

fter Covid-19 happened and the 2020 Folklorama Festival was cancelled, organizers had to pivot and establish programs that still allowed communities to share their cultures. The "At" programs were born where the festival comes to you whether you are ... At Home,

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Participating & Learning - It Never Gets Old! - Jim Evanchuk

Active Aging in Manitoba (AAIM) is continuing to share some stories about the Manitoba 55+ Games to encourage older Manitobans to stay active and to continue to be participants for life. This is the fourth in a series of memorable moments of the MB 55+ Games through the eyes and in the words of past participants. This story is shared by 86 years young Vic Savage, who has been involved in the Manitoba 55+ Games for close to three decades with the encouragement and support of his wife Muriel. They recently celebrated their 65th wedding

Vic started with the Manitoba 55+ Games in 1992 and has been involved each year since then. He and Muriel have travelled extensively throughout Manitoba as the Manitoba 55+ Games events became a significant part of their lives. That passion remains today. "The Games became a new career for me when I retired, and I guess that's what they continue to be for me" Vic shares. Vic has worn many hats as regional representative for the Interlake Region, starting as a volunteer with the Manitoba Society of Seniors (MSOS) and currently sitting on the Provincial 55+ Games Committee with Active Aging in Manitoba.

Why did Vic get involved in the MB 55+ Games?

"Well, I used to bowl 5-Pin in Winnipeg and when we moved to





Vic and his wife Muriel enjoying the 55+ Games experience.



Team Manitoba at 2004 Canada 55+ Games in Whitehorse, Yukon.

Sandy Hook we started making friends and getting involved with local programs. I joined a 5-pin bowling team in the Gimli 55+ Centre. That led to participation in the Manitoba 55+ Games event. I started with the Coup De Grass 5-Pin bowling team out of Gimli 55+ Center who won Gold at the MB 55+ Games in Killarney. Team members included Vic, Elsie Dudar,

Over the years, Vic has participated in Floor curling, Floor Shuffleboard, Carpet Bowling, 5-Pin Bowling, Golf and has entered many items in the Arts and Crafts event including, photography, weaving, woodcarving, wall hanging & rugs and recycled crafts. Vic has won a total of 18 medals and 10 Ribbons at the Manitoba 55+ Games.

One achievement that stands out was for a wood carving. Vic was passionate about woodcarving and he encouraged Muriel to get involved. "I finally convinced Muriel to try woodcarving," Vic recalls. "That year we both entered a woodcarving Continued on next page

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ones.



Sadie Harder and Lil Porosky. Around that same time, I joined what was then the Manitoba Society of Seniors (MSOS) and became the Interlake Regional Representative for the MB 55+ Games.



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Participating & Learning, cont'd from page 2

of a boot." Both projects started the same with Vic providing guidance and tips to Muriel, who was a quick learner. While Vic had the carving technique down - Muriel had the decorative motherly touch. "Both boots started the same," Vic adds, "but Muriel embellished her carving with a little bird and little straw nest. She made two tiny eggs out of basswood and put them in the nest. She got a medal for hers and I did not get a medal for mine." Although he did not receive a medal, Vic was immensely proud of what his 'student' had accomplished. They both still laugh about it today.

Vic's interest in arts and crafts blossomed into a full passion after his "working days" were behind him. He did handyman work for cottage owners in the Sandy Hook area, including the late Lieutenant Governor of Manitoba, Peter Liba and his wife Shirley. She introduced Vic to weaving, which inspired his re-cycled chair hobby and many more wall hangings and rugs over the years. Vic says, "I entered some of these projects in the Manitoba 55+ Games Arts & Crafts event and I won guite a few medals and ribbons for them over the years".

"They used to have an Air Show in Gimli each year, and one year after the event was over I went to the garbage dump and found a bunch of discarded lawn chairs. The fabric of the chair had been damaged, but nothing was wrong with the frames. So I took the chairs and restored them. When I retired in 1992, I was looking for ways to supplement my pension and re-furbishing these chairs became a hobby and a way to do that." Muriel pointed out that Vic has brought over 200 lawn chairs back to life.

How did you learn the skills you use in your arts and crafts projects?

"I learned from talking with people, who had taken up a hobby." Vic adds, "Other hobbies I took up were taxidermy and photography. I've entered photographs of two eagles, which would regularly perch on the top of our tall pine trees in our front yard. They became regular visitors and almost pets."

We asked how fulfilling are your hobbies? Before Vic can answer, Muriel says, "It doesn't matter who walks through the door, to this day – He shows them his hobby work." Vic adds, "I like to pass on what I



One of Vic Savage's wall hanging entries in the Manitoba 55+ Games (with medal).

know and have experienced and everything else to anybody who wants to learn it."

We asked Vic how the 55+ Games have changed over the years.

"Each event is a little different and provides a unique local flavour, culture and a slice of life in the hosting community and area. The host communities have changed each year and that has always made the games exciting because you get the opportunity to visit different places and meet folks from all across Manitoba". "Some of the events have changed at the annual games and some of the regional events have changed over the years," Vic added. "Back then, every month one of the 55+ Centers in the Region would host a day of games and the hosting would move around the region. There has been less of that activity in recent years, but it would be great to see that regional activity return," Vic says. "We used to have an Opening Ceremony and a Closing Ceremony. As the President of the MSOS at that time, it was my responsibility to bring opening remarks on the first day of the games and to address all the athletes on the final day of the games. We now present medals at the conclusion of each of the events and no longer have closing ceremonies. I still have copies of my speeches from 1992 onward."

What activities is Vic currently involved in and how is he staying active and healthy these days?

"Right now - I cut grass – my



Carpet Bowling – one of many 55+ Games activities Vic enjoys.



Coup de Grass 5-Pin Bowling Gold Medalists in Killarney. (from left: Vic Savage, Elsie Dudar, Sadie Harder and Lil Porosky)

busy caregiving. With the 55+ Center closed right now (with the COVID-19 pandemic), we are restricted in what we can do but we do still fill our days with activity. I have an automatic alarm clock in my head – no matter what time I go to sleep – I wake up around 5:00 a.m. every morning."

