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www.seniorscope.com

Readership: 60,000+

Advertising:
204-467-9000

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Age Friendly / MASC news

Minister Scott Johnston, Seniors and Long-Term Care

June 3, 2022

As the first Minister of Seniors and Long-Term Care, I am fortunate to have already met with, listened to, and learned from many older Manitobans across the province. Manitoba Seniors are a high priority for our government, which is why Premier Heather Stefanson established this department to advocate for seniors' issues and improve the quality of life of all older Manitobans. Announced as a part of Budget 2022 to support that commitment, our government is investing nearly \$20 million to develop a new plan for older Manitobans.

An extensive public and stakeholder engagement process is well underway to hear from Manitobans, which will help guide this plan. One of the core tenets of the future plan will be to determine the best plans to help older Manitobans remain safely in their own homes for as long as possible, to honour their dignity and to ensure they can live as independently as they desire.

Older Manitobans are among the fastest growing segments of our population, and as we age, our social services, amenities, access to information and resources must meet the changing needs of this population.

Over 6000 people have already participated in the online part of the consultations on Manitoba's public engagement platform, EngageMB, and I encourage all older Manitobans, and those who support and work with them to do so as well. Your voice will help guide new ways to improve access to services and supports and to help Manitoba seniors maintain active and healthy lifestyles. We need your perspectives on how we can make this possible.

The first public survey is available at <https://engagemb.ca/building-a-plan-for-older-manitobans>.

Please visit the site and share your thoughts on the experiences. Over 10,000 Manitobans over the age of 65 have already signed up for updates, and I look forward to seeing this community grow.



Seniors and Long-Term Care Minister Scott Johnston announces the launch of an extensive public and stakeholder engagement process to hear from Manitobans and guide the plan for older Manitobans at the Charleswood 55 Plus Active Living Centre on April 28.



L to R: Seniors and Long-Term Care Minister Scott Johnston; Connie Newman, executive director, Manitoba Association of Senior Centres; Sherry Mooney, chair, board of directors, Charleswood 55 Plus Active Living Centre; Obby Khan, MLA for Fort Whyte.

If you work with an organization that supports seniors, you may also consider applying to join our growing Community Engagement Network (CEN). The CENs work directly with seniors to help them to fully engage in the consultations. This may take the form of conducting focus groups,

Continued on next page

Senior Scope acknowledges that we are on Treaty territory - the traditional land of the Ininiw (Cree), Anishinabé (Ojibwé), Anishiniw (Ojibwé Cree), Dakota and Dene people, and also the Birthplace of the Métis Nation.



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Time to sign up to support the hearing impaired in Manitoba

By Roger Currie



Roger Currie

As the oldest of us Boomers are now at or near the age that our grandparents were when we were enduring pimples and puberty, many of us are finding that we are needing help from evolving technology, supported financially by the public sector, to make life easier. Vision and hearing are two of the basic gifts where seniors are experiencing increasing financial difficulty. Efforts to deal with both problems can quickly run up some hefty bills, and Manitoba and most other provincial governments are keeping a tight rein on the purse strings. Covid 19 is still putting an enormous strain on the health care system.

A recent national study commissioned by the *Canadian Hard of Hearing Association (CHHA)* suggested that as many as three million Canadians have lost a significant part of their hearing and it may be time to

spend several thousand dollars on a hearing aid. The estimate of those affected in Manitoba is 70,000 . The Manitoba chapter of CHHA is mounting a petition campaign to pressure the Stefanson government to do more. A three year lobbying effort resulted in the province covering most of the cost of *Cochlear Implants*. That's the major surgical solution for people with almost no ability to hear, and it's not without controversy.

The preamble to the petition reveals that seniors already have quite a strong case for more help. It explains that Manitobans under 18, who need a hearing aid are eligible for up to \$1800 in financial help from the province, but no such help is available to anyone over 18 who needs a hearing aid. CHHA underlines the fact that seniors account for more than 14% of Manitoba's population, and we are also the group most likely to suffer hearing loss as we age. Looking at the situation in other provinces, the petition points out that Quebec covers all costs related to hearing aids, Alberta

subsidizes costs for seniors, as do most provincial governments in Atlantic Canada. One of the people I interviewed for this column was Rosalyn Sutley, a past president of the Manitoba chapter of CHHA. In an effort to save time, I asked her a handful of questions in an e mail. Her response made for a great story all by itself. She said “

Consider this dialogue we are having right now. If I had normal hearing, we could have had this discussion over the phone – completed in perhaps 10-15 minutes. Then you would have been free to continue with your work.

Because of my hearing loss, you sent me an email. I could not have done this as a phone interview.

This is the consequence of hearing loss. This is the consequence of impaired communication. We have both been impacted” .

At that moment I was truly grateful that my hearing is not impaired, and I gained a more complete understanding of the issue, and what the hearing impaired are facing.

The current Manitoba president is Jo-Anne Jones. She got her first hearing aid 25 years ago when the cost was less than half what it is today.

Jo-Anne says the petition campaign is also enabling them to point to some complications of hearing loss that weren't that well known years ago. Loneliness is an obvious problem for the hearing impaired. Fairly recent research has shown that hearing impairment is a factor in the advance of Alzheimers and more general dementia.

The petition urges Members of the legislature to press the government to consider hearing loss as a medical treatment under Manitoba Health. The government is also urged to provide income-based coverage for hearing aids to all who need them.

For more information on helping to gather signatures on the petition, e-mail chhamanitoba@outlook.com or phone (204) 975-3037.

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

Minister Scott Johnston, cont'd from page 2

hosting round table discussions, or holding other events to listen and learn. We are enlisting the support of up to 50 community-based organizations with pre-established relationships to older Manitobans across the province. We recognize that not everyone has access to online consultations or feels comfortable sharing their views online, and CENs will provide other accessible options to help people share their perspectives.

More information on how to apply to become a CEN can be found when you complete the survey on EngageMB.

After two years of many challenges due to COVID-19, I am looking forward to developing this new plan, to ensure the physical, social and emotional well-being of older Manitobans.

Your participation will help ensure a diverse, inclusive and informed consultation process that is integral to shaping and implementing the plan. Older Manitobans have spent their lives helping to build our great province by creating businesses, raising their families and serving in their communities. Their voices and the voices of their loved ones and care-

givers are integral to the plan being developed for older Manitobans.

Participating in these engagement surveys will bring your voice into this important conversation, as, together, we look ahead to a plan that includes

your voice, your ideas, and your commitment to the best life possible for older Manitobans.

Hon. Scott Johnston is the MLA for Assiniboia and the Minister of Seniors and Long-Term Care. ■

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Advertising Feature

Missing Pieces - What's in your china cabinet?

By Janice Perkins

Missing Pieces began its journey in 1993. It started as a home-based business, then had a retail store for 10 years and has now moved back into a home-based business. Next year, they will be celebrating 30 years in business. With the changing world, most sales are done online. They still take appointments for personal shopping but are no longer a retail store set up for browsing. All the inventory can be found on the website. **Missing Pieces** ships worldwide, where they can reach a much wider audience than just Winnipeg shoppers.

As people are aging, their entertaining needs change and are downsizing into smaller homes.

What do you have in your china cabinet? Is it time to relinquish some of your treasures? **Missing Pieces** buys or consigns dinner sets, some stemware,

some flatware and some collectibles. How do they choose? There must be a market for it. In some cases, there is too much of one pattern on the market. Some people will hand their dinnerware onto a family member for them to take over the tradition of hosting family dinners. **Missing Pieces** can often add to a collection if you want to split your set between 2 or 3 grandchildren that have expressed an interest. There are many people from a younger generation that simply do not want to have a china dinner set. Then, there are those that hold these traditions dear and will want to carry on the memories.

If you are looking to sell your tableware, **Missing Pieces** can set up appointments to visit you in your home or communicate via email with photos. They also accept donations for their annual fundraiser, for those cleaning

out miscellaneous pieces from their cabinets. Anything they sell must be in excellent condition and from a manufacturer they handle.

Missing Pieces also offers a packing service. If you have children, grandchildren or just a friend that live away from Winnipeg and you would like to pass your dinnerware onto them, they will come to your home to collect it. They then take it back to **Missing Pieces** where they will professionally pack the pieces to ship. This service is quite reasonable when you think about the value of some dinner sets today. **Missing Pieces** charges \$2 per piece to pack the china set plus a price per box and shipping costs. An investment well worth it to know your prized possessions will be used by a loved one and enjoyed for years to come. ■

On Mothers Day: Introduced Youth Services Project for Sri Lankan Seniors

- Senaka Samarasinghe, President of Sri Lankan Seniors Manitoba

Sri Lankan Student Association of University of Manitoba (SLSA UoM) and WhatsApp Cricket Group (these two groups named as youth) invited for Mothers Day commemorative ceremony held in 7th (SAT) in May 2022 at Access Fort Garry, Plaza Dr, Winnipeg. The ceremony was organized by Sri Lankan Seniors Manitoba (SLBC). Two students represented SLSA UoM namely Sandalee Goonatilleke and Methasara Bandara. Raveen Sumanasekara appeared for WhatsApp Group. Senaka Samarasinghe President, SLSM introduced three youth invitees and explained briefly the project objectives. Seniors need to obtain services in the areas such as computer supports and services, gardening and rides for Doctor's appointments. These types of services will be provided to seniors by youth on an agreed payment. Youth too request support from seniors such as seeking employment opportunities and other career development services. For these facilities seniors will be rendered free-of-charge for the youth community. In short, this is a mutually benefited properly designed community services Project. Daya Perera identified as Project Coordinate on behalf of SLSM.

To organize and conduct Mothers' Day ceremony Shrima Bastians, her husband (Peter) and her son and



Honouring mothers for Mother's Day.

daughter helped namely decorations, table arrangements and photo shoot. It was ended up as a grand honouring event for mothers.

Due to the current economic crisis in Sri Lanka the State-owned hospitals applied help from Sri Lankans living in other counties to purchase medicine and medical equipment. Therefore, Board of Directors of SLSM scheduled a fundraising for the largest hospital for children in Sri Lanka named as Lady Ridgeway Hospital (LRH) for Children, Colombo. Two weeks fundraising project too concluded with the end of Mothers' Day ceremony. ■

Sri Lankan Seniors: Donated Funds to the Largest Childrens' Hospital in Sri Lanka

- Senaka Samarasinghe

Sri Lankan Seniors Manitoba (SLSM) decided to share feelings with our Motherland during the existing economic crisis. Among the affected population segment, we selected children are the most vulnerable group. Lady Ridgeway Hospital (LRH) for Children (Teaching) located in Colombo the capital city of Sri Lanka. This is the largest tertiary care teaching hospital in the Island requires highly specialized equipment and scarcity of essential drugs.

Although SLSM is a small group we also managed to raise funds to join as a partner of the national need. It is interesting to note non-members and young families too joined hands with us to contribute their funds for the needed attempt of Mother Lanka.

As the President of the SLSM, I discussed with Dr. (Ms.) Manilka Brahmana coordinated with us to transfer funds to Director, LRH. Manilka is a Doctor attached to LRH as well as my wife's student in Visakha Vidyalaya (Girl's School), Colombo.

SLSM take this opportunity thank all contributors donated their funds for the required time.

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Advertising Feature

Tips on Visiting a Person with Dementia

- Alzheimer Society of Manitoba



Son and grandfather reminiscing.

When visiting someone with dementia, changes in the person's memory may have an impact on conversation and activities. As a visitor you may need to approach your time together a little differently so both you and the person with dementia feel that the visit is successful.

Here are some tips:

- Approach your visit in a calm manner, free of expectations about how the person with dementia may respond.
- Establish eye contact and call the person by name.
- If the person thinks you are a stranger, gently remind them of who you are and their relationship with you.
- Ask open ended questions so the person can fill in the narrative. You don't want them to feel embarrassed if they can't remember the answer to a specific question.
- Honour the person you are visiting by giving them your undivided attention. If you need to connect with a care provider, find another time to do so.
- When it's time to leave, redirect the person to another activity, such as mealtime or an activity lead by care providers.

