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A GRAND BEACH ANNIVERSARY

- Barbara Lange



CNR Employees, Grand Beach, Summer 1950. L-R Milton Guba, Bob Semenchuk, Earl Symonds, Sam Mushie (Courtesy Earl Symonds)

The Grand Beach dancing pavilion burned down 70 years ago on Labour Day Monday, September 4, 1950. A date recalled by many as the day the music died at Grand Beach, never to return.

History

In 1914, the Canadian Northern Railway, which later became Canadian National Railway (CNR), bought 150 hectares of land on the east side of Lake Winnipeg with the intent of developing a resort at Grand Beach. The resulting train line was officially known as The Victoria Beach Subdivision. Construction of this line had only reached Grand Beach when World War One broke out. The line was completed to Victoria Beach in 1916.

Heyday

Canada Railway News was contracted each year by Canadian National Railway to manage the operation of

the amenities at Grand Beach, such as the beloved carousel, restaurants, and boardwalk concessions, selling ice cream, candy apples, candy floss, chips, hotdogs, and so much more. Grand Beach was hugely popular in the beach train era, and once touted to become the Coney Island of the North.

Memories

Harry McFee spoke of his family's connection to the beach train era with pride. "My grandfather, Harry McFee, who I was named after, drove the first work train into Victoria Beach in 1916."

Transcona Museum and Archives holds a photograph and newspaper article depicting the construction of the Grand Beach dancing pavilion in 1915. Also stored in their archives is an article and photograph (Transcona Views, August 23, 1962, p.1) of the removal of the Beach Station at Transcona. This station was frequented each summer by thousands of railway families and

local residents, to transport them to an exciting world of sun, sand, dancing, amusements, camping and cottage life, beside a beautiful lake. Peter Martin, a Transcona resident remembers. "There was a friendly atmosphere on the train, almost like a family gathering. Everyone knew each other. It was like a travelling social."

Although in his 90s, Eric Ellison well remembered that fateful Labour Day 1950 when black sticky asphalt ran off the curved roof of the dancing pavilion onto the wooden boardwalk. "I helped some men chop a break in the boardwalk and lift pieces of it onto the sand to keep the fire from spreading to other buildings and the station," said Eric.

Earl Symonds, a resident of Sandy Lake, Manitoba, had been hired as a CNR assistant station agent at Grand Beach for summer 1950, at the age of 16. "Labour Day 1950, bedlam broke

Continued on page 3

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Famous people raised by their grandparents include Oprah Winfrey, Presidents Barack Obama and Bill Clinton, actor Jack Nicholson, singer Willie Nelson, and comedian Carol Burnett.

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“Forever Grateful for Manitoba Hospitality”

- 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 fifth in a series of memorable moments of the MB 55+ Games through the eyes and in the words of past participants. This story will take a bit of a departure from the collection of memories of past participants; because it will give a slightly different perspective through the eyes of the organization and the action behind the scenes.

The Manitoba 55+ Games have continued to be near and dear to our hearts at Active Aging in Manitoba (AAIM) from the very discussions we had in 2010 with Kim Weihs, who was Executive Director of the Manitoba Society of Seniors (MSOS). Formerly known as the Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) our organization (AAIM) along with Manitoba Association of Senior Centres (MASC) became promoting partners for the Manitoba 55+ Games.

AAIM expressed an interest in elevating its leadership role in the Manitoba 55+ Games, when dissolution of the MSOS was confirmed and they were diligently seeking a home for the highly successful province-wide program that had been held annually since 1983.

I remember clearly, the look in Kim's eyes as she asked me sincerely, if our organization could and would dedicate our efforts and resources to



At the launch of the 2011 MB 55+ Games in Steinbach. Jim Evanchuk, Executive Director of Active Aging in Manitoba (AAIM) on left, Jim Ticknor, Co-Chair of the MB 55+ Games Provincial Committee, Anne Friesen (serving the cake) Host Committee Co-Chair and Pat Porter Host Committee Chair. (Photo originally appeared in the MSOS Journal)

keep the Games alive. The quick answer was an emphatic “YES!” with an additional clause “to be confirmed”. To me, there was no hesitation, because the Manitoba 55+ Games embodied AAIM's vision and mission and were aligned with everything our organization was striving to achieve. However, the decision to assume responsibility for coordinating and managing a province-wide program required the buy-in and approval of our Board of Directors. After reviewing the past Games files, I presented a proposal and draft budget to the AAIM Board of Directors in November, 2011 (less than 6 months away from the proposed provincial event).

Leading up to the presentation to my Board, there was a critical pledge of support and commitment that would make or break the deal. AAIM, as did the MSOS, relied on a partnership with a hosting community, a provincial MB 55+ Games Committee and hundreds of volunteers to plan and facilitate the MB 55+ Games. We had the provincial committee in place, but we did not have the Host Community confirmed; and the clock

was ticking louder. Normally, the host community for the next set of Games would have been identified at the conclusion of the MB 55+ Games in Steinbach in June 2011. While the community of Arborg had expressed interest, a formal agreement had not been signed.