What encouragement would Vic give to someone living in Manitoba who is 55 years of age but has never participated in the MB 55+ Games?

"My father and two brothers passed away before they were 70 and I have been keeping active – so I think keeping busy and staying involved helps you to stay active and healthy. Choose activities that are suitable for you – ones that match your interests and abilities – but do something! Choose something to keep active!" Vic emphasizes, "and to keep you getting out and being a participant with other people. That's what the 55+ Games are about! Meeting old friends and and I will go the Rec Centre and they know me by name," Vic says. "It nice to know that towns that are going to host the 55+ Games call Vic to help them organize the floor curling and floor shuffleboard," Muriel adds.

"You're always learning – no matter what age – that's something that never gets old," Vic says with a warm smile. From Cub Leader to BINGO Caller to President of MSOS to Manitoba 55+ Games ambassador, Vic continues to serve in leadership roles and is always ready to lend a helping hand.

Thank you Vic and Muriel for sharing your memories of the Manitoba 55+ Games over the past 28 years.

If you have participated in the Manitoba 55+ Games and have a story you would like to share, contact the AAIM office at **204-632-3947** or toll-free at **1-866-202-6663** or drop us a line at **info@activeagingmb.ca**

For ideas on how you can stay active and healthy in and around your home visit the **Active Aging in Manitoba** website at **www.activeagingmb.ca.** ■

grass and other people's grass. And I plant my garden and with Muriel's health challenges, I am making new ones."

"Right now I can go to all the small towns in the Interlake region

ROSEMARY HNATIUK I IBRO LIVING WILLS Commentary prepared by Rosemary Hnatiuk, barrister, solicitor & notary public

Advertising Feature

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, taking social distancing into account, as may be required.

Call **204-228-7063** or **1-855-933-5454** for an appointment.

(see our advertisement - page 5)



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down.

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August 12 - September 9, 2020 • V19N2

TAX and ESTATE PLANNING:

Protecting your child's inheritance

- Treena Nault, CFP, RRC, Executive Financial Consultant

Clients often ask me what will Don't:

happen to my child's inheritance if they end up in a marriage breakvehicle;

When an estate or gift is left to a child, it can be subject to a family property claim if the child later separates or divorces. However, there are ways to protect the inheritance. This is a complicated topic that I suggest you discuss in further detail with your trusted financial advisor and an estate lawyer. Please contact me for a more in-depth white paper on this subject if you would like to learn more.

FAMILY LAW LEGISLATION

Although the rules vary across Canada, in most jurisdictions' inheritances may be exempt from a division of family property IF the assets have been kept separate. Once the inheritance is used to purchase a jointly held assets or pay down a debt on a jointly-held property, the asset will usually become shareable.

I suggest that parents try to have a private conversation with their children about the things the child can do to protect any future inheritance they may receive. Simply explain that if at a future point their relationship starts to deteriorate, they need to understand that the best way to protect their inheritance is to keep it separate.

Do:

- Invest it in his or her name alone
- Enter into a domestic contract (sometimes referred to as a
- pre-nup)
- Encourage your child to speak to a family lawyer

- Purchase family assets, such as a home, vacation property or
- Pay down debt related to family
- assets; or
- Make investments in joint names.

ESTATE PLANNING

Aside from having a frank conversation with your children about the use of any inherited funds, one thing parents can do is to ensure their will that attempts to protect their child's inheritance. Parents should include a clause in their will indicating that the gift is meant to benefit the child only, including any income and growth. Although this type of clause is not effective in every jurisdiction, include it in your will no matter where you live. It may be hard to predict which jurisdiction your child will be living in at the time of your death. If the child keeps the inheritance invested separately, it may help to protect the future income and growth as well as the original amount inherited.

TESTAMENTARY TRUSTS

Another option is to draft your will such that the assets are left to a trust established for your child's benefit. A trust is a legal arrangement where a trustee holds legal title to the trust property for the benefit of the trust beneficiaries. The trustee has the power to deal with the assets and to distribute income and capital of the trust to beneficiaries in accordance with the terms of the trust.

In many cases the trustee of the trust is the child inheriting the money, but where there are significant concerns about the child's ability to manage large sums, an independent trustee may be appointed instead. Speak to an estates lawyer to ensure that your will is properly structured.

Including grandchildren as potential beneficiaries of each child's trust can provide tax benefits. If the grandchildren are low income, then some of the income in the trust could be flowed through to them and taxed in their hands at lower rates.

If the child receives property from the trust and then co-mingles it with the other family assets then it likely becomes a shareable asset.

COMMON-LAW RELATIONSHIPS

It is different in every jurisdiction in Canada and I don't have the space to get into all of the details here. If your child is living common-law, it is still advisable that you plan ahead, and take steps to protect their inheritance as if they will be treated as a married couple.

GIFTS DURING YOUR LIFETIME

Some parents will give their children large cash gifts when their children first get married to buy a house only to be distressed to find out that these assets are shareable when the child separates from their spouse. If you want to protect the funds, consider structuring the gift as a loan instead. This can also help to alleviate situations where one child has received a significant gift during the parents' lifetimes, whereas another child or children may not have. In many cases the children are not expected to make

payments against the loan during the parent's lifetime, but the amount of the loan can then be offset against the amount to be inherited by that child.

If you want the funds to be treated as a loan, be sure to speak with a lawyer well in advance of entering into the transaction to make sure that everything is properly documented.

For more information, please contact me. We are always happy to chat and answer your questions.

.....

Stay safe. Stay healthy. ■

Treena L. Nault, RRC **Nault Group Private Wealth** Management 200-1605 Regent Ave West, Winnipeg, MB R2C 3B3

Tel (204) 257-9100 treenal.nault@igpwm.ca www.igprivatewealth.com

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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.

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If you suspect Elder Abuse, do you know what to do?

"Elder abuse is any action or inaction that threatens the health or wellbeing of an older adult."

An abused person may not even realize their rights are being violated and the abuser may not realize they are being abusive. Abuse can happen to anyone at any age.

For emergencies, call 911

Call your local police if the situation is not an emergency but you suspect it might be against the law. Ask to speak to someone who has been trained in senior abuse, or domestic/family violence.

