoba Bisons men's hockey team. Ridley played forward with the Bisons for two seasons from 1983-85, amassing an incredible 68 goals and 79 assists in 76 games before going on to a 12-year NHL career with stops in New York, Washington, Toronto, and Vancouver.

Dale Iwanoczko, University of Manitoba, Volleyball Player

When Dale Iwanoczko was 15-years-old, living in his hometown of Selkirk he made his senior high school team, and had already arrived as an elite volleyball player. It was the beginning of an impressive athletic and academic journey cut short by Hodgkin's Disease. However, during his too-short life, Iwanoczko became one of the top university men's volleyball players in Canada and a member of the national team, while earning his medical degree from the University of Manitoba. Iwanoczko was the only male volleyball player in U SPORTS history to be named a First Team All-Canadian for four years and was the 1990 CIAU Player of the Year.

Jerry Hemmings, Brandon University, Basketball Coach

Jerry Hemmings came out of Mount Airy, N.C. and served nearly three decades at the helm of the Bobcats, winning four national titles to go along with 19 conference championships, while amassing 13 final four appearances. He had 734 career victories, while being named Great Plains Athletic Conference (GPAC) Coach of the Year eight times and winning the Canadian Interuniversity Athletic Union's (CIAU) Coach of

Manitoba Well Represented in New Canada West Hall of Fame



Mike Burchuk

the Year award in 1980. Hemmings began coaching the Bobcats in 1974, following a stint as an assistant coach of Lakehead's men's basketball squad, and led the Bobcats to their first national championship appearance in 1979 before winning three straight national championships from 1987 to 1989. The Bobcats won their fourth CIAU title in 1996.

Joyce Fromson, University of Manitoba, Builder

A native Winnipegger Fromson served as director of men's and women's sport at the University of Manitoba from 1979 to 1995. After teaching high school, she served as director of women's athletics at the University of Winnipeg from 1966 to 1970 and then, in 1972, she moved on to the University of Calgary, where she became the first woman in North America to be hired as a sports information director. In 1979, Fromson was hired by the University of Manitoba. She passed away in 2001.

John Carson, Brandon University, Basketball Player

The 6-foot-4 Carson, who starred for the Bobcats between 1982 and 1987, arrived in Brandon from Huntsville, N.C. and became a five-time Great Plains Athletic Conference All-Star, five-time All-Canadian, and in 1985-86 was named the nation's top player. In 1987 he led Brandon to the program's first men's basketball national title with a win over UBC, as Carson was named tournament MVP. Carson still stands alone as the only five-time First Team All-Canadian in university basketball history.

Coleen Dufresne, University of Manitoba, Coach and Builder

Dufresne, a star basketball player on Canada's National Team, coached the Bisons women's basketball team for 17 years and then became athletic director the next 15. Dufresne coached the Bisons to three U SPORTS (then CIS) National Championships in 1987-88, 1995-96, and 1996-97. Over her 17-year coaching career she also led the Bisons to five Great Plains Athletic Conference championships, was named GPAC Coach of the Year five times and was twice the U SPORTS Coach of the Year.

Michelle Sawatzky-Koop, University of Manitoba, Volleyball Player

A two-time national player of the year, Steinbach's Michelle Sawatzky-Koop played for the Bisons between 1988 and 1993, helping Manitoba to national titles in 1990, 1991, and 1992, winning championship MVP honours in 1991 and 1992. Along with her success at the university level, Sawatzky-Koop competed for Canada on multiple occasions, highlighted by her 1996 trip to the Olympic Summer Games in Atlanta. As a senior she received the Bison Sports Female Athlete of the Year award for the 1992-93 season.

Israel Idonije, University of Manitoba, Football Player

Idonije starred on the gridiron for the Bisons between 1998 and 2002. Originally from Lagos, Nigeria and raised in Brandon, Idonije joined the Bisons with just one season of football under his belt before eventually playing a decade in the NFL, mostly with the Chicago Bears. In his five outstanding seasons at Manitoba from 1998-02, he was the outstanding down lineman in the CIS (2002), was the Bisons' MVP in 2002 and was selected twice as a Canada West All-Star and First Team All-Canadian in 2001 and 2002. He then became the first Bisons football player to be signed and make it onto an NFL team roster and later became the first Bisons grad to play in a Super Bowl game.

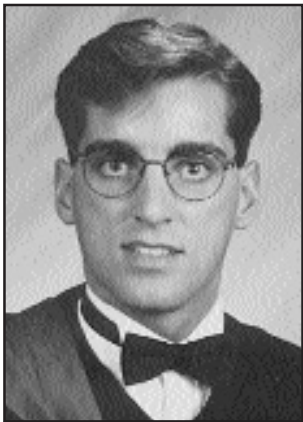
Desiree Scott, University of Manitoba, Soccer Player

One of the leaders of Canada Soccer's women's national team, Desiree Scott was the 2009-10 Bison Sports Female Athlete of the



Mike Ridley

Year. She was a four-time Canada West All-Star (First Team in 2008 and 2009; Second Team in 2005 and 2006), and was the Canada West Rookie of the Year in 2005. She was also named a CIS First Team All-Canadian in 2008 and 2009. She made her debut with the Canadian national senior team in 2010 and was part of Canada's bronze-winning Olympic teams in both 2012 (London) and 2016 (Rio). Professionally, Scott has played more than 90 games in the National Women's Soccer League.



Dale Iwanoczko

Wayne Fleming, University of Manitoba, Hockey Coach

Fleming came out of Snow Lake, Man., and arrived at the University of Manitoba as a student-athlete in 1970. He joined the Bisons men's hockey coaching staff as an assistant in 1976, and took over as head coach in 1980. During nine seasons with Fleming at the helm, the Bisons went 140-78-14 in regular season play and won back-to-back conference titles in

Continued on page 8

Manitoba Churches –

Cartwright - Christ Church Anglican - 1898

Manitoba Municipal Heritage Site No. 243

Cartwright was originally Badger Creek, a village about a mile north of its present location south of Killarney. In 1883-1885 the community moved to the Canadian Pacific railway site which belonged to Sir Richard Cartwright, federal Minister of Finance from 1873 to 1878.

Christ Church Anglican was built 1898 by stonemason Samuel Hossack (1829-1913) and his sons. Mr. Hossack was born in Scotland. He came from south-

In 2003 Christ Church Anglican was designated a Municipal Heritage Site. It also received \$30,000 through the Prairie Rural Churches Project. But in 2004 the church was deemed unsafe and had to be closed.

An intensive fundraising campaign followed. By early the following year \$50,000 had been raised through pledges and donations. However, the estimated cost had risen to \$300,000, up from the initial \$180,000. Nevertheless, the church received financial support from many sources. These included, among others, current and former residents (from six provinces, the United States and Great Britain), churches and church associations, foundations, and government grants.

Christ Church Anglican now has twice monthly services conducted by a visiting priest. Other activities are initiated by the residents. Inside the church is a visitors' book and a collection plate. Outside, the tree (shown in the photograph) is gone. A war memorial stands on the median of the street in front.