So, I contacted the Co-Chairs of the 2003 Arborg Host Committee,

Kris Gudmundson and Maureen Sigurgeirson and I drove up to Arborg to meet with them. I was very impressed with how organized they were and my optimism concerning our collaborative abilities to serve up a great experience and set of 55+ Games was pumped up. I will never forget how Kris brought out this thick binder of letters and forms and other materials related to the 2003 MB 55+ Games and as he and Maureen went through it, they planned out loud how they could host the Games. Fast forward to June 2012, and they did indeed host an excellent set of Games, with (almost to the person), the same Host Committee and set of volunteers that made the 2003 Games possible. With the commitment from the Arborg Host Committee, it was Games On!

Continued on next page

Happy Grandparents Day!



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Forever Grateful..., cont'd from page 2



Swimming event adjacent to the Arena at the 2012 MB 55+ Games in Arborg, MB.



Lois Dudgeon



The lapel pin for the first set of MB 55+ Games in which AAIM (formerly ALCOA-MB) was the lead organization.

While AAIM's involvement in the MB 55+ Games had a great start in Arborg, it had its moments. On the second evening of the Games, Lois Dudgeon, who was a member of the MB 55+ Games Committee, hit a bear on the way to her camper.

She was not injured, but her vehicle sustained significant damage. In the afternoon of the next day, (final day of the Games) I drove Lois to the garage where her car was being worked on. On our way back to the Games headquarters, lightning struck about 10 vehicle lengths in front of us in the ditch, and it appeared to have hit an underground cable, which knocked out the power to the entire area. This brought all the events to a close in the arena. At that point, I turned to Lois and said, respectfully, "Lois, you hit a bear, lightning almost hit you and I'm not sure I want to travel with you anymore."

We will be forever grateful to the Arborg Host Committee and community volunteers, to all the regional representatives comprising the provincial committees and all the subsequent Host Committees and hundreds of volunteers including Morris (2013), Neepawa (2014), Beausejour (2015), Brandon (2016), Killarney (2017), Glenboro (2018) and Swan River (2019).

While the cancellation of the 2020 Manitoba 55+ Games in Selkirk has been a huge disappointment to participants, volunteers, supporters and organizers alike, AAIM is grateful for the enduring commitment of the Selkirk Host Committee, who will be re-initiating the planning of the provincial event with the new target dates being June 8, 9 & 10, 2021.

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

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Grand Beach Anniversary, cont'd from front page



Charred remains of Grand Beach Dancing Pavillion, Sept 1950 (Courtesy Eric Ellison)

out at the station when we heard the dancing pavillion and attached restaurant, our 'beanery', had caught fire," recalled Earl. "Preparations for the return trip to Winnipeg were well under way when we received orders to evacuate. We had to move everything out and away from the station in case the fire spread along the wooden boardwalk. The dancing pavillion flared up like matchsticks. When things had settled down the staff had to bring everything back into the station, sell tickets, and load 'thousands' of pieces of baggage into the last train of the season."

Bob Semenchuk, worked as another young, assistant station agent in 1950 and 1951. "In 1951 crowds still flocked to Grand Beach by train, even though the dancing pavillion had burned down, as highway 59 had not

then been built," said Bob from his home in Brandon, Manitoba.

The demise of the dancing pavillion, deemed an accident, is still considered a tragic loss especially to those who experienced the train era.

Sadly, many people today are unaware that this beach rail line ever existed. Perhaps future generations might wonder if it is only a legend. ■

Winnipeg author **Barbara Lange** gathered memories from families who experienced the Grand Beach train era (1916-1961) and weaved them into a collection of 60 short stories and photographs, titled "Memories of the Moonlight Special and Grand Beach Train Era (Borealis Press, 2018). Barbara can be contacted at 204-667-8521.

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- Treena Nault, CFP, RRC, Executive Financial Consultant

As a donor, an effective way for you to continue your charitable giving for an extended period of time is to establish a donor-advised account. This can be done either during your lifetime or after. It will facilitate grants over a period of time or in perpetuity to the charities you choose. The IG Wealth Management Charitable Giving Program – a partnership between IG Wealth Management and the Strategic Charitable Giving Foundation – is a donor-advised charitable giving program that facilitates philanthropy without the administrative responsibilities, time commitment or expensive setup and continuing costs of a private foundation. It is designed to help you give in your own way.

Under the program, donations are made to the Strategic Charitable Giving Foundation (the Foundation), a public foundation registered as a charity with the Canada Revenue Agency and the Quebec Ministry of Revenue.

The Foundation receives donations and maintains charitable giving accounts which are administered by IG Wealth Management on behalf of the Foundation. Grants are made by the Foundation to charities each year based on your recommendations.

The **program offers donors** the opportunity to:

- Set up a charitable giving account that they can name.
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- Pay no capital gains tax on donations of securities transferred in-kind to the foundation.
- Receive an official donation receipt ("tax receipt") for each donation.
- Recommend grants annually to charities for their lifetime and beyond.
- Increase grant amount over time through the tax-free growth of account assets.
- Simplify their charitable giving activities by consolidating into one account.
- Appoint a successor

Account details

Managing your charitable giving is easy and convenient, but there are a few details you should pay close attention to.

Ensure your will provides clear direction to your estate's legal representative to make a donation to the account you set up or intend to set up. If the account is already in existence, the account number should also be provided. If the donation is originating on your death from a life insurance policy, where the life insured is the donor, or a Registered Retirement Savings Plan (RRSP), a Registered Retirement Income Fund (RRIF), or a Tax-Free Savings Account (TFSA), your beneficiary designation (when permitted with respect to these vehicles) should direct the desired percent-

age of the proceeds on death similarly to the account.

