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Vol. 19 No. 6 | Dec 10/20 - Jan 13/21

Senior Scope

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A friend and former colleague who is a true 'renaissance' man who needs our warm thoughts and prayers this holiday season By Roger Currie



Larry Updike.



Tom McGouran and Larry Updike - 1980's rock radio duo in Winnipeg.

Needless to say the 2020 holiday season will be the most unusual and difficult that the majority of us will ever possibly experience. The glimmer of light at the end of our dark tunnel will be the first shipments of the eagerly-awaited doses of the Covid-19 vaccines. But there will

continue to be many lonely and painful days over the next few months. I first met my beloved Janice in early December of 2011, and this will be our first Christmas without her. Janice died in June of this year of a blood cancer, and a similar life-threatening disease is now affecting a very special friend,

well known Winnipeg broadcaster Larry Updike.

When I first met Larry at CJOB in the late 1970's he was wearing a clerical collar and carrying a bible. He had been raised in an evangelical Christian home and became a pastor in his early 20's.

Continued on page 2

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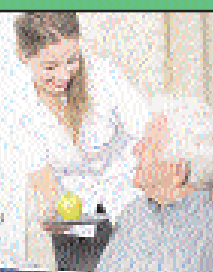


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A true 'renaissance' man, cont'd from front page

It was about the time that we met that Larry's life took a most dramatic turn.

He put the collar away and plunged with both feet into the raunchy world of commercial radio. Larry was a born performer and before long he became half of the 'Tom and Larry' duo on the air in Winnipeg, and briefly in Vancouver (pictured front page). On a variety of youth-oriented FM stations. Tom McGouran got to tell somewhat outrageous and hugely 'incorrect' jokes, and Larry would respond with feigned shock and horror, declaring "My Word, Good heavens!!!" That line even became the basis for the title of Larry's most entertaining autobiography.

In the summer of 1987, my first marriage was ending at the same time Larry's second was coming to a close. I was also morphing from being a straight newscaster into a new role as an afternoon program host at CBC Winnipeg. In a smoky dingy pub in the basement of the old Union Centre Larry kindly offered some very timely advice that proved very helpful in my new role. Almost 30 years later Larry hosted that same afternoon show at CBC. It was the second time he had followed in my huge footsteps. In 2000, Updike took over from yours truly as host of the CJOB Morning Show. We each sat in the host chair for 9 very eventful years.



Larry and son Gordon.

Each of us struck genuine gold with marriage partner number 3. Larry and his wife MaryAnne became parents of a son named Gordon (pictured above) in 1991. Turns out Gordon is on the autism spectrum and he is mostly non-verbal. It was definitely a challenge that neither of them had signed up for. MaryAnne responded by going back to school and eventually earning a PhD in Early Childhood Development. Larry stayed home with Gordon until their son was settled into some specialized programs. Gordon is now 29 and doing remarkably well.

Did I mention that along the way, while all this was going on, 65 year old Larry Updike managed to become a unique musical trouba-

dour? He partnered with a most talented musician named Eric Boorman. Together they have specialized in outlaw country songs, calling themselves *The B-Side Apostles*. A couple of years ago Janice and I managed to catch their act, and it was a very special treat indeed. In the spirit of 'giving back' which has marked so much of Larry's life, the Apostles have performed mostly at senior residences and personal care homes. As we chatted on the phone the other day, Larry told me that "These performing outings have been far and away the most rewarding experience of my entire life". Many of the people in the audience at these shows had some degree of dementia. "The music connects with them on a very different level," Larry says.

The B-Side Apostles have performed more than 200 times but needless to say their live shows are now on the shelf indefinitely because of *Covid-19*. Hopefully the story is not over, and we pray that Larry Updike is successful in his cancer fight.

By the way, you can see and hear Larry perform on his Facebook page. ■

Have yourselves a safe, peaceful and Merry Little Christmas.

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

Holiday Woes

PLEASE, everyone be careful this holiday season because people are going insane from being locked down at home!

I was just talking about this with the coffee maker and the toaster during breakfast, and we all agreed that things are going to get worse before they get better.

I didn't mention any of this to the washing machine, because it always puts a different spin on things! I certainly couldn't share this with the fridge because it's been acting very cold lately.

The vacuum simply told me to just 'suck it up buttercup!'

The fan was optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed when I asked its opinion.

But the front door said I was becoming unhinged while the door-knob told me to get a grip!

And the curtains told me to 'pull myself together!'

The broom just wanted to sweep it under the rug and not deal with it at all.

My running shoes told me to 'take a hike,' while my umbrella told me to 'take cover - the worst is yet to come.'

The iron straightened me out in the end and said the situation isn't all that pressing and all the wrinkles will soon get smoothed out!

I'm sure glad this virus hasn't affected me adversely!

Merry Christmas everybody!
Wear a mask, wash your hands, keep distanced but stay connected – call a loved one!

Consider contacting A & O Support Services for Older adults for programs to help ease the burden of loneliness by connecting with others:

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Continued on next page

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WHY BOTHER WITH A POWER OF ATTORNEY?

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

After you pass away your Will determines what happens with your property. But what if you have a stroke or come down with Alzheimer's and can't take care of our own affairs? Your care-givers can be in a very difficult position if you don't have an *Enduring Power of Attorney* to take care of your financial affairs as well your medical issues and accommodation? If you become mentally incompetent before

you do an *Enduring Power of Attorney* your care-givers would have to go to court at a cost of thousands of dollars to get a "committeeship" to take care of all your issues. On the other hand, all that is required for an *Enduring Power of Attorney* is to sign it in front of a qualified witness for a fraction of the cost. An *Enduring Power of Attorney* is typically done at the same time as a Will. Loss of physical or

mental competence is stressful enough without having to sort out legal issues at the same time. Thinking ahead and being prepared for the inevitable is a very good idea.