Another idea is to plan your visit around a theme that represents things that the two of you have in common. Be prepared to initiate the activity and to direct the visit, and bring any items you think may help stimulate the memories you share.

Some examples of themes include:

Music visits – listen to songs the person enjoys and sing along with them.

Reminiscence visits – bring objects that represent the person's life experience, such as photo albums or hobby supplies. The materials may stimulate conversation and reminiscence.

Table talk visits – bring a newspaper and a snack and chat about the headlines or family news.

Touch visits – introduce soothing oils or lotions so you can massage the person's hands and shoulders. Bring items that they can touch, such as a quilt with different materials, furry mitts or a squishy toy.

Active living visits – plan a walk, do some simple gardening or include children in an outdoor playtime visit.

Pet visits – bring your pet or visit with pets that live in the care centre.

Being prepared for a visit in a way that meets the needs of the person with dementia will help you, as the visitor, to feel that the interaction is meaningful for you, too.

One last note: it's a good idea to inform the care home of your planned activities in case there are any ongoing health protocols in place at the time. ■

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Winnipeg Cover Band <<REWiND<< Releases First Original Tune in Tribute to Lost Bandmate

April 10th will mark two years since the popular local band REWiND lost their co-founder and beloved band brother Gord Kudlak to complications due to diabetes. It will also mark a significant milestone in the eleven-year history of the ten-piece band – the release of a new, original song: *When You Lose Somebody You Love*. Written by band leader Larry Ruppel only weeks after Kudlak’s death, it is a tribute to, not only his close friend Gord, but to everyone the band has lost, especially over the course of the Covid19 pandemic.

“There are very few people out there who have not lost a loved one during this difficult two years, whether from Covid or other causes,” says Ruppel, “and most of us, who did, were unable to formally celebrate the lives of those loved ones until months after their passing, if at all. This song, then, is for all of us who are grieving.”

Featuring Ruppel on lead vocal and rhythm guitar, the bluesy number was arranged in collaboration with the band’s pianist Rick Hemmerling, lead guitarist Kasey Kurtz, and bass-player John Wrublowsky. Instrumental



<<REWiND<< band. Photo by Daniel Ruppel

breaks throughout the song highlight each player’s own musical expression of personal loss. During production, Chris Wheeler, the band’s drummer and recording engineer/producer, added his own finesse to the tune from his CruHouse Studio. The third co-founder of the band, singer/percussionist Linda Burgess lost both her father and sister during the pandem-

ic. She describes the song as “a musical retelling of the emotional journey I have been on, from anger to acceptance and the drying of my eyes all along the way.”

The description above begs the question: *Is this a sad song?* Ruppel responds with an emphatic “No! It was as if Gord was sitting just behind my left shoulder while I was writing the song,” Ruppel recalls. “I could hear his voice clearly warning me, ‘Just don’t write a [bleepin’] tearjerker!’ And so, I promised him I wouldn’t.” REWiND invites the public to be the judge.

Available April 10th on all musical platforms (Spotify, Apple Music, iTunes, Amazon, Deezer) YouTube: <https://www.youtube.com/watch?v=bAQli4rcnYI> ,

REWiND’s website www.rewindharmonies.com, and Facebook Page: Rewind – the Show Band.

FOR MORE INFORMATION (or a sneak peek!):
Email: llbruppel@gmail.com;
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ACCREDITED BUSINESS

Putting Ageism in its Rightful Place – in the Past – and on a Healthy New Trajectory

By Deb Goodfellow

Healthy aging is a gift that keeps on giving. I recently turned sixty-nine years old. On a good day, I have been told that I look forty. However, I am not trying to be forty, or twenty-eight again. The goal is to be the healthiest version of myself at any age – and to live each day as though I was to go on forever – fully engaged in life.

I have been intrigued with the evolving possibilities for maintaining good health throughout one’s life – and a Quality of Life that welcomes advancing age with joy – not dread. Aging is not a disease. We are not to be treated as though we are “stupid”, irrelevant, inconsequential – or to be under-valued. I have experienced this backlash and forgive the ignorance of those who have a need to judge others based on their assessments of who is and is not worthy of value – based on age. Rather we are to be celebrated for our lifelong achievements that are not to be diminished due to outdated myths on aging. Nor are we to discount ourselves as intelligent, vibrant and exciting human beings, courting goals, dreams and fulfilling lifelong ambitions. I still enjoy my career in real estate – and I am good at what I do – no apologies. I may even go back to University and finish my degree after selling real estate for a few more years, go into politics – or head a company that is focused on creating positive change for humanity – on some level.

The possibilities are endless – and I am jazzed at the prospect of turning seventy. In fact, I am training for it. Come along with me. Start where you are and create a reason to get up in the morning with anticipation and wonder – and bright new beginnings that has you adding vibrant colors to your life’s palette. You are the artist and the masterpiece awaits your creation. As the saying goes: “Do not leave the keys to your own personal health and happiness in someone else’s pocket.” Cut the ties on limited beliefs that are firmly entrenched in outdated beliefs on aging; anchoring you in yesterday – and creating a barrier between you and the life you are now meant to live and fully enjoy. I am not anti-aging; however I simply could not buy into what our

culture was selling – in terms of the dismal portrayal of what advancing age had in store for me. I have researched health and healthy aging for decades – and used myself as the guinea pig. It is possible to remain healthy throughout life - in fact the body was designed to do so. And yes, life happens. My husband was diagnosed with a disease. He is not defined by it; although many try. He has a disease – and it will just have to get used to living with us. We both live as healthy as possible – and acknowledge the power of a healthy mindset. Fishing, cars, travel and living life to his fullest still fuels his passion; in addition to being fully functional and active in real estate. Movement is key. We just purchased Pack-a-Way fold-up bikes to take when traveling. Hawaii is where we will be spending our anniversary in November – a romantic get-away.

Continual learning, reading and challenging our minds gives our brains a mental workout. Working keeps us engaged and it bears repeating: “We are good at what we do.”

I gained 37 pounds in my mid-fifties, and sought medical assistance to help me through an unhealthy period. First let me preface my comments by saying that I have the greatest respect for the medical community... however... I was told that getting matronly was a rite of passage for someone of my age. I was advised to just get used to it, as the Doctor added, with his glasses perched below his eyes – devoid of real concern – that it would only get worse. He wrote out a prescription for Premarin, and as I was opening the door; he added that I might like to try taking fish oil. This demeaning experience left me with a feeling of hopelessness which was short-lived. I am a voracious reader, writer – and researcher. I spent years finding answers that led to my optimal level of health. I lost the 37 pounds, worked out with a personal trainer, regained my figure – and in the process found the fountain of youth – and an exciting new chapter in my life! My goal was Health – and I surpassed all that I was told possible by my Doctor who was still serving as he had been taught. I am also a published author, in the process of writing a book titled: *Putting*

a New Face on Aging – Redefining the Golden Years. The greatest asset I now have is my health. I am now my own

advocate, as I have the most to gain – and the most to lose. I feel better than

Continued on page 9

Public Notice

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Advertising Feature

2 Ways to Boost Your Immune System as an Older Adult

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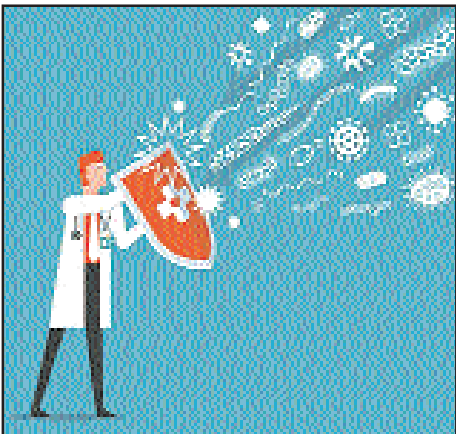
No one wants to be sick. Even a small cold can be a nuisance and ruin an otherwise lovely week. But for older adults, illness is something that needs to be taken especially seriously. As we get older, our body's ability to fight off and recover from sickness becomes diminished. This means even minor illnesses can pose a danger to your long-term health.

Your immune system is your built-in defense force that fights off unwanted bacteria and viruses. While it becomes less effective as we get older, finding ways to encourage and boost it is essential to our well being. There are many remedies you can find at health food stores that tout a variety of immune-boosting effects, but whether they work is a subject of some debate. There are many conflicting studies about supplements and over-the-counter immune boosters, so approach these with caution.

Luckily, the most effective way to keep your immune system strong, is by living a healthy lifestyle — one that includes a well-rounded and nutritious diet. Here's what you need to know to encourage your immune system:

Immune System Health for Older adults

The reason our immune systems become less effective as we age is not fully understood by scientists. Theories include reduced production of white blood cells and less effective bone marrow and its manufacturing of stem cells. What we do know for sure, how-



ever, is that people over the age of 65 are far more susceptible to infectious disease, especially respiratory illnesses.

Vaccinations are a great way to introduce immunities to your body and prevent illnesses like influenza. However, even vaccines become less effective as we age, with studies demonstrating the flu shot is much better at preventing the flu in children than in older adults. That said, the flu shot has a demonstrable effect at lowering flu rates in older adults, so make sure to ask your doctor if getting one is right for you.

What this demonstrates more than anything, is the importance of pursuing immune-boosting solutions wherever possible. While our immune systems may grow less strong as time goes on, the way we live our life can improve to compensate and promote long-term health.

1 – Live a Healthy Lifestyle

The first and most effective way you can encourage your immune system is by living a healthy lifestyle. Some of this healthy living might seem obvious, but it bears repeating for how important it is to your health. Steps include:

- Avoiding smoking
- Maintaining a healthy weight
- Moderation of alcohol consumption
- Getting adequate sleep

All these steps are an essential foundation for an effective immune system.

Exercise can also be an important factor for healthy living. But it's important to remember that not all strenuous activity is good for older adults. If you're looking to introduce some exercise into your lifestyle, make sure to consult with your doctor.

Additionally, while results are still being analyzed, there has been evidence to suggest a link between high stress levels and negatively impacted immune systems. While currently inconclusive, there's no doubt that long-term stress has plenty of negative effects on physical well-being. Finding ways to manage ongoing stress will have positive impacts on both your physical and mental health.

2 – Eat a Healthy Amount of Varied Food

One possible cause for immunity degradation as we age is a lack of

micronutrients that our body needs to maintain a healthy immune system. This phenomenon can be observed in the developing world where poverty is more rampant. In these places where healthy diets and varied meals are harder to come by, nutrient deficiencies can be closely tied to a higher prevalence of disease. Among older folks who tend to eat less or eat more of the same things, a similar micronutrient deficiency can be observed. One of the best ways you can encourage your immune system is through eating a healthy amount and variety of food. As we've written about before, nutritional supplements can be insufficient at providing holistic nutrition. The best way to ensure you're getting the vitamins and minerals you need is through real food.

Keeping it varied in the kitchen isn't always easy. Some of us may not have the time or inclination to cook different, healthy meals every night. Luckily, Heart to Home Meals offers a great solution for older adults concerned about their immune system and nutrition. Consider these options:

Taking your immune health seriously grows ever more important as we age. While there are plenty of supplements that promise a bevy of immune-boosting properties, there are simpler and more proven steps you can take to encourage your immune system. These include living a healthy lifestyle, reducing stress, and eating the right micronutrients. ■

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Congratulations to the organizers, host community of Selkirk, MB, and Volunteers on the return of the Manitoba 55 Plus Games!

Good Luck to all of the Athletes and Participants!

~ Senior Scope



Active Aging in Manitoba (AAIM)
inspiring active lifestyles



Ready. Set. Walk!

Submitted by Linda Brown, Active Aging in Manitoba Master Trainer and Consultant



Linda Brown

Walking is one of the easiest ways to reap the health benefits of leading an active lifestyle. It's an excellent physical activity for our bodies and our minds! All you need is a pair of comfortable runners or walking shoes.