If desired, the estate could be designated as the beneficiary. Keep in mind though that the death benefit would then form part of the estate, exposing itself to possible claims from creditors of the estate, to probate fees and delays.

If an account is to be established upon your death, your will should provide additional information regarding account set-up to the legal representative. This includes:

- **Account holder name** – Identify the account holder, which may be your legal representative or another individual authorized to establish the account.
- **Account name** – the desired name of the account, which can include a family name or be generic (e.g., "The Smith Family charitable fund").
- **Successor name** – You may appoint a successor to assume responsibility for grant recommendations after the death or incapacity of the account holder. You could name children or other family members as successors in order to establish a multigenerational tradition of philanthropy, or simply advise your account holder to provide the Foundation with standing grant recommendations

Donation amount

When determining the amount to donate, at least \$10,000 must be donated to the Foundation to establish an account. Subsequent donations to an account already established must be at least \$500. Keep in mind that if a portion of the donation to the Foundation is to originate from your estate, then your will should describe the amount to be donated – or how this amount is to be determined. The ability of your estate to make the donation after all other liabilities and specific bequests of the estate have been satisfied should be considered.

This will help to facilitate a timely donation to fully utilize the donation tax receipt. The donation amount can be specified in many ways, including:

- A specific dollar amount
- A bequest of specific publicly listed securities, such as a number of shares or mutual fund units (keeping in mind this specific source may not exist at the time of the donor's death)
- A stated percentage of the residue of the estate
- The direction to make a sufficient charitable donation to create a tax credit, thus reducing the tax liability of the deceased to the lowest possible amount.

Source of donation

The Foundation accepts a variety of different assets (including cash, stocks, bonds, mutual funds, guaranteed

investment funds and life insurance proceeds on death of the life insured) and converts the proceeds into an eligible mutual fund selected by either you or the account holder. It is advisable that your will include a provision granting the legal representative authority to make an in-kind gift of property. This takes advantage of the zero percent capital gain inclusion rate applicable to the donation of publicly listed securities.

Recipient(s) of grants

Your will may provide a standing grant recommendation, which may include the following:

- **Name(s) of intended charities** – The selected charities must be considered "qualified donees" under the Income Tax Act, such as registered Canadian charities.
- **Alternative provision** – The will should give the account holder the authority to designate another charity, with similar objectives, to receive the grants in the event the named charity is not in existence at the time of your death.
- **Percentage of grant** – You may wish to specify a percentage of the annual grant to be distributed by the Foundation to each named charity. The Foundation will grant a minimum of 4% of the value of the account each year.

This strategy is complex. If you would like more information about the **IG Wealth Management Charitable Giving Program**, please contact us at **204-257-9100** or at **treena.nault@igpwm.ca**. I'd be happy to have a discussion on this important issue. ■

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Good Day. There is no doubt that the year 2020 has and will continue to change our world and local communities. We are all struggling to understand and conform to new norms that seem to change on a whim. As some make the changes gracefully and go with the flow, most of us are constantly looking behind to try and see what's coming.

Our community radio station is no different and in some respects, we find ourselves caught in the position of protecting our volunteers and the need to be on the air for our community. This has been no easy feat, but thanks to a group of caring and loving folks from the Station Manager on down we have found a way to exist and in some cases thrive.

On Wednesday, September 16th at 5:30 pm at Shaw Park, home of the Goldeyes, CJNU will attempt to hold our AGM. Some Folks will be in person and many more will be participating through the ZOOM platform. Covid and the constantly changing parameters to which events like this could be held has repeatedly delayed our AGM. But again, thanks to some creative genius and internal fortitude, we will have this meeting.

At hand of course are the many reports on the state of the union, retirements, some beloved contribu-



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tors being honoured in memoriam and discussions about changes needed to ensure we're very much remaining tuned into the pulse of what's going on around. With ten of fifteen Board Positions open for election and re-election, we're hoping to have a new and energized group of leaders with enough talent, drive, compassion and character to steer our little ship through these rough waters.

More than ever, CJNU is looking for those who can find a way to continue to thrive in a time when things can shift in a heartbeat, while main-

taining the soul, purpose and integrity that has made us who we are. It won't be easy. There will be many different ideas and platforms to consider. Passions will rise high and we hope for this. For without passion, we as a community radio station would cease to exist.

Trish and I are two of the ten souls hoping to get elected to the Board of fifteen Directors on September 16th. Our combined 8 years experience and almost 400 combined radio shows is in itself proof of commitment to the little Radio Station that could. But the greatest proof of commitment, beyond our volunteers and the hours put in, is YOU, our members and listeners. YOU have made CJNU what it is today. YOU, the organizations that have become our Community Partners and you the Corporate Partners who have chosen CJNU to advertise with.

We thank all of YOU for reminding us why this and every AGM is another opportunity for all of us to continue to strive to be better all around. YOU make everything we do as volunteers more than worthwhile, for YOU validate our existence and purpose.

Trish and I look forward to serving you in the coming years at a higher level.

