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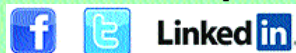
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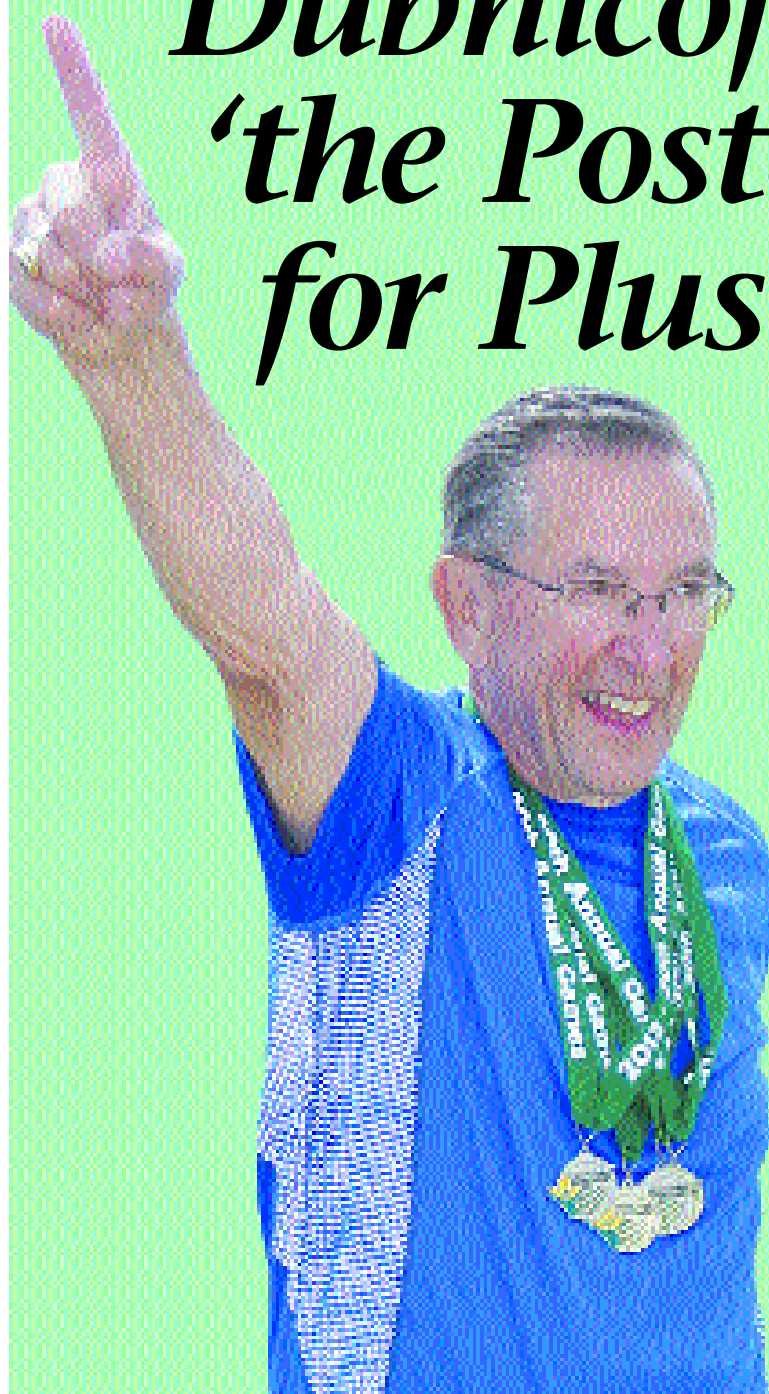
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Senior Scope

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Dubnicoff Still 'the Poster Boy' for Plus-55 Games

By Scott Taylor



“This year the COVID messed up the 55-Plus Games so I couldn’t compete, so what I did was, on my own, I went out and did the events that I was going to enter anyway.”

- Jack Dubnicoff

Jack Dubnicoff didn't have a Manitoba 55-Plus Games in which to participate this year, so he just went ahead and competed in his 11 favorite events – all by himself.

After all, when you're 83-years-old and training for athletic events has become the cornerstone of your lifestyle, you have to compete whether there is an actual competition or not.

"This year the COVID messed up the 55-Plus Games so I couldn't compete, so what I did was, on my own, I went out and did the events that I was going to enter anyway," Dubnicoff said with a chuckle. "So I did my four swimming events, my four running events, the predicted pole walk and the three-kilometre predicted run and walk and then I went and played 18 holes of golf at Selkirk, where it would have been held.

"I was a few seconds slower than last year. But I'm 83 now. And, of course, when the Wellness Centre (where he trains) closed down in March, I wondered what the hell am I going to do? So, I started driving from my house to Kildonan Park, about a 10-minute drive, and I started walking and running around there. But after three days of that, I figured I can do the same thing around my house. I've been doing that ever since. I do between 4.2 miles and six miles a day. But I realized I had to challenge myself so I checked around for runs to come virtually and I started doing those."

The 2020 Manitoba Plus-55 Games were supposed to have been held in Selkirk, from June 15-17. More than 1,200 athletes were expected to compete. However, as it did to so many other sporting events around the world, the COVID-19 pandemic shut it down.

Of those 1,200-plus athletes, there is probably no one more committed to competing at the Games than Dubnicoff. At 83, he takes fitness very seriously.

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Jack Dubnicoff, Poster Boy, cont'd from page 1

In fact, he has boxes full of medals at home from his long-time success at the Plus-55 Games, and is now, virtually, the Poster Boy for the event. The father of former Olympic cyclist and now coach, Tanya Dubnicoff, Jack was inducted into the Manitoba Runners Hall of Fame this year, but there is a lot more to his athletic prowess than just running.

“I run the 100-metre, 200-metre, 400-metre and 800-metre races,” Dubnicoff explained. “I swim the 50 in the freestyle and the breaststroke and in the 100, I swim the freestyle and breaststroke and I’m contemplating doing the 400-metre breaststroke if the Games are held next June. I also do the one-kilometre predicted pole walk and the three-kilometre predicted walk and run. Then I play 18 holes of golf.

“I also curled all winter and, in the spring, I started lawn bowling

again. On Oct. 1, I’ll go back to the Wellness Centre and get back onto the weights. At the St. John’s Lawn Bowling Club, where I’ve held every position on the board including president (for more than 10 years), I got my 25-year pin. And this past Wednesday, a lady called and asked if I’d serve as president of the North End Senior Swim Club. We swim out of Tommy Prince and Centennial Pools, and they had nobody to look after things so I said, ‘Yeah, I can do that.’”

Chef Jack Dubnicoff is from Whitemouth, Man. He moved to Winnipeg in 1950, graduated from St. John’s Tech (“I lived right across the street on McRae.”) and then completed the Hotel Cook’s course at Manitoba Technical Institute.

“I started working at the Royal Alexandra Hotel and then got a job at Chateau Lake Louise,” Dubnicoff explained. “Then I worked summers

at St. Charles Country Club and then the winters at the Winter Club.”

He then moved on to become executive chef at the Glendale Country Club for five years and then spent 12 years as the manager of the old Caesar’s Palace Restaurant at Polo Park.

He then moved over to become manager of the provincial canteens at the Canadian National Institute for the Blind for a couple of years and then in 1984 went to Chicken Delight. In 1995, he was hired by Chicken Chef and for a long time, still worked one day a week for the company.

However, as hard as he’s worked in his lifetime, Jack Dubnicoff has worked even harder keeping fit and if next year’s Manitoba Plus-55 Games get going in the second week of June, you can bet he’ll be the first to the starting line. ■

Crime Prevention Tip Fraud and Scams Reminder

- Winnipeg Police Service

Millions of dollars are lost through frauds and scams. Thousands of people are victimized each year.

All segments of the population are impacted, no one is immune from this type of crime and anyone can be a target. We all have role to play in fraud prevention.

The following information will help you recognize, report and prevent frauds.

