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Vol. 20 No. 2 | Aug 10 - Sept 9/21

# Senior Scope

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## OLIVEIRA, DEFENCE LEAD BOMBERS TO FIRST WIN SINCE 2019

Story by Scott Taylor, Photo by Randy Grossman

With 29,376 fully-vaccinated football fans in attendance, the Winnipeg Blue Bombers opened defence of their 2019 Grey Cup title on Thursday August 5th.



Winnipeg's own Brady Oliveira.

It was quite a night at Investors Group Field, given that it was the largest crowd to witness a single sporting event in Canada since all sports were shut down due to the coronavirus pandemic on March 12, 2020.

Winnipeg's own Brady Oliveira, making his professional debut after missing all of the 2019 season, rushed for an impressive 126 yards on 22 carries while the Bombers' defence was remarkably good as

the defending Grey Cup champions – and yes, after a year with no CFL football, the Bombers are still defending champions – Winnipeg whipped the Hamilton Tiger-Cats 19-6 in the first Canadian Football League game since the 2019 Grey Cup.

And even though Blue Bombers receiver Kenny Lawler caught two touchdown passes to lead the scoring brigade, it was Oak Park High School and University of North

Dakota graduate Oliveira who was the star of the night.

Oliveira, who broke an ankle at the beginning of the 2019 season, got his first opportunity to start for his hometown team, replacing the injured Andrew Harris (calf), the man who was the Most Outstanding Player in the 2019 Grey Cup game.

For Oliveira, who is just 23, it was a dream come true.

"I guess I lived out a childhood dream," he said. "Me being from

Continued on page 7

DIGGING DEEPER:

What's  
Behind the  
Headlines in  
Dementia  
Research?



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Send your Letters or Story Submissions to: **kelly\_goodman@shaw.ca**

# Time for 'three downs' and '12 men' again, thankfully



By Roger Currie

**F**inally, we have Canadian professional football back for the first time in more than 18 months. 2020 was the first year of my life that did not include the CFL.

I was born in July of 1947. In the summer of 1953 I had just turned six and I was blessed to watch from the grandstand as the Winnipeg Blue Bombers played their very first game in a brand new stadium. That building has since been demolished, replaced by *IG Field* at the University of Manitoba.

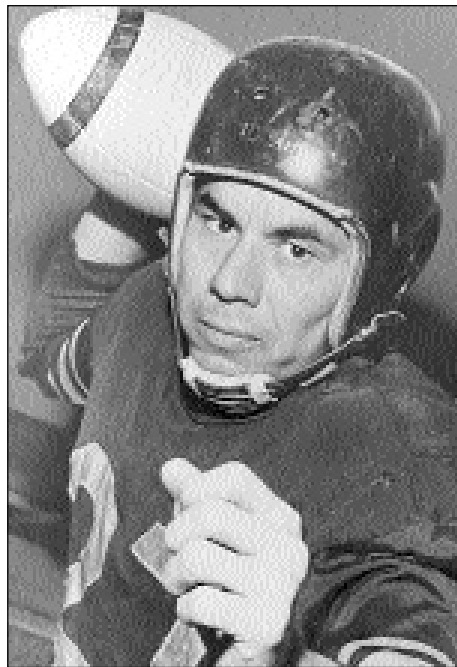
Regular readers will know that I come by my love of the 3-down game very honestly. My late father Andy Currie was a genuine legend of the game, as a player with the Roughriders, as a very successful high school coach in Winnipeg, and as a supervisor of officials - the *Zebras* - in the CFL.

What a different world it was back in 1953, although there was one glaring similarity. The health scare back then was polio, and it included crippling disability and death, with many of the victims being young children. Everyone was anxiously awaiting a vaccine. The heroes turned out to be scientists like Salk and Sabin.

TV was still a year away from arriving in Winnipeg. The fortunes of the Blue Bombers were described on radio by Cactus Jack Wells. Jack referred to Winnipeg's quarterback a few times that day in 1953 as *'The Chief'*.

He was a Creek Indian from Oklahoma who was called *'Indian Jack Jacobs'* by just about everyone who cared about Canadian football. I don't know if the word *Indigenous* had even been coined by anyone then.