For more information on **CJNU 93.7FM AGM** please visit our website at **www.CJNU.ca**. ■

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Advertising Feature

ROSEMARY HNATIUK LL.B. (C)C
barrister, solicitor & notary public

COMMON-LAW UNIONS & WILLS

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

Common-law relationships have become very common indeed. After three years of co-habitation legal rights and obligations crystallize virtually identical to those in a marriage, including rights to family property, pension benefits, homestead rights and spousal support. Common-law rights and responsibilities can accrue even if one or both parties are married to someone else. This is not top of mind when parties move in together, but can cause problems if one of the parties passes away without a will. That is an intestacy and certain rules apply to common-law and married couples. The

partner/spouse gets everything. If there are children from another relationship the partner/spouse gets half the estate and half of the second half. The children only get a quarter. Sometimes that is unfair for the partner/spouse and sometimes it is unfair for the children. In any event, it might not be at all what the deceased person would have wanted. The situation can be brought under control by making a will, often in combination with a co-habitation agreement. Depending on your situation that might be something to think about and to get advice about.

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

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Annual General Meeting
WEDNESDAY, SEPTEMBER 16th
Shaw Park - 1 Portage Ave. E
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To attend in person or by ZOOM Video, you must pre-register by calling:
204.942.2568 or by email at **leslie@cjnu.ca**

Life for a disabled 73 year old in the Age of Uncertainty



By Roger Currie

In my invincible youth nothing gave me more joy or satisfaction than having my eyes checked and being told "All is good, you are 20-20!" The year that we are now enduring is anything but, despite having those numbers on the calendar.

Cast your mind back 12 months to September 2019. Things were relatively 'normal' except for the litany of problems that come with living to 70 and beyond. Few of us could have imagined what 2020 would bring. If we had, we may well have stayed in bed and pulled the covers up over our head.

My beloved wife Janice was dealing with a life-threatening illness, but the quality of life that we shared was still remarkably good. We continued to create memories together that I'm sure will help to nurture and sustain me through whatever time is left. Janice

passed away in early June, living about six months longer than the doctors had expected. She spent almost five months in a bed at Riverview Health Centre, before coming home in February. It was about a month before Covid-19 became the main story throughout the world.

There's still no vaccine to curb the spread of the disease which has claimed millions of lives, and the toll is expected to rise much higher before something resembling normal returns. The world economy has been brought to its knees. Not since our parents struggled through the Great Depression of the 1930's has there been such economic devastation. I feel somewhat guilty being retired and surviving quite well on various pensions. It has been a challenge to stay amused and entertained through it all. A year ago the Winnipeg Blue Bombers were battling towards what would be their first Grey Cup championship in 30 years. This year there is no 3-down football and other professional

sports are being played in mostly empty stadiums and arenas.

As a person with very limited mobility I don't stray very far from my 50 inch flatscreen, and thank heaven for the wonders of *YouTube*. Perhaps most devastating of all has been the way the pandemic has greatly limited the contact we can have with others. Who could have imagined that *self-isolation* and *social distancing* would be the orders of the day, and face masks would become essential garments.

In earlier articles I have described our Covid world as the *Twilight Zone*, but that doesn't really capture the level of fear and anxiety that so many of us are faced with, especially seniors living in care facilities. As August came to an end I got a small taste of that fear and anxiety. I was sitting at my desk in my home office and the room began to spin. It was about the worst dizzy spell I have ever experienced and it was accompanied by nausea and a fever. I struggled into bed and fell asleep for

more than two hours in the middle of the day. Thankfully that has always been my most effective remedy for any ailment. Three hours later the symptoms were totally gone, but I wasn't about to take any chances. The following morning I was tested for Covid at a drive through testing site in Winnipeg. The giant Q-Tip up the nose was truly scary, but thankfully the result was negative. That gave me a nice emotional lift and it was followed by a review of my finances which was also encouraging. I will be able to maintain my car, even though I can't really go anywhere.

I did manage to get to a wedding of two dear friends on Labour Day weekend. And I didn't even mind that much that the Blue Bombers and Roughriders were not playing. Maybe next year. ■

Roger Currie is a Winnipeg writer and broadcaster

Shaheeda Koning's Farewell

A member of Trinity United Church - South Side Seniors

- Senaka Samarasinghe

In 2014, Saheeda joined this Seniors Group and actively participated weekly sessions. Suni took a leadership with Saheeda for home events such as BD for Glen's (Suni's husband), lunch at her home, Suni, Jean and our home as well. During these occasions we enjoyed Saheeda's eastern and western tasty food and played Piano and enjoyed singing and music.

Saheeda actively took part Sri Lankan events. In 2018, she introduced Access Centre on Pembina for Sri Lankan Seniors

to conduct monthly sessions free-of-charge. In Sept 8th 2018, she invited Dancing Group of Sri Lanka Association of Manitoba to perform an event for the Church Social.

Saheeda's son was offered a placement in University of Brampton. As Saheeda is with her son and his family, she joined them in Brampton at the end of August, 2020.

Sometime back Saheeda requested a Curry Leaf plant from me, so I gave her a plant as our souvenir. ■



Senaka presenting Shaheeda with a Curry Leaf plant as a souvenir.

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Collectible Quarters - a hobby to last a lifetime - Metro Hnytka

Now that the Corona Virus has taken a toll on many peoples finances, a change maybe be necessary in what you collect. You may still want to collect something that is available and inexpensive. Try collecting Canadian 25 cent coins. From 1968 until now, there are many different dates and most are still available in change. This is a good way to collect without having to pay a great price for them and you still have your initial investment.