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

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(see advertisement on page 5)

December 7, 2020

SAFE AT HOME PROGRAM LAUNCHED BY PROVINCE FOR HOLIDAY SEASON

New Grant Program Protects Manitobans With Creative Ideas to Stay Safe at Home: Cox

The Manitoba government has launched a new **Safe at Home Manitoba** grant, which will enable people staying home this holiday season to enjoy creative cultural, artistic, and fitness activities delivered by Manitoba organizations and businesses, Sport, Culture and Heritage Minister Cathy Cox and Municipal Relations Minister Rochelle Squires announced today.

"We are excited to invite organizations from across the province to create programs that bring Manitobans together while we are physically apart," said Cox. "Manitoba is home to so many diverse artists, cultural organizations and festivals, and I look forward to enjoying all the creative ways they can bring safe at home ideas into our own homes."

The **Safe at Home Manitoba** grant will provide \$3 million in grant funding to a wide variety of Manitoba organizations and individuals who are able to produce free programming for Manitobans to stay safe at home, such as live streaming of the performing arts, cooking classes, at-home fitness programs, and home-based art programs for children.

"We recognize that staying home this holiday season as we fight the pandemic, and not being able to see our friends and family will be difficult," said Squires. "This gives us an additional reason to stay home with our family, enjoy these home-grown Manitoba activities together and help make this time easier for us all."

The province has partnered with five organizations that will adjudicate the grants, as well as actively seek out organizations to take part in the program. Partners include the Manitoba Arts Council, Sport Manitoba, The Winnipeg Foundation, Manitoba Chambers of Commerce and the United Way of Winnipeg.

Eligible applicants for the grant include Manitoba municipalities, First Nations, local authorities, not-for-profits, charitable and for-profit businesses, government agencies, post-secondary institutions, and individual artists and are eligible to apply for up to \$50,000 per project.

Grant requests may include the following:

- new projects that support social inclusion, mental health and physical wellness while staying home;
- expansion or additions to existing projects including the removal of fees or costs to participate;
- equipment or supplies required to deliver a program or project; and
- administration or event costs directly related to program delivery.

A number of programs are already

scheduled to begin in December including:

- Legislative Building Open House – Manitoba's holiday tradition will go online with a live broadcast of music, live performances and messages from Manitoba's elected officials on Dec. 18 at 6 p.m.
- Royal Manitoba Theatre Company – A pre-filmed variety show featuring dozens of artists will be available to all Manitobans for download and streaming beginning Dec. 19; and
- Skills Manitoba – Manitoba families will be invited to complete a gingerbread house making exercise that tests creativity and geometry skills.

As well, special initiatives are in store from Festival du Voyageur, Sport Manitoba, The Manitoba Museum, and Manitoba Parks.

For more information on how to apply, as well as additional online programming listed above, visit the Safe at Home Manitoba website at www.SafeAtHomeMB.ca. ■

A&O - Senior Centre Without Walls, *cont'd*

Download the SCWW 2021 Winter Program Guide at: www.aosupportservices.ca click on 'Our Three Pillars' drop down menu, select 'Social Engagement' and then click on 'Senior Centre Without Walls,' and the "Program Guide - Volume 13: January-April 2021" link is near the bottom. Presentation Series: Welcome to Senior Centre Without Walls! Wed. Jan. 13, 10-10:30 am;

Together at Tobans - book presentation by author Bud Ulrich. Tue. Feb. 23, 10-11 am.

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TAX and ESTATE PLANNING:

As a Canadian, could I be subject to U.S. estate tax?

- Treena Nault, CFP, RRC, Executive Financial Consultant

Canadians who are not U.S. citizens, green card holders or residents, may be surprised to learn that they too may be subject to U.S. estate tax even if they are considered non-resident aliens in the U.S.

U.S. taxpayers are subject to U.S. estate tax (18-40%) of the fair market value of their world-wide assets no matter where they reside if the value of their estate exceeds the current exemption amount (currently \$11.58 Million USD).

If you own property that is situated in the U.S. (referred to as **U.S. situs property**), you may not be aware that:

- you could be subject to U.S. estate tax on the fair market value of your U.S. situs property when you pass away and your world-wide estate surpasses the current lifetime gift and estate tax exemption amount (\$11.58 Million USD in 2020)
- the executor of your estate will be required to file a U.S. estate tax return for a non-resident alien within 9 months of your passing, if at the time of your death you own property in the U.S. which has a combined value in excess of \$60,000 USD.

What is U.S. Situs property?

U.S. situs property includes such things as U.S. real estate, tangible personal property located in the U.S. (furniture, vehicles, boats etc), U.S. business assets, shares and options of U.S. corporations.

How does the U.S. Estate Tax apply?

A unified tax credit is available which exempts the first \$60,000 USD of U.S. situs assets from U.S. estate tax. Pursuant to Canada's

tax treaty with the U.S., Canadian residents can claim an additional credit which essentially shelters the Canadian resident from U.S. estate tax if the value of their world-wide estate is less than \$11.58 Million USD.