There are four churches in Cartwright and vicinity. In 2016 the population of Cartwright was 352.

Photographed in 1994

ern Ontario and lived in a homestead in what is now Killarney.

This fieldstone church, in the English Gothic style, is similar to several others built around the turn of the century. Today, it is one of the few of its kind remaining.

The church was extensively damaged by a fire in 1910. The after-fire renovations included addition of a vestibule and stained glass windows. These were subsequently removed: the windows in 2004, the vestibule in 2008.

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)

Testaments of Faith, Manitoba's Heritage Churches

- Exhibition -

Photographs by Tyrrell Mendis

June - July, 2020 (Dates TBA)

Ste. Therese Chapel (Museum)

Cardinal, Manitoba

View a photo collection of Manitoba's fast-disappearing relics of our heritage, taken and compiled by Winnipeg resident Tyrrell Mendis.



Ste. Therese Chapel, in Cardinal, south-western Manitoba, is now a museum.

THE BUZZ, cont'd from page 7



Jerry Hemmings



Joyce Fromson



John Carson



Wesmen Women's Volleyball 1982-88



Bisons Football Team 1968-70



Wesmen Men's Volleyball 1970-74

1984 and 1985. Fleming was named the CIAU Men's Hockey Coach of the Year in 1985. Following his time at the U of M, Fleming went on to find success at the pro level, spending more than a dozen seasons as an NHL assistant with the Islanders, Coyotes, Flyers, Flames, Oilers and Lightning.

Wesmen Men's Volleyball Team 1970-74
The University of Winnipeg men's volleyball team of the early 70s became the school's first sports dynasty when it reeled off four consecutive CIAU gold medals. The Wesmen captured national championships in 1971, 1972, 1973, and 1974.

TEAM - Bob Syko, Ed Alexiuk, Charlie Dickson, Rusty Rischuk, Gary Gerylo, Keith Doan, Barry Gros, John Paulsen, Robert Boyle, Tom McCormack, Bob Harrison, Keith Wasylik, Terry Braun, Randy Lawson, Bob Urquhart, Larry Kich, Ron Hinkewich, Cliff Bell, John Paulson, Gord Howard, Larry Plenert, Dave Leonhardt, Don Michalski, Dan Paulsen, Garth Pischke, Boris Tyzuk, Bruce Wasylik, Jim Matthews, Charly Bridle, Jerry Ilchyna (head coach), Dr Glen Conly (head coach), Dennis Nord (assistant coach), Larry Kich (assistant coach), Jerry Kolt (manager), Dave Wilkinson (manager)

Bisons Football Team 1968-70
In 1969 and 1970, head coach Henry Janzen's University of Manitoba Bisons became the first team to win the Vanier Cup in consecutive seasons. In 1969, the Bisons won the Hardy Cup for a second consecutive season before going on to beat McGill in the Vanier Cup. The following season, Manitoba once again claimed the Hardy Cup, going on to beat Ottawa in the 1970 Vanier Cup.

TEAM - Ray Ash (Assistant Coach), Gill Bramwell, Doug Calder (Athletic Therapist), Jim Carlson, Garry Corbett, Tom Coyle, Cliff Crawford, Bart Evans, Clint Evans, Jim Fildey, Gerry Fraser, Pat Gill (Equipment Manager),

Lou Furlan, Jack Galbraith, Walt Gibson, Olie Hensrud, Wayne Hildahl, Jamie Horne, Richard Howden, Dennis Hrycaiko, Nick Iafolla, Richard Jackiw, Henry Janzen (Head Coach), Bob Jaskiewicz, Bob Johnston, Bob Keating, Alan Kinley, Graham Kinley, Bob Kraemer, Hank Lodewyks, Gord Mackie (Athletic Therapist), Ian McLeod, Walt McKee, Mark Millen, Randy Miller, Terry Moss, Norm Nicol, Doug Olynky, Roy Parker, Gord Rowland (Assistant Coach), Dean Samson, John Shanski (Assistant Coach), Bill Schick, Don Shylo, Mike Shylo, John Silver, Lawrence Stockton, Bruce Taylor, Bob Toogood, Dr. Gerry Wilson (Team Doctor), Robert Wright, Kim Ziola.

Wesmen Women's Volleyball 1982-88
One of the most dominant stretches in Canadian university history belonged to the 1982-1988 Winnipeg Wesmen women's volleyball teams. The Wesmen won six consecutive national titles (1983-1988) during the 80s, as they were powered by a CIAU Player of the Year each season. From January 1987 to January 1989, the team won 123 straight games and had a 58-0 overall record during the 1987-88 season. The Wesmen had a number of team members who would go on to play for Canada's national junior or senior teams in: Boroski, Leug, Wanda Guenette, Joanne Onishko, Paulette Jerrard, Sheila Picklyk, Ruth Klassen, Ardith Lernout Parker, Bernice Bowley, Diane Scott, Leesa Fast, Carrie Chernomaz Patrick, April Stephenson, and Suzi Smith.

Wesmen Women's Basketball 1992-1995
From 1992-93 to 1994-95, the University of Winnipeg's women's basketball team went on an unprecedented run winning three national championships while setting a Canadian record that may never be matched. Under the direction of coach Tom Kendall, Winnipeg won 88 consecutive games, which stands as the longest streak in Canadian university basketball history.

TEAM - Sandra Carroll, Michelle Chambers, Pam Flick, Jody Rock, Andrea Hutchens, Diane Zunic, Heidi Rowley, Sheri Telke, Larisa Waschuk, Sandy Corby, Sarah Meyers, Nicole Jonker, Tracey Peter, Andrea Pales, Marne Nechwediuk, Anna Weber, Lynette Lafreniere, Lara Asplin, Natalie McVicar, Jen How (manager) Carla Lenz (assistant coach) Craig Kennedy (assistant coach), Keith Pruden (assistant coach), Gail Kendall (assistant coach), Tanya McKay (assistant coach), Tom Kendall (head coach). ■



He wanted a pizza and football funeral.

We can do that.

What would **your** loved one want? Create a special celebration to remember their life. We'll show you how.

Call us first.

Locations in Winnipeg:


Chapel Lawn Funeral Home & Cemetery
1000 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
155 Lagimodiere Blvd, Winnipeg, MB
204-272-7905



Arbor
Memorial

A to Z OPTICAL
2-2082 Ness Avenue
Winnipeg, MB. R3J 0Z3
Phone 204.475.9130
www.atozoptical.net
Eye Exams
Mobile Services
Great Selection
Optimal Service

ACADEMY ATHLETIC THERAPY INC.
Block Therapy | Cupping | Massage
Rehab Exercises | Stretching | Ultrasound
1-695 Osborne Street
Phone 204.930.2256
www.academyathletictherapy.ca

AWC 24/7 Services
Aging in Place Renovation Experts!
Residential Interior / Exterior Renovations & Landscaping
204-777-0838
www.awc247.ca - Info@awcbuild.com

BRIGHTWATER
Celebrate The Joys of Daily Life...
741 Sterling Lyon Pkwy.
Phone 204.272.4153
www.brightwatertuxedo.ca

EAR ARCHITECTS HEARING CARE
Quality service, trust & respect!
3412 Roblin Blvd
www.eahearing.com Phone 204.416.7455

LISA REID AUDIOLOGY
Winnipeg: 412 Marion Street
Ph: 204.837.Hear (4327)
Selkirk: 360 Eveline Street
Ph: 204.482.3738
www.lisareid.ca

Good Neighbours Active Living Centre

Canteen
Prize Table
Membership Table
Volunteer Table
and more...