- Types of frauds and scams
 - **Identity Thefts**
 - **Online**
 - **Email/text messages**
 - **Phone calls**
 - **Telemarketing**
 - **Business**
 - **Door-to-door**
 - **Romance**

Recently the Anti-Fraud Center of Canada reported the following types of scams:

Fraudsters are posing as:

- Loan and financial service companies
 - offering loans, debt consolidation and other financial assistance services
- Cleaning or heating companies
 - offering duct cleaning services or air filters to protect from COVID-19
- Local and provincial hydro/electrical power companies
 - threatening to disconnect your power for non-payment
- Centers for Disease Control and

- Prevention or the World Health Organization
 - offering fake lists for sale of COVID-19 infected people in your neighbourhood
- Public Health Agency of Canada
 - giving false results saying you have been tested positive for COVID-19
 - tricking you into confirming your health card and credit card numbers for a prescription
- Red Cross and other known charities
 - offering free medical products (e.g. masks) for a donation
- Government departments
 - sending out coronavirus-themed phishing emails
 - tricking you into opening malicious attachments
 - tricking you to reveal sensitive personal and financial details
- Financial advisors
 - pressuring people to invest in hot new stocks related to the disease
 - offering financial aid and/or loans to help you get through the shut downs
- Door-to-door sales people
 - selling household decontamination services
- Private companies
 - offering fast COVID-19 tests for sale
 - Only health care providers can perform the tests
 - No other tests are genuine or guaranteed to provide accurate results
 - selling fraudulent products that

- claim to treat or prevent the disease
- Unapproved drugs threaten public health and violate federal laws
- Helping with filling out CERB applications for a fee

What to do if you have become a victim

Many people fall victim to frauds and scams. Far too many people never report it, but its important that you do. Not only can it help you possibly recover any loses, it helps us protect the community from future frauds and scams.

- Document all information about the fraud including receipts, copies of emails and/or text messages.
- Report your fraud to police:

If you are reporting a telephone, letter or internet fraud but **did not suffer any financial loss**, there is no need to contact the Winnipeg Police Service. Contact the Canadian Anti-Fraud Centre – **1-888-495-8501**.

Every member of the community should be on the lookout for a potentially bad situation.

We all have a role to play in Crime Prevention. TakeAction

If you see something say something! MAKE THE RIGHT CALL

Emergency Dial: **911**

Non-emergency Call: **204-986-6222**

Report a Crime Online: **winnipeg.ca/police**

Advertising Feature



SO YOU HAVE A WILL!

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

Kudos to those who have a will! To save headaches for your Executor, make sure it is up-to-date. You can make things even easier for your Executor with a list of items (heirlooms, a vehicle) you intend to leave to specific persons and keep it with the will or in a place known to your Executor. Put a date on it AND keep it updated. Make sure your preferences for funeral arrangements are known, if not specified in the will. Create a master list of the financial institutions you deal with, investments, life insurance policies and related account numbers. Make a list of your social media accounts and pass-

words to be closed down or turned into memorials. Prepare a list of people to contact upon your passing (close and distant relatives, friends and acquaintances) with recent contact info.

Do you also have a *Power of Attorney*? It is not a rare thing these days for people to live past their 100th birthday. Long before that happens, they need someone to take care of their affairs both financial and medical. That is what a *Power of Attorney* is for. Alas it is not only the old and infirm who may need a *Power of Attorney*. A life-altering event can happen to anyone

(accident, stroke, etc.) If you are no longer mentally competent you can’t make a *Power of Attorney*. Your care-givers will have to go to court and get a “committeeship”. Instead of a few hundred dollars for a *Power of Attorney*, they will have to pay a couple thousand dollars. You are never too young or too fit to have a will and *Power of Attorney*.

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.

But if you DON’T have a will or *Power of Attorney*, I am available to prepare one. I will travel to your home or community including Winnipeg and surrounding locations, as well as in the Interlake, Whiteshell and South-Eastern Manitoba. I can provide service in French and German. I understand Ukrainian and Spanish. Call **(204) 228-7063** or **1 (855-933-5454)** or send me an email at **rkhnatiuk@rosemaryhnatiuk.ca** for an appointment. ■

(see advertisement on page 5)

Heavenly Care Agency expanding service to Winnipeg

By Roger Currie

Manitobans continue to deal with *Covid-19*, the pandemic that is the most serious and worrisome health crisis to affect Canadians in more than a hundred years. It has added significantly to the challenges faced by those caring for older loved ones and people with disabilities. When Manitoba followed the lead of the rest of the country in shutting things down beginning in March of 2020, among the most difficult blows was the cancellation of most visiting at all health care institutions, including personal care homes. Well over half of Canada's *Covid* deaths have occurred in personal care homes and nursing homes, including several of the 25 deaths here in Manitoba. In an effort to avoid such tragedy, many families are now looking for reliable care that can happen at home.

The founder and CEO of **Heavenly Care Agency** is Celma Pinto who came to Canada from the African nation of Mozambique in 1997. Her remarkable story reads like an epic novel, waiting to be produced as a mini-series on Netflix.

Her education and professional training includes a Bachelor of Commerce degree from the Asper



Celma Pinto - Heavenly Care Agency

School of Business at the University of Manitoba, and among other achievements she is a Certified Financial Planner.

Heavenly Care has been serving the needs of more than two dozen residents of Morden, Winkler, Carman and Morris, and others in the Pembina Valley since the spring of 2018. It's not surprising that Mennonite communities have been Celma's focus.

She recalled her early days in her new country with great emotion "My first few years in Canada were a

struggle as I was adapting to a new life, new culture, new language, new city and extreme cold while maintaining my grades at school. My biggest challenge was overcoming loneliness. I spent many sleepless nights crying and wondering why I had left my family in Mozambique to come to Canada.

My English teacher introduced me to the Mennonite church where I found refuge. I will be forever grateful to the Mennonites. The members of the church helped me shop for winter clothes, buy groceries, showed me how to take a transit bus, etc. During the holiday season they invited me to spend time with them. I finally felt welcome in Canada."

The **Heavenly Care Agency** is now offering a wide range of their vital services to clients in the Winnipeg area.

Heavenly Care is a private sector company, but they are partnered with the Province of Manitoba in administering and helping to cover costs under a home care option known as *The Self/Family Managed Care Program*. **Heavenly Care** provides a wide range of assistance to make sure that basic daily needs are met in a caring and dignified way. Services include help with personal grooming, dressing, toilet

needs and transferring clients in and out of bed. There is also help available for dealing with meal preparation and basic housekeeping. Service can also be something as simple as helping clients dealing with loneliness and memory issues.

Heading a team of fifty professionals at **Heavenly Care**, Celma Pinto has completed The Nursing Diploma Program at Red River College, and she also earned a Health Care Aide Certificate from Robertson College in Winnipeg. She manages to find time to run 15 miles almost every day and she has completed the full Manitoba Marathon more than once.

Hiring the right people is a never ending process it seems.

"It's hard to find workers at the moment because many are afraid of becoming infected with *Covid* on the job. The monthly \$2,000 C.E.R.B. payments that are now ending didn't help either" Celma says.

Looking to the future, Celma looks forward to further positive talks with Manitoba Health Minister Cameron Friesen. She feels there is definitely room to increase the province's contribution under *The Self/Family Managed Care Program*.

<https://heavenlycare.ca/>
(see advertisement below)

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TAX and ESTATE PLANNING:

How does a Financial Plan improve my outcomes?

- Treena Nault, CFP, RRC, Executive Financial Consultant

The impact of COVID-19 has reinforced that having a holistic view of your financial life is important more now than ever. A well-constructed financial plan which allows you to monitor your goals, and change accordingly, is the key to establishing your financial confidence and well-being.

Do you have a financial plan? Or, do you have an investment statement that comes in the mail once / quarter?

Financial confidence starts with a comprehensive financial plan.

Financial confidence is achieved by knowing where you stand across all dimensions of your financial life and what choices you have to adapt to change- planned or unplanned. The plan is designed to synchronize the five major dimensions of your financial life so that all of your efforts work together for the greatest possible outcome.

A plan that can adapt for the unplanned

A good financial plan provides you with a clear and objective way to identify gaps and highlight opportunities. It is built on the idea that life is not static. As life changes and evolves, your plan needs to be dynamic to keep you on track to meet your goals, and embrace all of life's possibilities.

Every time you choose to spend (or not spend) money, you have a chance to improve your financial well-being. For example, spending \$60 a month on a membership you don't use or subscribing to online newsletters you no longer read, are money decisions you make that can lead to what we call "leakage". It's a term that applies to all the money that leaks out of your savings unne-

cessarily, and it is more important now than ever due to the impact of COVID-19

4 ways a financial plan reduces leakage

Smarter budgeting

Every month, money flows in (income) and money flows out (expenses). Focusing on how and where you spend, can help make your money work smarter. For example, cancelling a \$100/month membership you don't use, could divert \$1,200 a year toward one of your registered accounts such as a TFSA, RDSP, or RESP for your grandchildren. Over time, your contributions to these accounts can grow faster due to tax-deferred or tax-free growth, just by stopping one leak.