Jacobs came to Winnipeg in 1950 after several years in American pro



Jack Jacobs (Photo source: Winnipeg Tribune)

football. The excitement he created on the field was immediate, and he sold thousands of tickets all by himself it seemed. Many suggested that the new Blue Bomber stadium which opened in 1953 could easily have been called *"The House That Jack Built"*. Off the field, Jacobs was not exactly a choir boy. On a train ride home from Edmonton in that first season, Wells and The Chief got into a verbal dustup. When it was over the radio broadcaster had a black eye which was talked about and laughed about for many years.

When TV did arrive in 1954, Wells became host of a weekly show called *Football Huddle* and Andy Currie was one of his regular guests. In 1957 when I was 10 years old, I was allowed to watch *Football Huddle* from behind the cameras at CBC Winnipeg. Part of the thrill that first day was shaking the hand of Winnipeg's next great quarterback, a lanky kid from Iowa named Kenny Ploen. Before coming to Winnipeg, Ploen had led his college team, the Hawkeyes, to victory



Ken Ploen (Photo source: Blue Bombers)

in the Rose Bowl on New Year's Day. As a Blue Bomber, Ken would go on to appear in the Grey Cup six times, winning four times. He didn't have nearly the flash of Indian Jack, but he was undoubtedly a winner.

I never even got to shake the hand of Jack Jacobs, but I'm delighted to still regard *Ken Ploen* as a friend and colleague. After he retired as a player in 1967, he and I were involved in many pre-game and postgame broadcasts on CJOB. Ken is 86 now, and Winnipeg has been his home more than three times as long as Iowa ever was.

Memory issues have complicated life for he and his wife Janet in recent years, but physically Ken looks like he could still play the game.

Somewhere between the Jack Jacobs and Kenny Ploen eras, my 'wish list' of possible careers for myself began to evolve in a most interesting way. My rabid love of Canadian football had to compete with a growing passion for anything to do with movies.

How about being a championship quarterback, who stars in movies in the off season? Such wonderful fantasy fun, huh?

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

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# *Digging Deeper: What's Behind the Headlines in Dementia Research?*

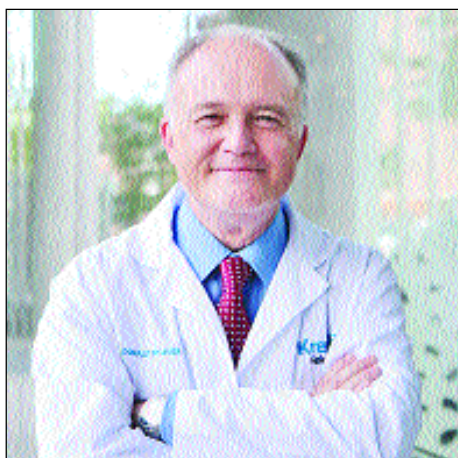
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Organized by the Alzheimer Society of Manitoba, the forum is called *Digging Deeper: What's Behind the Headlines in Dementia Research*. The talk show format will feature a dynamic conversation with Dr. Donald Weaver of the Krembil Research Institute about important dementia-related topics reported in the news. He will discuss the impact COVID-19 has had on people living with dementia, new diagnostic techniques, ongoing clinical trials for



**Dr. Donald Weaver**

treatment and primary prevention strategies.

Forum participants will have the opportunity to engage in intriguing dialogue with this expert. As well as being a practicing neurologist, Dr. Weaver is an internationally recognized research leader in drug design for neurological disorders. He has designed and co-developed two drugs that have reached phase III human trials and has four others in preclinical development. He has been the Director of the Krembil Research Institute, University Health Network, since 2013.

Interested individuals can register now by going to [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca) and clicking on the “Digging Deeper” link on the



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# Manitoba needs a Seniors Advocate

By Trish Rawsthorne

The faith-based personal care homes in Manitoba are asking the provincial government to mandate COVID-19 vaccination for staff and essential caregivers. Right now there is no requirement for people living in the most vulnerable care situations to be protected from unvaccinated care staff.