720 Henderson Hwy. Thursday | March 26th, 2020 Times: 10:00am - 4:00pm

93.7 CJNU
NOSTALGIA RADIO

The Pro's Know
Hosted by Saturday Morning Potpourri's *Trish Bennett*
prosknowexpos.ca

Active Living & Resource EXPOS

bringing the products & service resources needed by older adults to older adults in our community!

MASC

Manitoba Association of Senior Centres
www.manitobaseniorecentres.com
info@manitobaseniorecentres.com

**NO-CHARGE
FREE ADMISSION
NO-CHARGE**



Businesses & Organizations Supporting Seniors

The Pro's Know Expos intention: To bring together some of the best resources, services and products available for Older Adults 50+ under one roof. To have the Expos hosted by the people needing them and providing them closer to home throughout the city. To educate our friends and families on the various means and ways to collectively improve quality of life after 50.

For more information on our expos go to; www.prosknowexpos.ca

Missing Pieces
DISCONTINUED CHINA
2-484 Academy Road
Phone 204.488.1136
Active Searching
Gift Registry
Register to Buy
Register to Sell
Packing Service
www.missingpieces.com

Myers LLP
Barristers & Solicitors
Andrew Torbiak
Wills & Estates | Real Estate Law
Phone 204.926.4182
www.myersfirm.com

RICHARD ROSIN
Winnipeg's Friendliest Undertaker!
Funeral, Cremation & Memorial Services
Ph: 204.219.1126 www.richardrosin.ca

Right at Home CANADA
Home Health Care & Assistance
Caring the Right Way!
1004 Pembina Hwy.
Ph: 204.318.5554
www.rightathomecanada.com/winnipeg

The Seniors Moving Company
Lisa Sinnicks
200-421 Mulvey Ave. E.
Phone 204.415.4444
www.seniorsmovingco.com
Why make it harder than it has to be?
We do it All!

TAX RETRIEVAL SERVICES
Refunds missed? We find them!
10-Year Tax Reviews
Jim & Charlotte Holland
55 Years Experience
Phone 204.299.8581
www.taxretrievalservices.ca
NO CHARGE if no refund found.

TEAMBROWN
YOUR KEY TO REALTY...
Jeff Brown
Seniors Real Estate Specialist
663 Stafford Street
Phone 204.997.5333
www.teambrown.ca

YourStyle FINANCIAL
Doug Buss CLU, CPCA, CFP, CEA
Ph: 204.227.6395
'Live for today, Plan for tomorrow!'
www.yourstylefinancial.ca

E.R.I.K. T.S.U.
The first 100 people will receive the Emergency Response Information Kit.
E.R.I.K. FREE!
Sponsored by:
Trish's little closet
"A place for Giving, Getting and Loving!"
www.trishslittlecloset.ca

clean slate design mktg.
www.cleanslatedesignmktg.ca
Pro's Know Expos Show Management
204.414.9290

Things To Do

WINNIPEG

More listings available at www.seniorscope.com (Events page)

NOTICE:

Due to the COVID-19 pandemic, expect most, but not all, events and programs listed here to be cancelled or postponed until further notice. EXERCISE SAFE PRACTICES WHEN LEAVING YOUR HOME AND WHEN YOU RETURN IF YOU MUST LEAVE. BUT PLEASE STAY HOME IF YOU CAN.

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. mo. except July & Aug., 10 am-4 pm, Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy/Sell. Call Andy Zook: **204-482-6366** or **204-481-0943** (Selkirk).

Dufferin Seniors Inc. - Pancake Breakfast, Fri. Mar. 13, 8-10 am. \$5/person; Easter Dinner & Dance, Sat. Apr. 4, Dufferin Senior Centre, 377 Dufferin Ave. Full course meal, music by 'Hwy. 6'. Members \$20, non-members \$25. Tickets: **204-771-3325**

Children's Hospital Foundation of Manitoba - Children's Hospital Book Market, Apr. 23-25, Thur-Fri: 9:30 am-9 pm, Sat: 9:30 am-5 pm, at St. Vital Centre. Established in 1961, this is the longest running fundraiser in support of the Children's Hospital Foundation MB. You can drop off used books at our various outlets and volunteers sort books into over 65 categories. goodbear.ca/bookmarket

Centre on Aging, U of M - 37th Annual Spring Symposium and Workshop, Mon. May 4, 8:45 am-4 pm, Brodie Centre, 727 McDermot Ave, U of M Bannatyne Campus. Sessions: epigenetic aging and health, PCH's as a strategy to avoid a crisis, human rights and older age, inter-generational learning and post-secondary education, and more. Workshops: fostering respect for older LGBT2Q identities, cannabinoid use in older adults. Free to attend. Info and to register (required): coaman@umanitoba.ca, **204-474-8754**

Riverview Community Centre and Age Friendly Riverview - sponsoring 2-hr Creative Writing classes for Older Adults, 10 classes starting Feb. 26, 10:15 am, by Lesley Peterson, an experienced teacher, writer, and editor. No experience necessary except an interest in writing. \$150/person. At RVCC, 90 Ashland Ave. Info: gm@riverviewcc.ca, Register: <https://riverviewcc.ca>

Forum Art Centre - Art classes start Apr. 6, 120 Eugenie St. 40+ Class options for all ages and skill levels. Register at www.forumartcentre.com/classes or register@forumartcentre.com or call **204-235-1069**

Khartum Ladies Auxiliary - Annual Bridge & Card Party, Thur. Apr. 16, lunch 12 pm, Bridge/Cards 1 pm, Shrine House, 1155 Wilkes Ave. Tickets \$15: Arla @ **204-253-0006**. In support of children living with disabilities.

Please advocate for Canadian research animals by signing and sharing an e petition through the House of Commons at: <https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-2285> or google e petitions House of Commons and put **# e 2285 in the search bar**.

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

Manitoba Book Awards/ Les Prix du livre du Manitoba - 32nd Annual Awards, Fri. May 8, 2020, at the Winnipeg Art Gallery. 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.