Remember to consult with your physician before starting any physical activity program

Some tips to consider:

- New to walking? Start slowly, about 10 – 15 mins. Then, over ten weeks, steadily increase that to 45 minutes. Your goal is to gradually increase the distance and time you walk over a few weeks.
- Listen to your body - you should be able to talk comfortably. Slow down if you cannot talk and stop if you feel dizzy or experience pain.
- Start at a slow pace – as you feel warmer, a natural rhythm will develop, and you can increase the speed.
- You might increase your walks from thirty minutes to 60 minutes over ten weeks if you are currently active. Our muscles adapt to increased resistance (in this case, walking), so we need to increase the challenge over time.
- The Canadian Physical Activity Guidelines suggest adults get at least 150 mins of moderate to vigorous physical activity weekly, in 10-minute bouts or more daily.



Jack Dubnicoff Nordic walking (Urban Poling).

- Consider the climate – A hat for warmth or shade, sunscreen, and water.

Stretch after your walk to help reduce any muscle soreness.

- Calf Stretch – Face a wall, feet hip-width apart, and move your forward foot to about 12 to 14 inches (38 cm) from the wall. Stretch your arms forward with straight elbows and lean forward. The other foot is a few inches behind, and you should feel a stretch in the lower part of your back leg; keep

- your heel firmly on the ground. Hold for 20 – 30 seconds, repeat, and switch legs.
- Front thigh stretch – Sitting on the edge of a chair, lower one knee toward the floor and press it back under the chair. Keep the other foot flat on the floor. Hold for 20 – 30 seconds, repeat, and switch legs.
 - Lower back stretch – sitting up straight, lift one leg with both hands under the leg, pull it towards the chest, and hold. A slight lean forward from the hips will increase this stretch. Hold for 20 – 30 seconds, repeat and switch legs.

Need variety? Try Nordic walking (Urban Poling).

- Nordic walking has been around since the early 70's, with approximately 10 million people partaking. Nordic walking or Urban Poling combines upper body techniques like cross country skiing with lower body walking techniques.
- Urban Poling is an excellent full-body workout, increases core strength, and burns approximately 20 – 46% more calories than standard walking.
 - Urban Poles help reduce the impact on knees and hips and improve posture and balance.
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- Interested in learning more about Urban Poling? Contact Active Aging in Manitoba. **204-632-3947** or info@activeagingmb.ca

Join the Manitoba 55+ Virtual Games, June 10- July 10.

Free, fun and a chance to motivate yourself to get active and track your walking, urban poling or any activity or craft you're doing. Register. Record your activities on a tracker. Share & submit for a chance to WIN some great prizes. For more information or register online:

www.activeagingmb.ca/55games/register

We're super excited!

The Manitoba 55+ Games begin June 7-9th in Selkirk. While it's too late to register, spectators are welcome. Come down to the Games headquarters, Selkirk Recreation Complex, 180 Easton Drive to get a schedule of events. Please do not attend if you are feeling unwell. ■



Calculating 90 Years

SELKIRK GOLF & CC

Welcome and good luck to those participating in the Manitoba 55+ Games.

Selkirk Golf and Country Club
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WATCH FOR MANITOBA 55+ GAMES RESULTS AND PHOTOS IN THE JULY 10 ISSUE OF SENIOR SCOPE.

Putting Ageism in its Place, cont'd from page 7



Deb Goodfellow with her husband and working out at the gym.

I did in my twenties, and I weigh ten pounds lighter today than I did on the day when I said: "I do."

I have included a few photos of myself at 69 – training for a healthy 70

– and beyond. We are so much more than we are led to believe – or conceive. Make this the day that you say: "I do" to yourself. ■

Congratulations and Best Wishes to the organizers of Active Aging in Manitoba - AAIM – and the Manitoba 55+ Games. We Salute You.

- Deb Goodfellow

Welcome to the Manitoba 55+ games



Alan Lagimodiere
MLA for Selkirk
alanlagselkirkmla@mymts.net
204.482.4955

WONDER WOMAN

By Myles Shane



Ada and her husband Ed.

She was living her best life. **Ada**, a petite woman with the heart of a saint and determination of a lion was married to her husband Ed and raising their daughter Laura in the gorgeous country town of Oak Bay, Manitoba. It was 1983 and Ed, an architect, had been designing plans for their dream home. Together they would build it on acres of land, filled with animals, crops and the vibrant energy associated with a good life. For Ada this was perfection. After growing up in the small northern Manitoba town of Birch River, with ten siblings, she was truly loving life until the unbelievable happened. Almost forty years later, she still tries to block the memory, the image, the unhappy ending that changed her life.

FROM AUSTRIA

Ada Repay's parents, John and Mary, were immigrants from Austria who settled in Saskatchewan around 1905. The Repay's were lured to Canada with the anticipation of a better life and a brighter future. In the early 1900's mostly Hungarians, French, Icelanders, Romanians, Chinese, and Ukrainians were immigrating to Canada, hopeful of starting new lives with the dream of a prosperous future. During that time the Canadian government was giving immigrants farm land to provide incentive for them to locate in small communities. (this was part of the Dominion Land Acts which passed in 1872. The act provided a free quarter-section of land, or 160 acres, to immigrants to tempt them to settle in Canada.) Ada's parents received a quarter section of land to farm in Endeavour, Saskatchewan, then eventually moved to Birch River, a small town in northern Manitoba.

Ada is the second youngest of eleven children, 3 brothers and 8 sisters. These were not easy times for the family. Money was scarce and Mary would spend her time sewing clothing, cooking whatever the crops yielded and taking care of her large family. Perhaps Ada's fondest memories of growing up came while going to school, "When I was in grade school, at the end of the year, there would always be a picnic with foot races. I would always come in first and was given 25 cents a race."

ANTI-SEMITISM

With new immigrants arriving in Canada came new ideas. Unfortunately a segment of these European settlers brought with them many of the ugly ideologies being voiced throughout Europe at the time, including Anti-Semitism. This was prior to World War I and Anti-Semitism was becoming pervasive throughout the continent. Ada's dad, like so many, believed the misinformation hate campaign European governments were spreading against the Jews. He was quite adamant his family weren't allowed to see or befriend them.

EDWARD LETINSKY

Edward was one of Winnipeg's leading architects. He was born in 1940 and grew up on Burrows Avenue in the north end. He would later attend Aberdeen school at the same time as Greg Brodsky, who in thirty years would become an important member of Ada's extended family.



A monument in honour of Ada's late husband Edward Letinsky, architect, for his vision of developing Old Market Square in Winnipeg.

Edward showed a passion for art. On February 18, 1952 there was a photograph in the Winnipeg Free Press of ten year old Edward after he won a youth art competition. The winning prize was free art lessons for a year at the art gallery. He told the Free Press that whatever he did in the future he hoped that it would involve sculpture and painting.

By 1969 Edward had graduated from the University of Manitoba with a degree in architecture. Shortly after he started working for the city planning department as an urban design co-ordinator. He was part of the team that created the award-winning 'Port-a-Park' in 1972. Edward was also co-author of the initial report suggesting that the 'Albert Street Area' of downtown be slowly converted into a trendy shopping and dining district similar to what most other cities, notably Montreal and Vancouver, had done. He was an active supporter of the plan and worked with businesses and building owners to start the conversion to what would soon be known as "Old Market Square". In 1980 he released a book, Ed Letinsky's Sketch Book.

COVERTING

Leaving home is never easy for anyone, but Ada's relationship with her parents was rocky and she needed her space. She decided her best course of action was to move to B.C and live with her sister in a rooming house. For five years the siblings cohabitated. In order to survive Ada took odd jobs while her sister was completing school.

Eventually Ada became homesick while in BC and returned to Winnipeg where she excelled at a job developing over 10,000 negatives a day. Her bosses respected her so much on one occasion she was called to a private meeting. Ada was tense thinking she'd be fired but instead her boss said, "Ada why can't there be two of you?"

One of the major turning points in Ada's life was the day she met Edward Letinsky. She had been invited to a major event taking place at a swanky Winnipeg hotel for people in the photography industry. It was there she met the love of her life. Immediately they became an item and married two years later. This was magical love. The stuff dreams are made of. For the first part of their marriage the couple lived on Lansdowne Avenue while Edward continued working on revitalizing Winnipeg's neighbourhoods. Despite her father's Anti-Semitic views Ada had fallen in love with a Jewish man. In fact Ada converted to Judaism for Edward.

THE SOUTH SASKATCHEWAN REGIMENT, 1943

It was 1943 and Canada had entered World War II. Ada's much older brother Harry was passionate about defending freedom and liberty. By 16, he had left home, lied about his age and joined the Canadian army, specifically the Scout Platoon, South Saskatchewan Regiment.

While Harry was overseas fighting, Ada felt a tremendous amount of anxiety. Every time she heard a plane flying over head, her mind envisioned Harry's



Ada and Greg Brodsky at the New York Marathon in 1993.

unit being bombed. "because my brother was fighting we were always waiting for a telegram saying that something had happened to him."

LANCE-CORPORAL HARRY REPAY

While battling the Nazis, Harry was wounded after a house he was clearing was bombed. He was trapped under the rubble for hours and afterwards spent a week in hospital. Later, Harry underwent special training to become a sniper. With this new skill he was promoted to Corporal and was sent on a mission to infiltrate enemy territory. During the war, The South Saskatchewan Regiment participated in many major Canadian battles and operations, as part of the 2nd Canadian Infantry Division. They fought in the Dieppe Raid, Operation Atlantic, Operation Spring, Operation Totalize, Operation Tractable, and the recapture of Dieppe in 1944. They, along with the 8th Reconnaissance Regiment liberated the Westerbork transit camp on April 12, 1945. This was a Nazi transit camp in the province of Drenthe in the Northeastern Netherlands. The camp was used as a staging location for sending Jews to concentration camps. A Notable prisoner there was Anne Frank, who was transported to Camp Westerbork on August 4, 1944 until September 3, when she was deported to Auschwitz. By the end of the war Lance-Corporal Harry Repay returned home a decorated Canadian war hero.

THE HOME NEAR BIRDS HILL PARK

It seemed like the Gods were smiling on Ed. He had a fantastic job. A truly, wonderful wife and a great home but something was missing. His true passions were photography, art and sculpting. Ada remembers, "He always carried a camera with him everywhere he went. He dreamed of one day retiring and becoming a photographer." Edward's other dream was designing and building a home in the country, complete with kids, animals and his very own crops. "He wanted to be like Duddy Kravitz," Ada recalls.

LAURA

In 1962 Ada gave birth to their daughter Laura. Like her father, Laura was incredibly talented in the arts. She was also very athletic and in high school participated in track and field. Often when training Ada would run by her side to keep her company. By age 20 she had been accepted to Yale and in 1991 graduated with an MFA from the Yale School of Art. Today she is a professor of the Visual Arts at the University of Chicago and is the mother of two boys. She's run the Chicago marathon many times with her mom and on her own. Clearly, Laura followed her father's passions and has become an internationally acclaimed photographer who has had exhibits in galleries world wide and photographs featured in newspapers and magazines like the New York Times.

DREAMING IN NIGHTMARES

In the 1970's Edward's dreams became a reality when the Letinsky's purchased land in Oak Bay, Manitoba near Birds Hill Park. He had designed



Ada Letinsky has run 68 full marathons and countless half marathons.

a house for the family to live in. For three years life was idyllic for Ada living in the country until October 1983. On this unforgettable day Edward was farming when his tractor flipped over killing him. Ada and Laura, who was 17 at the time, were destroyed.

After his death the Ed Letinsky Annual Sketch Prize was created for architecture students at the U of M. In 1983 the cobble lane that ran from the northern tip of Albert Street into Market Square Park was named Letinsky Place.

Running became a therapy for Ada. It was a way to shut out the dark thoughts and awful memories she was experiencing.

THE KOREAN WAR 1950

In 1945 Harry returned to Canada and went through extensive training to become a para-trooper. When the Korean War broke out in 1950 Harry was promoted to Sergeant. During Korea he served on the front lines once again protecting his country.

While in the army Harry had many close calls with actual bullet holes going through his loose clothing. German tanks running over his trench, explosives landing right at his trench without the device detonating, "We said he was like a cat with nine lives," Ada recounts.

Back in Canada on July 26, 1952 he married his sweetheart Jean Smith.