Minimize taxes

Not taking advantage of every available tax credit and planning opportunity is equivalent to giving money away. For many established families, a detailed tax plan can reveal leakage caused by not maximizing credits and refunds or not taking advantage of alternatives such as income splitting or trusts. A comprehensive plan can show you how to minimize taxes and why these savings are every bit as valuable as returns made on investments or other forms of income.

Plan for and manage debt

A financial plan sets out a series of steps that reduces leakage to debt and interest payments each month. For example, when you consolidate debt at a lower interest rate you can either pay it off faster, or use the savings to invest in longer-term goals such as retirement.

Protect yourself now and in the future

Life, critical illness, and disability insurance are all designed to financially support you or your beneficiaries in case of an unexpected event. In effect, they replace the money and/or income that would otherwise leak out of your savings due to one-time or ongoing costs.

Importance of advice and building a full financial plan

No one is expected to find the perfect balance of savings, investments, and protection on their own. We have the tools, experience, and knowledge you need to create a truly synchronized plan that stops the leaks and helps you take advantage of all life's opportunities.

If you would like me to develop a comprehensive financial plan for you, contact me at **204-257-9100** to book a consultation. ■

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October 7, 2020

PROVINCE PRESENTS 'PROTECTING MANITOBBANS AGENDA' IN SPEECH FROM THE THRONE

During This Unprecedented Time, Nothing Matters More Than Protecting Manitobans: Premier

As outlined in the speech from the throne, the Manitoba government unveiled its 'Protecting Manitobans Agenda', with five guaranteed commitments to protect Manitobans, their personal health and their financial health, during this time of need.

Delivered by the Lt.-Gov. Janice C. Filmon at the opening of the

third session of the 42nd legislature, the speech from the throne is a focused agenda with the goal of creating a more secure Manitoba during the pandemic and a more prosperous Manitoba after the pandemic.

"During this time of uncertainty, nothing matters more than protect-

ing Manitobans," said Premier Brian Pallister.

The 'Protecting Manitobans Agenda' outlines five guaranteed commitments to protect Manitobans in the fight against COVID-19 and to continue the government's efforts to fix the finances, repair the services, and rebuild Manitoba's economy.

Continued on next page

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Advertising Feature

Protecting yourself with IDShield during these times of uncertainty



By Peter J. Manastyrsky

All of us are experiencing the global spread of **COVID-19**, this novel coronavirus has forced everyone to increasingly stay at home. While being more at home, we are turning more to the use of internet for a variety of reasons, even shopping and looking for entertainment than ever before.

We all must remain vigilant and attentive during this **COVID-19** period but as this pandemic crisis continues there might be numerous reports of potential scams and frauds that all of us should be aware of in order to take the necessary steps to protect your identity.

- can you identify scams and frauds during this period?
- can you spot phishing email attempts from fake health professionals?
- can you check to see if a charity set up for coronavirus research is authentic?
- can you and should you give someone power of attorney if you become ill?

Do you have your estate planning documents (**Wills, Trusts, Power of Attorney**) completed and up to date? **LegalShield Manitoba** recognizes that during times of uncertainty, there is a sound need for legal help than ever – **the need to protect your identity as well as your privacy.**

LegalShield Manitoba since 2001 delivers affordable and accessible legal service and provides an **Identity Theft** program by protecting any potentially fraudulent activity, monitoring and restoring personal identity. The **Identity Theft** program called **IDShield** checks to see if your identity is safe from every angle by providing monthly credit reports and credit monitoring. In addition, personal internet and dark web monitoring, particularly your email status to determine if your email address has been compromised in a data breach.

IDShield as part of **LegalShield Manitoba** providing a comprehensive protection plan, proprietary features, that go beyond other plans. As the saying goes **"criminals don't want your money, they want your identity"** millions of Canadians are scammed and, in the process, their identity is stolen.

We live in a complex social media world, unfortunately life just seems to get more and more complicated. **LegalShield Manitoba** can provide you a **Law firm** as your legal counsel, servicing your concerns. One of the major plans **LegalShield Manitoba** can provide you and your family members a **Will, Power of Attorney and Living Will**, eliminating unneeded stress during an emotional time.

People in general do not think seriously about preparing a **Will and Testament** for themselves or for their love ones. At times, there are comments like **"I don't need a Will, don't have anything"** or

"It's too expensive and takes too long to have it drawn up" or **"I do not know how to get started"** over **60% of Canadians** in our country **Do Not** have a **Will and Testament**.

To protect our lives and to provide information about certain programs, **LegalShield Manitoba** is hosting a **Free** online zoom **Will and Testament Workshop** on **Saturday, October 17th at 10:00 am**. Everyone is cordially invited to the **Zoom** meeting. Please call **Peter** at **204-781-7472**, prior or a day before the presentation to make the necessary arrangements.

As a team member of **LegalShield Manitoba** and member of the **Better Business Bureau**, my commitment is to ensure that you and your family members understand the **Identity Theft** program and the other services that **LegalShield Manitoba** provides so that your life is protected and empowered.

There is no obligation, confidential dialogue, please call or email. **Thank you.**

LegalShield Manitoba
(see advertisement to the right, on this page)

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By Mark Watson

Mark's Remarks

Okay, we're a couple of columns in and we feel a little more comfortable with each other so it's time to delve into not one, but two controversial topics; religion and racism. First of all, racism. If your opinion of another person is based on race, stop it. It's hurtful, harmful, and indefensible. Shame on you. I can understand culture clash. Most of us are pretty attached to our lifestyle and traditions but hating any race is destructive and stupid. It's 2020 and we should all know better by

now. To me, it seems impossibly ridiculous that racism still exists on planet earth. Now, the great creation vs evolution debate has raged on for at least as long as Charles Darwin opened his big mouth a couple of centuries ago. I'm not educated enough on either side to cite specifics but I have noticed that both sides make good arguments and they also both put forth preposterous contrived statements belittling the opposing view. Atheists love to point out the bloodshed and persecution resulting from religion but fail to consider that, were Atheists in power throughout his-

tory, the aforementioned bloodshed and persecution would likely have still prevailed for different reasons. I don't blame religion for our bloody past, I blame unchecked corruptive power. I don't feel that the masses need to be controlled, I feel the global populace needs to be freed. We'll control ourselves. All we need is adequate management and equitable distribution of global resources. You want a Utopian world? That, in my opinion, is the only path to it. Don't hate your neighbour if he believes differently than you. He has a right to it and so do you. ■

Speech from the Throne, cont'd from page 4

Initiatives from those five guaranteed commitments include:

• Protecting Health Care

- ensuring funding and resources from across government are dedicated first and foremost to health-care needs;
- investing in personal protective equipment for front-line health workers and securing more testing sites and capacity for COVID-19;
- reducing wait times further for cataract surgery and joint replace-

ments, and providing additional renal dialysis services where they are needed;

- calling for the federal government to protect health care by increasing the Canada Health Transfer and becoming a full funding partner in providing health care to Canadians;
- ensuring that more Manitoba seniors are better able to 'age in place, with the supports they need to live well in their homes and communities;
- investing in Manitoba's personal

care homes, with significant capital upgrades to enhance resident health and safety;

- protecting vulnerable Manitobans with disabilities through a new income support program;
- partnering with the federal government to create a portable housing benefit for vulnerable Manitobans;
- **Protecting Jobs**
- **Protecting Incomes**
- **Protecting Education and Child Care**

• Protecting Manitoba's Future

The Manitoba government will continue to use EngageMB to consult with Manitobans on new policies, programs and actions to protect Manitobans from COVID-19 and safely restart the economy.

To read the speech from the throne:
www.manitoba.ca/thronespeech

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CJNU 93.7FM Nostalgia Radio – In touch with our Community!

Pledge Drive Weekend 2020

October is a very special month in these parts of the country and around the world. As fall takes over we have **Thanksgiving, Senior's Month** and the 7th annual **CJNU 93.7FM Pledge Drive Weekend**. The Pledge Drive Weekend has proven to be more than just four days of asking for financial support. It has become an annual connection with all that makes CJNU Nostalgia Radio special, YOU! YOU our Members, YOU our volunteers, YOU our Community Partners and YOU our Commercial Partners combined with the amazing music and community information is what is behind our aura.