HEALTH/ WELLBEING

The Manitoba Prostate Cancer Support Group - Meet 3rd Wed. ea. Month, 7-9 pm. Next mtg: Mar. 18, at The First Unitarian Universalist Church, 603 Wellington Cres. Dr. John Wilkins discusses "Looking deep into cancer with systems approaches". Free parking, refreshments, door prizes, no charge adm. Deloris: **204-667-4156**, delank1@gmail.com

CRISP Ideas Series (Creative, Relevant, Intelligent, Social & Positive) - Designed for Older Adults but all are welcome. Speakers: Mar. 27 - Sherri Rollins "TBD"; Apr. 24 -

Emily Hunter "Bone Health"; May 29 - Rod Kueneman "How Does Your Garden Grow, at Riverview Community Centre 90 Ashland Ave. Sponsored by Riverview Community Centre and Age Friendly Riverview. <https://riverviewcc.ca>, gm@riverviewcc.ca

Manitoba Sjögren's Support Group - Meeting, Wed. Apr. 8, 5:30-7:30 pm, at Access Fort Garry, 135 Plaza Drive. Info: Phyllis Hirota **204-477-5158** or manitobasjogrens@shaw.ca

The Stroke Recovery Assoc. of MB - Chair Yoga, Tuesdays, 12:30 pm, 247-B Provencher Blvd. For those with mobility problems. \$10 non-members, \$5 members. **204-942-2880** or admin@stroke recovery.ca

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 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, Mar. 26, 12 noon, at RBC Convention Centre. Speaker Jessica Floresco "Mother Earth Recycling". Proud member of the Metis community, works with urban and rural indigenous population. \$28. Reservations by Mar. 22: **204-663-5657**, wccwinnipeg@gmail.com

Friendship Force of Winnipeg - Join members of Friendship Force Winnipeg, meet new friends and enjoy an evening of fellowship. A Friendship of Force membership provides opportunities to explore new countries and cultures by bringing people together at the personal level. For more information: Joan **204-832-9294** or www.friendshipforcewinnipeg.org

Book presentation - "Memories of the Moonlight Special" by author Barbara Lange, Tue. Apr. 21, 3-4:30 pm, at Resto Gare (celebrating 50 yrs), St. Boniface railway car restaurant, 630 Des meurons. Reserve by Apr. 15: **204-237-7072**

DONATIONS

Saving Audio Stereo Equipment E-Waste Service. Drop off event Sat. Apr. 18, 9 am-2 pm, at Corydon Community Centre, 1370 Grosvenor Ave. Accepting items such as Amplifiers, Speakers, Am/Fm Tuners, Record/CD/MP3 Players, Parts, Music Instrument Amps, Radios, etc. Info: savingaudio@gmx.com

MUSIC & ENTERTAINMENT

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

Anavets Assiniboia #283 - The Friendly Club, Fri. Night dancing to live bands. 8 pm-12 am. Non-members \$5. **204-837-6708**

Westminster Concert Organ Series - Denis Bedard (Vancouver), Sun. Apr. 26, 2:30 pm, Westminster United Church, Westminster at Maryland. **204-784-1330**

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

Winnipeg Male Chorus - practices Monday evenings, 7 p.m. on a variety of music in Fort Gary United Church. No audition required.

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**

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, 7-9:30 pm at Kirkfield-Westwood C.C., 165 Sansome Ave. Singles, couples and new dancers. **204-831-8954**

The Happy Homesteaders - Senior men sing a capella barbershop harmony. Perform in various senior venues, afternoons only. Recruiting for tenors, leads, baritones, & basses. Rehearsals Mon's, 1:30-3:30 pm in

Legion (lower level), 426 Osborne, Sept.-May. **204-888-4214**

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

SPORTS/FITNESS/GAMES

Golden Agers Mixed Bowling League - 55+ Bowlers Wanted. Bowl 3 games every Thur. 1 pm, Sept.-April, at Chateau Lanes on Nairn. Info: Frank, Hm: **204-633-0329**, Cell: **204-997-7597**

The Pembina 55-PLUS Curling League - Looking for curlers. Pembina Curling Club, 1341 Pembina Hwy. 2 games/wk, alternating btw Mon., Wed. and Fri., 1 pm. Info: contact@55pluscurling.com, www.55pluscurling.com, **204-261-8049**

Lady Bowlers - Fridays at 12:45 pm at Polo Park. For ladies of all ages. We bowl for fun. If you can't commit to every week come spare with us. \$10/wk, includes Christmas luncheon, fun day, and wind-up in April. Lunch and prize\$. Time off at Easter. Call/text **204-770-3903**

Garden City Senior Golfers Club - looking for Men, 55+ to golf in fun league, weekly, May-Sept. 75 members play in different foursome ea. month at various clubs within 1 hr of Wpg. Special green fees (each golfer is responsible for) at certain Wpg clubs. Brian Ridley **204-669-4795**, pritchardfarm@shaw.ca, gcsgwpg.com

Flashbacks Senior Baseball Club - Seeking new ball players, men 55+ and women 40+ to play slo-pitch baseball Tues. and Thur. afternoons thru out the summer. Registration April 16, at Morse Place C.C., 700 Munroe. Gord **204-669-5938**

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**

VOLUNTEERING

WENPHC (West End Non-Profit Housing Co-operative) - Volunteer needed for maintaining Minutes for our meetings, monthly or as-needed. We are creating a multi-income and multi-suite living co-operative complex in the West End (Spence area). Contact Sue McKenzie, **204-453-1139** or sjwinnipeg@yahoo.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@victorialifeline.ca

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Events Director, 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. board@winnipeglostdogalert.com or president@winnipeglostdogalert.com

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

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

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, Prairie Spirit United Church, 207 Thompson Dr. **DROP-INS ARE CANCELLED UNTIL FURTHER NOTICE**. Free, adult drop-in. Play cards, table games or just conversation. Light refreshments, door prizes. **204-832-1000** or **204-895-7410**

Pembina Active Living (PAL) 55+ - Special events: Zing into Spring, Thur. Mar. 19, 1 pm; Registration for spring classes begins Apr. 6; Still Bloomin' Garden Club, Thur. Mar. 26, 1 pm. Presenter U of M Professor Ted McLachlan (Dept. of Landscape Architecture); Coffee PALs, Fri. Apr. 3, 1 pm at Access Fort Garry; PAL 55+ Fundraising Concert featuring Corry Rempel as Johnny Cash and Elvis, Sat. Apr. 4. Info/tickets: www.pal55plus.com, **204-946-0839** or office@pal55plus.com

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Referrals made through WRHA. Call **204-889-4608** or your Case Coordinator.

Fred Douglas Lodge Adult Day Program - 1275 Burrows Ave. Social day program for seniors. Fun activities: themed parties, exercises and entertainment in a great interactive social setting. Transportation & hot lunch provided. Members \$18.88/day. (WRHA set fee). Call **204-586-8541** ext. 123. Referrals made through WRHA at **204-788-8330**, or call Case Coordinator.