BRODSKY, SHELL & DR. SHANE

A few months before Edward had passed away he began working out at the YMHA. (Young Men's Hebrew Association) on Hargrave Street. It was there he became friends with my father, Dr. Fred Shane. Edward, Ada, my dad and mom all became close friends very quickly. A few months later her soul mate, the man she intended on spending forever with, had perished in the most horrible way. Ada was paralyzed with internal fear. She didn't want to go anywhere. She didn't want to do anything. How could she carry on? She wanted to erase those memories from her mind. She yearned to create a new life, a life with a different ending. Ada admits, "I started running to deal with Ed's death. It was a kind of therapy for me." For the next five years she was in a very dark place and my father was aware of that.

SERGEANT REPAY

Harry soon returned for another year and a-half posting in Germany. However, in 1953 Sergeant Repay chose a discharge from the army and moved to Snow Lake, Manitoba with his wife Jean Smith. In Snow Lake he commenced his extensive career in mining and quickly rose up the ranks to become the assistant mine manager.

RUNNING IS THERAPY

My dad and Ada had truly became close friends. Over time he introduced her to his running buddies, Shep Shell, the future Canadian paralympian and the well known Canadian defence attorney Greg Brodsky. They all had one thing in common, they loved to run. Even if she didn't feel like running, my father would call her and arrange

Continued on page 13

Advertising Feature

Virtual medicine saves lives

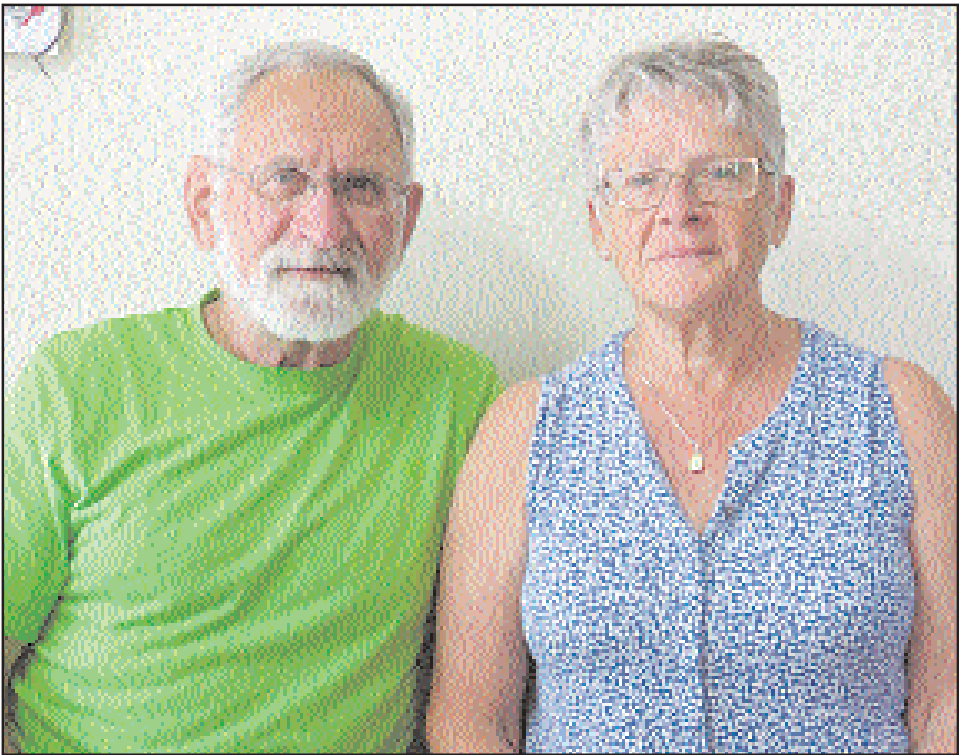
How Telestroke helped Steinbach man get the care he needed, fast

- Heart & Stroke

Ken and Evelyn Paton, Steinbach MB

On January 29, 2020, Ken and Evelyn Paton were fast asleep in their Steinbach home when Ken appeared to be having a bad dream. When Evelyn tried to wake him, Ken's right side was too weak for him to get up, he couldn't speak, and his eyes kept focusing to the left. Evelyn knew something was very wrong, so she called 9-1-1.

Thankfully, Bethesda Regional Health Centre joined the **MB TeleStroke** Network in January 2019 – and that's exactly where paramedics took Ken. Using videoconferencing technology, TeleStroke enables stroke patients to be assessed at one of Manitoba's seven rural TeleStroke Sites by a



Ken and Evelyn Paton

“Calling 9-1-1 is the fastest way for stroke patients to receive emergency care when every second counts”

- Dr. Denis Fortier, VP – Medical Services at Southern Health-Santé Sud

stroke neurologist located in Winnipeg. After assessing the patient virtually and reviewing the CT scan the neuro-

logist determines a treatment plan for the patient. This may include the delivery of a time-sensitive clot-busting medication called alteplase, delivered at the site by trained nurses and physicians, or a transfer to Winnipeg for Endovascular Therapy (EVT).

“Calling 9-1-1 is the fastest way for stroke patients to receive emergency care when every second counts,” said Dr. Denis Fortier, VP – Medical Services at Southern Health-Santé

Sud. “TeleStroke virtually connects rural patients, local physicians, and stroke specialists to prevent delays when someone is having a stroke. The TeleStroke protocol allows the site to be ready before the patient arrives and is saving lives when patients in the region need immediate access to emergency stroke care.”

We live in a time when working virtually has become commonplace. TeleStroke has provided virtual care

since 2014, with life-saving results for many of the more than 1,400 Manitobans who have been assessed through the system since it was launched.

In Ken Paton's case, he was assessed with a major stroke for which he received alteplase in Bethesda. He was then transferred by ambulance to Health Sciences Centre Winnipeg, home of Manitoba's comprehensive stroke centre, for EVT: doctors threaded a retrievable stent through blood vessels up to his brain, and the clot was captured and removed. The procedure restored crucial blood flow to Ken's brain and prevented permanent damage, restoring his life!

Evelyn and her sons saw Ken within an hour after the procedure; he was conscious, speaking and able to move – Ken was back! Three days later he was transferred back to Bethesda for 10 days of rehabilitation. Today, Ken is doing great – you can't even tell that he's had a stroke.

When it comes to a stroke, every minute counts: 1.9 million brain cells are lost every minute after a stroke starts. The sooner blood flow is restored to the brain, the greater the potential for a good outcome. Heart & Stroke urges you to learn the FAST signs of stroke, and to understand that you need to call **9-1-1** or your local emergency number right away. You could save the life of someone you love! Visit heartandstroke.ca/fast to learn more. ■

Learn the signs of stroke

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

heartandstroke.ca/FAST



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Ken Ploen: The Quiet Hero

A brand-new Winnipeg Blue Bombers season is upon us and as the local CFL side prepares to defend the Grey Cup for a third consecutive campaign, it has become likely that this team is in the midst of a second Blue Bombers Dynasty. The first took place between 1958 and 1962 when the Bombers won four Grey Cup championships in five years. Those teams were led by quarterback Ken Ploen, head coach Bud Grant and a group of local stars who were among the best Canadians ever to play in the CFL. As the Bombers look to become the first back-to-back-to-back champions since the Edmonton Elks of 1978-82, perhaps it's time to remember the greatest Blue Bomber of them all, the Quiet Hero, Ken Ploen.



THE BUZZ

By Scott Taylor
Photos courtesy Roslor Publishing / *Quiet Hero: The Ken Ploen Story*

By his own admission, Ken Ploen still thinks it's strange that a kid from Clinton, Iowa would grow up to win four Grey Cup championships and then have somebody write a book about him.

He also didn't think the City of Winnipeg would name a street after him, but they did that. After all, the road leading to Investors Group Field is now called Ken Ploen Way.

"Who would have ever thought a kid from Clinton would ever have a book written about his life and a street named in his honor," Ploen said the day *Quiet Hero* was released. "I know I didn't."

He's being modest. For those Canadians – and Iowans -- who know or remember Ken Ploen, and that list is extremely long, what should be considered even more surprising is that it actually took this long to write a book about the life of one of Canada's great athletes.

After all, Ploen was the quarterback of the Blue Bombers when the Blue Bombers were the most dominant team in the Canadian Football League. In fact, the greatest decade in Bomber history was celebrated when Ken Ploen played quarterback and Bud Grant was the coach, from 1957-66.

Ken Ploen, at 86, is still famous. He's one the greatest athletes in the history of the country. He's in the Manitoba Sports Hall of Fame and the Canadian Football Hall of Fame. TSN's viewers voted him the greatest CFL player of the 1960s. And the book about his life, written in 2011 (better late than never) instantly became a national best-seller.

"Oh, I was lucky," said Ploen from the living room of his home in Whyte Ridge when the book was first released. "I came to Winnipeg and played on some of the best teams with the teammates a football player could ever want. Don't forget, I was just part of a team. And it was a great team."

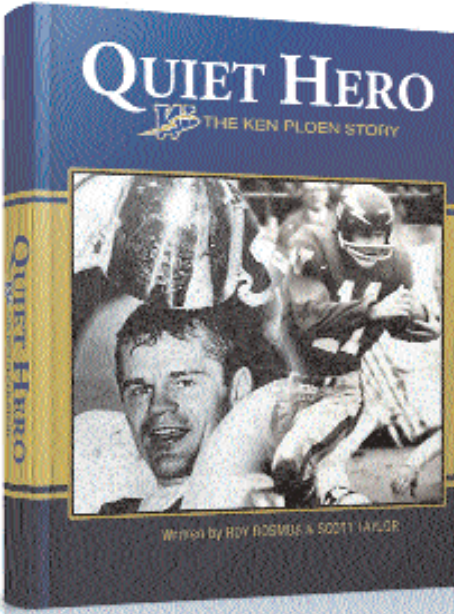
Ploen's story is one of the most dramatic in the annals of all sports. It's made for a great book and really would make for a better movie.

In 1957, a young quarterback from Clinton, Iowa who had just led the University of Iowa Hawkeyes to the Rose Bowl championship, decided he had no interest in playing for the NFL's Cleveland Browns and, instead, signed a "huge" contract in Canada, with the Western Interprovincial Football Union's Winnipeg Blue Bombers.

"For me, Winnipeg was a great opportunity," Ploen said. "I got drafted in the 19th round of the NFL draft by the Cleveland Browns as a defensive back. Milt Plum was the quarterback in Cleveland at the time and they were happy with him. I talked with Cleveland and they didn't want me as a quarterback, they wanted me as a defensive back. They offered me a \$500 signing bonus and a \$5,000 contract, which, back then wasn't bad.

"But up here in Winnipeg and they offered me a \$3,000 signing bonus and a \$9,000 contract and an opportunity to play quarterback. They also told me that the hunting and fishing was pretty good up here and they also told me you could work on the side.

"So, I came up here with a better



Quiet Hero The Ken Ploen Story - book available for a limited time for \$35

signing bonus, a better contract, an opportunity to play quarterback and a job with Martin Paper Products as an industrial engineer with my engineering background. Oh yeah, and the Canadian dollar was at a 6.5 per cent premium back then. You kind of roll all those things into one and it was not a very tough decision."

When he received his signing bonus, young Ken gave the money to his parents.

"My dad was operating the Y Motel in Fulton, Ill., and it needed some work so I gave it to my mom and dad to put into the business," said Ken. "My dad was a jack of all trades. He quit the Dupont plant because he got tired of working shift work, so he went across the (Mississippi) river to Fulton, Ill., and took over a motel. He ran that motel for quite a few years."

The head coach in Winnipeg, a fellow named Harry Peter (Bud) Grant, was in his second year at the helm and yet he was only 30 years old. He loved what Ploen's Iowa coach Forest Evashevski had done with the Hawkeyes and decided he was going to run "Evy's" Wing-T offence as well. To do it properly, he knew he needed Iowa's gifted 21-year-old quarterback.