Seniors' Abuse Support Line

Call the 24 hour support line and speak to one of our trained and caring counsellors. All calls are free & confidential. Toll-free: 1-888-896-7183.

Protection for Persons in Care Office

This Office responds to reports of abuse of persons receiving care in personal care homes, hospitals or any other designated health facility. The Protection for Persons in Care Act (the Act) is an extra safeguard built into Manitoba's health care system. This law is to help protect adults from abuse while receiving care in personal care homes, hospitals or any other designated health facility. 204-788-6366 Toll Free: 1-866-440-6366 TTY Winnipeg: 204-774-8618 TTY Toll Free: 1-776-855-0511

Manitoba Human Rights Commission Toll Free: 1-888-884-8681 TTY: 1-888-897-2811 Brandon Office: 204-726-6261 The Pas Office: 204-627-8270

A & O: Support Services for Older Adults Confidential consultation, assessment and counselling services are provided to seniors who are victims of abuse. 204-956-6440 Toll free: 1-888-333-3121 A & O's Safe Suite Program: Crisis accommodations are available for men, women and couples 55+ who are in need of a safe place to stay due to abuse or neglect. Assistance in arranging finances, housing and legal services can be provided.

Manitoba Seniors and Healthy Aging Secretariat is part of the department of

Health, Healthy Living and Seniors. The Secretariat works with all departments to create an environment within Manitoba that promotes health, independence and wellbeing of all older Manitobans. 204-945-6565 Toll free: 1-800-665-6565

Winnipeg Regional Health Authority Geriatric Outreach Services / Geriatric Mental Health Teams (GMHT) / Geriatric Program Assessment Teams (GPAT) wrha.mb.ca

Public Guardian and Trustee (Winnipeg Office) **204-945-2700**

For a full list of health and social services throughout Manitoba, consult 211 Manitoba - https://mb.211.ca

66 Some abusive behaviour is illegal: all abuse is wrong. ~ CNPEA

Source - CANADIAN NETWORK for the PREVENTION of ELDER ABUSE (CNPEA) - https://cnpea.ca/en/what-is-elder-abuse/get-help/manitoba



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Folklorama during Covid-19, cont'd from front page



Clyde and a woman celebrating her 70th birthday by booking a Folklorama party.

cessfully with over 60 bookings.

Tanya Williams, Director of Marketing explains, "It's been beautiful! Some of my favourite memories so far....

- A couple celebrated their 50th wedding anniversary and were supposed to go to Ireland. Their daughter surprised them and brought Ireland to them with dancers, musicians, and food.
- A woman wanted to share her Caribbean culture with her condo mates, and brought a taste of the



Caribbean to them with music and stories

• A seniors home wanted to provide entertainment to their seniors after many difficult months and booked an Indigenous party. It was so successful, they've booked four more parties and recommend it to other senior homes."

The cost depends on what you want to see. All packages are customized for the person/group.

Page 5

When you book an 'At' program, you are supporting a local ethnocultural artist, restaurant, and/or caterer in your community.

To book a party, you can e-mail bookings@folklorama.ca or call the office at 204-982-6210 or 1-800-665-0234 or visit the website Folklorama.ca for more information.

Something else that's new is the Folklorama Favourites Scavenger Hunt which has been a hit with seniors since it launched on August 7th and will run until August 15th. It's a fun, free thing for them to do over the next couple of weeks - and win prizes as well!

Those who participate in the scavenger hunt will automatically be entered into a contest for the chance to win fantastic prizes like two Easy Access Tour Visas with unlimited access to Folklorama Pavilions in 2021, gift baskets full of cultural goodies, and more!

For more information, visit: https://folklorama.ca/hunt/.



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Diane Hucal - Folklorama 50 Mural in the background - participating in the Folklorama Scavenger Hunt.



Ron Hurcal - Churro Stop - a participant in the Folklorama Scavenger Hunt.

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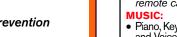


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'Why are we watching hockey in August?'



I guess the simple answer to that question is "Because we're Canadian, eh!" It's what we do, even in the midst of this strange nightmare By Roger Currie that myself and many others have chosen to

call *The Twilight Zone*. The plague known as Covid-19 continues to affect almost every aspect of our lives. It's still not clear what version of 'normal' lies ahead but obviously it won't include being packed like sardines into a stadium or arena anytime soon to cheer on the Jets or the Blue Bombers.

In the United States which leads the world in Covid cases and deaths, the pressure to return the sports world to normal is not going all that well. In Major League Baseball, many games are being postponed or cancelled not by weather but after a handful of players tested positive for the virus. The Canadian Football League has all but given up its effort to play an abbreviated 6 game schedule at IGField in Winnipeg. It appears the Blue Bombers will get to be defending Grey Cup champions until 2021.

The National Hockey League has so far fared better than other sports businesses in dealing with the new reality. The Winnipeg Jets were one of teams who barely qualified for a preliminary tournament



Laine heading for the dressing room after an injury on the ice.

to determine which 16 teams would actually compete for the Stanley Cup. Only 7 of the 31 teams are based in Canada but we can take some pride in the fact that all the playoff action is taking place in carefully guarded 'bubbles' in Edmonton and Toronto. It has been 53 years since a Stanley Cup parade took place in Toronto, and there won't be one for the Maple Leafs in 2020. They lost to Columbus in the qualifying round.

Alas, it was a similar sad story for Winnipeg hockey fans. The Jets were matched against Calgary in a best of five series and when it was done the Flames had taken three of the four games. And talk about bad karma. With barely 5 minutes gone in game one, Winnipeg's Mark Scheifele was lost for the series with a serious knee injury. Not long afterwards Scheifele was joined out



the opportunity to age-in-place

of uniform in the pressbox by Finland's Patrik Laine. Other injuries followed and the Jets had to settle for their only victory in game two. So Winnipeg's postseason began on August 1st and ended in the early minutes of August 7th.