The Pledge Drive Weekend, four days this year, **Thursday, October**



of CJNU 93.7FM Nostalgia Radio

22nd to Sunday, October 25th, is our collective opportunity to give our thanks, share our dreams, to broadcast our collective commitments and to receive the many wonderful financial gifts from all of our collective family that helps keep CJNU on air and growing. For this we say, thank you.

All of our splendid CJNU voices will be in attendance over the course of the four days, as well as many wonderful special guests from our core supporters, business, philanthropy and the arts. Adam Glynn, our Station Manager will be the 'Special Genie' over the weekend keeping us up to date on how our drive is going.

Our goal this year is to raise the much-needed funds for general operations and various new equipment improvements in our station. Over the past eight months, we have experienced many unexpected challenges as we strived to keep the station on air for everyone during Covid. These lessons are indeed fixable and your support gifts will help us to put in the infrastructure to make things better.

There are many new twists this year in keeping things fun and entertaining. A **special \$93.70 level of giving**, wonderful incentives

from **Salisbury House** and **WOW Hospitality**, as well, will be available. An **'Early Bird' draw** for those who want to be first in line to help our station is looking mighty fine and many new surprises will be announced closer to the event. Stay tuned for more!

Our Pledge Drive Line, 204-410-2700 will be **open 24 hours** a day starting October 22nd. Our live broadcasts will be from 7:00 am to 7:00 pm each day. Trish and I are looking forward to our five-hour shift Saturday the morning of the 24th. Stay tuned for the times, as we get closer. The coffee machine is getting a working that day I tell ya, all good and for the right reasons.

Lastly, please visit our website, **www.cjnu.ca** for more information and details on how you can be a part of this important and fun weekend. It's been such a pleasure to be serving you, our community. We take this responsibility seriously and with integrity. You have made us better and have been a huge factor in our continued growth. We wish to thank Kelly Goodman and *Senior Scope* for giving us this forum monthly to keep you informed. Looking forward to your continued support.

Trish & Rick.

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Winnipeg Transit Master Plan

Phase Three – The Future of Rapid Transit

Rapid transit is an important part of the Winnipeg Transit Master Plan to help more people get to where they need to go. In this third and final phase of public engagement for the Winnipeg Transit Master Plan, we are sharing proposed plans for the future of transit in Winnipeg, including details on rapid transit and accessible transit service.

The City of Winnipeg invites you join us online for a presentation and Q&A session about the Winnipeg Transit Master Plan.

Zoom meetings

Date: Saturday, October 24

Time: 1 p.m. – 2:30 p.m.

Location: Online via Zoom

Date: Wednesday, October 28

Time: 7 p.m. – 8:30 p.m.

Location: Online via Zoom

Register at: [winnipeg.ca/transitmasterplan](https://www.winnipeg.ca/transitmasterplan)

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

For more information, visit us online at:
[winnipeg.ca/transitmasterplan](https://www.winnipeg.ca/transitmasterplan)



'Putting the car in PARK, most likely for good'



By Roger Currie

This year more than ever Manitoba's seniors and elders need all the care and attention, and especially **'friendship'**, that their younger friends and loved ones are able to spare. *Covid-19*, the worst pandemic that our world has faced in more than a century, has taken the lives of more than a million people around the world including more than 200,000 Americans. With election less than a month away, 74 year old Donald Trump is seeking a second term as the U.S. President, and he and 50 year old First Lady Melania Trump are among the recent victims who have tested positive. In more 'normal' times the month of October sees us preparing our vehicles for winter, including installing winter tires. I won't be doing any of that this month.

Following a challenging year of personal ups and downs I have decided that after 56 years it is time to end my time as a regular driver of a motor vehicle. Flash back to November of 1964. What a different time it was. I was a normal 17 year old in my last year of high school in November of 1964. I had a beautiful girlfriend and I played football for the Kelvin team that had just won the Manitoba high school championship. My mother had a lovely little British car that was ready to welcome me as a regular driver. Down I went to the Motor Vehicle Branch to take the dreaded road test and, wonder of wonders, I passed it on the first attempt! Over the next half century I was involved in a couple of minor collisions, I racked up perhaps a half dozen speeding tickets, but my driving skills were never again examined by anyone anywhere.

Move ahead to 2019. Suddenly I was past the age of 70 with limited

mobility that had me relying on a walker to get around. But I was still driving and the car became absolutely essential for taking care of the needs of my wife Janice. She passed away in early June of 2020. Suddenly the need for a car diminished greatly. Along with *Covid-19* has come a major expansion of home delivery services for groceries and other necessities of life. As a stay-at-home 'couch potato' I am doing remarkably well thank you.

Janice and I used to argue about our driving skills. She thought I was somewhat 'timid' behind the wheel and she was probably right. Driving gives me rather little joy these days. At times it creates fear and anxiety which I'm sure is not especially healthy.

Figures compiled by Manitoba Public Insurance seem to indicate that older drivers are NOT generally a significant accident hazard on the road. Drivers in their 20's are much

more likely to take risks that often result in crashes, things like driving while impaired, speeding and blowing through red lights. The Centre on Aging at the University of Manitoba as well as other similar organizations are keeping a close eye on all the data as drivers over 70 make up an ever larger percentage of folks behind the wheel. Manitoba is among the most lenient place when it comes to cracking down on older drivers. In British Columbia, drivers over 80 are required to renew their licences every two years and supply a letter from a doctor indicating that the person is still safe to be on the road.

I will maintain my driver's license in case I decide to take a roadtrip to visit friends.

As the 45th U.S. President might say "We'll see what happens." ■

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

Advertising Feature

Jump on the Zoom Bandwagon: Get Involved in Virtual Minds in Motion®!

- Alzheimer Society

We may be in the middle of a pandemic, but we can still learn, socialize and enjoy participating in activities. The Alzheimer Society is making sure of that through its *Minds in Motion®* program.

This program attracts people with dementia and their care partners because it provides the perfect mix of fitness, socialization and brain challenging activities in a safe, supportive environment. In normal times, participants can attend sessions at a variety of locations, such as community clubs and senior centres.

During the pandemic, some locations are still offering in-person *Minds in Motion®* sessions in a socially distanced way. However, if face-to-face sessions are not available in your area, you have an option: you can sign up now to **participate virtually** on Thursdays from **October 25 to December 3**.

The virtual version of *Minds in Motion®* has a distinct advantage in this time of COVID-19: it is available to anyone, anywhere in the province.

It's Easier Than You Think!

While, the idea of participating in a virtual program may be intimidating at first, those who try it, love it – and it doesn't take long to catch on to the technology.

"All you need is an email address and a device with a camera, whether it be a desktop or laptop computer or an iPad," says Kathy Diehl Cyr, the Society's Community Partnership Manager. "We offer the program via Zoom, and we provide the link by email after you sign up."

If older family members need assistance getting set up for virtual *Minds in Motion®*, Kathy challenges tech-savvy adult children and grandchildren to help by installing zoom and walking them through the registration process on the Alzheimer Society website.

"Zoom is here to stay – at least for a while," says Kathy. "Why not



Kathy teaching online.

jump on the bandwagon and learn about this new way of participating in programs? Everyone benefits, especially people with dementia and their caregivers, who may not have many in-person outlets for socialization and activity."

If you would like more information about the *Minds in Motion®* program, call Kathy at **204-943-6622**, ext. 203. Click here to register for the virtual program or for information on available in-person sessions.

Dementia Friendly Programs

Minds in Motion® is part of the **Alzheimer Society's Dementia Friendly Program** initiative, which also includes *Journeys Through the Zoo: Memories and Motion* (at Assiniboine Park Zoo) and *Now and Then: A Journey in Time* (at the Manitoba Museum). Both of these programs are being offered in person this fall, but are sold out. Click here to learn about them and to keep an eye on the timing of future sessions. ■



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ORANGE SHIRT DAY

September 30th has been declared **Orange Shirt Day** in 2013 to promote awareness in Canada about the Indian residential school system and its impacts on Indigenous communities. It is also to give hope to the children of the future, because **Every Child Matters**.

Orange Shirt Day originated in Williams Lake, B.C. but it is now recognized across Canada. Phyllis Webstad, of Williams Lake, recalls her first day at a residential school in 1973, wearing her special orange shirt, only to have it taken away. That act was the realization that her inherent rights as an Indigenous person were also taken away from that point forward.