1968 Silver	1999 January	2008 Poppy
1968	1999 February	2008 Snowboarding
1969	1999 March	2008 Free Style Skiing
1970	1999 April	2008 Figure Skating
1971	1999 May	2008 Bobsleigh
1972	1999 June	2009 Caribou
1973 Small Bust	1999 July	2009 Cross Country
1973 Large Bust	1999 August	2009 Speed Skating
1974	1999 September	2009 Men's Hockey
1975	1999 October	2009 Men's Hockey
1976	1999 November	Coloured
1977	1999 December	2009 Women's Hockey
1978 Large Denticles	1999 Caribou P	2009 Women's Hockey
1978 Small Denticles	2000 January	Coloured
1979	2000 February	2009 Cindy Klassen
1980	2000 March	2009 Cindy Klassen Red
1981	2000 April	2010 Caribou
1982	2000 May	2010 Poppy
1983	2000 June	2011 Caribou
1984	2000 July	2011 Falcon
1985	2000 August	2011 Falcon Coloured
1986	2000 September	2011 Orca Whale
1987	2000 October	2011 Orca Whale Coloured
1988	2000 November	2011 Wood Bison
1989	2000 December	2011 Wood Bison
1990	2000 Caribou P	Coloured
1991	2001 P	2012 Caribou
1992 New Brunswick	2002 P	2012 Isaac Brock
1992 N.W. Territories	2003 WP	2012 Isaac Brock Coloured
1992 Newfoundland	2004 P	2012 Tecumseh
1992 Manitoba	2004 First Settlement	2012 Tecumseh Coloured
1992 Yukon	(400 years)	2013 Caribou
1992 Alberta	2004 Poppy	2013 Salsberry
1992 P.E.I.	2005 P	2013 Salsberry Coloured
1992 Ontario	2005 P Alberta	2013 Laura Secord
1992 Nova Scotia	2005 P Veteran	2013 Laura Secord
1992 Quebec	2006 P Breast Cancer	Coloured
1992 Saskatchewan	2006 Caribou RCM Logo	2013 Explorers
1992 British Colombia	2007 Caribou	2013 Explorers Frosted
1993	2007 Curling	2013 Whales
1994	2007 Ice Hockey	2013 Whales Frosted
1995	2007 Biathlon	2014 Caribou
1996	2007 Alpine Skiing	2015 Caribou
1997	2007 Wheelchair Curling	2015 Poppy
1998	2008 Caribou RCM Logo	2015 Poppy Coloured

2015 Flag
2015 Flag Coloured
2016 Caribou
2017 Caribou
2017 Stanley Cup
2017 150 Years
2017 150 Years Coloured
2018 Caribou
2019 Caribou
2020 Caribou

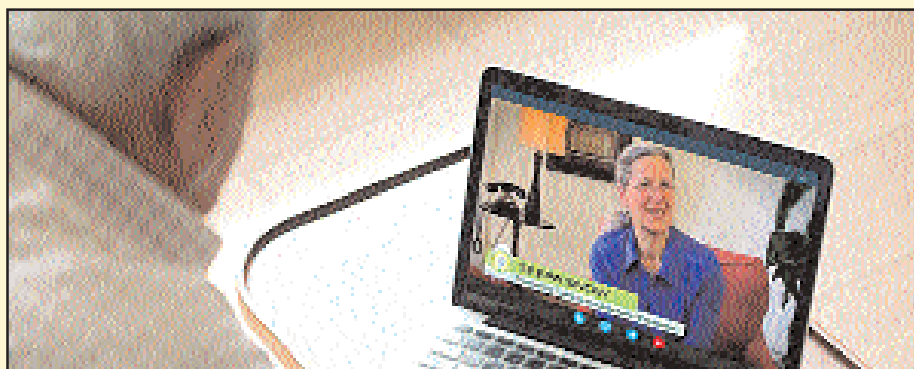
The September coin show has been cancelled for this year due to COVID-19 so we will see you next year! This gives you an example of what you can collect. When the winter is icy cold, you'll have something to occupy your time with. Wishing you well and happy hunting. ■

- Metro

Advertising Feature

Teepa Snow Live at Care4u Conference

- Alzheimer Society



Teepa Snow, dementia care expert, speaks at Care4u conference, virtually.

The Alzheimer Society of Manitoba's **Care4u Family conference** is a go-to experience for many family members and friends of people with dementia. This year's shorter, virtual conference is packed with interesting and important information focusing on practical, day-to-day strategies and tips that caregivers can put to immediate use.

The Society is thrilled to announce that world-renowned dementia care expert **Teepa Snow** will bring her dynamic speaking skills and humour to the conference, which takes place on Saturday, October 24 from 9 am to 12 pm. Those who are familiar with Teepa will be excited to know that she is presenting live sessions, as well as a dedicated Q and A, where she will answer pre-submitted questions. Details to submit questions for Teepa will be available upon registration.

This is a rare opportunity to engage with and learn from Teepa - all from the comfort of home! She will lead participants through discussions of some timely and significant topics, including how to improve hands-on care giving skills, ways to respond to a person with dementia who is experiencing emotional distress, and practical tips for getting through the day. With registration to Care4u, Teepa's sessions can be accessed for one year.

Participants will also hear from **Dr. Barry Campbell**, a geriatric psychiatrist and local dementia care expert. Dr. Campbell has years of clinical expertise working with families and has engaged with both Winnipeg and regional health authorities on policy changes, education and clinical practice. He is adept at identifying the emerging needs of individuals with dementia and their caregivers.