For-profit Personal Care Homes (PCHs) can ask this of their staff and request it of essential caregivers.

Both non- and for-profit PCHs know this demand for proof of vaccination might reduce their staffing numbers but they are hoping that this will not affect an already lean staffing ratio to the detriment of those being cared for within these facilities.

I did hear that two large inner city PCHs, that were both in the news, have a combined total of 108 vacancies. So less staff right now might not impact those facilities not at full capacity; however, there could be a continuing decline of staff wanting to work in lower paid, short staffed and fewer benefits facilities in Long Term Care because of the influx of newly established private businesses distributing small fliers in mail-boxes advertising to provide "care in your own home".

The new ventures of care service providers into the private homes of seniors needing care, may be asking their staff the same vaccination requirements to hold safe those for whom they will be providing care.

One issue that needs to be raised here is what are the set standards for caring for vulnerable people in their own homes? Are all staff required to show the home owner their official immunization card as most won't have the QR readers apps.

Regional Health Authority Home Care has provided care in peoples' homes for several decades and many people have hired their own caregivers from various agencies or individuals under the Self-Managed Care Program, available through the Home Care Coordinator's assessment to the Regional Health Authority. Do all Home care staff have their Immunization cards? Likely not.

In order to make the Self-managed care home based program work, there must be a responsible designated person, ideally related to the person receiving the care, or the legally authorized person, like the Power of Attorney (POA) or person designated on the Health Card Directive, if the person receiving the care is unable to manage the financial records and hiring themselves. Some of the agencies or businesses, that have staff available to provide ongoing care in the home, may offer their services to manage the payment of the staff, which takes that burden off of the person or POA or other person in charge of the finances. Some person with knowledge about the person needing care ought to be monitoring the care and ensuring it meets the specific care needs of the person.

For some people, this will be uncharted territory, and sometimes the health care system is hard to navigate through especially if there are problems or issues, how does one discuss and resolve these if they can't find the proper person or department to report these issues?

It would be helpful to have a coordinating office that has access to this information and can function as a sounding board for users

of home care services, both public and private agents; and can point people in the right direction; and be able to assess whether or not the existing services are functioning as they should and monitor the old and new services (companies/organizations offering care in the home) for any anomalies or changes that might benefit the people in need of the care services.

This is where the **Office of the Seniors Advocate** could come in handy as they could facilitate information from a central location that deals exclusively with older persons' needs and problems. This Office would be able to alert health care officials and the legislature of the changing and evolving needs of older persons in Manitoba, and would be able to investigate complaints and issues related to this segment of the population, and report on their findings.

Other Seniors groups could be created such as Seniors Advisory Councils for institutional care and community based aging in place and related services for care needs.

There is likely going to be an increase in the requirements for age-friendly housing alternatives for those wishing to age in place, and this could be supported by the Office of the Seniors Advocate, and communicated to the municipal government as well as the Federal government, which often has funding and grants for seniors housing initiatives available.

There are many considerations and safeguards that ought not to interfere with one's ability to direct and express one's own personal care needs, whether in a facility environment such as a Personal

Care Home, or in a newly created aging in place community such as the Naturally Occurring Retirement Communities (NORCs) or in one's own home, the care needs of a person is theirs to make, and is to be respected by those offering the care service. Those, who are, by legal definition, the decision makers for those who cannot at all make their wishes known, need the same respect as well as those offering the care - they all must centre on the person's individual desired needs.

There must be a formal and easily accessible way for the individual or the designated formal or legally designated caregiver, the ability to report concerns of abuse or neglect to the designated Office directly involved in the area the care of older adults in Manitoba and the ability to investigate and report on the findings in a timely manner. That Office should be the **Office of the Seniors Advocate** for Manitoba.