Filing Requirements

If you own U.S. assets with a value that exceeds \$60,000 USD, your executor will still be required to file a U.S. estate tax return claiming the benefits under the Canada-US tax treaty even if no tax is owing. This U.S. estate tax return is due nine months after the date of death.

It is important for individuals with significant U.S. situs assets to estimate their world-wide estate to determine if they could be exposed to U.S. estate tax. The world-wide estate includes all of the deceased's assets including life insurance proceeds and, in many cases, the full value of jointly owned property.

If U.S. estate tax applies, it is especially problematic because the top U.S. estate tax rate is applied to the fair market value of the asset which results in a tax bill that is often greater than the Canadian tax that is payable on death. The capital gains rate in Canada is much lower than the top U.S. estate tax rate and the provinces and territories generally don't provide a foreign tax credit that can be claimed to recover the U.S. estate tax payable so double tax could apply.

Note: U.S. Exemption is Subject to Change

The estate tax exemption amount was effectively doubled starting in 2018 and is set to revert back to

\$5 Million USD (plus adjustments for inflation) on January 1, 2026 unless new legislation is introduced. Historically, the U.S. estate tax is a partisan issue and the exemption amount has changed significantly in the past.

Canadians with assets located in the U.S. should be aware of the potential exposure to U.S. estate tax on death. As changes are made in the U.S, it is important to monitor how such changes could impact the tax payable on death. For more information on this topic, call or email me to ask for a copy of our white paper "US Estate Tax: What Canadians should know". ■

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

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TIPS FOR ONLINE SHOPPING

- The Winnipeg Police Service E-Watch

This year more than ever most people will be relying of online shopping to get their gifts for loved ones. Here are 10 online shopping tips to help you keep your information out of the hands of people who are most definitely on the naughty list.

1. Skip the debit card

When a fraudulent site or transaction is found, credit card companies will typically immediately reverse the charge and investigate, if you use your debit card and there is a problem, your bank may not give you the money back until after an investigation is conducted, which could take weeks or months

2. Shop secure sites only

Before entering any personal or financial information, make sure you verify that the site you are on is legitimate and secure. The easiest way to tell is to look for "https" at the beginning of a site's address. If you don't see the "s" at the end of "http," then the site is not encrypted and your data will not be secure. All legitimate shopping sites will have the "s" for your protection.

3. Update your software

Updating your software is one of the easiest things you can do to protect your information, but many people put it off. Software updates are often released to help improve security and fight new attacks that are being developed constantly.

4. Outsmart email scams

The holidays are a great time for email scammers to send out viruses and malware in the guise of a gift or special offer. Don't open emails from someone you don't know or a site you haven't visited. Another way the bad guys try to get you is with phony messages from your bank or other financial institution saying there is an alert or problem

with your account. Always call the bank directly to verify any potential problems and never enter your account information in response to an email like this.

5. Don't click on links

In addition to sneaky attacks in emails, beware of links to deals that are too good to be true on social networking sites. If you're really tempted by an offer, do some research or find out if anyone else has tried to take advantage of the deal before clicking.

6. Beef up your passwords

There's a reason this piece of advice may sound like a broken record—it's really important. Secure, unique passwords are your best gatekeepers when it comes to keeping your private information private, the more complicated the password, the less likely it would be to get hacked.

7. Never give more info than needed

Most websites you visit or shop on will ask you for information to complete your purchase or start a wish list. Give them only the information they require you to provide. If a complete address or phone number is optional, then skip those fields. The more info you put out there, the more accessible you are to a bad guy. And before committing your information to a site, take the time to read their privacy policy and find out exactly where and how your information will be shared.

8. Don't go public

Free hotspots are like manna from heaven when you're out and about, but hackers like them even more than you do. **DO NOT USE PUBLIC HOTSPOTS TO ONLINE SHOP!**

9. Be smart about shopping apps

Apps make everything more convenient, including stealing your private information. Only download shopping apps from a reliable source like the Apple App Store or Android Market. Pay attention to the permissions that the app asks for.

10. Put devices on lockdown

One of the perks of online shopping is that you can do it from anywhere and use any device. Make sure every device that you shop from has security software in place. Always use a passcode to access your tablet or smartphone, and log off your computer or lock the screen when you walk away from it. After accessing a shopping or banking site, be sure to completely log out of the site before exiting, and don't let your computer or device remember your usernames, passwords, or credit card information.

A stolen identity is even worse than a lump of coal in your stocking. Make sure you have only nice surprises this holiday season by sticking to these smart online shopping tips to keep you and your information protected.

Additional crime prevention information can be found at <https://www.winnipeg.ca/police/tblofcontents/takeaction.stm>

Every member of the community should be on the lookout for an unsafe situation. We all have a role to play in Crime Prevention. Take Action. If you see something – say something!

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Goodbye 2020!



By Metro Hnytko

Although 2020 was a year filled with insecurity and fear for our health, it looks like we will make it. Some of us are in a lot worse shape than we were last year but we are still given a chance to make it right again.

I want to thank all of my family, Winnipeg Senior Slo Pitch baseball and other teams, the Manitoba Coin Club, our senior Whist group, my golfing buddies, our breakfast

group, and all my collection of friends who made it all tolerable.

The positive side to 2020 was our isolation. If NASA needs people for a trip to Mars, we have had the experience and could stand a one-way trip.

My hope for 2021 is that we work on giving everybody free medical, proper education, food, and shelter.

Happy New Year filled with love, health, and happiness.