That was a match made in heaven. The quarterback, Ken Ploen, loved to hunt and fish as well as play football and the coach, Bud Grant, would rather hunt and fish than play football. So, the former Bomber receiver-turned head coach headed down to Brainerd, Minn., where Ploen and his family were fishing, and convinced the young quarterback to sign in Canada.

For the next 10 years, the Winnipeg Blue Bombers dominated Canadian football. The team went to six Grey Cups and won four of them. And while Ploen wasn't always the quarterback, he was the Canadian game's best player. He was an all-star on defence, a kicker, a punter and even a kick returner. As the Bombers became the most feared team in the CFL, Ploen became its greatest all-around player.

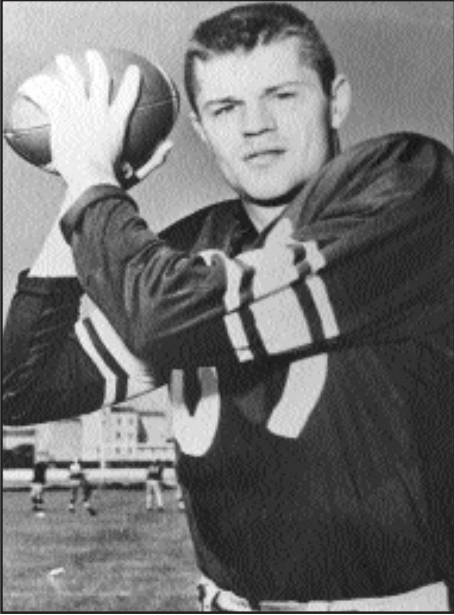
"Ken Ploen was a leader," said his former teammate and still good friend, Henry Janzen, at a Hearts of Bluer and Gold Dinner a few years back. "He wasn't a leader because he talked or yelled, he was a leader because everyone respected him."

During his career, Ploen would not take credit for his team's successes. Even today, late in life, Ploen's personal glory always takes a back seat to the contributions that were made by his teammates.

If you ever have the chance to ask Ploen about any situation or any great



Ken Ploen, 1965 Grey Cup



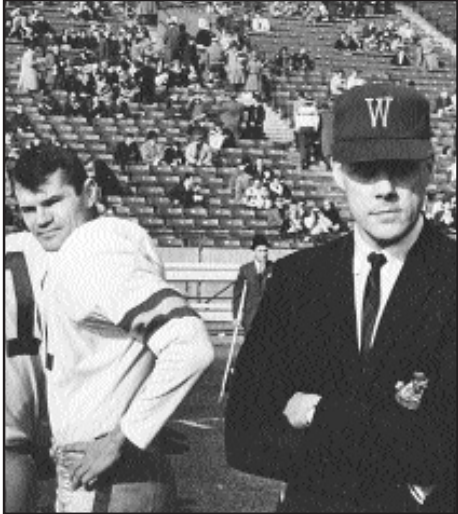
Ken Ploen as Bomber rookie in 1957.

play, he'll do one of the following things: 1) credit coach Bud Grant's strategy; 2) credit the offensive line for its wall of blockers' 3) call it the result of a great run or a great catch or a great tackle or 4) say that it was a brilliant substitution for an injured player that made the difference.

In truth, it was often all of these things, but without Ploen's cool leadership and his ability to make plays (from just about any position), its unlikely things would have turned out as well as they did.

Consider these examples:

- 1) He was knocked out of the Bombers' quarterbacking position after six games in 1958. Trainer Gordie Mackie "trussed up" Ploen's bad shoulder and he went back out and played halfback, slotback and safety.
- 2) In the '58 Grey Cup he faked a pass and ran through three Hamilton defenders to the Tiger-Cats one-yard line to set up the winning touchdown. Then later in the game, while playing defensive back, he picked off Bernie Faloney's last gasp pass to preserve the victory and end the game.
- 3) In 1959 he played safety and halfback all year and not only tied a Canadian football record, but also set a Bomber record for interceptions in a season.
- 4) When the 1959 Grey Cup rolled around, he was asked to play quarterback again. Jim Van Pelt was injured and after a season as a halfback and safety, Ploen went out and played superbly. He played an entire game of ball control until the very end when he caught the Tiger-Cats off-guard and threw two bombs late in the fourth quarter to put the game away.
- 5) In the 1961 Grey Cup, he played possibly his finest game at quarter-



Ken Ploen (left) and Coach Bud Grant.

back and won the game with a dazzling touchdown run in overtime.

- 6) In 1962, he started the Grey Cup, but was injured late in the first half and shared duties with Hal Ledyard, who played the third quarter. Of course, he still played defensive back throughout the game. Ploen started the scoring spree by rolling out on a bootleg and running 41 yards for a touchdown. Then, at the end of the game (Day 2 of the famous Fog Bowl) with the score 28-27 in favor of the Bombers, Ploen was a punt returner who ran out the last punt to safety at his own two-yard line and preserved the victory.
- 7) As a quarterback, Ken Ploen called all of his own plays for his entire career. He would take suggestions from head coach Bud Grant, but in the end, every offensive play called during the Ken Ploen Era was Ken Ploen's responsibility. And four Grey Cup victories would suggest he was responsible.

Without Ken Ploen's remarkable ability to play almost any position and make a legitimate difference in each of the four Grey Cup victories, the Blue Bombers could not possibly have won all of them. The only athlete to match his multi-dimensional play was Edmonton's Jackie Parker and he won only three Grey Cups.

Ken Ploen was truly a one-of-a-kind football player and his versatility and skill have not been seen since the day of his retirement. ■

(The coffee table-style book, "The Quiet Hero: The Ken Ploen Story" written by Roy Rosmus and Scott Taylor and published by Roslor Publishing is still available for a very limited time for \$35 by calling Roy Rosmus at 204-781-8304.)

The Pros Know 55+ Active Living & Resource EXPOS 2022



Visit prosknowexpos.ca for dates, locations & On-Line Resources for Seniors!

A Successful Spring Shows Calendar!



By the time... you see this we'll be finishing our last Expo for the Spring in Fort Garry. What a Spring it has been indeed. Despite the weather, water and this Covid thing hanging around, we've managed as a group to have looked after around 500+ people. That's wonderfully insane.

Each event seems to bring the group closer and closer to feeling that we're making a difference. The responses to all the amazing people, initiatives and

products is at times very humbling. All we've really wanted to do is to show our neighbours, friends, family and community that there are resources out there to make our well being a priority. Well before Covid there was a movement afoot to find better ways to unite the collective who have been toiling for years to help us live better and longer. We now seem to be on the right track and the growth is staggering. There is no secret to what the Partners, Sponsors and Exhibitors from the Expos are trying to do. You are seeing, reading and listening every day to more reports on the growing older adult community across the country and the lack of many resources to look after us. These resources include housing, medical, wellness, transportation, home care, need I go on? Of course not. In simple terms, there are some of us who have realized that we need to be involved in our 'Happy Years' leading to and including retirement. If we don't



Charleswood Show - May 26th!

grab the bull by the horns now, many of us will pay the price in the long haul and quite frankly it's too high a price.

In simple terms and we have said this many a time, 'Knowledge Is Your Power'. To this end, the Pros Knows Expos are little mini-events being held in our neighbourhoods so we can share the wisdom needed that will empower all of us towards a happy productive later life cycle.

As awesome as the Spring Shows have been, we're really excited by the look of

the upcoming shows in September and October. In September we're in St. Vital and Transcona and closing the year off in October in East Kildonan. Many of the same amazing base group and a few new faces here and there to add some variety for everyone. Till then stay tuned to your monthly Senior Scopes and our website at prosknowexpos.ca for all of your updates and information. A HUGE HUG to all who visited and participated this Spring and please Stay Healthy! Rick & Trish!

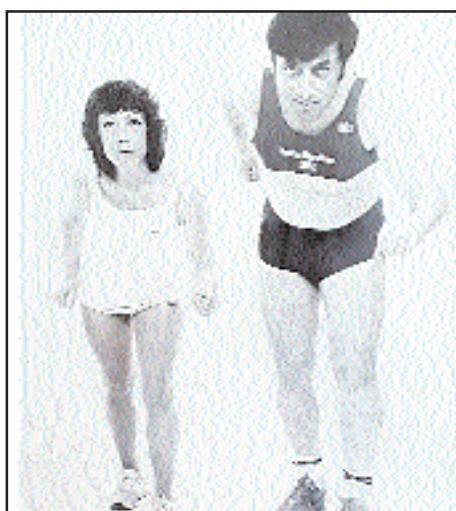
Ada, cont'd from page 10



Ada won over 100 trophies and medals.

a 5k or a 10k jog. They'd run near his office at Osborne Village, down Wellington Crescent to Assiniboine park and back. They also became permanent fixtures at Kildonan Park and the Refit Centre in the south end. During their hour long runs, sometimes two or three hour jogs, Ada shared her feelings about Ed. She talked about what happened and the effect it was having on her psyche. My dad, being a psychiatrist, knew how to listen. He let Ada share her inner most thoughts. Every step of the way he heard his friend pouring her soul out. He offered up ideas on how to grieve and work her way through her endless pain. He knew that no one really ever gets over the death of a loved one and grief is a process. He asked Ada to try and manage her life one day at a time, one mile at a time. In an article which appeared in the Winnipeg Free Press about Ada, my dad described her, "I've known Ada for close to 20 years. She's a very enduring individual, one of those people who just perseveres. She's a warrior, her running revitalizes her. It helps her stay focused."

Ada followed my dad's advice. She also spent decades running with Greg and Shep who shared their own challenges with her. Shep is a blind runner who was born in the shadows of the Bergen-Belsen death camp and grew up not knowing who his real mother was or that he had a brother living in Israel. Only recently did he connect with his family (a documentary was made on his struggles called Aida's Secrets currently playing on Amazon Prime) Ada always found Shep to be an inspiration. Shep told the Free Press, "If I could do the same thing at her age



Ada and Fred Shane posing for a press photo to raise money for Diabetes.

that would really be something." Greg showed Ada that no matter how injured you were or how much the odds were stacked against you, quitting was never an option. The less likely winning was a possibility, the harder you needed to work. All of these voices comprised Ada's new family. They helped give her the strength to survive Edward's death and afterwards to not only survive but to flourish as a top marathoner in her age category around the world. These three men: the psychiatrist, the lawyer and the blind computer engineer became like family for Ada.

RUNNING FOR DIABETES

The first marathon my dad and Ada ran together was Boston. Ada didn't think she'd be able to complete it and thought it was only for professional runners. My dad signed them up anyway and devised a plan for the duo to raise money for Diabetes. Ada, Greg, Shep and my dad also ran the New York Marathon several times as well as many other races. I was lucky to accompany them on many of those trips. On one occasion Greg had to find a hospital to inject him with cortisone the night before the marathon. Another time, they ran with a friend, who only a year earlier had cancer removed from his leg. On countless occasions Shep outran his guides. The group trained together at five in the morning. They stuck with each other through deaths, divorces, and celebrated Mitzvahs and other milestones. They had all the ingredients and perspectives of a family moving through time together.

Ada has fond memories of her life on



Ada's daughter Laura running a marathon in Chicago.

the road, "My first marathon was the Manitoba Marathon. Since then, I've run 68 full marathons and countless half marathons. In Canada, I've run Manitoba, Regina, Ottawa, and Vancouver. In the US, I've run Boston, Chicago, New York, Minneapolis, Fargo, Duluth and Portland, Oregon, I came in first female in the Manitoba Marathon three times and many times first in my age category."

PTSD

Ada remembers vividly her brother coming home on leave and bringing with him presents, like dolls, from wherever he'd been posted. She recalls, "We were always afraid that this would be the last time we ever saw him."

After his last tour in Germany, when Harry finally returned home from the war he didn't feel normal. He had left the war but the war hadn't left him. He didn't feel himself. He was always anxious. At any minute he believed the enemy could launch an attack on him. He didn't feel safe in his own skin. At times he swore he could see the enemy, even hear them. Harry tried to avoid talking or thinking about the war but it only made matters worse. He saw doctors but they stressed this was normal for soldiers. Was it normal for soldiers to walk around their neighbourhood fearing for their life? Back then this was considered shell shock. With rest and relaxation he'd be his old self again. It wasn't until much later the medical community determined shell shock wasn't like a cough or cold that went away with rest. This was a serious condition that today is called Post Traumatic Stress Syndrome (PTSD), and usually effects those who've suffered through traumatic experiences like soldiers in the war or people who



Ada's brother Harry Repay (top left).

have been involved in nightmarish experiences like car crashes. Harry would struggle with his condition for the rest of his life.