In this time of flux and change, having a dedicated **Office of the Seniors Advocate** that is tied specifically to the needs of older adults in Manitoba is surfacing in many provinces such as Ontario's newly created **Seniors Advocate Act**, which is in the process of being reviewed now. Manitoba is in need of a similar Seniors Advocate Act. ■

*Trish Rawsthorne is a long time advocate for seniors and a retired registered nurse who followed seniors cares since 1970. She has two Facebook pages centering on older adult issues - **Canada Long Term Care Reform** and **Manitoba Seniors**, and had been 3 years on the Advisory Councils for LTC (WRHA).*

Get your next issue of **Senior Scope** (Sept. 10-Oct. 9/21) to read about the 'MANITOBANS DESERVE A SENIORS ADOVCATE FUND' founded by David L. Bowles and Ms. Karen Meekler. Any monies donated are 100% under the total administration and allocation control of the Winnipeg Foundation.







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# Financial Abuse – How to Avoid Becoming a Victim

- Treena Nault, CFP, RRC, Executive Financial Consultant

Financial abuse is on the rise. Criminals are finding new and innovative ways to take advantage of people, particularly through social media and the internet. Always be on the lookout for financial abuse and take precautions to protect yourself. Here are a few things to consider:

If you are concerned about what to do if you or a loved one is starting to experience memory loss or a decline in decision-making capacity, here are a few suggestions:

- **Act quickly, and act early.** In most cases, individuals experience a gradual decline in their decision-making capacity over an extended period of time. If you are starting to struggle with some of the decisions you are being asked to make, reach out for help, but from trusted sources. Communicate with your doctor, financial advisors and family members about the challenges you are experiencing so that you can get the type of help you need. It's important for those in your close circle to understand that you are starting to struggle, so that they know that you may need more assistance with more complex decisions. It will also alert them to be on the lookout for financial abuse, as individuals who suffer from dementia are more likely to be the victim of scams.
- **Communicate your limits and your abilities.** Decision-making capacity is very time and situation specific. Although you may no longer have the ability to make complex decisions, you may still have capacity to make simple decisions. Tell your advisors and doctors which decisions you are

struggling with, and when you need help. Understand that simply asking for help in some circumstances does not mean that you will not be able to make any decisions on your own.

- **Review your overall financial plan.** Speak to your financial planner to ensure that your plan is up to date. Explain that you are having difficulty making complex decisions. Your advisor may recommend moving to a more conservative portfolio, or consolidating your investments so you have fewer accounts or different types of property to worry about (for example, businesses or real estate). Your IG Consultant can help you to find ways to simplify your investments and help you manage your assets for as long as you are capable of doing so.
- **Maximize the use of available tax credits.** As your condition progresses, you may be able to claim various tax credits, including the disability tax credit, the medical expense tax credit and the caregiver tax credit. Speak to a tax accountant or your IG Consultant about which credits you may qualify for, and what you need to do in order to be eligible to claim them on your tax return.
- **Consider whether your wishes are properly documented.** Ensure that your estate plan is up to date. In the early stages, you may still have capacity to sign documents like a will or power of attorney but that may no longer be the case as time goes on. Speak to a well qualified estates lawyer (preferably someone who has their TEP or "Trusts and Estate Practitioner") designation about how to best pro-

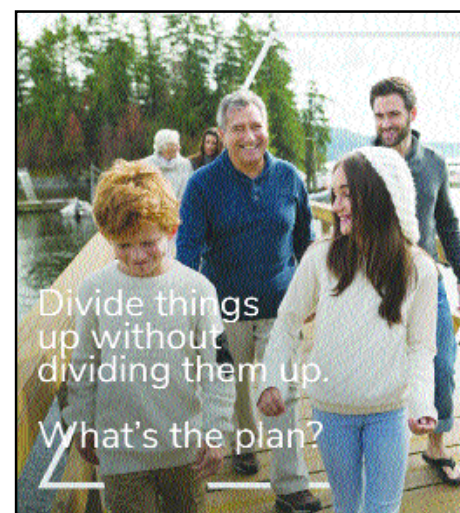
tect yourself in the event you suffer a serious decline in your decision-making capacity. Although it is always important to have these documents in place, the issue will become even more acute as your mental capacity starts to decline. Under no circumstances would "do it yourself" kits or online documents be recommended. Understand that if you complete the documentation incorrectly, your family will not be able to correct it after you no longer have sufficient capacity to do it yourself.