Dr. Campbell will offer his knowledge on how family members can communicate around sensitive issues that arise during the course of the disease, including obtaining a diagnosis, driving safely, receiving home care support and moving to long term care. He will also discuss advocacy in long term care, a relevant area that warrants open and honest conversations - with or without a pandemic situation. ■

To register for the **Care4u 2020 Conference** or for more information, go to alzheimer.mb.ca/care4u2020 or call **204-943-6622** in Winnipeg or **1-800-378-6699**.

(see our advertisement - top front page)

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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!**

Things To Do

WINNIPEG

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

MISC EVENTS

City of Winnipeg Retirees Association -
Are you a City of Winnipeg employee, planning on retiring in the near future? Join your fellow retirees by joining the City of Winnipeg Retirees Association by contacting their office: cwrabrd@gmail.com

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.

RURAL MANITOBA

MISC EVENTS

Springfield Services to Seniors:
204-444-3139

Cooks Creek Community Centre - Come Walk With Us! Starts Sept. 14, every Mon, Wed & Fri, 8:30-9:30 am, at Cooks Creek C.C. gym, 30026 Zora Rd. Cost \$2 with card, \$5 drop in. Bring running shoes, sports clothes, water bottle. Zoe: **204-444-2241** or briathom@mymts.net. Call ahead, limited attendance in accordance with Covid-19 guidelines.

Calendar - Pickleball, Tuesdays and Thursdays, 10-noon, at Cooks Creek C.C., contact Dianne: gardi@mymts.net; **Floor Shuffle/Pickleball,** Mon, Wed. Fri., 9-noon at Springfield Curling Club, contact Kyler: kymurr@gmail.com.; **Dugald Senior Bingo,** Sept. 15 & 29, 11 am, Springfield Curling Club.; **Cooks Creek Pancake Breakfast,** Sept. 26.

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** **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 **Whittemouth/Reynolds** **348-4610** or **Winnipeg River Resource Council** **367-9128**

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 rivière seigne pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémeaud : **204-424-5285.**

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


VOLUNTEERING

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

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

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By Mark Watson

Mark's Remarks

Black lives matter. Well of course they do. It's a simple three word statement completely devoid of ambiguity, isn't it? Well, that's not entirely true. If one were possessed of a sincere desire to be offended there is a little interpretive wiggle room here. Perhaps the statement means black lives matter more

than other lives. Perhaps it means they matter instead of other lives. Well, that's plainly offensive. However, if you're not seeking to be offended, you're likely determining that statement to mean that black lives matter as much as other lives. If I proclaimed that moms' lives matter would you think it means that dads' lives don't? If I said children's lives matter would you think I mean adult lives don't?

I think it's unlikely that anyone would. Of course, the latter two statements don't have racial undertones. They don't allude to racial injustice. They don't trigger the white guilt defensiveness which seems so prevalent in western society these days. I guess we're not quite ready to relax yet. All I can say is that when we do, our society will be all the better for it. ■

Manitoba Churches –

La Broquerie - St. Joachim Roman Catholic Church - 1898

Designated Municipal Heritage Site

Written and Photo by Tyrrell Mendis

.....

"St. Joachim Roman Catholic Church is a splendid example of French Catholic church architecture applied to a rural Manitoba parish church at the turn of the twentieth century. Derived from French-Canadian ecclesiastical examples of the eighteenth and nineteenth centuries and recreated in the French community of La Broquerie, the classically inspired building recalls long-established architectural traditions through its form and fine exterior and interior detailing. Constructed entirely with local materials by parish volunteers supervised by their priest, Father Alexandre Giroux, the church also is a symbol of local dedication. Little changed over the years, this impressively large facility is a local landmark and dominant element of the streetscape."


Source: Rural Municipality of La Broquerie By-law No. 1-2000, February 23, 2000.

.....

The centennial of St. Joachim Catholic Parish was celebrated in 1984. The church was designated a Municipal Heritage Site on February 23, 2000. It received funds for renovations from the

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. **Manitoba Churches/** (Testaments of Faith)



Prairie Churches Project (2003-2008), a collaboration between the J. M. Kaplan Fund of New York, the Thomas Sill Foundation of Winnipeg, and the Historic Resources Branch of the Province of Manitoba.

Photographed in 1987

HUMOUR

The VIRUS DIARIES



Rick Goodman
rickgoodmansk@gmail.com

R.A.P.E.D and G.R.O.P.E.D while shopping during COVID

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

Yesterday Bea and I had to come out of self isolation and went shopping. What an experience that was. Things have changes since this virus has run amok in the world. There was a sign at the store entrance advising us that a R.A.P.E. team was on the premises. R.A.P.E. stood for Reaction Against Possible Emitters. Long story short, through no fault of my own I got raped. All it took was a sneeze caused by a whiff of some lady's perfume. The Reaction team ran me to ground in the poultry section, threw a laundry bag over my head and G.R.O.P.E.D. me down the hot beverage isle, past the express checkout, and out the door. Apparently G.R.O.P.E. stands for Get Rid Of Potential Emitter. I'd had a three pack of fryers in my hands when

they nabbed me. My dignity was completely gone by the time the team got me outside but I by God managed to hang onto those chickens. They had given me hope.