Hockey is not a game that I played in any organized fashion beyond the age of 12. My gigantic size made me pretty much an ankle skater and I really never nurtured any dreams of NHL stardom. Back in the halcyon days of the original six on black and white TV I could proudly rattle off the names and numbers of most of the star players in the league. Truth be told I probably identified more strongly with Danny Gallivan or Foster Hewitt.

After the NHL expanded to 12 teams in 1967, I quickly began to lose interest.

Advertising Feature

Alzheimer Society Says, "Protect What's Important to You Today!"

What we know right now is that during the COVID-19 pandemic, people writing and updating their Wills is on the rise. People across this country are thinking about protecting what's important to them in more ways than one.

Making a Will isn't about death, it's about life - the lives and protection of your loved ones and support for the organizations you championed during your lifetime. Without a Will, your best intentions may not be realized as a part of your legacy.

However, over 50% of Canadians are still risking needless taxation and family upset by not taking the most important step in planning for the future – Making a Will.

Planning for your future need not be expensive or complicated.



I shared the excitement that resulted when Bobby Hull and the Scandinavian stars came to Winnipeg in the WHA days in the 1970's, and I mourned the departure of the Jets 1.0 to Arizona in 1996. But never say never. 15 years later the NHL returned to Winnipeg, as did I after a second working life in Saskatchewan. I moved in with my beloved Janice that same year, and she was more of a hockey fan than I ever was. Who knew?

Cheering for a home team will always be extra special, even when they compete into empty arenas in early August. ■

Roger Currie is a Winnipeg writer and broadcaster

- Alzheimer Society Making your Will does take time, but the first steps can be made easier with the Alzheimer Society's free Estate Planner and Guide package - a useful set of tools to assist in articulating and

organizing your estate plans to ease the process of working with a professional to make your Will. Visit **alzheimer.mb.ca** today to

learn more.

You will learn how to save taxes by planning a gift to the Alzheimer Society of Manitoba as part of your legacy.

For more information, please contact Lorraine Decock, Director of Development at **204-943-6622** or by email at

ldecock@alzheimer.mb.ca.

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Putting Life on Pause: Unfortunately, due to COVID-19, most or many activities are put on hold. Some activities are resuming. You may inquire about volunteering, but be aware that these may be put on hold as well. There are some opportunities below that require minimal or no personal contact. Call the contacts for information. STAY SAFE!

NNIPEG

Things To Do

MISC EVENTS

The Canadian Myeloproliferative Neoplasms (MPN) Network - 6th Annual (Free ONLINE) Patient

Annual (Free ONLINE) Patient Conference, Sat. Sept. 12, 1:00-3:30 pm. Speakers: Dr. Vikas, Oncologist, and Dr. Claire Harrison, Hematologist. Register by Sept. 2/20 at canadianmpnnetwork.ca/ 6th-annual-conference-webinar/.

Long Term & Continuing Care Association of Manitoba - 'Shining A Light' on Seniors Long-Term Care. The costs related to Covid-19 are mounting. We urge all Manitobans including MLAs to combat the critical funding shortfall in long term care. To join a list of supporters visit www.roadtocare.ca/shinealight.

FALL DINNERS

St George's Anglican Parish Transcona - Fall Supper, Sat. Sept. 26, 321 Pandora Ave. W. Drive-thru/take-out option. Turkey dinner & pies for dessert. \$20 (adults), \$10(6-12), Free (5 & under). Tickets: stgeo321@gmail.com, 204-222-1942. www.stgeorgesanglicantranscona.ca

SPORTS/FITNESS/GAMES

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

VOLUNTEERING

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. 204-831-2503 or visit www.deerlodge.mb.ca/volunteers.html O

Caregiving with Confidence - Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or **jnybakken@aosupportservices.ca**

Victoria Lifeline - Melissa: 204-956-6773 or msitter@victorialifeline.ca

Winnipeg Lost Dog Alert (WLDA) -

Volunteers needed for: <u>Events Director</u>, and <u>Page Administrators</u> 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 Charleswood Long Term Care -Volunteers needed to assist with garden

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

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. 204-235-2111, service@actionmarguerite.ca

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, transport residents in wheelchairs to in-house appt's. 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

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. Bob: **204-661-7402**, **bmilks@concordiahospital.mb.ca**

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

Southeast Personal Care Home -Volunteers needed 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

PROGRAMS/SERVICES

Pembina Active Living (PAL) 55+ -The Board of Directors of PAL (55+) has postponed all its current programming until further notice. They hope that PAL 55+ members are keeping safe and well. Info: www.pal55plus.com, 204-946-0839 or office@pal55plus.com

Dufferin Senior Centre - Due to the cononavirus, the Centre is closed to all its activities until Sept 23rd,2020. Sorry for the inconvenience. Info, Al: **204-771-3325**

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by August 7 for August 12 issue.

RURAL MANITOBA MISC EVENTS

Springfield Services to Seniors:

Cooks Creek Country Market - Sundays, Aug. 16, 23, 30, 10 am-4 pm, Cooks Creek C.C. Arena. (if raining, inside Gym). Contact: 204-619-2782, Vendors welcome:

Emergency First Aid Course - Aug. 23, 9 am-4 pm, Cooks Creek C.C. Cost \$90. Open to all ages. 204-619-2782.

PROGRAMS / SERVICES

Emerson-Franklin Senior Services - For seniors with disabilities, to help maintain independent living. Services: Transportation, shopping, Meals on Wheels for shut-ins. 204-427-2869

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. Info: **204-727-6641**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - Cancer society Transportation Program, fee for service contact list, Erik kits. Facility available to rent. 204-638-6485, www.dauphinseniors.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/ phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**;

Brokenhead/Beausejour Outreach for Seniors at 268-7300; East Beaches Resource Center (Victoria Beach) 756-6471; Eriksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource Council 372-8703; Gimli Seniors Resource Council 642-7297; Lundar Community Resource Council 642-5378; 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 Senior Resource Council 467-270; 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

Koostatak (Fisher River Cree Nation) Stevens Memorial United Church - 1880

Koostatak is a community northeast of Hodgson. Fisher River is an independent Cree Nation adjacent to Peguis First Nation, 220 km north of Winnipeg. In 2006 the two nations worked together to bring about the first ever Manitoba Indigenous Winter Games.