- **Build a network to provide you with support.** Reach out to associations like the Alzheimer's Society for support. These groups have extensive experience in supporting individuals through various challenges and can help you to prepare for what may come next. Knowing that you're not alone can help to bring peace of mind.

The onset of dementia can be a difficult experience, but you don't have to go through it alone. Reach out to your close network and confide in your close advisors to get the support you need to live your life to the fullest. ■

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## Premier Brian Pallister announces - not seek re-election

Premier Pallister: "I have informed my caucus colleagues that I will not be seeking re-election as a member of the Manitoba Legislative Assembly."

After almost 10 years as the MLA for Fort Whyte, and more than five years as our province's premier, I believe now is the time for a new leader and premier to take our province forward. The honour of my life has been serving as your premier.

Together, Manitobans faced an extraordinary challenge like no other this past year and a half of this (covid-19) pandemic. Our government had to make difficult, unprecedented decisions each and every day. But now, through our collective efforts, Manitoba is poised to recover stronger than ever. Our vaccination rates lead the country. Our job growth leads the country.

Today, Manitoba is incredibly well-positioned to springboard into a stronger economic future.

The only thing better than today in Manitoba, is tomorrow in Manitoba.

Pallister got his start in politics in Portage la Prairie almost 30 years ago and was elected as Member of Parliament in south-central Manitoba three times. ■

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# Connecting Over 40 Manitoba Communities: The MB 55+ Virtual Games

**Manitoba 55+ Virtual Games: June 14 – August 31, 2021. Presented by PlayNow.com**

By Karyn Heidrick, Manitoba 55+ Games Coordinator

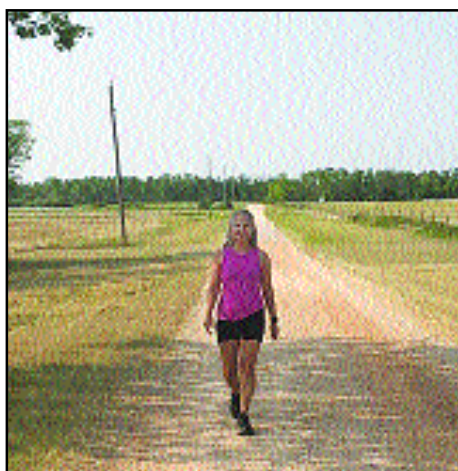
Through the **MB 55+ Virtual Games**, 55+ Manitobans representing over 40 communities throughout the province are re-engaging and having loads of fun. Participants are keen and motivated, filling their summers with activities, games, arts & crafts, and they aren't done yet!

Since the 55+ Games have been extended until August 31, 2021, there is still a whole month of summer left to join in the fun for the final month of engagement. You can sign online through the **Active Aging in Manitoba** website [www.activeagingmb.ca](http://www.activeagingmb.ca) or by calling **204-261-9257** or toll-free at **1-866-202-6663**. You can do little or as much as you like; it's entirely up to you.

Participants have told us that they have been having lots of enjoyment along with great experiences - sharing their inspiring stories and feeling proud of their accomplishments!

Several hundred participants have already signed up and are a part of the FUN this summer; more are continuing to register after hearing about the **MB 55+ Virtual Games**.

They have found joy in their favourite activities, trying out new activities or sports that they have never experienced before, and challenging their friends to some friendly competition along the way! All participants are keeping track of their activities and experiences



**Norma Jones** - a long time participant of the 55+ Games, keeping active for the MB 55+ Virtual Games.

while reaping the benefits of participation, engagement, re-connection and being physically active.

One of our long-time Games participants, **Norma Jones** makes time to keep active this summer participating in the MB 55+ Virtual Games by enjoying the great outdoors cycling and walking!

Another long-time participant of the Games, **Ida Theodore**, age 82 - keeps her golf game sharp by participating in 18-hole golf at her local golf club in Swan River, MB. She has been a participant in the MB 55+ Games ever since she became eligible, over 27 years, and has attended each year except for one. Ida appreciates being able to partic-



**Ida Theodore** - another long time participant of the 55+ Games.

ipate this year and is looking forward to competing next year!