The Gospel Message - Sundays, Feb. 16 & 23, 3-4 pm, at Fort Garry Community Centre (Hobson Site), 880 Oakenwald Ave. Told Simply & in Accordance with what JESUS Lived & Taught. A free service and no obligation, ALL WELCOME! Enquiries: bawaddell77@gmail.com

South Winnipeg Seniors Slow-Pitch (SWSSP) gearing up for a new season

By Metro Hnytko

Often referred to as "Winnipeg South", we are a community-based group of 'mature' adults in Winnipeg, Manitoba, who have joined together to enjoy the physical and social benefits of slo-pitch softball. We offer men (over 55) and women (over 40) opportunities for non-competitive and/or competitive recreation through playing slo-pitch softball with and against others of similar ages and experience. Every interested senior can participate according to his or her interests, skills, and scheduling needs; you just need to bring a softball glove and comfortable clothing.

Based in South Winnipeg, our "House League" games are played twice weekly at Moffat Field, located behind the Century Arena at 1377 Clarence Avenue in Fort Garry. These games are scheduled on Tuesdays and Thursdays from May to October (weather permitting). Our House League games are intended primarily for exercise and social interaction.

Winnipeg South also supports several more competitive 'traveling' teams, who play against teams from both within Winnipeg and rural Manitoba. These traveling teams play their games at the John Blumberg (Headingley) and Buhler (Transcona) Recreational Complexes on Mondays and Wednesdays, and also play in a

variety of tournaments around Southern Manitoba. Both in-house and travelling team games are played on weekdays during normal working hours, but one of our teams does compete regularly in evening games against other nearby teams.

Our Spring Start-up Meeting will be on April 20th at the Fort Garry Community Centre located at 880 Oakenwald at Woodgrove. Registration is at 12:45 pm with coffee and donuts available; meeting to start promptly at 1:00 pm. The 2020 annual registration fee is \$50.00 and includes registration with Sport Manitoba, insurance, plus a hat and jersey for first time members.

Teams also participated in 'Batting for Breast Cancer' for many years and have raised significant funds each year. This year's tournament will be held June 13th at John Blumberg Park.

Teams will also participate in the Manitoba 55+ Games in Selkirk, MB, June 16-18th.

Each year, we hold two mini-tournaments (four teams made up of all members play 3 three-inning games) with a BBQ afterwards.

For more information:
Website - swssp.coffeecup.com
Betty: 204-997-8043
Bob: 204-261-3033
Mac: 204-475-1900

SAFETY ALERT

What is pole top fire season?

Fires on top of hydro poles are a common cause of electrical outages in Manitoba. They most often occur in the spring, but can happen at any time of year.

Why do pole top fires happen?

Insulators, typically made of porcelain and polymer, are used to attach power lines to wood distribution poles. Dirt and grime can build up on these insulators throughout the year. The build-up can be worse in the winter before the first big spring rain helps to clean the insulators and restore their insulation properties.

While cracks or lightning damage can cause an insulator to fail and create a pole fire, usually it is humid weather that contributes to the risk of pole top fires. Dense fog, very light rain, or light, wet snow can all provide the right conditions. The moisture in the air combines with the dirt on the insulators to allow an electrical short circuit, which can cause a fire.

The short circuit trips a switch, cutting power to the lines, much like the fuses or breakers in a house. The tripped switch causes an outage, which could be limited to a small area or could involve a large number of customers.

Sometimes the pole may burn through, leaving the top of the pole, cross-arms and insulators suspended by the power lines. Or power lines can break from the weight. If you see a hydro pole on fire, call 911.

Safety. It's in your hands.



MANITOBA Wild
Scenic Secrets of Manitoba

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Pick up a copy at your local book-store today!

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

QUALITY CARE MOVING

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service • removal or storage service
- short and easy free in-home estimates

Ask about our Senior Moving Service

Phone - 204-990-4341 Wpg
Email: qualitycaremoving@mymts.net Website: www.qualitycaremoving.net

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.

PLEASE CHECK WITH YOUR TRAVEL AGENT FOR UPDATES ON THESE TOURS DUE TO THE COVID-19 CRISIS.

BROADWAY in the BADLANDS

Medora Musical
June 22-26, 2020

If you enjoy the live performances in Branson and the Wild West ways in Deadwood, then you are sure to love this!

Included Tour Features

- Motorcoach Transportation from Winnipeg
- 4 Nights Accommodations
- Meals: 3 Breakfasts, 1 Dinner
- Medora Orientation Tour
- Welcome Reception
- Medora Musical
- Pitchfork Steak Fondue
- Gospel Brunch and Live Show
- Scenic Drive Theodore National Park
- Services of an Embassy Tour Director

Only \$799 per person, double

EMBASSY TOURS
204-757-9383 1-800-723-8051
www.embassytours.ca

Keyboard Ventures Music Centre

Exercise your mind, coordination, concentration and motor skills.

ONSITE or MOBILE Music Lessons for Children, Adults & Seniors

Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

LESSONS for LESS for Seniors

6 Week Introductory Offer - \$95
Free use of Keyboard

Now Offering SONGWRITING and MUSIC PRODUCTION lessons

SALES & SERVICE:

MUSIC: Guitars, guitar restringing, setups, tuning services, etc. USED Keyboards, Recorders, Music Books/Accessories, etc.

COMPUTER: • Toner & Printer cartridges for Less, USB flash drives, SD cards, etc. Computer virus removal

HOME: • Batteries (hearing aids, fireplaces, remote car starters, etc.)

Popular New compatible Brother and HP Xerox (laser) toners! Only \$30 and up!

Text or call Terry:
204-955-5428
terry@keyboardventures.com
www.keyboardventures.com
310 Weitzel St. • Wpg
324 Main St. • Stonewall

BBB ACCREDITED BUSINESS

f

Visit Both Saskatchewan Mineral Spa's

May 3-4-5-6 & 7th
\$650.00 pp dbl occ

Tour Includes: 2 Nights Temple Gardens Mineral Spa Resort, 2 Nights Manitou Springs Mineral Spa Resort, Motorcoach Transportation, Unlimited Access to Mineral Pools, 2 Hot Breakfasts, \$15 Food Vouchers, \$45 Casino Credit plus health benefits of soaking in the therapeutic mineral waters for 5 days!

Red - White & Blue Get-A-Ways
www.rwbgetaways.com
1-866-846-3795

Temple Gardens Mineral Spa Tours

Jets of warm mineral water have a therapeutic effect on sore joints & stiff muscles, re-mineralizing skin tissue and detoxification of the body systems are other positive effects beside pure relaxation!

June 1-4th
\$395.00 pp dbl occ

Tour includes: Motorcoach Transportation, Lodging at Temple Gardens Mineral Spa Resort, Unlimited access to Mineral Pool/Steam Room, Plus Casino Package at Casino Moose Jaw attached by Skywalk.