Many generations of Indigenous people have been affected by residential schools which operated between the 1870s to 1996 when the last school closed. These schools were government sponsored and operated by several church groups.

Over 150,000 children, ages 4-16, were removed from their homes, taken from their families, at the end of September, to reside remotely at these residential boarding schools under the rules of the church. This was in an effort to assimilate the Indigenous children into Euro-Canadian culture. Sadly, too many children never made it back home.

Bill 223 - THE ORANGE SHIRT DAY ACT states:

WHEREAS the orange shirt has become a symbol of remembrance for residential school survivors;

AND WHEREAS the symbol originated in the experience of Phyllis (Jack) Webstad of the Stswecem'c Xgat'tem First Nation, who shared her story of how her new orange shirt was taken away from her on her first day at St. Joseph Mission Residential School, leaving her with feelings of worthlessness and insignificance;

AND WHEREAS Indigenous children were historically taken from their homes to residential schools at the end of September;

AND WHEREAS the Truth and Reconciliation Commission of Canada has called for a national day of remembrance for residential school survivors;

AND WHEREAS this day will provide a way for Manitobans to publicly commemorate the history and legacy of residential schools and the resilience of residential school survivors, commemoration being a vital component of the reconciliation process;

THEREFORE HER MAJESTY, by and with the advice and consent of the Legislative Assembly of Manitoba, enacts as follows:

Orange Shirt Day

In each year, September 30 is to be known throughout Manitoba as Orange Shirt Day.

Melanie Kennedy, Executive Director of Indigenous Languages of Manitoba (centre), brought a group of friends together in Selkirk, MB on Sept. 30th to honour residential school survivors and the ones who didn't make it home. The t-shirts show "EVERY CHILD MATTERS" translated into many Indigenous languages of Manitoba and Canada. L-R: Linda Anderson, Joyce Noonon, Leslie Anderson (res. school survivor), Melanie Kennedy, Grace Schedler, Kelly Goodman whose maternal grandmother was also a res. school survivor.

Happy Seniors' and Elders' Month!

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Our office is open during these COVID-19 circumstances. We are enforcing strict measures for all of our safety.

During these difficult times, you may want to ensure that you have the following documents in place or updated to your current needs:

- Will**
 - Designate the Executor - the person who will administer your Will and Estate; file appropriate tax returns; protect and preserve, and distribute your assets and follow your wishes.
 - The beneficiaries - this includes protecting your children, and making special provisions for beneficiaries that are minors or with special needs.
 - Handling your funeral and burial arrangements.
- Power of Attorney**

You may become incapacitated and/or unable to manage your affairs personally, due to either physical or mental conditions which may be temporary or permanent. Without a designated Power of Attorney, the Public Trustee can assume control of your assets and administer your affairs. Alternatively, someone else can apply to the court to obtain control, but this may prove to be a lengthy and costly procedure.
- Health Care Directive (Living Will)**

Unfortunately, there may come a time when you are not capable of making or communicating a decision as to what medical treatment you would like continued or withdrawn. We can help you remove the burden and the pressure from your loved ones by preparing a document that will enable treatment decisions to be made based on your health care directives and will appoint a proxy to speak on your behalf.

Standard Fees*		Seniors
WILL	\$175.00	\$150.00
POWER OF ATTORNEY	\$125.00	\$100.00
HEALTH CARE DIRECTIVE	\$75.00	\$50.00

* PLUS TAXES - rates are based per person

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September 21, 2020

LIEUTENANT-GOVERNOR TO PRESENT SOVEREIGN'S MEDAL FOR VOLUNTEERS TO DESERVING MANITOBBANS

On behalf Gov. Gen. Julie Payette, Lt.-Gov. Janice C. Filmon honoured 10 Manitobans with the Sovereign's Medal for Volunteers, during a ceremony at Government House.

As an official honour created by the Crown, the Sovereign's Medal for Volunteers is part of the Canadian Honours System, and serves to recognize exceptional volunteer achievements from across the country and abroad, encompassing a wide range of voluntary contributions.

"I am so proud to have these Manitobans recognized nationally for their voluntary contributions within their communities and beyond," said Lt.-Gov. Filmon. "From the smallest community to the heart of our largest city, Manitobans are known for giving so much of their time, talent and creativity to make a difference in the world around them."

The following individuals will be honoured:

Vern Anderson

Anderson spends many hours volunteering his time to organize and fundraise for a number of organizations including Rossbrook House, Siloam Mission, Project Neecheewam and South Indian Lake, where he fundraises and organizes the annual South Indian Lake Fun Day. He has worked tirelessly as a member of the Indigenous Advisory Council, where he has played an important role in Booth University College becoming

culturally competent with Indigenous culture and truth and reconciliation goals. Anderson initiated and continues to raise funds for the Arnold Dysart Bursary, which is awarded to a South Indian Lake graduating student from Frontier Collegiate.

Christopher Hall

A volunteer coach with Hockey Manitoba for close to 20 years, Hall's dedication has been instrumental in developing, training and guiding young athletes. He has also served on the board since 2011, allocating resources and improving safety standards through his roles as chair of minor hockey and president of Hockey Winnipeg.

Sandra Hamm

For more than a decade, Hamm has volunteered with World Vision Winnipeg as an event representative, attending public engagement and fundraising events, supporting employees and fellow volunteers, and providing information about the organization. She has hosted visiting representatives at her home and represents the organization at events throughout the province.

John Kroeker

Since its inception in 2009, Kroeker has been a valued volunteer with Steinbach Community Outreach, helping low-income clients file their tax returns, and providing the organization with financial and technologi-

cal assistance. He also serves as treasurer of Soups On Steinbach, and was a long-time board member of the Steinbach Mennonite Church.

Krista Laberge

An active member of Girl Guides of Canada since 2001, Laberge currently manages two different units and provides leadership as provincial commissioner for the Manitoba Council. Laberge also gives freely of her time to such organizations as the World Association of Girl Guides and Girl Scouts, the Winnipeg Fringe Festival and Operation Red Nose.

Gabriel Langlois

Best known to Winnipeggers as 'Dancing Gabe', Langlois has been volunteering at the St. Vital YMCA-YWCA daily for over 30 years, assisting with the set up and take down of the kids' corner. Langlois is a beloved fixture at all Winnipeg sporting events since the 1980s, renowned for his dancing skills and his ability to rally the crowds and cheer for the home teams.

Yvonne Savard

For more than a decade, Savard has been helping seniors get around with Le Chalet de La Broquerie. She is the president of Le Papier de chez nous, prepares meals for grieving families in the Paroisse St. Joachim and helps fund activities for seniors in her community with the Southern Health Centre.

Simryn Singh

Since 2017, Singh has been helping prepare meals for vulnerable, inner-city residents through Agape Table. She also volunteers her time and energy fundraising for girls' education in India through Unique Home for Girls. As the co-founder of Langar Seva Winnipeg, she has provided 800 food-insecure people with free, healthy meals.

Sharon Faye Thorne

Thorne has been a dedicated volunteer with the Royal Canadian Legion for more than 22 years. She has spent countless hours helping to organize veterans' luncheons for funerals and Remembrance Day, and regularly visits with ill members of the Salvation Army board of directors.

William Worden

Worden has been contributing to the well-being of his community for over 30 years. In addition to organizing fundraisers with the Queens' Own Cameron Highlanders of Canada to fund charitable activities, he is also helping to share the history of Scottish culture in Manitoba through his involvement with the Scottish Gentlemen's Club.

For more information about the Sovereign's Medal for Volunteers and the Canadian Honours System, visit www.gg.ca/en/honours.

Advertising Feature

That wasn't the Plan

When most people retire, they sit back and relax, looking back fondly on their careers. Veteran Canadian television broadcaster **Reg Sherren** did too, but then he decided to write a book about it. "It was a somewhat cathartic experience," said Sherren, "forty years of telling stories is a long time and so I thought perhaps, I would tell my own." In truth the publishers of *"That wasn't the Plan"* had already seen a sample of Sherren's writing, and they were happy to have him write his own.

Many Canadians will remember Reg Sherren as host of the popular CBC TV program *Country Canada*: or during his many years spinning stories as a feature writer/producer for the CBC's flagship news program. The National. "There are few people anywhere who rival Reg's storytelling abilities," says Peter Mansbridge, the former long-time anchor of *The National*. "Reg has brought millions of viewers to the television screen to watch his unique ability to weave fascinating detail into the fabric of

the people and places that make our nation so diverse and interesting."