~ Metro



By Mark Watson

Mark's Remarks

Well COVID restrictions have many of us cooped up. There are many disconcerting issues we could discuss but, if you're like me, you've about had your fill of all that so let's employ a little pleasant diversion with a campfire tale. I'm not going to reveal whether it's a true story or not but I will say that this is the first time I've ever told the tale.

I enjoy fishing, particularly trout fishing which is probably due to the fact that I hail from the east coast. There was a stream back east that I

favoured and the deeper backwoods I ventured following it upstream, the better the fishing was. Unfortunately I was always stymied at a point where it poured out of a tight and high cliff face that I couldn't pass unless I precariously scaled it – something I wouldn't attempt with my gear.

Finally, curiosity overwhelmed better judgement. I decided to trek up there with some climbing spikes instead of fishing gear so I could explore whatever lay beyond that natural fortress. I was a fairly handy rock climber back then and

conquered the wall without incident. The stream was up there, snaking through the forest but the landscape proved more treacherous than it had been below. There were several areas that dropped off into deep narrow ravines and others that cropped up into rock faces that rose up higher than the area the stream had cut through. I was in unexplored territory with not a single indicator that another human had ever preceded me there. The stream itself fattened out here and there like a freshly fed python into some pretty promising pools and

accessibility was relatively okay so I proceeded upstream, largely unabated, exploring.

I had to circumvent a few spots where the shoreline was thickly overgrown and duck more than a few evergreen branches as I made my way upstream. But I was discovering one promising fishing spot after another, each of them luring me deeper into the forest. I was enjoying the hike immensely and spotting a few nice fat brook trout along the way so it's not surprising that a very angry cougar saw me before I saw it. To be continued... ■

SAFETY ALERT

May Your Holidays Be Merry, Bright and Safe!


Nothing says the holidays like a beautiful and festive light display. However, with all the sparkling lights, inflatables, and other temporary electrical installations that are part of our seasonal decorating traditions, there is an increased risk of electrical hazards. Keep the following tips in mind to ensure your holidays are merry, bright and safe.

1. Inspect electrical decorations and cords for damage before use. Cracked or damaged sockets, bare wires, and loose connections may cause a serious shock or start a fire.
2. Lights and extension cords are rated for indoor or outdoor use. Read the package instructions and never exceed the recommended wattage.
3. Buy decorations with the mark of an accredited certification agency. Decorations not bearing a label from an independent testing laboratory have not been tested for safety and could be hazardous.
4. It's not safe to connect more than three light strings together. In most cases – read the manufacturers' instructions for directions.
5. Do not overload electrical outlets. Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Remember the 80% rule – only load a 15 Amp circuit to 12 Amps, and a 20 Amp circuit to 16 Amps.
6. Use the proper clips for securing lights and decorations. Staples and nails can damage electrical cords!
7. Check for overhead powerlines before using a ladder outside or when you're handling lights on trees.
8. Use GFCI-protected receptacles to protect you from shock when plugging in outdoors. Keep outdoor connections above ground and out of puddles.
9. Watch that children and pets don't put electrical decorations or cords in their mouths.
10. Stay in the kitchen while something is cooking. Once the holiday meal is ready, check that the stove and oven are turned off and other kitchen appliances are unplugged when leaving the kitchen area.
11. Turn off holiday lights and decorations when you leave the house or go to bed.
12. Holiday decorations aren't designed for year-round use and can deteriorate over time. Take them down when the holidays are over.

Taking the time to follow electrical safety rules will ensure that your holiday will be a safe one for you and your loved ones.

For more information, visit hydro.mb.ca.

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Advertising Feature

Minds in Motion® Goes Virtual... ...and Participants are Loving it!

- Alzheimer Society



Alzheimer's Zoom exercise sessions

Minds in Motion® is a program offered by the **Alzheimer Society of Manitoba**. It attracts people with dementia and their care partners because it provides the perfect mix of fitness, socializing and brain challenging activities in a safe, supportive environment. With Code Red in effect, the Society offered the program virtually for the first time this fall.

What did participants think about taking part in the online version of this program?

The Society discovered that they fared quite well! While there may have been some initial glitches getting people up and running on the technology, Society staff provided individual help as needed. Adapting to online sessions happened quickly, with participants expressing gratitude for having this option available to them.

Here are some of their reactions:

About Accessibility

- “We enjoy the virtual sessions. I am not a fan of winter driving, so this really works well for my husband and I.”
- “Dad and I find that going virtual is a great option. The exercise portion works well and is just right for home. You just have to find a spot where you can place your device so both can do the workout and still have a good view of the leader. Once you figure that out, it's pretty smooth sailing!”
- “With our outings limited because of programs being shut down, my husband and I decided to try **Minds in Motion®** online, and we find it gives us something to look forward to.”

About the Virtual Platform

- “Thank you for doing the online version. My wife engages and thrives on this type of interaction.”
- “My husband and I decided to participate online to help fill our day with something different. It's good to see other people and to participate in the exercises and activities.”

- “My husband attends virtual **Minds in Motion®** with a paid caregiver. The caregiver was surprised at my husband's level of participation, including the sharing of anecdotes. This is something he struggles with these days as loss of language takes its toll on him. It's so good to see him being stimulated.”

About the Technology

- “We gave the online version a try because the Society's staff members will help us through any technical challenges we encounter. It's nice to be in breakout groups so we can see and hear from others.”
- “It's important to have reliable internet access and a computer with the ability to keep up with the program. Our iPad worked well for us.”