Red - White & Blue Get-A-Ways
www.rwbgetaways.com
1-866-846-3795

Kelly Lewis Artistry

kellylewisartistry@yahoo.com : @KellyLewisArtistry on FB
204-202-9814 : 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.*



Things To Do

RURAL MANITOBA

More listings available at www.seniorscope.com (Events page)

required; St. Patrick's Science Day, Mar. 21, 2-4 pm, at St. Andrews Heritage Centre, \$7/child. Registration required; **Wildlife Series: Prairie Raptors** (helped by Prairie Wildlife Rehabilitation Centre), Mar. 28, 1 pm. Make a craft too. Registration required; **Tea Cup Bird Feeder Workshop**, Mar. 28, 11 am-12 pm, at Heritage Centre, \$10/person, includes materials. Register: www.standrewsrectory.ca. Info: **204-339-6396**, standrewsmuseum@hotmail.ca

Steinbach - ROC Eastman, Recreation Opportunities for Children - Semi-annual Book Sale, Mar. 19, 20, and 21, at the Clearspring Mall in Steinbach, Mar. 19, 20, and 21, Thur. and Fri. 9:30 am-9 pm, Sat. 9:30 am-4 pm. Info: **204-371-2887** or moni@roceastman.ca

Stonewall - si55Plus - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582: Monthly luncheons; Pickleball**, Tue's 7 pm - Stonewall Collegiate, Thur's 7:15 pm - Stonewall Centennial School. \$5 Drop in, \$3 si55Plus members.

Teulon - Senior Citizens' Club - Monthly gatherings at Teulon Rockwood Centennial Hall: Apr. 9 - band: Trail Riders; May 14 - band: Southglen Fiddlers; Jun. 11 - band: Gem Stars. Doors open 12 noon, dancing at 1 pm, lunch 3 pm. Cost \$7/person. Joan Trombo, **204-886-2098**

VOLUNTEER

Beausejour - Alzheimer Society Interlake/Eastern Office - Volunteers Needed: Evening Telehealth Session Host at Beausejour Hospital, once monthly thru April; Care Partner Support Group Facilitator, dates/times TBD, once monthly ongoing. Personal and/or professional experience with dementia required; professional experience preferred for Facilitator position. Info, Samantha: **204-268-4752**, alzne@alzheimer.mb.ca

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. Various positions. Info: Denise Smith **204-482-6601** Ext: 128, dsmith@mytudor.ca

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

Stonewall Kinettes Club - Kinettes meet 3rd Thur. of mo. except July & Aug. Help plan fun events to help raise funds to serve the community's greatest needs in Stonewall and surrounding communities in the Interlake. Call Marilyn at **204-467-2728**

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 paper-work. *Facility available to rent.* www.dauphinseniors.com, **204-638-6485**

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/Dinners, Walking Group, Bingo, etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits,

mobility equipment (loan service), congregat 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**; Erksdale 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 **444-3139**; 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, congregat 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, spirital 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, Geneology 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, homcare 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 - **204-444-3139** - 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: cookscreekcommunitycentre@hotmail.com

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception **204-320-4600** <https://www.patporteralc.com>

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

Please mention *Senior Scope* when contacting our advertisers. Thank You.

Please mention *Senior Scope* when contacting our advertisers. Thank You.

Please mention *Senior Scope* when contacting our advertisers. Thank You.

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 March 1 for April 10 issue.**

NEWSBITS

March 4, 2020

PROVINCE INTRODUCES LEGISLATION TO ALLOW SAFE TESTING OF AUTOMATED VEHICLES ON MANITOBA ROADS

The Manitoba government has introduced legislation that would allow testing of automated vehicles on provincial roads, Infrastructure Minister Ron Schuler announced. “Emerging Vehicle Technologies Create Business Opportunities in Manitoba,” he states.

“Development of vehicle technology, including automated self-driving vehicles, is progressing rapidly worldwide and these changes will help make Manitoba competitive in attracting business and keeping pace with other jurisdictions,” said Schuler. “Our government is honouring our commitment to bring forward legislative amendments that would create a framework to allow the safe testing of automated vehicles on Manitoba roads.”

The Vehicle Technology Testing Act (Various Acts Amended) would create a framework to enable testing of vehicle technology and types including automated and connected. Testing advanced and alternative vehicle technologies would also position the province as an attractive location for companies to test intelligent transportation infrastructure.

Before the province can authorize testing, it would develop regulations and a permitting system this year, in consultation with stakeholders, the minister noted.

“By enabling developers to safely test emerging vehicle technologies on provincial roadways, we are supporting Manitoba's large agricultural, trucking, heavy vehicle manufacturing and technology development sectors,” said Schuler. “Numerous vehicle technologies are in development and ready for testing, creating opportunities for Manitoba-based business.”

The bill also amends The Manitoba Public Insurance (MPI) Corporation Act and The Insurance Act concerning registration and insurance requirements for vehicle testing organizations. ■

.....

March 5, 2020

MANITOBA TO IMPLEMENT FLAT \$25-PER-TONNE GREEN LEVY, PST WILL BE REDUCED TO SIX PER CENT

The Manitoba government will implement a flat \$25-per-tonne Green Levy and reduce the PST to six per cent, saving Manitoba families and businesses more than a billion dollars over the next five years compared to the rising federal carbon tax, Premier Brian Pallister announced.

Both the made-in-Manitoba Green Levy and the PST reduction will come into effect on July 1.

“The federal government ignored our request to work together as a true partner in tackling climate change, so we have no choice but to act now to protect Manitobans from the rising federal government carbon tax they are bringing in this year,” said Pallister. “Ottawa has provided special exceptions and exemptions to many other provinces but refused to consider Manitoba's significant clean hydro investments.”

The average Manitoba household will save \$200 in 2022 through Manitoba's flat Green Levy alone, adding up to more than \$700 over the next five years, the premier said.

The premier noted that 100 per cent of the flat Manitoba Green Levy will be returned to Manitobans. Dropping the PST to six per cent will save Manitobans \$325 million each year, \$40 million more than the actual cost of the flat Manitoba carbon levy. The average Manitoba household will save \$359 in 2022 with a six per cent PST.

“Unlike the federal government's rising carbon tax, our flat made-in-Manitoba Green Levy will return all of the money and more to Manitobans with the second-lowest PST in Canada,” said Pallister.

Manitoba large industrial emitters will reduce emissions through a made-in-Manitoba output-based carbon pricing system based on the flat Green Levy of \$25 per tonne.

Greenhouse-gas emissions in Manitoba will be reduced by at least two megatonnes (MT) over the five-year carbon savings account period set in legislation. ■





Victoria Lifeline

MANITOBA'S #1 MEDICAL ALERT SERVICE

You never know when an accident might happen, but you can be prepared for one.

Call (204) 956-6777 / toll free 1-888-722-5222

Mention this ad & receive a **FREE** month!