AAIM wants to make it easy for all older adults to participate, engage and have fun. Inspiring all older Manitobans to get active, be active, and stay active throughout the summer months. Encouraging everyone to participate in whatever way that they can.

Check out the MB 55+ Games participant map on our website, [www.activeagingmb.ca](http://www.activeagingmb.ca), to see where all of the action is happening throughout the province.

**There is still time to register** and participate in the Manitoba 55+ Virtual Games? It's easy:

1 - Download a registration form

and activity tracker from the Games page on the AAIM website, [www.activeagingmb.ca](http://www.activeagingmb.ca).

- 2 - Register yourself.
- 3 - Track your activities this summer.
- 4 - Submit (at the end of the event, August 31) your physical activity tracker along with any photo or story you'd like to share to be eligible to win some great prizes.

Join your fellow Manitobans, connect virtually in the 2021 MB 55+ Games - presented by **PlayNow.com** - It's simple, free, and fun!

Find Manitoba 55+ Virtual Games resources on the Games page on the AAIM website at:

[www.activeagingmb.ca](http://www.activeagingmb.ca).

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## Welcome Back... It's Been a While!

Close your eyes and imagine the bells and whistles of the slot machines, the ball dropping on the roulette wheel and cheers of excitement all around you! Starting July 28, Manitoba Liquor & Lotteries, a long-standing sponsor of the 55+ Games, is pleased to welcome you back to their casinos – **Club Regent, McPhillips Station** and **Shark Club Gaming Centre**.

In accordance with Public Health Orders, casinos open to fully vaccinated customers, with face masks mandatory. You'll also notice several changes during your visit that ensure the health and safety of customers and staff, including spaced out machines that allow for physical distancing.

Restrictions permitting, sometime this fall the bus tour program will be back up and running. Bus tours are available from destinations around Manitoba and include perks for anyone booking from outside Winnipeg.

Social groups to senior homes in Winnipeg are welcome to book a bus

tour to McPhillips Station or Club Regent Casino, if you meet the minimum number requirements.

"We're happy to help plan your visit from anywhere in the province," says Maria Marinelli, Tourism Events Coordinator with **Liquor & Lotteries**. "We can connect you with a private tour bus operator who will take care of everything for you, and purchased packages usually include meal options, a ride there and back and other incentives." For more information email: [TOURISM@mbll.ca](mailto:TOURISM@mbll.ca).

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## THE BUZZ

By Scott Taylor  
Photo by Randy Grossman

# OLIVEIRA LEAD BOMBERS TO WIN,

Cont'd from front page

Winnipeg, I used to come to games here as a kid, sit in the stands and watch a game, and now that I'm able to experience it and go out there and soak it all in, well I had so much fun out there tonight. It was truly amazing. It's a game I'll remember for the rest of my life."

It's likely a lot of people will remember the evening, the third such evening for Winnipeg sports fans during the first week of August.

After all, on Monday night, fans were finally allowed back at Assiniboia Downs to watch the 73rd running of the \$100,000 Manitoba Derby as a Vancouver-invasion named Uncharacteristic outduelled the American-invasion, Myopic, to win at the wire. More than \$2.5 million was wagered on the event from all over the world.

Then, on Tuesday night, nearly 2,500 baseball fans showed up at Shaw Park to watch the Winnipeg Goldeyes return to action against the Sioux City Explorers.

However, in terms of the crowd, the television spotlight and the national interest, Thursday's CFL season opener at IG Field, was the Canadian news story of the year.

Sure, the NHL had played an entire season and crowned a Stanley Cup champion and the Montreal Canadiens' run to second best was clearly Canada's national sports story of the year, but to jam 29,376 mostly-unmasked spectators together – double-vaccinated or not – into what is really a cozy football stadium on a university campus, will be watched closely and remain news for weeks to come. Will the game spread COVID's Delta variant? Will the players, many of whom are unvaccinated, be negatively affected by the close encounter with other unvaccinated players? Is this now something we can do safely, regularly as long as people have that vaccination card?