The whole writing process took about two years, and then Covid 19 came along. "We were supposed to release the book in the spring, but with everything shut down, we decided to wait," explained Sherren, "now that it's been released we will do our best to get people interested."

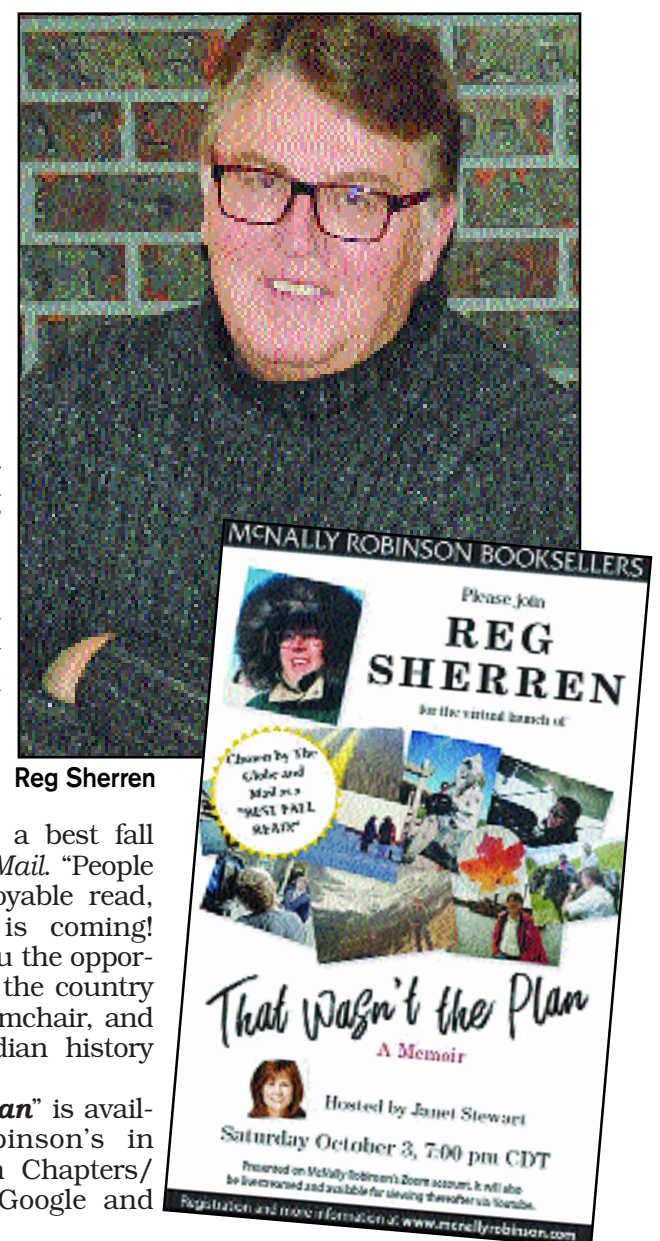
The book *Chronicles* Sherren's experiences, from covering the Persian Gulf war, travelling the world's longest ice road with a solar car, to coming a little too up close and personal with a humpback whale. There are also lots of stories from Manitoba, where Sherren has been based for the last 25 years, stories like his Gemini nominated coverage of the flood of the century back in 1997, to his hour long documentary revisiting the incredible tale of the Gimli Glider, the Air Canada jetliner that ran out of fuel flying over Manitoba.

"I think I am one of this city's biggest ambassadors," says Sherren.

"We came here for two years, and stayed for 25 years now, raising our children, and meeting some wonderful friends. This city is one of the best kept secrets in the country. Try as they might (CBC), and they did, they could not get me out of here with dynamite. We have loved calling Winnipeg home."

"*That wasn't the Plan*" was recently chosen as a best fall read by the *Globe and Mail*. "People tell me it's a very enjoyable read, and hey, Christmas is coming! Here's gift that offers you the opportunity to travel around the country without leaving your armchair, and to learn a little Canadian history along the way."

"*That wasn't the Plan*" is available at McNally Robinson's in Winnipeg, and through Chapters/Indigo as well as at Google and Amazon books. ■



Gardening, medicine for the soul in 2020!

Annette Lamy was recovering from cancer surgery on March 30th of this year and then Covid-19 entered into our world. To focus on her recovery at that time, she thought of sprucing up space at the east end of the complex she lives at – Luther Home – in the Seven Oaks area of Winnipeg. There wasn't even much grass, let alone a garden.

So she went to work and visited the bigger Garden Centres and bought some annuals, perennials, manure, topsoil and seeds. Her elderly brother Gerry who is a resident there too, and in cancer remission, came along shopping. Little did he know he would enjoy gardening and planting too. Mandy Short, a resident there, was an inspiring, gardening enthusiast, and was the first to share the cost, and the garden planning, with Annette.

Annette's brother Donnie's 15-year-old grandson, Chris, took an interest and gave the muscle and four hours weekly to do what seniors have difficulty doing.

As the garden started taking shape, the elderly residents came out of their suites and noticed it transforming into a beautiful space. They could also enjoy it through the window of the dining area. They began donating money to contribute to the growing selection of Annette's perennials during the summer months and it encouraged her to plod along to maintain it.

Then disaster struck. They lost their water supply for 3 weeks due to the City's water pipeline reconstruction and they had to haul water in

buckets with a wagon to the garden sometimes daily, but it paid off.

Due to Covid-19 the residents are living with community adjustments socially and also are inclusive to limited daily living activities at Luther Home. They took a humble human interest in *their* own garden and now it may change.

Annette would love nothing more than to have her garden project to be continued, protected, and supported in a favourable light. So if anyone in the building is interested in carrying

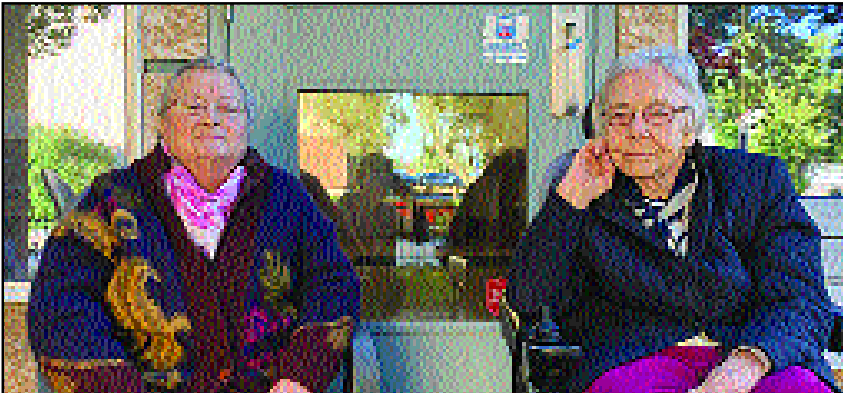
on the beautification of the east side of Luther Home, even if it's on a smaller scale, please let Annette know. The more volunteers, the more work that can be shared. It would be a great, team, home project especially when the outside world isn't very friendly.

Annette found gardening extremely inspiring and rewarding despite the out-of-pocket expenses and hard work. She knows others would too.

Annette is a cancer survivor and attended residential school, as well. Gardening really is a great medicine for healing the soul. ■



One of many beautiful planters that Annette has grown for the garden and patio area.



Annette Lamy, left, with her friend and fellow resident Martha Treichel, sitting where they can enjoy the view and scents of *their* garden.



The squirrels like the garden as well, especially the little Canadian flags that Annette decorated her flowers with. They steal them and then scoot up the tree with them to make a nest.





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Remembrance Day



- Metro Hnytka, member of the Manitoba Coin Club

Remembrance Day - the day dedicated to the men and women who gave their lives, or a great portion of it, to save our ways of life. They fought for us in two World Wars and many other minor conflicts.

I was a young boy at the end of the second world war and at that time there was a lot of talk about the war from soldiers who returned from combat. It sounded terrible and very scary when men and women would talk about losing loved ones in the battle - scary for a little boy.




When I went to school, November 11th was reserved for honouring our soldiers and service men and women. We attended school in the morning for a service to honour these heroes. The stores were closed and most businesses were closed for the day. The veterans were honoured - but times change. The businesses started opening after 1 pm and stayed open for the rest of the day. Soon, all people were expected to work on that day.