When the Post Office opened in 1905 the place was known as Fisher River. The name was changed in 1921 for Harry Koostatak, a life counsellor for many years to the Fisher River Band.

Koostatak is Cree for "let us fear" in the Biblical sense. Fisher River is from the Cree name Ochakeweo, from ochak (or orchik) meaning "fisher", the furbearing member of the marten family.

Members of Fisher River Cree Nation traded with the Hudson Bay Company (HBC) at Norway House, the administrative centre for Rupert's Land. They exchanged furs for such goods from England as metal and cloth. By 1875 there were about 800 Cree living in the Norway House settlement, hundreds of whom were employed by the HBC. It was a village of about 30 houses, and a church built in the early 1880s. Written and Photo by Tyrrell Mendis



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station west of Lake Superior. "Everyone was baptised by the time they arrived at Fisher River." A later mission station was set up at Oxford House.

is the first Aboriginal person to lead the United Church of Canada, serving as moderator from 1992 to 1994, where he played a key role in working towards reconciliation. Reverend McKay coordinated the developments of the United Church's national consultation process for the National Native Council, 1982-1987. During that time, he successfully advocated for the Church's apology for its role in the cultural oppression of First Nations peoples. Reverend McKay is the recipient of numerous awards and honours, including a National Aboriginal Achievement Award. Victoria University will confer the Honorary Degree of Doctor of Sacred Letters, honoris causa, upon The Very Reverend Stanlev John McKav.

Montcalm Service to Seniors - Joanne: 204-304-0551 or jbarnabe@hotmail.ca

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Volunteers needed. Services: transportation, friendly visits/calls. Coordinator Bev Collet: 204-248-7291 or ensemble@mymts.net.

Seine River Services for Seniors -

Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**.

Les services <u>rivière seine</u> pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**. But, by the 1870s the natural resources in the area had been depleted so the HBC scaled back operations. For instance, about 200 Cree were put out of work when steamboats replaced York boats. The missionaries meanwhile were urging people to move further inland to find land suitable for agriculture.

Christianity came to Fisher River in 1840 when the Methodists established the Rossville mission, the first Methodist The predecessor of Stevens Memorial United Church was the Fisher River Methodist Church. When the Methodists joined with the Presbyterians at Union the church then became the United Church of Canada.

Around 1964, when a Christian Education building was added, the church was renamed in honour of Rev. Frederick Stevens who had replaced Rev. E. R. Steinhauer at Fisher River in 1907.

The Very Reverend Stanley John "Stan" McKay was born and raised in Fisher River Cree Nation. He

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Source: Victoria University website Photographed in 1992

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)

Community Radio is more than just Music!

Hello everyone. We're **Trish and Rick** from **CJNU 93.7FM**, **Nostalgia Radio** here in Winnipeg. Every Saturday morning from 9:00 am – 12:00 noon, we're blessed to be able to bring you a combination of great nostalgic music, factoids, guests and more.

This combination allows us to keep you entertained and informed as we; our older adult population continues to grow. Hits and some misses from the 40's through to the 70's is our music base, with numerous classic remakes from some of today's biggest stars.

Each Saturday at 10:02 am, please tune in for **Momma Joan's Juke Box**, as Momma Joan plays one of her Top 100 songs from Yesteryear! At 11:00 am, you can tune in for '**The Pro's Know**' as Trish interviews many of our finest Citizens who present some of the best products and services for our Older-Adult community.

As we've developed these programs along with the many other wonderful shows on CJNU 93.7FM, we've found and appreciate the



of CJNU 93.7FM Nostalgia Radio

need to be better connected with our community in a more direct manner. Coming this October and November we're planning on bringing to you, the '**Pro's Know Active Living Expos**' to a neighbourhood near you. These Expos, in conjunction with the **Manitoba Association** of **Senior Centres (MASC)**, will bring a solid cross-section of Businesses, Service Providers and Older Adult Organizations to you, to help you improve your quality of life. Many of these outstanding people have appeared numerous times on CJNU and 'The Pro's Know' to detail their commitment to all of us in our City and Province; Optical and Eyewear, Hearing and Audiology, Financial Advisors, Real Estate Specialists, Legal Advisors, Home Care Providers, Senior's Moving Professionals, Athletic Therapists and many more business professionals.

From a Community Health and Wellness perspective, the Manitoba Association of Senior Centres with Executive Director, Connie Newman, has introduced in the past couple of years to our listeners and members, a plethora of outstanding Community Organizations and Leaders in the very fields we need pertaining to Older Adult Support Services. MASC is a crucial and proud partner of the Pros Know Active Living Expos coming up.

With the community concerns regarding Covid-19, we've tentatively rescheduled our Expos to October and November 2020. Our first **Expos are set for October 7th and 14th** on Henderson Hwy with the remaining scheduled for the St. James, South Pembina Hwy and Garden City areas through to the end of November. Each Expo will be reduced to 20 tables or less, depending on each of the facilities ability to meet social distancing protocols, while still giving attendees the opportunity to seek the services and products they are requiring. All applicable Province of Manitoba C-19 Protocols will be implemented for the safety of all.

For more information on **'The Pros Know Active Living Expos**' – Dates, Times, Vendors and show Partners – please visit

www.prosknowexpos.ca or listen each Saturday morning from 9:00 am - 12:00 noon to Trish & Rick on CJNU 93.7FM / BELL-MTS TV Channel 725 / www.cjnu.ca for your updates... ■



Sri Lankan 55+ Senior Group has first outdoor get-together since Covid-19 pandemic started

- Senaka Samarasinghe

Sri Lankan 55+ Seniors Group conducted its first outdoor in-person get-together on August 5th since the outbreak of the Covid-19 pandemic in March 2020.

We scheduled the event with a one-hour outdoor (under a large shady tree) mindfulness Yoga session. Yoga practitioner Smita Gupta volunteered to conduct the Yoga session for us. Her husband Madhukar Gupta is associating us during the last five years by attending Sri Lankan Association main events as the President of Indian Association of Manitoba. A member family of ours, Durga and Upali de Silva, is moving towards the end of this month to Kingston, Ontario. Therefore a time slot was also allocated to conduct a farewell party for both

of them. As Upali is an all-rounder and entertained us by singing a Sinhala song of Pandith Amaradeva playing his own guitar. Biryani lunch was provided with individual request on Vegan / Veg / Halal. One of our Board Members volunteered to conduct the Bingo game and that was the end of the one-day session.