It's obvious that participants get a lot out of taking part in **Minds in Motion®** virtually. Technical problems can be worked out, it's accessible to anyone, anywhere, and it lets people to stay active and engaged right from their own homes. *It's something to look forward to at a time when favourite activities and outings are not available.*

Register Now for a Virtual **Minds in Motion®** Winter Session!

Tuesdays, 2 to 3:30 pm,
Jan. 19 to Feb. 23
Wednesdays, 1:30 to 3 pm,
Jan. 20 to Feb. 24
Thursdays, 10 to 11:30 am,
Jan. 21 to Feb 25

Enter this link in your browser to register now:
http://events.alzheimer.mb.ca/site/Ecommerce?store_id=2021

For more information about the **Minds in Motion®** program, contact Kathy Diehl Cyr at **204-943-6622 ext. 203** or by email at mindsinmotion@alzheimer.mb.ca

alzheimer.mb.ca

See advertisement on front page.

Giving the Gift of Companionship

By Brenda Martinussen - Nurse Next Door home care services

Snow is on the ground, Remembrance Day is behind us, the holiday season is upon us. Starting in early November and lasting until the new year, I find myself often reflecting on my life, loved ones, and wondering about how those in general are doing. It is a sentimental time of year. While this will be the second holiday season since my father passed away, I still consider myself to be one of the fortunate ones. My mother, my sister and her family live nearby and are healthy and secure. I don't think “being healthy” has ever been as appreciated as it has been this past year. My sister and I live like bookends on either side of my mom out in the country. We both have grown or nearly grown children who still live at home. My mother knows that if ever she needs something, there are several family members available to her. As I think about how fortunate I am to have my family so close to both give and receive support, I also think about those who may not be so fortunate.

Prior to entering code red, by mother made two local trips to provide support to other family members after surgeries. While being 76 years of age, she is, as they say, a young 76. She often helps those around her and finds joy and a sense of purpose in doing so. But what of those who do not have a sister, a brother, children, grandchildren or friends who are available to them? Who do they turn to for support? How are they feeling during the holi-

day seasons where there is so much focus on family?

When I looked into it, I found that more than 40% of seniors experience loneliness, and nearly 25% are considered to be socially isolated. This disconnect can lead to serious health consequences including increased risk of suicide; decreased cognitive and physical functioning and increased self-neglect. Loneliness actually increases the likelihood of mortality by 26%. There is an increased risk of developing dementia (64%). These figures can be disheartening. Then I remember that there are good people out there, like my mother, who are always willing to step up and help out. As it is the giving time of year, I encourage people to give the gift of companionship to any seniors around them who may be lonely or in social isolation. A daily phone call, a zoom call (we have a lot of tech savvy seniors), playing some online cribbage or scrabble, even dropping a letter in the mailbox with some sudoku or crosswords... there are ways we can connect in this time of restriction. And when it is safe to do so, invite a senior for coffee, have a chat over the fence, and keep up those phone calls.

Our seniors have given so much for the younger generations, giving the gift of companionship is a small token of thanks in return. But it's a token with a large return on investment. Happy Holidays everyone!

- Nurse Next Door home care services - 204-800-0251

Happy Holidays!

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Monthly rent: \$1129
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Refundable Entrance fee:
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Monthly rent: \$1284
Both rents include:
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Seine River Haven – 571 St. Anne's Road

1 Bedroom - \$974
1 Bedroom (Pet Friendly) - \$974
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2 Bedroom (Pet Friendly) - \$1071
Rent includes water.
Tenant pays Hydro, Cable, Parking and Laundry.
Parking \$35/mo



Transcona Place – 110 Victoria (Life Lease)

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Christmas Day Programming Schedule! 2020



8:00am - 1:00pm
Christmas Morning Potpourri
with Trish Bennett & Rick Roschuk

1:00pm - 5:00pm
Christmas Memories & Melodies
with Jim Pappas, Jim Snell, Aengus Kane and Drew Williams

5:00pm - 8:00pm
A Very Retro Christmas
with Captain Alex

A Christmas Day for the Music in your Heart!

CJNU Christmas Day Music Schedule and Thank You's!

My goodness. Thank you Covid for forcing us to postpone our much needed Pros Know Expos till the early New Year. Dang, but the good news, we've got some really great Christmas Day Programming on CJNU 93.7FM for you and your family.

For twelve straight hours, 8:00 am to 8:00 pm, some of your favorite CJNU 93.7FM personalities will be presenting a wide range of Classic and newer remakes of your treasured Christmas songs. From 8:00 pm to Midnight we'll be providing some great Community Christmas Programming and we'll be showcasing a few more of our amazing Volunteers.

Our twelve-hour programming starts with Trish & myself 'Live' from the CJNU Main Studio from 8:00 am to 1:00 pm with 'Christmas Day Potpourri'. Of course we'll have your Nostalgic Christmas Favorites mixed in with the magical words of legendary Christmas storyteller Gip Forester. We'll reminisce and talk about our fondest memories of the



of CJNU 93.7FM Nostalgia Radio

past 12 months. Yes, there are fond memories indeed.

From 1:00 pm to 5:00 pm we have four Gentlemen; Jim Pappas, Jim Snell, Aengus Kane and Drew Williams with 'Christmas Memories & Melodies'. All four are established CJNU veteran announcers who are looking forward to sharing their Christmas music favorites and walks down Memory Lane. More to come as we share some show info

teasers on-air before now and then.

Dinner time 5:00 pm to 8:00 pm is especially exciting as we welcome back for a 'Guest-Appearance', Captain Alex Regiec with 'A Very Retro Christmas'. He has his uncanny ability to find those special Christmas and Seasonal tunes that many of us have forgotten. So sit back with you dinner plate and Christmas cheer in hand as Captain Alex entertains us all on Christmas Day.