VictoriaLifeline.ca



FULL SERVICE MOVING for SENIORS

Moving you from PAD to PAD

CALL (204) 417-7570



Today's Recipe

Larry McIntosh

www.PeakMarket.com

Spinach Salad with Curried Apple Dressing

Metric	Ingredients:	Imperial
30 ml	white wine vinegar	2 tbsp
15 ml	dry white wine	1 tbsp
10 ml	dijon mustard	2 tsp
5 ml	soy sauce	1 tsp
40 ml	sugar	3 tbsp
2 ml	curry powder	1/2 tsp
-	salt & pepper to taste	-
125 ml	vegetable oil	1/2 cup
2 L	romaine lettuce, chopped	8 cup
1.3 L	spinach leaves, stems removed	5 cup
1	granny smith apple, cored & chopped	1
75 ml	cashews	1/3 cup
50 ml	dried cranberries	1/4 cup
3	green onions, chopped	3
15 ml	sesame seeds, toasted	1 tbsp

In a medium bowl; add vinegar, wine, mustard, soy sauce, sugar, curry powder, salt and pepper. Gradually add oil, a little at a time, whisking to combine until thickened. Taste and adjust seasonings such as sugar, salt and pepper as needed. Set aside.

In a large bowl; toss romaine and spinach. Top with apple, cashews, cranberries, onion and sesame seeds.

Stir salad dressing to combine. Pour just enough on salad and toss to coat well. Refrigerate any remaining dressing in refrigerator.

Serves 4

WORDSEARCH - Nautical By Senior Scope

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

CROSSWORD A Taxing Situation By Adrian Powell

ACROSS

1 Long, Scandinavian tale

5 Thing inside the wall

9 Mr. Peanut's footwear

14 What some lambs become

15 Site of a big, leaning tower

16 Reduce to pulp

17 Fed. lewy that encourages you to go green

20 ___ of Cancer

21 Toe locations

22 Vapour trail locale

23 Baltic, for one

24 Allow

26 Former Portuguese colony in Asia

28 Apt nickname for auditors from the Lonestar State?

34 "My Fair Lady" race course

37 Dele canceller

38 General vicinity

39 Floating on the wind

40 A golfer will use one

41 Wall-climbing vines

42 Australia's biggest birds

43 Enjoy a good novel

44 Essentials

45 Where to go to get stuffed animals

48 Running from the law: on the ___

49 "The ___ of Pooh"

50 Sheep sound

53 6th sense

56 Light haze

59 One-eighties

61 April 30th announcement, maybe

DOWN

1 Religious factions

2 Well-informed

3 Italian Riviera city

4 "Pronto!"

5 Elon Musk company

6 Odd little jerk

7 Letters on a B-2, say

8 Truth alternative

9 Precisely correct

10 Wordplay groaner

11 Non-scientific

12 Salad-bowl wood

13 Like Marilyn Monroe

18 Enlarge one's pupils

19 Sired, Biblically

25 Guinea pig, say

27 Century plants

28 Item often removed from your throat

29 Water vapour

30 Rewrite yet again

31 Scary sounding lake

32 Growth around the pond

33 Talk back to

34 Help in a heist

35 "Brave New World" cure-all drug

36 Central point

41 Counting everything

43 Stir over again

46 Tablecloth cloth

47 Toppings to put on your pasta

50 Silvery European fish

51 Sinus cavities

52 Very pale

53 Greek H's

54 Closed

55 Lima's land

57 Heavy industrial fog

58 Popular Dana perfume

60 Knob in the centre of a shield

62 Sunbather's shade

63 ___-for-profit

Aboard

Aft

Beam

Below

Black Gang

Boat

Bow

Brass Pounder

Bridge

Bulwark

Crow's Nest

Davits

Deck

Fall

Frames

Freeboard

Galley

Gangway

Gunnel

Gunwale

Head

Ladder

List

Mess

Officer

Port

Purser

Ship

SOS

Stack

Starboard

Stateroom

Steerage

Stern

Steward

Tackle

Thwart

Topside

Wings

SUDOKU EASY By Senior Scope

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

SOLUTION ON NEXT PAGE

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE

SOUTH BEACH CASINO IS CLOSED UNTIL FURTHER NOTICE DUE TO COVID-19. PLEASE VISIT www.southbeachcasino.ca FOR UPDATES.

50 PLUS CLUB

SAVE 50%

Every Wednesday & Thursday
On Food In Mango's And The Blue Dolphin Lounge.

southbeachcasino.ca
1-877-775-8259



SOUTH BEACH
CASINO & RESORT
Simply Irresistible!

SOLUTION ON NEXT PAGE

Adrien Sala Urges Federal and Provincial Government to Support St. James Civic Centre

Treaty 1 Territory, Winnipeg, MB— St. James NDP MLA Adrien Sala is urging the federal and provincial governments to support phase 2 upgrades to the St. James Civic Centre.

“St. James Civic Centre has been a mainstay of our community for over 50 years and it’s time for a refresh,” said Sala. “Unfortunately, with less than a month to the proposed start of renovations, the project is in limbo because of the lack of commitment from the provincial and federal governments. A clear funding commitment is needed so that St. James families and seniors can stay healthy and active.”

On April 1st, the Civic Centre will close for a year in order to start previously announced renovations, funded entirely by the City of Winnipeg. Many residents are concerned that the second phase of the project, which includes a new 55+ Centre, may not be completed because of the refusal of the provincial and federal government

to commit funding. The cost is estimated at \$14 million. So far the federal government has not been clear on its commitment and the provincial government has done nothing to ensure the project is completed.

With less than a month until renovations are slated to begin, Sala urged the federal and provincial governments to make the funding available so that St. James seniors can stay healthy and active.

John Pidwerbesky, a local St. James resident, expressed similar concerns to Sala regarding delays.

“The Civic Centre is a hub for our community and helps seniors like myself stay active while socializing with friends,” said Pidwerbesky. “We deserve clarity from the provincial and federal government—is this project going to happen or not?”

Call **204-792-8779** to speak to MLA Adrien Sala. ■

Winnipeg Police Service:
(March 2, 2020)

March is Fraud Prevention Month

For **Fraud Prevention Month 2020**, the Winnipeg Police Service is focusing its efforts on combating the ‘Bank Investigator Scam’. In 2019, Canadians lost over \$3.2 million to the scam. Manitobans accounted for \$1 million of those losses making the ‘Bank Investigator Scam’ the top scam in Manitoba.

To help raise awareness, we have prepared a video detailing what the Bank Investigator Scam is and how it can be prevented: <https://youtu.be/JdN9Lp3q-rI>

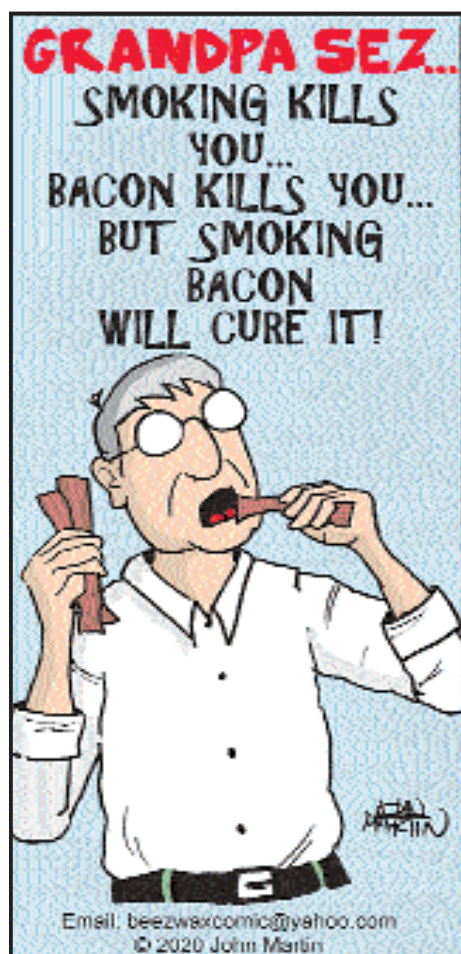
If you or someone you know has been a victim of the Bank Investigator Scam, please contact both the Winnipeg Police Service and the Canadian Anti-Fraud Centre (<http://www.antifraudcentre.ca/>) to file a report.