Elwick Community Centre was selected for the get-together from 10.00 am to 4.00 pm on Aug 5th (WED) 2020. Board of the Group called a number of Zoom Board Meetings to conduct the event based on the stipulated guidelines laid down by the Province to prevent/protect on C-19 pandemic. With these experiences we are planning to conduct in-person gettogethers in the future. ■



Being Covid safe.





Durga and Upali de Silva.

As Upali sang and played guitar.



The Manitoba Coin Club Recognizes Metro Hnytka

Reprinted from Bison Tales - the official publication of the Manitoba Coin Club Inc. (MCC)

As MCC President, I (Bill Stefiuk) had the pleasure of awarding a MCC Life Membership to **Dmetro** ("Metro") Hnytka. Due to COVID-19 restrictions, we were unable to do a presentation at what would have been our June 2020 meeting; therefore, I delivered the plaque to Metro in the afternoon of Tuesday, July 14, 2020.

An e-interview was conducted with Metro with the assistance of his granddaughter Alana Ramshaw.

Metro was asked how he first became interested in numismatics, "I was born on August 30th, 1943 in Gimli, Manitoba, we lived on a farm in Meleb, Manitoba. When I was four-years-old, we moved to Teulon where I lived for fourteen years. I started collecting coins when I was about eleven-years-old (big pennies and small 5 cent coins were available quite readily). In 1957, I found a 1858 10¢ piece in very good shape and it had already been around for 100 years - What a story it must have had. I was so impressed that I asked my friend who worked at the bank to get me some 1957 10¢ and 25¢ pieces. If I can hold on to them for 100 years, somebody would be really happy to get one of them. I still have my 1858 10¢ piece and I am very proud of it." Metro has a beautiful piece of history. Without seeing the obverse image, we cannot determine the coin variety. Learn more below about why Metro's coin is so special:

The non-magnetic Canadian 1858 Victorian 10-cent coin is sterling silver (92.5%) and Copper (7.5%). It weights 2.32 g, and has an 18 mm diameter, a die axis of 1, and a reeded edge. The designer/engraver for both sides is the late Leonard C. Wyon. There are five varieties of this coin: regular, 5/5, 1858/1558, repunched D DEI and A Canada, and the blundered I in DEI. The mintage of the regular is 1,216,402, and the count for each variety is unknown, and presumed included in the regular mintage. Depending on the variety of this coin, the market trends for circulated coins run from \$12 CAD for AG-3 to \$8,200 AU-50. A 1858/1558 AG-3 is \$375/G-4 \$670/VG-8 \$1,290/F-12 \$1,910/ VF-20 \$3,040/EF-50 \$5,300/AU-50 \$8,200. An AU-50 blundered I in DEI is \$1,480. An AU-50 repunched D DEI and A Canada is \$350. An AU-50 5/5 is \$417, and a regular AU-50 is \$278. These are spring 2020 trends (based on the average prices sold at auction). These images of the varieties (other than regular) are courtesy of CoinsandCanada.



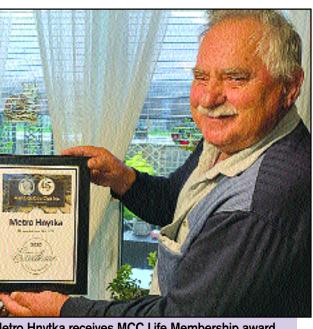


Chinese metal coin.





Metro is very involved in many aspects of Senior Scope.



Metro Hnytka receives MCC Life Membership award.

NOTICE

The Manitoba Coin Show has been cancelled

this fall. But we will see you next year!



Below: Various blundered coins - very collectible.



portation industry either as a cab driver or owner, and as an owner of a limousine service. Even now I still drive part time. I have been driving for 56 years and I haven't retired."

Metro joined MCC in 2004. Barré Hall and Metro looked after publicity for MCC shows, and Metro looked after the tours when MCC hosted the 2013 RCNA Convention. Metro has written several articles to promote the numismatic hobby to the community, with many of these appearing in the **Senior Scope** newspaper (for example, his articles: Variety of Canadian Coins, Dominion of Canada Notes, and Congratulations Canada on its 150th Birthday). Metro likes to keeps busy, "In my spare time, I like to write articles for the Senior Scope newspaper about coins, coin club, baseball, or just about life. Senior Scope is a monthly publication that reaches the older (and younger) population in both Winnipeg and rural Manitoba. It has helped us recruit new members and advertise coin shows for the coin club - great work Kelly!" Digital subscriptions (including access to the archives) to Senior Scope are

free, however, there is a subscription fee if you wish to receive hard copies. To subscribe digitally, or for more information, contact Kelly at kelly_goodman@shaw.ca or at **204-467-9000**, or visit the website at www.seniorscope.com. It is a very community spirited publication with lots of colour and photos — try At that time, the coin itself was a mock of more earlier used cowry shells, so it was called the Bronze shell. Ancient Chinese coinage includes some of the earliest known coins. These coins, used as early as the Spring and Autumn period (770-476 BCE), took the form of imitations of the cowrie shells that were used in ceremonial exchanges. The Spring and Autumn period also saw the introduction of the first metal coins; however, they were not initially round, instead being either knife shaped or spade shaped (see image here). Round metal coins with a round, and then later square hole in the center were first introduced around 350 BCE. The beginning of the Qin Dynasty (221-206 BCE), the first dynasty to unify China, saw the introduction of a standardized coinage for the whole Empire. Subsequent dynasties produced variations on these round coins throughout the imperial period. At first the distribution of the coinage was limited to use around the capital city district, but by the beginning of the Han Dynasty, coins were widely used for such things as paying taxes, salaries and fines.