For those in attendance, none of that mattered. They were back watching their beloved Blue Bombers win and that was the story in a nutshell. Even though it will be a shortened 14-game CFL season (down from the usual 18 games), that was of no interest to the fans who showed up to (a) party, (b) watch football in a large group again and (c) celebrate the raising of the 2019 Grey Cup banner.

On the field, their team was outstanding.

Hamilton opened the scoring as

Ticats QB Jeremiah Masoli hit receiver Jaelon Acklin on a 37-yard TD pass. Masoli failed on a two-point conversion but because heavily-favoured Hamilton scored on its first possession it appeared as if this might be a long night for Winnipeg and its faithful fans.

But at that point, the Bombers crushing defence said, "That's enough." They shut down Hamilton for the next 56 minutes. Masoli finished

**“They shut down Hamilton for the next 56 minutes. Masoli finished with 24 completions on 41 attempts for 242 yards, the opening-drive touchdown and two interceptions. The Winnipeg D was simply too much.”**

ished with 24 completions on 41 attempts for 242 yards, the opening-drive touchdown and two interceptions. The Winnipeg D was simply too much.

On the other side, Winnipeg quarterback Zach Collaros found Lawler for touchdowns of 25 and 28 yards as Collaros went a conservative 18-of-28 for 217 yards, two touchdowns and no interceptions. By not turning over the football, Winnipeg controlled field position and allowed the Bombers defence to take a few chances.

Recently-acquired kicker Tyler Crapigna had two conversions and a 15-yard field goal to add to a two-point safety as Winnipeg had a relatively easy time thanks to Oliveira's ball control and an awesome defensive effort.

"To be able to come together and get things done for the city of Winnipeg and for the fans to be able to celebrate what we accomplished in 2019, it's amazing," offered Collaros. "It's amazing that we're here tonight and that we got here at all."

The Blue Bombers home opener, combined with the Derby and the Goldeyes' return provided a sense of normalcy at a time when COVID is running rampant through the United States and there is no sign the pandemic will ever go away.

However, as Bombers fans proved on Aug. 5, if you get vaccinated, you can live life again. One can always hope it will encourage the people who still don't get it. ■

## Sri Lanka Seniors - Healthy Living Practice (Weekly)

By Senaka Samarasinghe, President - Sri Lankan 55+ Seniors Group



**July 9th (FRI) 2021** - Our last virtual Healthy Living Practice (HLP) preformed on April 6th 2021. Due to pandemic restriction, we were unable to conduct virtual weekly sessions for sometime. With lifting of the restrictions, we started weekly HLP on July 6th at Assiniboine Park closer to Duck Pond.

As few members need rides arranged rides for them. A notice was sent to all members to be at 10.30 am at the above location. At the beginning the team leader announced the type of practice scheduled for the day such as walking, fitness or Yoga. Based on the capacity of each member the team leader formed few groups and appoint a leader for respective small group. By 11.00 am all groups started HLP and they were instructed to gather at 12.00 noon. From 12.00 noon to 1.00 pm was the fellowship period. Light meal was also



provided during this time.

Sri Lankan Association of Manitoba (SLAM) conducted its Annual General Meeting June 19th and elected new Board Members. Vajira Pathirana was elected as the President of SLAM. As a matter of policy, we always invite President, SALM and his wife for our events. With a short notice Vajira respected our invitation and participated. Further, he said that he will participate our future events with his wife Varuni. ■

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Spotlight Feature - **Harry McFee:**

# Recollections of Wooden Grain Elevators

I am the youngest of 3 children .. now 80 years old and the survivor of the others .. I stopped smoking in 1989 after 30 years .. that decision probably will give me 'long life'. Following my employment with National Grain, I then worked about 30 years for the Teachers' Retirement Allowances Fund as Accountant-Payroll Supervisor.

My outside activities have evolved around Jennifer and Colleen. They were both Highland Dancers (I volunteered for work duties), piano, swimming and school.