ADA & HARRY

Both Ada and Harry are survivors. Harry went to war against the Nazis, then the North Koreans. He parachuted into enemy territory and saw his buddies die in battle by his side. In 1983 Ada was magically living her dream life. A house designed for her, a seventeen year old daughter ready to take the world by storm and an incredible husband, when the unthinkable happened his own tractor flipped killing him. Somehow, Ada survived the trauma. With the help of Fred, Greg and Shep she managed to overcome the horrors and ultimately fell in love again with a wonderful man, Martin Gerrard. In 2011 Harry passed away but his life will always be celebrated. The war may have stayed with him but he didn't let it win. Perhaps this is a story about a brother and sister who didn't know how to stop running the race. A story about a brother and sister who survived the bombs life had tried to drop on them.

SUPERHEROS

As a kid growing up, I always thought my dad, Greg, Shep and Ada were like superhero's. They always seemed to make the impossible possible when they laced up their runners. Perhaps Ada's super power is the ability to battle through the tragedy, adversity and sadness life has thrown at her as she continues to run down the open road one mile at a time. I wouldn't be surprised to one day find out she's really Wonder Woman. ■

Things To Do

WINNIPEG

Misc. Events

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Summer Events - **Save the dates: Bus Day Trips: \$50:** St. Andrews Heritage Centre: Tea & Tour, June 30. South Beach: Casino & Crocus LunchPAL Tour, July 27. Pinawa: Lunch & tour, Aug. 27. **PAL Annual Picnic & Membership Drive:** St. Norbert Farmers Market, Aug. 23, 11am-2pm. Entertainment, prizes, exhibits, fun! Call **204-946-0839**.

University of Manitoba Fall Course: For Lifelong Learners: *Introduction to Family Caregiving Across the Lifespan*. Your experiences and exchange with students can help us cultivate new perspectives and supports for family caregivers. Contact: Karen Nickerson, Student Advisor General Studies, **204-474-8330**, Karen.Nickerson@umanitoba.ca. Instructor, Michelle Lobchuk, Michelle.Lobchuk@umanitoba.ca

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.) Full Covid-19 vaccination and masks required.

Grands ‘n’ More, Winnipeg - Art from the Attic fundraiser, Sun. Oct. 2, for African grandmothers caring for their grandchildren during the ongoing AIDS pandemic. Donations gratefully accepted until Sept. **204-451-7132**, gnmafta@gmail.com

ALS Society of Manitoba - 5K Winnipeg Walk to End ALS, Sat. Jun. 18, Assiniboine Park, Reg. 9 am, Walk 10 am. Family, Pet and Wheelchair friendly. First 600 to sign in at registration tent receive a bubble wand. Register, fundraise and donate at walktoendals.ca/Manitoba (<https://walktoendals.ca/participate-or-donate/manitoba/>)

Urban Retreats - Self-guided Garden Tour, Craft & Plant Sale, Sat. Jun. 25, 10 am-4 pm, in Scotia Heights. Tickets \$20 at **1JustCity.ca** or at various garden centres. On tour day: St. John’s Anglican Cathedral (135 Anderson Ave.) **204-779-8957**

Bolero Dance Theatre - presents Goya and the Maja: a new dance production incorporating flamenco and Spanish dance. Sat. June 18, 7:30 pm and Sun. June 19, 2 pm at the Centre Culturel Franco Manitobain, 340 Provencher. Tickets \$25 at door or www.bolero dance theatre.ca

EMAIL IN YOUR CLUB'S SUMMER HOURS BY JULY 4th TO BE ANNOUNCED IN THE JULY 10 issue.

RURAL MANITOBA

Misc. Events

Annual Lundar Fair - June 10 & 11 at Lundar Fair Grounds. Info on Facebook at **Lundar Agricultural Society** or www.lundaragsociety.com

St. Andrews Heritage Centre - **204-339-6396**, 374 River Road, St. Andrews, MB. Strawberry Pins craft fun, June 25, 1-3 pm, \$5/person, register by June 23 at www.standrewsrectory.ca. People of the Red River free family day, July 1, 11 am-2 pm, at St. Andrews Rectory. Maker Market crafts & more sale, July 1, 10 am-3 pm, \$15/table. Register at: standrewsmuseum@hotmail.ca.

Programs / Services

Brandon - **Prairie Oasis Senior Centre** - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. 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

Sports / Fitness / Games

Tuxedo Lawn Bowling Club - Learn how to Lawn Bowl and Play, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 2-4 pm. No equip. required. Introductory free play. Contact Virginia: **204-255-8828**

Vital Seniors - Bridge coordinator & players needed for Thurs. afternoon, 1-4 pm, at 3 St. Vital Rd, St. Mary Magdalene Church, lower level, \$4.50 per person per session, with VS membership. Call Les **204-452-2230** by June 30.

St James RCL Legion # 4 - Whist players needed to join group of seniors. Whist is an easy card game to learn and play. Mondays, 1-4 pm. Play is dependent on covid restrictions. **204-889-3338**

Crescent Drive Golf Course - Friday Ladies Golf League looking for new members. Golf every Fri., 7:30 am, 781 Crescent Drive, Fort Garry. Info: **204-261-8413**

Lady Bowlers - Fridays, 12:45 pm at Polo Park. For ladies of all ages. Or can spare for \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning measures and social distancing exercised, masks or face shields worn and minimal contact. Call/text **204-770-3903**.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

Gentle Yoga - with Doreen, Mondays, Apr. 11-June 13, 7 pm, at Deer Lodge C.C., 323 Bruce Ave. E. \$10/class registered, \$12 drop in. dwuckert@shaw.ca

Yoga Sessions - Lorraine’s Gentle Yoga, Chair yoga, chair cardio, wrist free flow yoga, yin yoga. Lorrainesyoga2017@gmail.com, **204-228-3118**, lorrainesgentleyoga.com

Volunteering

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com . Visit www.winnipeglostdogalert.com

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

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

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at yogaforyoumanitoba@outlook.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 **268-7300**; Victoria Beach - East Beaches Resource Center **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource **372-6861**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource

Bethel Place - congregate meal program is looking for volunteers to assist in the kitchen and dining room. Lunch time and supper time shifts available. Commitment 3 hours once/wk. Must show proof of Covid 19 Vaccination. Info: Melanie Camara at mcamara@bethelplace.ca

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

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

Meals on Wheels - Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711**, www.mealswinnipeg.com

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for “Grandma & Grandpa Swim Program”for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. **204-582-0066**, M-W-F, or ncsc@shaw.ca.

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

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

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Catherine.Linnemann@extendicare.com

Winnipeg (Blue Bombers) Football Club - Volunteers for *Fan Ambassadors*. As a team we start with a Hotdog BBQ. Duties include ticket scanning, ushering, face painting, assisting fans with their needs. Must be able to volunteer at:
- min. of 8 Blue Bomber home games
- 4 Valour home games
- 2 Investors Group Field activities
- 1 Office Administrative task
Incentives include: Blue Bomber Game day tickets, Discounts at the Blue Bombers Store, Valour Game Day tickets, prizes and Fun Fan Ambassador events. Email volunteers@bluebombers.com

The Winnipeg Pops Orchestra - Volunteer orchestra looking for a Principal Cello and Principal Trombone. Rehearse Thursdays, 7-9 pm, Mar 3 to the end of June. pantages14@gmail.com.

Programs / Services

Brooklands Active Living Centre - 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. Call **204-632-8367** for more info.

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults - Our programming will remain the same. **204-452-9491**.

Creative Retirement Manitoba - Affordable Lifelong Learning. Classes a mixture of online and in-person. Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. **217**. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre - Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12-3:30 with light lunch and a 4-piece band. Perogies for sale, Call Al: **204-771-3325**.

Elmwood East Kildonan Active Living Centre - Various events can be found on Face Book. Call to confirm over summer months: **204-669-0750**.

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. Call **204-832-0629**.

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Summer bus trips, Men’s casual breakfast, Outdoor exercise: PALPeddlers/ PALPutter/PALHiking/Yoga in the Park/ Older Adult Weight Training (online) **PALCares:** outdoor visit to PCH friends in June & helping out at Wpg Harvest in July, Conversation Circle for newcomers to practice English with friends. NOTE: Office hours are off site in summer, but we’re available by phone or email Mon-Thur for July and August. office@pal55plus.ca, www.pal55plus.ca, **204-946-0839**.

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **204-987-8850**, www.stjamescentre.com

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**.

Springfield - Springfield Seniors - **204-444-3139**, springfieldseniors@mymts.net. Stick curling, Pickleball, Women’s 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception **204-320-4600** (Sonja, Program + Volunteer Coordinator) **204-320-4603**, <https://www.patporteralc.com>

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: **204-677-0987**, thompsonseniors55@gmail.com

A & O: Support Services for Older Adults

Senior Centre Without Walls (SCWW): Free Telephone Group - Activities for Manitobans 55+.

SCWW provides educational and recreational programming in a fun and interactive atmosphere by phone.

To inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** | info@aosupportservices.ca | www.aosupportservices.ca

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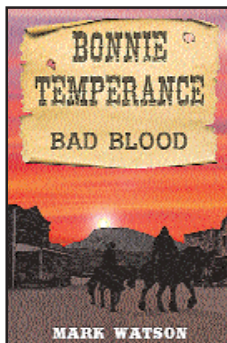
I've never seen the inside of writing class and will be the first to admit my prose struggles to a degree, in the absence of formal secondary education. I'm learning as I go, largely as a result of honest criticism and my eagerness to absorb and grow from it.

If you possess the confidence to pursue an avocation to a profession, a generous helping of humility and a thick skin are your best friends on the trail. If you tell me, I have neither, I'll gladly hear you out and examine your claims.

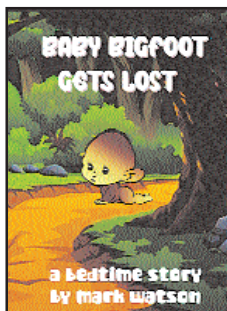
I've never been in a gunfight, quick-draw or otherwise. I've never robbed a stagecoach, or been on a cattle drive, or even ridden a horse at a full gallop across treacherous terrain. I imagine these things and the scenarios within which they occur, and I share them. Writing fiction is, broken down to its most simplistic definition, sharing.

I'd rather look up at stars than a ceiling. I enjoy scratching my dog, Loki, in his favorite spots. I relish tormenting my children with Dad jokes. My wife and I step on each other's nerves like a barn dance floor, and we laugh with each other every day.

These aspects, quintessentially, are the essence of me. I also like ice-cream, any flavor.



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**What is
Lawn Bowling?**

Who? Active Seniors & Retirees
Where? Tuxedo Lawn Bowling Club
370 Southport Blvd
Winnipeg, R3P 1V5
When? Tue & Thu - 1:30 to 3:30 pm
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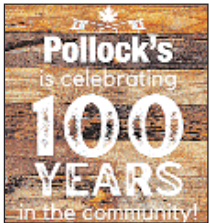
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Pollocks Hardware is celebrating 100 years in the community

June 24-26, 2022

Written by: Jack Slessor

Enjoy in-store specials - vintage displays - entertainment - local artisans and vendors ... and more!

"A tradition of service since 1922!" is certainly fitting and well-earned for this little hardware store that has been part of the Luxton neighbourhood fabric for over 100 years.

Pollock's opened its doors in 1922, the same year that the modern marvel known as "radio" made its debut in Manitoba. In the early years the store joined iconic retailers like Eatons and The Bay in offering the latest General Electric "Golden Tone JK76" model radios.



November 30th, 1940 Winnipeg Tribune ad for General Electric Golden Tone JK76 Radio.



Perhaps the radios were delivered in this Pollock Hardware vehicle?