Metro continued, "In the summer, I like to play baseball and run the night league for Winnipeg South Seniors Slo-Pitch. Every year, we put in a team to raise money for breast cancer. This year it still is up in the air because of COVID-19 coronavirus. We still play night league ball and even though some of us are getting old we love to play. I am 76 years old and there are some players in their 80s still going strong!" When asked about other collections Metro may have and what keeps him in the hobby, he responded, "The collecting I like is collecting friends. I have friends that I have gone out for breakfast

The collecting I like is collecting friends. I have friends that I have gone out for breakfast with for 50 years. These people are my favourite collection. **J**

Metro became a dealer, "In 1966, I started a coin shop which I ran in my spare time - until the coins became nickel instead of silver. I closed shop and waited to see which way numismatics was going. I still collect the coins, mostly Victoria or King Edward. My favourites were 50¢ pieces. I still have some interesting coins which I have kept."

As Metro notes above, the coin shop was run in his "spare time", as he had his other career too, "I have always been in the transit, you will enjoy reading it!

Now more about Metro's fun times, "I met Jennifer in 1989. She was divorced with three grown children and I had four. We now have ten grandchildren and two great-grandchildren; plus, we have two pet cats. I like to garden and Jennifer and I seem to grow a lot of things in our small garden, from Pansies to Passion Flowers. Our flowers make summer so much better to enjoy. I like to play Whist with a seniors group during the winter but my favourite pastime is to travel. I have been to China which is a very interesting country with a lot of history (thousands of years) and has coins dating back thousands of years." Learn more below about Chinese coins:

The Chinese metal coins found in Anyang date to before 900 BC. - Metro Hnytka

with for 50 years. These people are my favourite collection." Metro demonstrates the true meaning of fellowship! He regularly gives back to the community and is a treasured member of the Manitoba Coin Club family too!

CONGRATULATIONS METRO ON YOUR MCC LIFE MEMBER AWARD AND THANK YOU FOR YOUR SERVICE EXCELLENCE!

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We at Senior Scope also congratulate you on your prestigious award and we also thank you for all that you contributed to help in our growth and success in keeping readers informed and entertained.

Rick Goodman rickgoodmansk@gmail.com



By Rick Goodman Copyright 2020 / Email rickgoodmansk@gmail.com Read more of The VIRUS DIARIES at www.seniorscope.com

Bea and I have been self isolating for awhile now. Sometimes even in the same room. It can get a little stressful at times but so far we've managed to avoid gunplay. For the most part. The secret to getting along is to put a lot of emphasis on each other's good points and ignore each other's little warts and blemishes. Take a little time and take a good hard look at yourself and try and find ways to make yourself a better person. I myself have done a lot of soul searching and have come to the conclusion that she's darn lucky to have me.

And she knows what she has. And isn't afraid to show her gratitude and affection in so many little ways. Just last night I woke up

WORDSEARCH - Card Games By Senior Scope

to find her with a pillow in her hands. She said she thought it would help me stop snoring. And this morning she offered to feed me breakfast in the bathtub. That seemed odd but you should never refuse a kind act. The toaster balanced on the edge of the tub made me a little nervous though.

There's a lot of joking going around on Facebook about the challenges couples are encountering while self distancing. We were talking about that and I mentioned that on the whole things are pretty good as we are. We have a window facing both the street and the main road so we can keep up with the going's on around us.

'Car comin'!" she'll holler from

the kitchen, and I'll bolt in from the living room to catch the tail end of the morning's action.

"Dog peeing on the van!" I'll call from the living room.

"Which one?" she'll ask.

"The blue one."

CROSSWORD

"Dog?" she asks. I can sense her excitement.

"Nah," I reply, "The van." It's a letdown for sure.

It's got to be hard on those people trapped on those cruise ships. Quarantined in a 12 by 12 cabin. Day after interminable day with the one you promised to love and cherish 'til death do you part. Staff trying to keep you fed but the only foods that will slide under the cabin door are pizza, hard boiled eggs and processed cheese slices. Toilet paper being distributed on a lottery basis. The only thing on television is David Suzuki moaning about climate change and the unfortunate effect it's having on the mating habits of some obscure Guatemalan jungle slug.

"Well Dave," you think to yourself, "If you want to observe dysfunctional try locking a pair of them up in one of these cursed cabins."

I asked Bea what she would do to cope if we ever found ourselves in a situation like that.

"Smother you." she said.

'With love?" I asked. That's so sweet.

"No," she replied, "With a pillow." ■

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Mask or No Mask By Adrian Powell ACROSS Stellar explosions 6 Washing instructions site 11 Untouchable service 14 Nitrogen compound 78 Ρ Ð 15 Full yin formed 16 Nonistick cooking ж sprav 17 The evil villains in 40 many Marvel Cornies publications 20 Form of a cetyla cetone. Ð 51 e 52 21 Really deep pit it or lose it! 22 23 Most urgent 25 Thing to whisper into 27 Old Halloween social events 34 Albacore, e.g. 65 Out in the Bering 10 Romanian 37 Young fellow enemies 66 About the coloured currency 36 Suit accessory 38 Concerning 11 Chimps, e.g. 39 Sleep period when layer of the eye 39 Evaluator 12 Give a hoot 67 Pallid you're dreaming 40 Burning anger 68 Like Dilbert 13 Mmmmm... 46 Counteract

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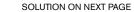
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19 Long-lasting

one last







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Mention this ad and receive one month FREE!