The shopping had gone really well for Bea. She'd even managed to get a super size family pack of toilet paper. From what we'd seen on the media this was pretty much the equivalent of buying a winning lottery ticket. We didn't waste any time getting a wind-fall like that into the van and under cover. Getting mugged on the same day you get raped and groped would have just been too much to bear.

We were starting to realize just how dangerous this virus really was. Earlier we felt that everything would be fine if we just took a few basic pre-

cautions. Now we weren't so sure. Take all the precautions you want and there weren't any guarantees that you wouldn't catch it. And if you did catch it there weren't any guarantees that you would survive it. These were sobering thoughts. By the time we had the van loaded we'd worked out a plan. Just in case.

The guard at the bank wouldn't let Bea in the door until she put a face-mask on. The bulging shopping bag she'd gone in with was empty when she came out. It seemed odd, that is not normally how someone in a face-mask does their banking. Just goes to show you how much things have changed in the world.

That evening we facetimed the kids and let them know what we had done.

We feel fine we told them. But just in case the worst should happen we want you guys to go to our bank and open our safety deposit box. You'll find the key in your Mom's panty drawer where she keeps all the important stuff. We've stocked the box with enough toilet paper for you to get two rolls each. Somehow it just seemed like the right thing to do. ■



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

Abel	Bizet	Fedé	Klein	Neri	Rihm
Adams	Blomdahl	Festa	Krieger	Nono	Rode
Ahle	Bull	Fine	Kurtág	Nyman	Rore
Albrechtsberger	Busoni	Flecha	Lehár	Obrecht	Smetana
Alfvén	Buus	Foss	Lekeu	Orff	Sor
Ashley	Byrd	Fry	Leo	Orto	Suk
Aston	Copland	Fux	Lobo	Paolo	Toch
Bach	Cui	Glass	Lotti	Per	Tubin
Bax	Eimert	Graun	Maw	Pierre de la	Tye
Benet	Enescu	Indy	Mayr	Croix	Willan
Berchem	Falla	Ive	Milán	Raff	Wolf
Berio	Fasch	Kern	Monte	Reich	

SOLUTION ON NEXT PAGE

CROSSWORD Shooting Spree By Adrian Powell

ACROSS														
1	Soon, to the Bard	14				15					16			
5	Like many a street dog	17				18					19			
10	Long, lyric poems	20					21				22			
14	Not a one	23				24	25			26	27			
15	Soap plant	28								29				
16	Hindu divinity	32	33	34					35				36	
17	Denied, like a proposal to the board	37							38				39	
20	Compete on the ice	40				41	42			43	44			
21	Place you live in, briefly	45				46				47				
22	Dungeon sounds	48								49				
23	Small dose (abbr.)	53	54					55	56			57	58	
24	Big extinct NZ bird	59						60				61		
26	___ Boniface	62						63				64		
28	Tennis stroke on the left side, for most	65						66				67		
32	Quantity													
35	Lake south of Huron													
36	Court's expertise													
37	Peace treaty													
38	Settle the bill													
39	Parks of civil rights fame	68	Loan shark's offence	13	Respond cheekily	43	Clavell's "___-Pan" ('66)							
40	Toronto's winter hrs.	67	Where the forbidden apple grew	18	Charles Atlas type	44	Bell MTS Place, e.g.							
41	Bog material			19	Ammonia compound	46	Private teachers							
43	Teases			25	Halloween mnth.	47	One who calls up memories							
45	Invigorating booster			27	What's missing from this clue?	50	Needed Bengay							
48	Vital sign	1	Anxious feeling	31	"___ brillig, and the slithy..."	51	Push hard							
49	Complete	2	Seduced little spots	32	Some primates	52	Become established							
50	Pompous bozo	3	Like some beer in the bar	33	Prepare spuds	53	Sealed up							
53	Some lab samples	4	Where chicks live	34	Well-armed aquatic critters	54	Mexican coin							
55	Vientiane native	5	'60s Chinese leader	38	Knee caps	56	Huit's Japanese kin							
57	Recess in the wall	6	Ma's US equivalent	39	Bacardi product	58	___ of Capri							
59	The guy started unbelievably fast	7	Written reminder of terms	41	Steamed rice dish	60	You can get a shot for this							
62	Drug addict	8	Book's explanation of terms	42	NNNNN	61	Last name of the London beggar who inspired "Simple Simon"							
63	Like superhighways	9	"Okey-dokey!"											
64	Dolly of "Hello, Dolly!"	10	Old concert halls											
65	Use a caber	11	2-day Olympic event											
		12	All tied up											

SOLUTION ON NEXT PAGE

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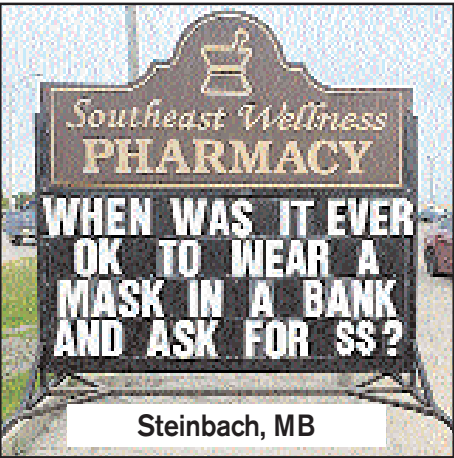
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Mind & Memory A to Z Trivia

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

Today all answers begin with the letter “E”