In the late 70's, I bought a limousine service and one of the things I am proud I did was take veterans to Memorial Park or Vimy Park to their Remembrance Day services, free of charge. I remember one dreadful day, wet with freezing rain and a cold wind. I picked up my veterans and took them to Vimy Park. Even though it was cold, they stood at attention and their only movements were to salute when necessary or to wipe a tear when recalling their fallen friends. I was really proud of them. They stood for about an hour and a half, cold and in pain from their memories, but didn't complain. They endured. When the service was over and a few handshakes to old friends, I drove them back to their Legions for a welcomed beer. My heroes deserved more than one day for what they had done.

Now, they are dwindling in numbers and society has brushed them aside. It now appears that *Lest We Forget* is now just *We Forgot*.

Bless them.

~ Metro

Sri Lankan Seniors - ZOOM Medical Advisory Session

By Senaka Samarasinghe

Sri Lankan Seniors Conducted a Medical Advisory Session on COVID-19 - Aug 19th (WED) 2020 - 3.00-4.00 pm via Zoom.

Due to COVID-19 isolation we identified that negative impacts will effect on our member community such as lack of immunity and mental health disorders. To safeguard them the organizing committee thought to invite a psychiatric to conduct one-hour presentation. The committee hand-picked Dr. Iru Fernando, Board Certified General and Addiction Psychiatrist, Medical Director and Addiction Services at Psychiatric Wellness Center, California, USA. Iru conducted a well-designed presentation supported with short narrations, charts and graphs, data and statistic, photos and diagrams. For this Iru used more then 30 slides. These days our Group members are participating weekly Yoga sessions via Zoom preformed by Trinity United Church, Southside Seniors Group. Therefore we shared our link with them as well. During the questioning period some of our Seniors are comfortable to communicate with their native language, Sinhala. As Iru was born in Sri Lanka managed to fulfill this objective. This type of a medical advise will be helpful for future reference as well as to share with other seniors. Therefore, the entire presentation will be uploaded to You Tube.

Senaka A. Samarasinghe
Winnipeg, Manitoba



2020
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SENIOR'S DISCOUNT

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

St. Adolphe Parish - ONLINE AUCTION (due to COVID-19) to raise funds for the parish. General public will have an opportunity to bid on a variety of goods and services. The auction opens on Oct 1st, and the bidding closes at 8 pm, Oct. 17, 2020. To place your bid, go to: parish-fundraiser.myshopify.com:

- Each bid will have a picture, a description, its monetary value and donor's name.
- The bids will be updated at regular intervals to show the highest bid.
- You can rebid anytime until the close of the auction. For additional information, please contact Ann Eastman **204-470-3761**.

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, (not Oct. 12 on Thanksgiving) 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**, Oct. 31.

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 Whitemouth/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 seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

Anavets Assiniboia Unit #283 - The Friendly Club, 3584 Portage Ave. Oct. 16 - ROCKETS, Oct. 30 - DESTINY 8-10 pm. Social Distancing - No dancing. **204-837-6708**

Alzheimer Society - Online Care4u, conference for family and friends caring for a person with dementia, Sat. Oct. 24, 9 am-12 pm. Cost is \$15. Register at: alzheimer.mb.ca

SPORTS/FITNESS/GAMES

Lady Bowlers - Fridays, 12:45 pm at Polo Park. For ladies of all ages. We bowl for fun. If you can't commit to every week come spare with us. \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning measures and social distancing being exercised, masks or face shields worn and minimal contact. Call/text **204-770-3903**

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

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

Southeast Personal Care Home - Volunteers needed at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

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

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 further notice. 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 October 31 for November 10 issue.

- Manitoba Churches -

Polson (Inwood) - Exaltation of the Holy Cross Greek Catholic Church - 1915

Municipal Heritage Site

Written and Photo by Tyrrell Mendis

Inwood is a community southwest of Gimli. The Post Office opened as Cossette in 1906 and changed to Inwood in the same year. Inwood is a contraction of "in the wood," a reference to its setting. The name of the School District was Cossette, named after Leon Cossette, an early settler.

This church is situated northwest of Komarno on Polson Road off PTH 7. Before Inwood was changed to Polson in 1910, to match with the School District, the church was known as "the church in Inwood." It was also known as Polson Church, Holy Cross Greek Catholic Church, and Church of the Exaltation of the Holy Cross. It is the first and only church of the parish.

Founders of the parish were Ivan Hradowy, Peter Holowaty, Peter Hrycyk, Ivan Harasymchuk, Paul Kibzey, Kost Makiychuk and S. Medvid.

The church was built in 1915 by Ivan Harasymchuk and Semen Masyk. on extensive grounds in the centre of the settlement. This modest wood frame building with painted exterior and interior walls sitting on a concrete foundation cost \$1,500.

In 1916 the church was visited by Bishop Nykyta Budka. On September 27, 1972, and again on September 1,



1974, it was visited by Metropolitan Maxim Hermaniuk.

This church is typical of the type of religious building erected by the early settlers. The nave is 50 feet long by 22 feet wide under a gable roof. The basic rectangular massing has a three-tiered square tower centred on the east facade. The two lower tiers have pyramidal roofs. The top tier is octagonal. It is surmounted by a metal-sheathed dome with a Latin cross. A Greek cross sits on the junction of the apse and main roof. There are three windows on each side of the nave, the upper portions being of stained glass.

Inside, a wooden partition with three doorways separates the nave from the sanctuary, resembling the Royal and Deacon's doors of an iconostasis. Between the archways are glass-mounted prints of the Blessed Virgin Mary and Jesus Christ, Lover of Mankind. Behind the main altar is a painting on wood by an unknown artist of the church patron.

The church was included in the Canadian Register of Historic Places on January 30, 2008. However, by the time this article appears in print the church may no longer exist. It is slated for demolition.

Photographed in 1991

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)



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Today's Recipe

Larry McIntosh

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Pumpkin Health Bundt Bread

Metric	Ingredients:	Imperial
875 ml	whole wheat flour	3 1/2 cup
2 ml	salt	1/2 tsp
40 ml	baking powder	3 tbsp
5 ml	baking soda	1 tsp
15 ml	cinnamon	3 tsp
5 ml	cloves	1 tsp
5 ml	nutmeg	1 tsp
250 ml	flax seeds, crushed	1 cup
500 ml	pureed or canned pumpkin	2 cup
250 ml	honey or brown sugar	1 cup
150 ml	extra virgin olive oil	2/3 cup
150 ml	cranberry fruit juice	2/3 cup
4	eggs, lightly beaten	4
250 ml	walnuts, crushed	1 cup
250 ml	raisins	1 cup
250 ml	cranberries	1 cup

In a large bowl; mix whole wheat flour, salt, baking powder, baking soda, cinnamon, cloves, nutmeg and flax seeds.
In another large bowl; mix pumpkin, honey, oil, cranberry juice and eggs.
Mix dry ingredients with moist ingredients. Add walnuts, raisins and cranberries.
Pour into greased and floured bundt pan. Bake in preheated 350 F (180° C) oven for 50 to 60 minutes.

Serves 12

WORDSEARCH - Famous People By Senior Scope

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

CROSSWORD - **And...** By Adrian Powell

ACROSS

1 Numbers game

6 Out of the office

10 Khrushchev lived there

14 Atlantic, for one

15 Puzzling British letters

16 Monopoly's "___ Jail"

17 Conan Doyle's famed fictional duo

20 Fair to middling

21 Antiquated

22 Pilot the plane

23 Dangle bit of your ear

25 Musketeer's sword

26 Tough way to learn the ropes

31 Thick set

32 Kind of strange

33 Mover's vehicle

35 Buenos ___

36 Duet need

37 The hard stuff

39 Pod occupant

40 5th century Chinese dynasty

41 Power socket

42 Close relatives

46 Hula dance accessories

47 Steals

48 Out like a light

51 "Yes, Cap'n!"