More details will be available in the upcoming weeks regarding our 8:00pm to Midnight schedule, but I do hear 'Mr. Scrooge' could be planning a visit. Hmmmmm. We'll have show information Promo's starting December 15th on the air as well as our listings at cjnu.ca.

Millions of people have found their stride this past while since Covid started and we're so proud of the bonding and hard work of our CJNU Family, who tirelessly have kept us on the air. We are so blown away by our Community Partners and Commercial Partnerships who

have fought so hard to look after you and I during these really scary times. The collective spirits of those who have been in the 'Front-Lines' of Healthcare, we owe you so much and may never be able to pay the debt of gratitude we owe all of you.

To our friends and neighbours who work in the Banks, Credit Unions, Grocery Stores, the Truck Drivers, Bus Drivers, Fire Fighters, Paramedics and Police, what can we say? Many of these outstanding human's and their families have and continue to give everything so the rest of us can go about as if nothing's wrong. Oh my, please say a prayer of gratitude and support for them.

In closing, Trish and I wish you all a safe and blessed Christmas and/or any other Celebration of Life & Love you may do. We will be missing so many this year, but we will pick up the phone more to check in. It's the very least we can do. ■

Merry Christmas
Trish & Rick.

– Manitoba Churches –

Kirkella - St. John's Anglican Church - 1906

Written and Photo by Tyrrell Mendis

Kirkella is an unincorporated hamlet in the Rural Municipality of Wallace-Woodworth. It is on the Trans-Canada Highway, northwest of Virden and close to the Saskatchewan border. It was founded as a railway point on the Canadian Pacific Railway Broadview Subdivision in 1898.

The community got its name from the farm of local pioneer Thomas Watson. Watson had derived the name from Kirk Ella, a village in the East Riding of Yorkshire, England.

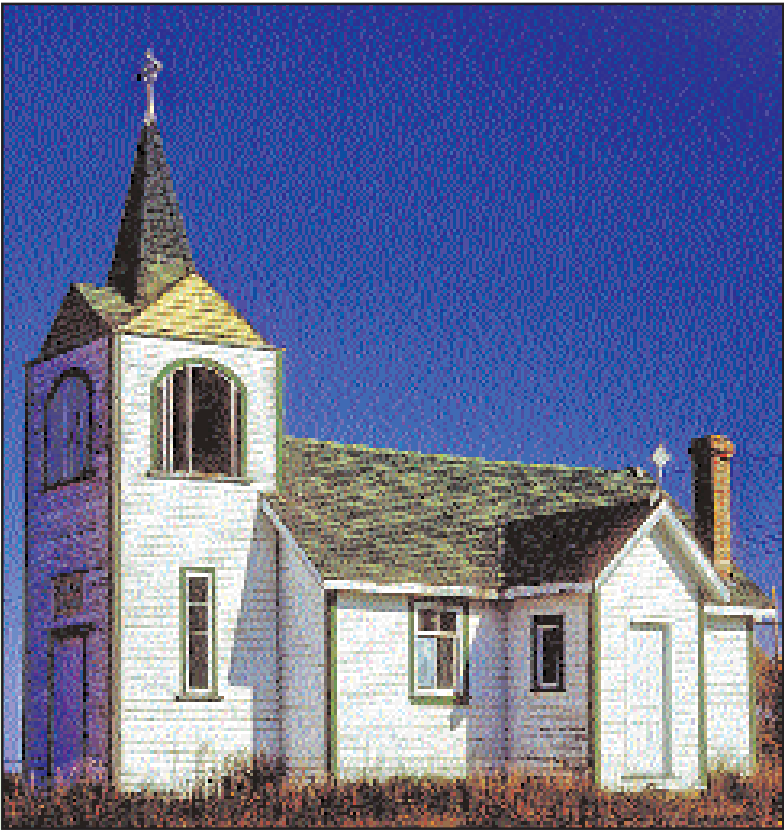
St. John's Anglican Church, built in 1906, was a small wood-framed building on a

cement foundation. The glass in its windows was painted. Inside walls and ceiling were wood panelled. The pews were handmade. The church was heated by a wood-burning stove.

In its later years St. John's Anglican church was only used occasionally and appeared to be in disuse when recorded in 1991.

The church is now gone.

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)

THE BUZZ



By Scott Taylor
Photo by
Laurie Anderson
and Bahia Taylor

Why We Can't Have Nice Things

Chris Poponick is the head coach of the Capital Region Junior B Hockey League's Selkirk Fishermen and like every other coach in his league – and every other hockey coach in Manitoba – he wants to hold practices and play games again this season. Yes, we are in the midst of a pandemic, but all of us want some type of return to normal. At least, something approaching normal.

However, like many of us, he's worried about Christmas. He's worried about people gathering, spreading the coronavirus and setting us all back to March of 2020 when COVID-19 started shutting down sports – and just about every other aspect of live entertainment.

"We've been talking about the situation as a league," said Poponick, referring to hockey's recent second shutdown in Manitoba. "We wanted to get started again in early January, but we're going to have to see what happens with Christmas. Maybe, if we're lucky, we can start practicing again by mid-January and hopefully start playing again around Feb. 1.

"We'd like to get in a 16-game schedule, counting the five games we played before everything got shut down, and then get into some playoffs. It isn't perfect, but under the circumstances, we'll take whatever we can get. I mean, everybody wants to play again."