Mind & Memory A to Z Trivia

By Gary Adams - Mind and Memory Presentations - Helping to Keep Brains Young

Today all answers begin with the letter "D"

- 1. This California theme park opened in 1955:
- 2. This plant can be roasted and become a coffee substitute:
- 3. He is Canada's "Hit Man":
- 4. This word was dropped from the "Tim Horton's" name: 5. This is a bug killer:
- 6. This character talks to the animals:
- 7. This Scandinavian country has a lot of pigs:
- 8. Superman worked for this newspaper:
- 9. This is Canada's most successful on stage singing entertainer:
- 10. His films include "10" and "Unfaithfully Yours":
- 11. Prince Charles has this title:
- 12. This is the third most popular name for a female dog:
- 13. This Canadian wrote and sang "I'm So Young and You're So Old":
- 14. He created a hospital for sick children in Atlanta:
- 15. This river runs through Vienna:
- 16. You will find this at the bottom of the ocean:
- 17. Most of Steve Harvey's (Family Feud) suits are:
- 18. This is performed at a basketball game:
- 19. At the start of World War Two the English army escaped the port of:
- 20. A light rain is often called a:
- 21. He sang about "Dream Lover":
- 22. A word related to a piece of turf when playing golf:
- 23. This is a type of apple:
- 24. This mile high stadium is located here:
- 25. He wrote a book about self development:
- 26. These are scary creatures in folklore:
- 27. Many Canadians wish they were vacationing here now:
- 28. If you fellows don't help her out, you will likely be in the:
- 29. The biggest selling mini van has always been this model:
- 30. There is no question Winston Churchill had a lot of:

A to Z Trivia 'D' SOLUTIONS

- 1. Disneyland
- 2. Dandelion
- 3. David Foster
- 4. Donuts
- 5. Deet
- 6. Dr. Doolittle
- 7. Denmark
- 8 Daily Planet

- emory Shows for Seniors
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It is free created specifically to improve the lives of those in self-isolation during the COVID19 period.

To request direct e-mail sends to friends or family, forward address to **trivia@shaw.ca**

www.seniorscope.com/fun.html for more A-Z Trivia and lots more fun such as 'Greetings From Winnipeg' with 'Funnies

SOLUTIONS BELOW

Today's Recipe www.PeakMarket.com Larry McIntest Zucchini Italiano

Metric	Ingredients:	Imperial
1 L	zucchini, thinly sliced	4 cup
500 g	lean ground beef	1 lb
1	garlic clove, minced	1
125 ml	onion, chopped	1/2 cup
250 ml	cooked rice	1 cup
1	can tomato sauce (8 oz / 237 ml)	1
2 ml	dried oregano	1/2 tsp
2 ml	salt	1/2 tsp
1 ml	pepper	1/4 tsp
1	egg, lightly beaten	1
125 ml	cottage cheese	1/2 cup
125 ml	cheddar cheese, shredded	1/2 cup

Cook zucchini in boiling water for 2 to 3 minutes or until almost tender. Drain well, set aside.

In a skillet; cook beef, garlic and onion until beef is no longer pink and onion is tender. Drain off fat. Stir in rice, tomato sauce, oregano, salt and pepper. Simmer for 10 minutes.

In a small bowl; combine egg and cottage cheese.

In a baking dish; layer half of zucchini slices, overlapping if needed.

Spoon meat mixture over zucchini. Spread cottage cheese mixture over meat. Top with remaining zucchini slices.

Bake in preheated 350 F (180 C) oven for 25 minutes or until heated through. Sprinkle with shredded cheese. Bake an additional 2 to 3 minutes until cheese melts.

Serves 4

FACEBOOK FINDS

It took "CLICK IT" or "TICKET" to get people to wear a seatbelt.

I wonder if "MASK IT" or "CASKET" will work?



The air is so full of sanitizer that l'm no even getting dirty thoughts any more!



~ Author, Gary Adams Also visit

0. Dally I lanet	
9. Dion (Celine)	
10. Dudley Moore	

18. Dribble 19. Dunkirk 20. Drizzle

11. Duke

12. Daisy

13. Diana

15. Danube

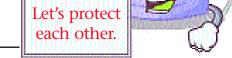
14. Danny Thomas

16. Davy Jones Locker

17. Double Breasted

28. Dog House 29. Dodge (Chrysler) 30. Determination

27. Dominion Republic





Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca

CROSSWORD - Solution



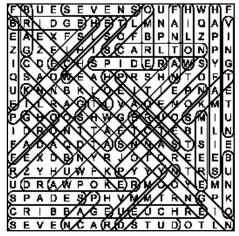
WORDSEARCH - Solution

22. Divot

23. Delicious

26. Dragons

24. Denver





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MISCELLANEOUS

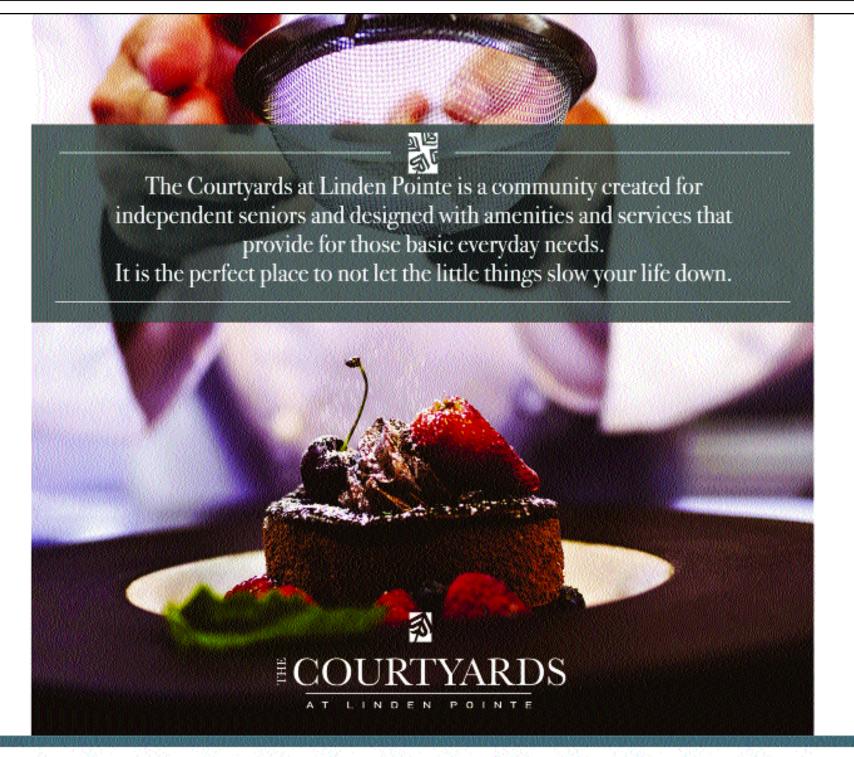
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