"A tradition of service since 1922!"

Alex Pollock, a local builder opened Pollock Hardware in 1922. His commitment to the community and support for local sports is still on display in the store window. Longtime employee Alex Ingram, took over ownership of the store in 1955, and in 1973 he in turn sold it to one of his own long-term employees, Graham Evans. According to former staff members, who became lifelong friends with Graham, he was a wonderful and personable man. Graham operated the store until 1993 when it was purchased by Lois and Wayne Cash.



Pollock Hardware memorabilia on display in the store window.

"During the Winnipeg flood of 1950 neighbours would walk down to the store to share the latest news because not everyone had telephones."

Leahetta Bralin-Waller worked with Graham for 5 years beginning in 1975 and recalls even back then that the support between the store and the community was very mutual. The wide range of friendly services that Pollock's provided also included the repair of small appliances. "There was one sweet older lady who would bring her wind-up clock to Graham each spring & fall so he could adjust it for the time change."

"Back in the 70's customers would bring in small appliances for repair."

John Latham, who began working for Pollock Hardware in 1980 and only recently retired in recent years, is the thread that runs through two owners and the creation of the Pollock's Hardware Co-op in 2008. During our interview he recalled that "visits by the Beggs sisters were always a hoot for all of us at Pollock's."



Longtime customer, Margaret Beggs receives assistance from Lloyd and John.

"Visits by the Beggs sisters were always a hoot for all of us at Pollock's."

Former Pollock Hardware store owner, Lois Cash, recalled many years of wonderful times at the store. "I appreciated how much the experienced staff of John, Peter and Wayne taught me when I took over the store in 1993." Like the previous owners, Lois continued and even expanded collaborations with local businesses and organizations. "We provided yard tools for the St. Johns High School student program to clean up yards and paint for mural projects in the community." "Local customers would bring in artifacts that they had found while renovating their older homes, like a 1930's flyer for a Shirley Temple doll."

In 2007, Lois and her late husband Wayne's commitment to the community was recognized with a Pot Luck Retirement Dinner Celebration at the Luxton Community Centre. They were presented with a painting of the Pollock Hardware Store as a token of thanks from the community.

"Customers from the neighbourhood would bring in artifacts they found when renovating their homes - like a 1930's flyer for a Shirley Temple doll."

2007 marked a turning point for Pollock Hardware. It appeared that the store might close its doors as there were no buyers interested in purchasing the store from Lois and Wayne who wanted to retire. It was at this



Lois and Wayne Cash with retirement gift at their Community Pot Luck Celebration.

point that local resident and community advocate, John Loxley, led the charge to save the store by reimagining it as a co-operative. It was John's passion and leadership that inspired the community to come together and keep their local hardware store open, and his dedication as chairperson for over a decade that saw the store become the success that it is today. John passed away in 2020, but he will never be forgotten by those who knew him. His spirit of community support lives on through Pollock's Hardware Co-op and the countless organizations who benefitted from the contributions of this very special man.

Jim Chapryk came aboard as the store manager during its restructuring phase and eventual grand re-opening in June 2008. Jim was "struck by the huge level of community support. The number of volunteers and the long hours they gave to taking inventory, stripping the floors, removing the old radiators, it was truly amazing."

"I was struck by the huge level of community support that assisted in reorganizing the store into a co-operative."

When local artist & resident, Rhian Brynjolson contacted CBC's Stuart McLean of The Vinyl Café and invited him to feature the Pollock's Hardware Co-op on his show, it became national news and resulted in membership sales across Canada.

"Why is Pollock's still going strong? Service is the key!" says Lloyd Gellhorn who joined the staff in 2008 and retired in January of this year. "We take special orders for products and customers love when you recognize them and call them by their first name."

"Customers love when you recognize them and call them by their first name."

"Pollock's is special for different reasons for everyone" stated Mike Wolochock, the store's manager from 2008 to 2018. Mike recalled his first visit to Pollock's, "when I was about 12 years old. I was with my dad and I remember walking into the store was like walking into a TIME CAPSULE." "Pollock's is successful because it is not just a store, it's a force" declared Wolochock.

"My first memory of Pollock's was when I was about 12 years old ... walking into the store was like walking into a TIME CAPSULE."

Stephen Kirk, who took over as manager in 2018 states, "We have second and third generation shoppers come in every week." Kirk also adds that "as a staff member you feel the legacy of Pollock's, you know you are part of something bigger than yourself."

"As a staff member you feel the legacy of Pollock's - you know you are part of something bigger than yourself."

"We honour the past while still managing to adapt our products and sales strategies for today." Samantha Leclerc replies when I ask how the store continues to thrive. Samantha took over as manager in 2019 and steered the store through the two very challenging Covid pandemic years. "When I saw the lineups of customers on the sidewalk out front of the store during those stressful days it almost made me weep with joy."

"We honour the past while still managing to adapt our products and sales strategies for today."

Aaron Steinberg, board member and current acting store manager, agrees that the store's customer base "is very diverse in so many ways." Aaron's support for Pollock's has also included swinging a hammer to repair of the outside storage shed roof and last week he opened up the "time capsule" in the basement - a wooden trunk full of vintage store records and unique artifacts. When asked why he feels supporters of Pollock's are so nostalgic about the place, he replies "It's the creaking floors, everyone loves the creaking floors."



Arron opening up the trunk of vintage records!

Perhaps the current board chairperson, Luba Bezera, summed it up best when she said "Pollock's is one of the last of its type so people want to support it." She added that she finds the store soothing every time she is there, no matter how busy things get. "I value the co-operative model because it's about community, not just the bottom line."

"Pollock's is one of the last of its type so people want to support it."



IN TUNE WITH OUR COMMUNITY

~ June 2022 ~

Father's Day hits Nostalgic Note for Many



Whether it's hearing a song on the radio, or seeing an album cover when rifling through your record collection, music holds powerful memories

How many of us have been influenced by the music our dads listened to? I know I have. I remember when I was a kid and my dad would listen to country music. At first, it didn't really appeal to me. But, over time, I got sucked in and eventually obsessed.

I have a lot of good memories of my dad and music. He would listen to Faron Young, Charlie Rich, Johnny Horton, and an old Marty Robbins album called Gunfighter Ballads that he ordered through Sears. Now, whenever I see the iconic, black and white image on The World of Johnny Horton album cover, I instantly think of dad.

I remember as a kid in the 80s going with my dad on Saturday mornings while he ran errands. He was always driving to some lumber or car parts store, or wherever else he needed to pick something up. I would tag along and we'd have the radio in the car tuned in to the American Country Countdown. I got to know every single song on the countdowns for many years through those Saturday morning errand runs.

Country music wasn't just my music, or my dad's music. It was OUR music. He often broke out singing, even if he didn't always know all the lyrics. And I do that today! My dad also took me to a lot of country music concerts - Mickey Gilley, Ricky Skaggs, the Whites, the Judds, Waylon Jennings, Reba McEntire, Ronnie Prophet. We even travelled to Nashville and attended the Grand Ole Opry. I got the full country music experience from dad.

So, when I hear all these performers that my dad introduced me to, I get the strong nostalgic flashback that CJNU always aims to fill. And it's a darn good feeling.

Chris Hearn is a CJNU volunteer



Father's Day is June 19th—and if you're celebrating, we wish you a good one!

NorWest Co-op turns 50!

CJNU is a not-for-profit co-operative—and we're always excited to share news of fellow co-ops serving our community. Have you heard of NorWest Co-op Community Health?

NorWest is the only healthcare-centered co-operative in Manitoba. They are committed to working with individuals in the Inkster community in need of access to health-related programs and services.

This year, the NorWest Co-op is celebrating 50 years of service! They invite you to join them on Monday, June 20 from 3 PM to 8 PM to celebrate this golden anniversary, at the field beside Billy Mosienko Arena and Shaughnessy Park School, located at 709 Keewatin Street—they're having a party! There will be a petting zoo, bouncy castle, food trucks, music and more entertainment for all ages!

For more information about the celebration, and about the work that NorWest does, you can visit their website—norwestcoop.ca

Stay tuned to CJNU throughout the month to learn more about how NorWest serves the community—and if you missed the June 7th edition of *Community Champions* with guests from NorWest, you can listen again online at CJNU.ca/archives



Our June Host Sponsor: Travel Manitoba

As we celebrate the Joys of Summer here at CJNU, we're delighted to welcome Travel Manitoba as our Host Sponsor! With the 'Manitoba Road Trip' guide now available, we thought we'd share a story on a trip to Carman MB... and down memory lane!

When I invited my mom and dad along on my trip to Carman, we were curious to see if the town had aged...like we had. Turns out, a day trip to Carman was a trip down memory lane. The thriving community still offers bits of nostalgia, along with a chance to slow down, breathe in prairie charm and swap memories.

We arrived in town just as our stomachs started grumbling, so naturally we headed to the iconic Syl's Drive Inn for lunch. Syl's has been serving burgers and thick shakes to road-tripping Manitobans since 1960.

While the red-and-white retro building remains in its authentic form, a new gas-station-themed mini golf course immediately draws in visitors with its cars-inspired obstacles. My mom opted to keep score for dad and I, as we were entertained by the 'Best of



Syl's has been burgers and shakes to road-tripping Manitobans since 1960.

the Golden Oldies' soundtrack that played throughout the park. At one point, I felt like I was watching my parents transported back to a date night they had in 1967.

To escape the heat, we decided to spend some time at the Dufferin Historical Museum at King's Park. Heritage museums are at the heart of many prairie towns across Manitoba. The museum is organized into themed areas, and my parents were entranced with items they recalled from their childhood, or even, their grandparents' generation.

On the grounds is the well-preserved Boyne School, a replica of the one-room schoolhouse that my parents attended. Stepping inside was like stepping back in time - my parents giggled like school children at all the familiar school supplies and books.

We snapped back to present-day Carman by going on a walk through the rest of King's Park. Seeing the park reminded us to exhale, drop our shoulders, and fondly remember the many camping trips we took as a family. We all agreed that returning to King's Park - this time with the grandkids in tow - will be added to our Manitoba bucket list.

I could have lingered a few moments longer along the trails in Carman - swapping stories with my parents about prairie life - but responsibilities back in Winnipeg beckoned. It was only a day trip within Manitoba, but somehow we managed to travel between worlds all within one afternoon.