Indeed. Even if we aren't playing, we want to watch the people who do. It's fun, it gets us through long, hard Manitoba winters and it's social. Being around your friends at the rink or in the gym is simply a part of life out here on the frozen tundra.

But because governments – and way too many people – all over North America failed to act decisively way back in January, we're in the mess we're in now.

Remember when the outgoing U.S. President, Donald Trump, called COVID-19 a hoax and didn't even acknowledge its existence until late February? Meanwhile, in Canada, the provinces of Quebec, Ontario, Manitoba, Saskatchewan and Alberta had no appetite for shutdowns, so after a brief slowdown in March, April and May, things started to open up, and in some places almost completely.

WINNIPEG BLUE BOMBERS
2021 FULL SEASON
schedule



WEEK 01 VS MAY 28 7:00 PM

WEEK 02 AT JUNE 4 8:00 PM

WEEK 03 VS JUNE 10 7:00 PM

WEEK 04 AT JUNE 17 8:00 PM

WEEK 05 VS JUNE 25 7:00 PM

WEEK 06 AT JULY 2 8:00 PM

WEEK 07 VS JULY 8 7:00 PM

WEEK 08 AT JULY 22 8:00 PM

WEEK 09 VS JULY 30 1:00 PM

WEEK 10 AT AUG 5 8:00 PM

WEEK 11 AT AUG 20 8:00 PM

WEEK 12 VS AUG 26 7:00 PM

WEEK 13 AT SEPT 5 8:00 PM

WEEK 14 VS SEPT 11 8:00 PM

WEEK 15 AT SEPT 17 8:00 PM

WEEK 16 AT SEPT 25 8:00 PM

WEEK 17 VS OCT 2 8:00 PM

WEEK 18 AT OCT 16 8:00 PM

WEEK 19 VS OCT 23 8:00 PM

WEEK 20 AT OCT 30 8:00 PM

The 2021 Blue Bomber schedule. Here's hoping.

Masks were never mandated and schools opened in September.

As a result, by mid-November, sports schedules and sports facilities were shut down for a second time in 2020 and now we're back to where we should have been in January – trying desperately to convince the non-believers to take a killer virus seriously.

Which means, of course, that we can't have nice things. It's been said that organized sport is a reflection of a healthy society and painfully, neither Canada nor the United States is particularly healthy right now. We certainly want to play, but having consistently-operating sporting events with actual fans in attendance before a vaccine is widely available seems like wishful thinking.

Just to get an idea of where we stand in Manitoba, here's a list of what organizers are hoping for and in some instances, actually planning for:

- The NHL (Winnipeg Jets) still wants to start on Jan. 15, although that seems more unlikely every day. The latest plan is to have a Canadian Division and three US Divisions and actually travel. Lately, however, consideration of multiple "bubbles," has

been discussed, although to what extent is only a guess.


- The Western Hockey League (Brandon Wheat Kings and Winnipeg Ice) wants to start again on Jan. 8, although recent conversations have resulted in a more likely starting date of Feb. 1.
- The World Junior Hockey Championship is scheduled to begin on Boxing Day in the same Edmonton bubble that the NHL used to complete the 2019-20 season. However, On Dec. 2, Alberta had 1,307 new positive cases and asked the federal government and Red Cross for assistance in treating the sick. Meanwhile, Team Canada was in quarantine after two players tested positive for the virus.
- The Manitoba Junior Hockey League and Manitoba Major Junior Hockey League have both stated that they will restart their seasons when the Provincial Health Department and Hockey Canada says it's safe and allowable. No dates have been set or even considered.
- The 2021 Hockey Manitoba Provincial championships have been cancelled. Hockey Manitoba released a statement last month announcing that "due to the

ongoing COVID-19 pandemic, the Provincials which were scheduled to take place throughout the province in February/March 2021, had been called off." The decision to cancel the minor hockey championships was made in order to provide "the individual leagues with more time to plan the current season and give them the ability to extend the season past February."

- Curl Manitoba has announced it will host its provincial men's and women's championships in Selkirk from Feb. 2-7, without fans, and providing provincial health guidelines allow it to happen.
- Curling Canada plans to hold its major events in a bubble format in the hub city of Calgary starting on Feb. 20.
- The Canadian Football League is planning to play in June of 2021 and hoping to play a regular season with regular travel. They even have a schedule. Hopefully, the positive case numbers will be smaller right across the country and a vaccine will be available by the spring or else maybe they won't.
- It is unlikely there will be any inter-collegiate or high school sports until at least September, 2021.

Continued on next page

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Rita's Holiday Light Display Open to the Public

Photos courtesy of Fred Hnytka



Rita Bartmanovich, once again, has her amazing outdoor Christmas light display set up, courtesy of her granddaughter Stacey. This is the 31st consecutive year - since 1989 - that Rita has put on such a display,

although it has grown over the years. Rita invites the public to (only) drive through her yard, up until 11 pm, to enjoy it. Note that there are no washrooms available due to covid.



Rita and her ornament Christmas Village display in her home back in 2015. Photo courtesy Senior Scope.



Rita and her team start preparing in October to be ready in time for the holiday season. If you'd like to drive through her Christmas wonderland, she is located at 1040 Red River Drive, east off Pembina in

St. Norbert in a community known as Howden. You can reach Rita at 204-269-2027.

**Have yourself a Merry Christmas!
Do not drink and drive.**

THE BUZZ, cont'd from page 12



An empty dressing room at the RINK in Winnipeg.