In conjunction with other agencies from the community, the Winnipeg

Police Service will again be participating in a number of events to help educate citizens on how they can protect themselves from fraud. One of those events which we would like to mention is:

The **Seventh Annual ‘Shred It’ Event** on Thursday, March 26, from 11:00 am to 2:00 pm, at both **St. Vital Centre** (in the parking lot outside Silver City) and **CF Polo Park** (in the South parking lot facing Portage Avenue). Shred-It trucks will be on hand at both locations and will be accepting paper documents to shred and – NEW for this year – electronic devices such as old hard drives, USB flash drives, and other hardware that contains confidential information. We ask that you bring a maximum of two bags or boxes per person for this FREE event, please. ■

FACEBOOK FINDS



PONDERINGS...

If lawyers are disbarred and clergymen defrocked, then wouldn't electricians be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and drycleaners depressed?



PONDERINGS...

The word “swims” upside-down is still “swims”.
Which letter is silent in the word “scent” - the ‘s’ or ‘c’?
Shouldn't the letter w actually be called double v?
If you replace “W” with “T” in What, Where and When, you get the answer to each of them - That, There and Then.

CROSSWORD - Solution

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

WORDSEARCH - Solution

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

SUDOKU - Solution

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

MR. ODDS & ENDS

BUYING & SELLING Used Items in good condition

Specializing in items people need. Will trade items / Cash for some.

Currently Available:
Bicycles, Lawnmowers, Air Conditioners, Fridges, Freezers, Couches, Furniture, Collectibles & More. Snowblowers and Shovels also available.

Add some Odds & Ends to your Sales Event
We can provide some tables for your vendors. Includes set-up and take-down.
We have a good selection of items including dvd movies, cd's, vinyl albums, cassettes and more!

Call Dave 1-204-746-4318

March 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

THE CLASSIFIEDS

LISTINGS ONLY \$10 plus gst
Approx. 30 words. Photos \$5 extra.

Downsizing? Sell those unused items!!! Call for details.

For personal items / private sales OR for existing paying advertisers of **Senior Scope**.
All listings must be pre-paid: cash, cheque, money order. No credit cards.
Listings and payment must be received min. 7 days prior to printing.

Garage Sale ITEMS ACCEPTED

For details, call: **204-467-9000** or Email: **kelly_goodman@shaw.ca**

BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE

MISCELLANEOUS

NOTICE: Please advocate for Canadian research animals by signing and sharing an e petition through the House of Commons at: <https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-2285> or Google e petitions House of Commons and put # e 2285 in the search bar.

NOTICE: Military Veteran needs family doctor. Must be knowledgeable, courteous, and speak clear English. Ph: 204-589-3348 in Wpg.

FOR SALE: Recently widowed. Several items for sale: Keurig Coffee Maker, 2 yrs old, ask \$35; Electrolux, power nozzle, very good cond, ask \$100; Hoover upright vacuum; Wolfgang Puck Portable Oven, amazing cond; and many more items. Call Clark, 204-222-7999, 204-227-9888.

WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

Sell those unused items! Make some extra cash!
Call for details: 204-467-9000

MAIL LISTINGS with payment payable to: **Senior Scope**. Box 1806 Stonewall MB R0C 2Z0.
NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.

Visible in 23,000 printed copies in over 700 locations in Winnipeg and in over 90 rural Manitoba communities and online at www.seniorscope.com.

DAVE'S MUSIC

D.J. SERVICE

Music for any occasion
Socials • Weddings • Parties • Bar music
PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up
Professional Equipment - Excellent Sound
25 Years Experience - Special Rates

SPECIAL OFFER:
Book a Social and get \$100 OFF your wedding.

Bookings and info:
1-204-746-4318
(Morris, MB)



Affordable seniors housing throughout Winnipeg



**Haven II –
1 & 21 Boulton Bay**

Bachelor - \$451
Enhanced Bachelor - \$480
One-Bedroom - \$608
Rent Includes all utilities.
Parking is \$22 monthly.



**Hamilton House –
475 Hamilton Avenue**

Bachelor -
\$471.00 - \$595.00
One-Bedroom -
\$579.00 - \$721.00
Rent includes heat, hydro
and water.



**St. James Legion Lodge –
2730 Ness Avenue**

As per Manitoba Housing,
rent is 30% of your monthly
income.
Rent includes all utilities.
Parking \$25 a month.



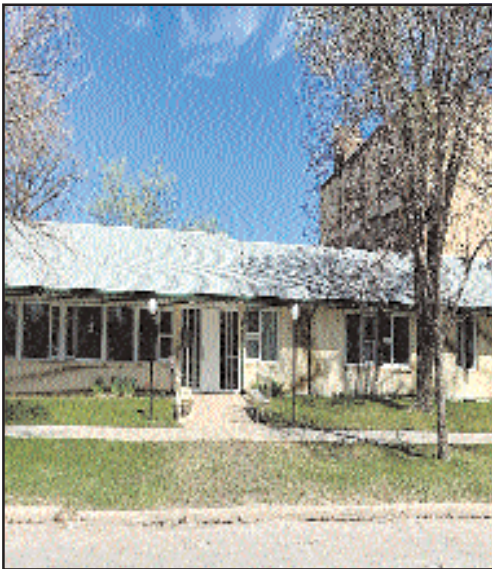
**Monash Manor –
865 Sinclair Street**

As per Manitoba Housing,
rent is 30% of your monthly
income.
Rent includes all utilities and
laundry.
Parking \$25 a month.



Seine River Haven – 571 St. Anne's Road

1 Bedroom - \$974.00
1 Bedroom (Pet Friendly) - \$974.00
2 Bedroom - \$1071.00
2 Bedroom (Pet Friendly) - \$1071.00
Rent includes water.
Tenant pays Hydro, Cable, Parking and Laundry.
Parking - \$35.00.



**Anavet Lodge –
166 Beliveau Road**

Bachelor - \$436.00
1 Bed - \$560.00
All utilities included plus
basic cable.

PHONE 204-942-0991 TO FIND YOUR NEW HOME
1080 PORTAGE AVE, 2ND FLOOR, WINNIPEG

sam.mb.ca