1. She was the main female character on the Seinfeld show:
2. This is one of the Great Lakes:
3. He is an x-Canadian who built a huge American electric car company from scratch:
4. This is where the Wizard of Oz lived:
5. This is a popular restaurant at Polo Park:
6. He wrote “The Old Man and the Sea”:
7. They say she was stunningly beautiful, her first movie was “National Velvet”:
8. They wrote and sang, and became famous for “Hotel California”:
9. Cairo is the capital of this country:
10. She is the #1 afternoon talk show host:
11. This is a very popular Christmas drink:
12. This is the repetition of sound:
13. This lady was lost over the Pacific in 1939:
14. Famous quote ... She said: “The future belongs to those who believe in their dreams”:
15. He divorced Debbie to marry Elizabeth:
16. What do the Mercali and Richter scales measure:
17. This funny guy won a award for “The Nutty Professor”. He has 11 children with 3 wives:
18. This successful actor directed “Million Dollar Baby”:
19. This super successful song writer/entertainer wrote and sang “A Tribute to Diana”:
20. This is the Edmonton football team:
21. This is the name of King Arthur’s sword:
22. He was the Supreme Commander of the allied forces in WW Two, he became the U.S. President:
23. This is the extra effort required to get the job done:
24. These are pancakes with a difference:
25. These are served with garlic and butter:
26. This is a popular neighborhood in Winnipeg:
27. On November 3rd, 2020 there will be an American:
28. This English singer thrilled the ladies with the song “Release Me”:
29. These are the trees that don’t shed their leaves in the winter:
30. These can be served in a variety of ways:



This is a copyright publication, you have our permission to PRINT or FORWARD this Quiz Challenge to Tenants, Retirement Residents, Members, Friends, Staff, Retirement Homes, Hospitals, Clubs, Families and Associations.

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

~ Author, Gary Adams

Also visit www.seniorscope.com/fun.html for more **A-Z Trivia** and **lots more fun** such as ‘Greetings From Winnipeg’ with ‘Funnies’!

SOLUTIONS BELOW

A to Z Trivia ‘E’ SOLUTIONS

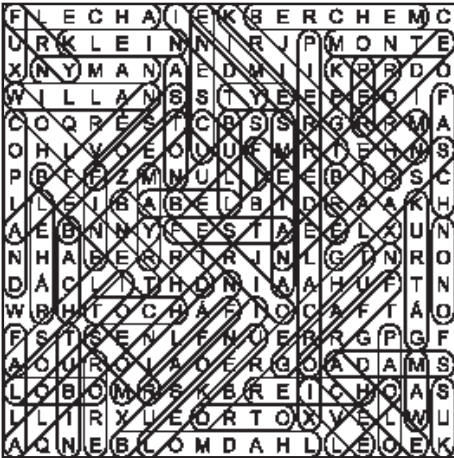
- | | | |
|---------------------------------------|-----------------------|---------------------------|
| 1. Elaine | 11. Eggnog | 21. Excalibur |
| 2. Erie | 12. Echo | 22. Eisenhower |
| 3. Elon Musk | 13. Earhart (Amelia) | 23. Elbow Grease |
| 4. Emerald City | 14. Eleanor Roosevelt | 24. Eggo’s |
| 5. Earls | 15. Eddie Fisher | 25. Escargots |
| 6. Ernest Hemingway. | 16. Earthquakes | 26. East Kildonan |
| 7. Elizabeth Taylor | 17. Eddie Murphy | 27. Election |
| 8. Eagles, (Don Henley and Glen Frey) | 18. Eastwood (Clint) | 28. Engelbert Humperdinck |
| 9. Egypt | 19. Elton John | 29. Evergreen |
| 10. Ellen DeGeneres | 20. Eskimos | 30. Eggs |


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





Today's Recipe



Larry McIntosh

www.PeakMarket.com

Eggplant Parmesan

Metric	Ingredients:	Imperial
2	egg whites	2
150 ml	plain dried bread crumbs	2/3 cup
500 g	eggplant, peeled & cut into slices	1 lb
500 ml	tomato sauce	2 cup
375 ml	stewed tomatoes, chopped with juices	1 1/2 cup
50 ml	fresh mint, chopped	1/4 cup
2 ml	salt	1/2 tsp
2 ml	black pepper	1/2 tsp
2 ml	dried oregano	1/2 tsp
175 ml	mozzarella cheese, shredded	3/4 cup
30 ml	parmesan cheese, grated	2 tbsp

In a shallow dish, with a fork, beat egg whites and 2 tablespoons (30 ml) of water until foamy. On a plate, spread out bread crumbs. Dip eggplant into egg whites, then into crumbs, pressing the crumbs into the eggplant. Place eggplant on a baking sheet. Bake in preheated 400 F (200 C) oven for 20 minutes. Turn eggplant and bake for 10 minutes longer or until it is crisp and golden brown.

Meanwhile, in a medium bowl, stir together tomato sauce, tomatoes and juices, mint, salt, pepper and oregano. In a baking dish, spread a layer of tomato mixture. Lay half of the eggplant on top, spread a layer of tomato mixture, then half of mozzarella on top. Repeat.


Sprinkle parmesan on top and bake for 20 minutes or until eggplant is piping hot and sauce is bubbly.

Serves 4

FACEBOOK FINDS



I've absorbed so much hand soap, hand sanitizer and disinfectant that I now clean the toilet when I pee.



Never ever thought my hands would consume more alcohol than my mouth!


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