Canadian society has proven that it's unwilling to listen to the science or to the pleas of health care providers. Begging for people to take this seriously, to stay home, wear a mask, to be the break

in the chain of transmission has not registered with those who have decided that the pandemic is a hoax and have called both scientists and even the politicians for which they voted, liars and corrupt.



The new rink in Lundar stands empty due to COVID-19.

Because of that, we don't have hockey or curling and we might not have the Canadian Football League for a second straight year. Until we decide that a little inconvenience for a couple months is

nothing even remotely comparable to a permanent loss of freedom, it's unlikely we'll have sporting events with spectators in the stands on even a semi-permanent basis for the foreseeable future. ■



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Today's Recipe
Larry McCreesh

Herbed Turkey Breast

Metric	Ingredients:	Imperial
1	turkey breast	1
125 ml	olive oil	1/2 cup
15 ml	lemon juice	1 tbsp
50 ml	onion, finely chopped	1/4 cup
5 ml	garlic, minced	1 tsp
5 ml	rosemary	1 tsp
5 ml	tarragon	1 tsp
5 ml	thyme	1 tsp
15 ml	salt	1 tbsp
2 ml	pepper	1/2 tsp
5 ml	seasoning salt	1 tsp
50 ml	white wine	1/4 cup

Place oil, lemon juice, onion, garlic, rosemary, tarragon, thyme, salt, pepper, seasoning and wine in a covered jar. Shake well. Pour mixture over turkey breast. Wrap meat in plastic wrap and refrigerate over night or for at least 4 hours. Remove plastic wrap from meat and place in roasting pan. Baste with marinade every 10 to 15 minutes while baking at 350 F (180 C) oven for 1 1/2 hours.

Serves 2

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WORDSEARCH - Festive Christmas By Senior Scope

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

CROSSWORD - Beware the Grinch! By Adrian Powell

ACROSS

1 Feminist ____ Jong

6 Environmental hazard banned in 1977 (abbr.)

9 "Handing out free cigars" event?

14 Out in the boonies

15 Cockney chap that 'as a medal?

16 Where the state veggie is the spud

17 Replenish weapons

18 Pooh's hopping pal

19 Cowboy competition

20 Voice of the Grinch in the '66 TV featurette

23 World's largest deer

25 French seasoning

26 Tiny colony workers

27 Where the Grinch had his home

30 Scrap left from supper

31 Summit

32 Lead, zinc or iron

36 Quick, easy gait

39 Impulsive change of mind

41 Common noise in the night

42 Internet filming tool, briefly

43 Lady's means of support

44 The Grinch's overall hue

49 Big Jamaican citrus

52 King Harald's land (abbr.)

53 Single things

54 This pretty well describes the Grinch

57 Delhi's location

58 Apple pie expert?

59 Lazy good-for-nothing

63 "____ you the clever one!"

1

14

17

23

27

30

36

41

49

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57

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66

64

65

66

67

68

DOWN

1 Make a big goof

2 Regret royally

3 Gershwin who wrote the words

4 Diamond material

5 Nearly

6 Actress Gilpin from "Frasier"

7 Confuse

8 What Danno was always told on "Hawaii Five-O"

9 Ethiopian currency

10 Passionate devotee

11 Hazardous homeowner gas

12 Robbery

13 Horse feet

21 Odd-numbered page, in printing

22 European mount

23 Dimwit

24 Expenditures

27 UK's rockers' rivals of the '60s

28 Biodegrade

29 Little devil

33 Lhasa's land

34 Back forty's forty

35 Fat free

37 What new workers often have to have

38 Race the engine

39 Real blighter

40 Torrid French affair

42 Garage alternative

45 Hour past midnight

46 Pause marks

47 Sparky banded rock

48 Puzzling question

49 Inuit seal skin craft

50 Literary category

51 Stowed freight

55 Noted British gallery

56 TV actor's award

60 Supreme Court's concern

61 Actress Arden "Mildred Pierce" (1945)

62 It flows through St. Adolphe

SOLUTION ON NEXT PAGE

Angelic Angels	Cards Cedar	Excited Fairies	Ham Inn	Myrrh Noel	Punch Red	Tidings Toys
Baby Bells	Children Comet	Festival Fir	Ivy Jesus	O Holy Night	Roast Sausage	Tradition Turkey
Birth Brandy	Crib Dancer	Flock Gift	Joy Lord	Pie Pine	Sing Sled	Wise men Xmas
Bread	Divine	Gold	Magi	Port	Stable	Yule
sauce	Donner	Gravy	Mary	Potato	Star	
Candy	Elves	Green	Mass	Present	Stuffing	

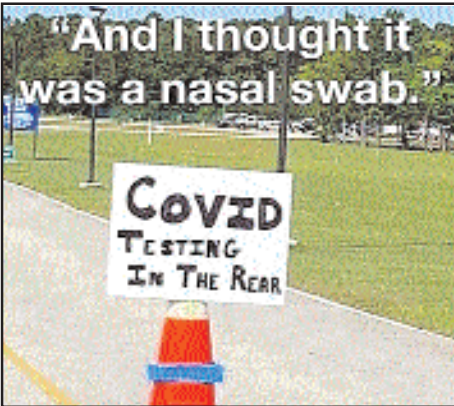
SOLUTION ON NEXT PAGE

FACEBOOK FINDS

If one door closes and another opens... your house is probably haunted.

FACEBOOK FINDS

I swallowed a dictionary. It gave me thesaurus throat I've ever had.



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