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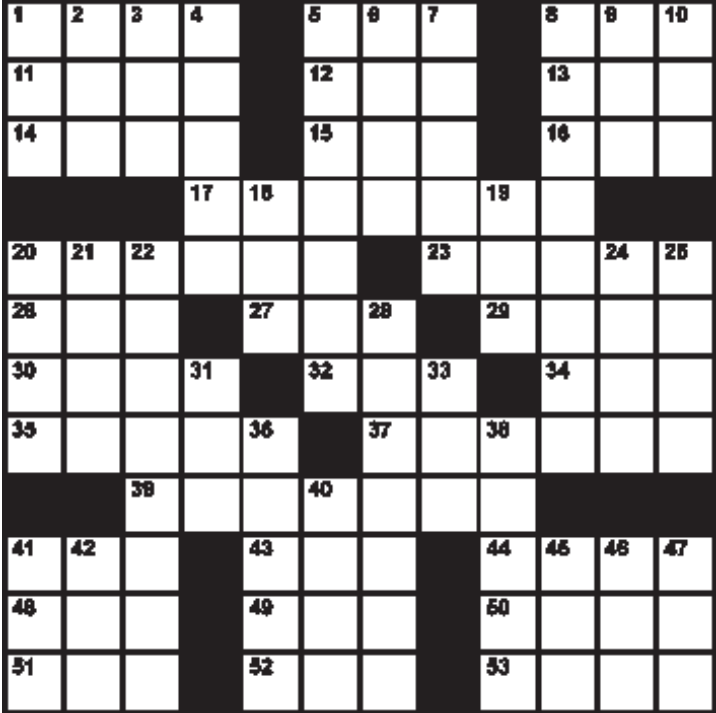
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CROSSWORD - EASY By Myles Mellor

Across

1 Watched closely
5 "....__ magic"
8 Monopolist's portion
11 Close
12 Right away!
13 Fruit dessert
14 Info
15 Getaway
16 Honeybunch
17 Referee's tool
20 Not doing business
23 Makes warmer
26 Balloon filler
27 Like roses
29 Candle's light
30 Heaps
32 Scenery
34 Chapter in history
35 Chinese zodiac animal
37 Largest country in Western Europe
39 Delegation
41 Stocking's end
43 Elton John's title
44 Gossip
48 Fess (up)
49 Had a snack
50 Canyon sound



Down

1 Purpose
2 Senatorial affirmative
3 Dig in
4 Commission advances
5 Guts
6 Does better than
7 Path
8 Challenged a verdict
9 Fish tale, essentially
10 Tennis stroke
18 "Death Becomes ____" '92 Hawn film
19 Journey segment
20 Feline musical
21 Word with mountain or sea
22 Christmas tree decoration
24 Split
25 White bird
28 Covets
31 Do a downhill run
33 Pair
36 Dissertation
38 Done
40 Place to build
41 Load of bricks
42 Be in debt to
45 Rocks, to a barkeep
46 Lady referred to
47 Short flight

SOLUTION ON NEXT PAGE

WORDSEARCH - Dad



Dada	Daughters	Dibs	Doctor	Dragon	Drive
Daddy	Day	Did	Does	Drank	Driving
Dads	Deal	Dig	Dog	Drawing	Drop
Daisy	Dear	Dinner	Doing	Draws	Drove
Dance	Decided	Dip	Dollar	Dreamed	Dry
Dancing	Decides	Dish	Done	Dreaming	Duck
Dared	Deciding	Display	Donkey	Dreams	Dude
Dares	Deeper	Distances	Door	Drew	Dug
Daring	Deepest	Dizzy	Doubling	Drier	During
Darling	Deeply	Dock	Down	Drinks	Dusty

SOLUTION ON NEXT PAGE

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I was married by a judge. I should have asked for a jury. - Groucho Marx

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible - George Burns

And the cardiologist's diet: If it tastes good spit it out.

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter "A"

- Waltzing Matilda is the unofficial National Anthem of which country:
- On this Canadian's quiz show you must phrase the answer as a question:
- What does 48,400 square yards equal:
- The NFL Falcons play in this Georgia capital:
- This is the official name of the white of an egg:
- This is the brand name of sugarless peanut butter made in Canada:
- This was the first Ready-Mix food sold:
- In golf a double eagle is also known as an:
- Most North Americans eat 18 pounds of these each year:
- This is a word formed by using all the letters of another word:
- She played Rebecca on TV's Cheers:
- This is what goes up but never comes down:
- This American state is the largest and has 3,000 rivers:
- Vienna is the capital of which country:
- This is a Caribbean country that originally belonged to The Netherlands:
- This prehistoric lake once flooded parts of Saskatchewan, Manitoba and Ontario:
- He is a Puerto Rican American singer and song composer. He is the father of Jennifer Lopez's twins:
- This American president said "In the end, it's not the years in your life, it's the life in your years":
- Name another word you might use if she is, Beautiful, Dazzling, Lovely, Pretty, Statuesque, Elegant and Classy:
- Two friends Rich Devos and Jay Van Andel (veterans) started huge multi-level marketing company in their basement:
- These scary creatures snuggle before mating:
- This airline claimed to have removed an olive from each martini and saved \$40,000 per year:
- This online company recently ordered 100,000 all electric delivery trucks:
- This is a feeling you have after achieving a goal:
- This river begins in Peru, runs through Brazil and dumps its water into the Atlantic ocean:
- Name an anagram word for EAR:
- This multi-millionaire died on the Titanic:
- This is the main ingredient in a Guacamole:
- This is an anagram for ANGLE:
- Name an anagram word for TRAITS:

& Mind & Memory Shows for Seniors

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

~ Author, Gary Adams

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A to Z Trivia

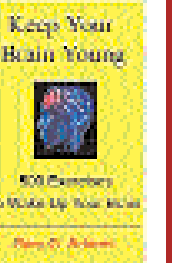


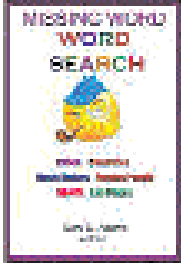
'A' SOLUTIONS

1. Australia	8. Albatros	16. Agassiz	24. After Glow
2. Alex Trebeck	9. Apples	17. Anthony (Marc)	25. Amazon
3. Acres (Ten)	10. Anagram	18. Abraham Lincoln	26. Are
4. Atlanta	11. Alley (Christie)	19. Angelic	27. Astor (David)
5. Albumen	12. Age (Your)	20. Amway	28. Avocado
6. Adams	13. Alaska	21. Alligator	29. Angel
7. Aunt Jemima	14. Austria	22. American	30. Artist
Pancake Mix	15. Aruba	23. Amazon	

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Steve Carell Lifted Me Out of My Covid Fog

My mental wellness journey - A True Story By Susan Fletcher (PAL 55+)

Let me clarify my relationship to Steve Carell; He seems like a great guy... funny, smart, great actor, but honestly, I hadn't given him a thought until I met him one time during COVID, and it changed my life.

It was in January, the second year of COVID, 2021. Our city was in lockdown. I was in lockdown... isolated from everyone... couldn't see my family or friends... feeling very alone... working alone... eating alone... watching tv alone. It had been going on too long! COVID fatigue had me in a stranglehold, and it was getting worse.

It hit me so hard, I felt like I was 16 again... not in a good way... more like the "just before that time of the month" way, when you could bite the head off anyone who looked at you sideways"... or the "cry like a baby if you dropped your fork" way. Normally I am a really positive person... but I could feel myself losing the battle.

One night I was crying myself to sleep, and talking to my Mom, (who had passed away a couple of years ago)... yes, I still talk to her... the thought of her comforts me.

My Mom was always positive and fun. I really miss her! I told her how hard it was for me to stay positive, and that I couldn't remember the last time I felt truly happy. I told her my life felt hopeless... but then... how quickly life can change! I met Steve Carell!

I met him in a board room at a team building workshop that I had been sent to, for work. Sitting there in my Covid brain fog, I hadn't even bothered to look at the other people around the table, (which is totally unlike me!). The leader told us that he was going to break us up into partners with the person sitting beside us, so I looked at the person beside me, and it was Steve Carell. The "before Covid" me, would have been Star Struck! My brain would have been going a mile a minute, trying to think of smart, funny things to say, while keeping a cool and calm exterior. All those things would have happened within the first 5 seconds of seeing him. However, in my current state... it was, "ok, he's my partner"... not even a hint of excitement or nervousness or a desire to impress... nothing.

The leader gave us each a piece of white paper the size of a large post-it, and said that our first team building exercise would be a contest. We had to do something together using the paper, and the winning team would get a prize. So I turned toward Steve, and said "Any ideas?" He picks up the empty post-it and says to me, "I'm drawing a blank" lol! That cracked me up! Then he was on a role... joke after joke, He had me laughing so hard I was crying! I really felt happy... joyful even! I had an idea! Maybe we could use the post-it as a dance floor, use our index and middle fingers as dancing legs, and do the "Dance of Joy" that Balki and Larry always did on Perfect Strangers, when something good happened to them... (and yes, I am that old!). So we practiced our routine, and then demonstrated it to the group. We won! Best teamwork idea using a post-it! I felt myself beaming from ear to ear. I felt like sunshine was warming my face. I felt HAPPY!

And then I woke up. SMILING! The fog had lifted, and it was a new day! That was the first day of my healing journey. Now I look for joy in everyday things, I laugh... I put on music... I dance. The journey isn't always a smooth road, but there is always something to look forward to around the next bend. So you see, I did actually meet Steve Carell... in my dreams, and that dream started me on my way back to being me!

Thank you Steve Carell.
Thanks Mom.

CROSSWORD - Solution

1	E	Y	E	D	6	I	T	S	8	A	L	L
11	N	E	A	R	12	N	O	W	13	P	I	E
14	D	A	T	A	15	S	P	A	16	P	E	T
17	W	H	I	S	T	L	E					
20	C	L	O	S	E	D	21	H	E	A	T	S
24	A	I	R	25	R	E	D	26	G	L	O	W
28	T	O	N	S	29	S	E	T	30	E	R	A
32	S	N	A	K	E	33	S	W	E	D	E	N
36	M	I	S	S	I	O	N					
40	T	O	E	41	S	I	R	42	D	I	S	H
44	O	W	N	45	A	T	E	46	E	C	H	O
48	N	E	T	49	Y	E	S	50	D	E	E	P

WORDSEARCH - Solution

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

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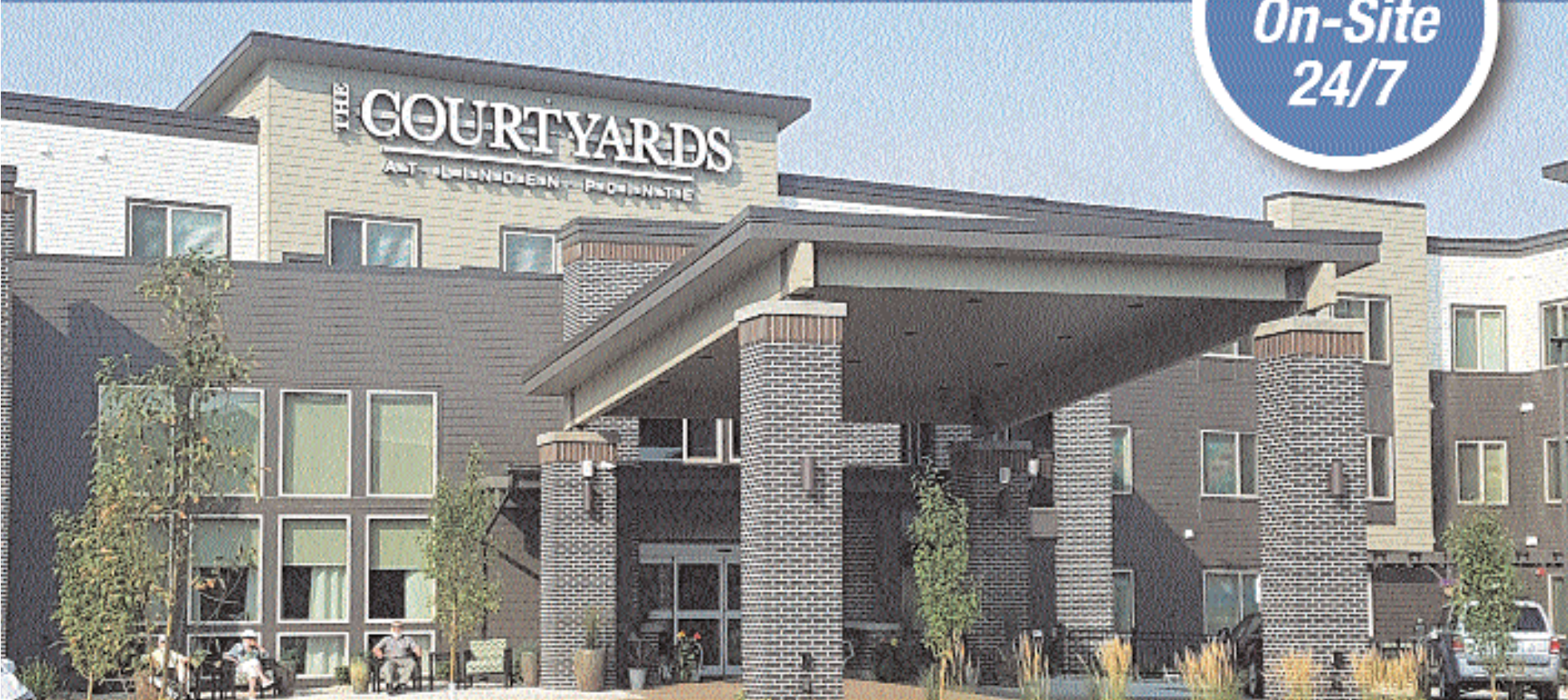
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