52 Chanel of perfumery

56 They may break your bones

59 John Mc Crae, e.g.

60 Poker player's payment

61 Hex

62 Be bratty

63 Old, heavy farm cart



DOWN

1 Archery equipment

2 UN's air safety gp.

3 Things you use in ping pong

4 Item you usually put in your car

5 Lennon's bride of '69

6 Rhododendron's close kin

7 Meander

8 Do sums

9 Like a slingshot

10 More hideous

11 "Brave New World" cure-all

12 Leave in, to the editor

13 Got out of bed

18 In a regal manner

19 All done!

24 Sturdy trees

25 Taro corn

26 Robber

27 From outside the city

28 Hopeless situation

29 Rounded molding

30 Leveled to the ground

31 Baseball headgear

34 Tennis players just have to get over it

36 Tetley offerings

37 Tulip starter

38 Ear doctor's device

40 Two-person log-cutter

41 Wind instruments

43 Votes in

44 Hunt for

45 Canadiens goalie

48 Egyptian vipers

49 Old Greek meeting place

50 Trump's told a few

51 Against (pref.)

53 Bills replaced by loonies

54 Welshman, e.g.

55 Norway's capital

57 You might get it for effort

58 Usual sugar measurement (abbr.)

SOLUTION ON NEXT PAGE

Al Gore

Ann Rice

Anne Murray

Anthony Geary

B. B. King

Bianca Jagger

Bob Dole

Bob Marley

Bono

Britney Spears

Cher

Dean Martin

Elvira

Eminem

Fergie

George Strait

Gilda Radner

Heidi Klum

John F. Kennedy

Kanye West

Liberace

Madonna

Mary Kay Ash

Mia Hamm

P. Diddy

Paul Simon

Pele

Prince

Roy Orbison

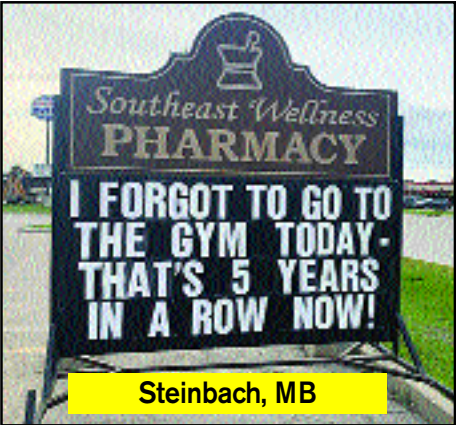
Seal

Selena

Shakira

Tom Brady

SOLUTION ON NEXT PAGE



Steinbach, MB

FACEBOOK FINDS

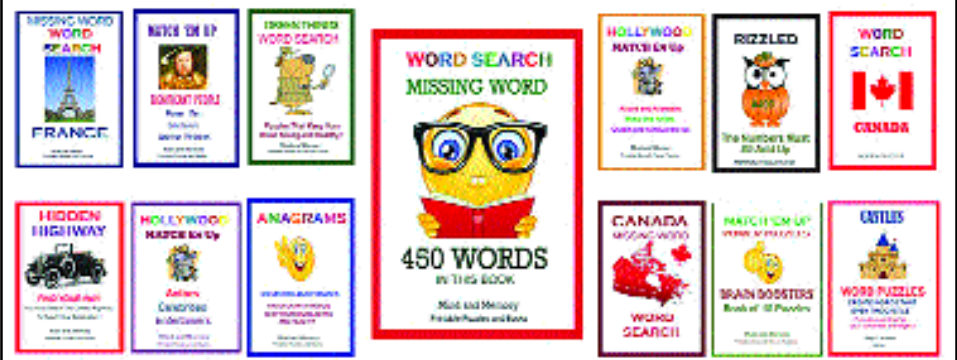
When this virus thing is over with... I still want some of you to stay away.

If you believe this will all end and we will get back to normal once we reopen everything, raise your hand. Now give yourself a slap with it.

After day 20 at home, the dog looked at me like, "This is why I chew the furniture."

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HUMOUR



Rick Goodman
rickgoodmansk@gmail.com

The VIRUS DIARIES

The SKUNK

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Bea and I have been spending a lot of time at camp ever since this Covid-19 got going. It's pretty easy to practice social distancing when the nearest neighbor is two rifle shots away across the river. It's nice. You might think it would get boring but we manage to keep busy. I keep the wood box full. Bea cooks. I practice the accordion and Bea goes for long walks down our bush trail.

The odd critter wanders through. Squirrels, chipmunks, a couple of young deer hung out by the apple trees for awhile. It's nice to have them around. But a couple of mornings ago I stepped out of the tent and saw a skunk run under the deck. Skunks are generally ok, at

least in theory, but we're not comfortable sharing living space with one. So I set what is called a live trap, which is nothing more than a box with a spring loaded trap door. And yesterday we had our skunk.

"Now what are you going to do with a live skunk?" Bea asked. " If you let it go it'll probably just run back under the deck.

"No problem," I replied, we'll eat it. Back in the day people used to eat skunks all the time. I did some research and even came across an old pioneer recipe."

"I'm not cooking a skunk you fricken lunatic!" Bea exclaimed, "I'm going for a walk."

"Just so long as you're back for lunch," I replied. Bea doesn't take to

new concepts too well sometimes. Like cooking a skunk was going to be some kind of big deal.

Now, I'm not bragging or anything, but if the truth be known, I'm no slouch when it comes to the culinary arts. Kraft dinner, wieners, you name it, and I can dish it up. The secret to cooking is simple. Follow the directions. Substituting beer for milk in your morning corn-flakes might give you that little pick me up you need to get your morning going but it just doesn't taste as good as you might have hoped.

I've never claimed to be the brightest bulb in the chandelier, and Bea will back me up on that, but I can follow directions. And the directions for cooking a skunk couldn't have been simpler. First you get a skunk and then you make a fire outside. Then you take



the skunk and put it in a large pot with carrots and onions and cover it with water.

And that's when the whole project went all to Heck. The skunk didn't seem to mind the pot, and looked like he was enjoying the carrots, but good Lord, he went absolutely berserk when that cold water hit him. He came scrambling out of that pot like a world class saddle bronc at the Calgary Stampede, blasted me with both barrels and lit out for parts unknown. And stink! It ruined my appetite!

Bea came back from her walk to find me rolling on the ground in a yellow cloud of pure evil.

"Told you," she said.

And now I'm social distancing out on the far edge of the property. In a pup tent. Just me and my accordion. ■

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 “F”

1. This is a healthy gift instead of flowers:
2. This is the world's most visited country:
3. This is a movie about a whale returning to the ocean:
4. A very popular Jewish Broadway production:
5. This is an expensive steak at a fine restaurant:
6. This family owns the NFL Detroit Lions:
7. This is a new toy dogs love to chase and catch:
8. This is family dinner is very popular in Britain:
9. Dr. Kimble was the main character in this 1993 movie:
10. This was a big hit song for Tracy Chapman:
11. Trump's comments about Lysol is a:
12. They say he never forgot his love for Ava Gardner:
13. Bugsy Segal opened this Las Vegas Hotel/Casino:
14. This is the amount you can save if you buy your auto insurance from Geico:
15. This cheese is included in a Greek salad:
16. A Kellogg cereal for young children:
17. This a resort island in the Pacific:
18. Many people prefer their chicken cooked this way:
19. A Leonard Cohen tune about New York:
20. This group of six continue to be paid millions in TV reruns:
21. Almost every home in this country has a sauna:
22. It drives a man crazy if a woman is better at this:
23. This is the longest bone in the body:
24. France is considered the center of:
25. This company has converted one factory to make Corona medical products:
26. This is Wilma and Fred _____:
27. This scary movie starred William M. Macy and Frances McDormand:
28. Steve Harvey is the host of this game show:
29. This toast originated back in the Roman Empire days:
30. He was the American President during World War Two:

& Mind
& Memory

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.

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~ Author, Gary Adams

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Visit www.seniorscope.com/fun.html for more **A-Z Trivia**.

SOLUTIONS BELOW

A to Z Trivia ‘F’ SOLUTIONS

- | | | |
|------------------------|-----------------------------|---------------------------|
| 1. Fruit Basket | 11. Fantasy | 21. Finland |
| 2. France | 12. Frank Sinatra | 22. Fixing Things |
| 3. Free Willie | 13. Flamingo | 23. Femur |
| 4. Fiddler On The Roof | 14. Fifteen Percent | 24. Fashion |
| 5. Filet Mignon | 15. Feta Cheese | 25. Ford |
| 6. Ford | 16. Fruit Loops | 26. Flintstone |
| 7. Frizbee | 17. Fiji | 27. Fargo |
| 8. Fish and Chips | 18. Fried | 28. Family Feud |
| 9. Fugitive (The) | 19. First We Take Manhattan | 29. French Toast |
| 10. Fast Car | 20. Friends | 30. Franklin D. Roosevelt |

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

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

WORDSEARCH - Solution

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

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