I am also a Masonic member (50+ years) and a Khartum Shriner .. and upon retirement, took great interest in recording Biographies of Teachers and Mason friends and parents, uncles and strangers (new friends) of their Military Experience during the Second World War. My dad and Darlene's dad could not serve due Medical Unfitness. Each father tried to enlist .. twice .. but were turned away. But our uncles volunteered and accepted and following extensive training .. served in front-line positions.

Darlene had six uncles in the Military and I had two. .. one of my uncles was a famed Spitfire pilot (decorated at

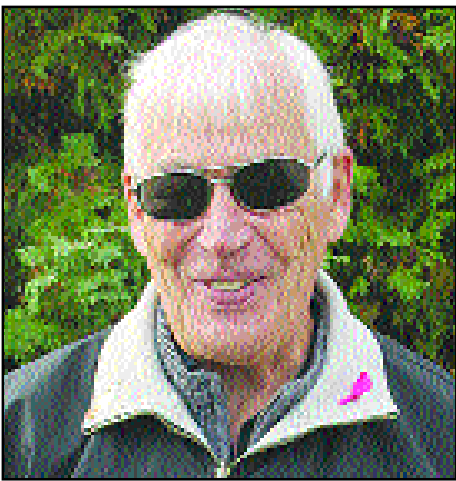
Buckingham Palace) .. but following the war succumbed to alcohol in 1956 at age 42. .. Too many harrowing experiences .. and his brother was wounded at Normandy .. recovered .. fought to liberate Holland.

I don't think he was able to put this experience in the past ... he was married and had 3 boys ... but died at age 60 ... a very quiet man... I had only two uncles ...

My dad was a Chartered Accountant and my grandfather was a CN Locomotive Engineer .. but those are other stories. (CN account included in a published book by Barb Lange)

Following one year employment with the TD Bank, I began work in 1960 with the National Grain Co. Ltd. as a young 19 year old inexperienced and city born fellow. At the time, my brother was working with the UGG and we were in "friendly" competition." Actually, he provided some insight about the grain industry and later, I curled with him in the UGG league. (I recall one game against Mac Runciman, UGG President). My brother and I car pooled into the downtown Winnipeg .. he on Main Street and I was on Lombard Street. Our sister had previously worked for Lakeshippers' Clearance Ass'n. in the Grain Exchange where I was now working. National Grain Co. Ltd. was a wholly owned subsidiary of the giant Peavey Company in Minneapolis, Minn. U.S.A. Our president was George Peavey Heffelfinger from that U.S.A. city's Head Office. A year or so later, my brother left UGG to join the RCMP with his training at Depot in Regina and became an Officer in September, 1962.

It was awesome to work in "the heart" of the Grain business and to see the Trading Floor openings which radiated so much excitement of daily trading and the "Future's Market" commitments. I recall the first very large wheat sale to Russia in 1962. My first job was recording the daily grain purchases which information from our elevators forwarded to the our Trader (V.P. Bob Phillips or Ken McKenzie) for deliveries to our Thunder Bay Terminal, the Port of Churchill, Vancouver or Prince Rupert. It was a time when grain quotas were regulated by the Canadian Wheat Board for Wheat, Oats and Barley. Also, there were the non-board transactions for Feed Grain to supply Feed Lots across the Prairies. All major Grain Companies paid "patronage dividends" to their loyal customers delivering grain to the elevators.



Harry McFee

After a couple of years in this position, I was then transferred to the Grain Shipment Dept. and I was the person for "Claims" of 'lost' grain because all shipments were in railway box cars which "leaked" grain along the rail tracks. It was an every day occurrence and not too efficient. I filed daily claims with the Grain Insurance and Guarantee organization.

National Grain had a very large warehouse in Saskatoon and somewhat smaller operations in Winnipeg which supplied parts for all farm equipment, chemicals, fertilizers, coal to all our 325 country elevators. However, there had never been an "Inventory Count" of all the stock ... anywhere. So, in the winter of 1962-63 the warehouses were closed to all transactions and a detailed count of all contents (Winnipeg and Saskatoon) as well as inventory counts in each of the grain elevators was made to "keep track" of all items. It was a huge undertaking. I was then teamed with another employee, Ed Postello and we had to reconcile the "shipments to" to the elevators and the "sales" to customers. Some differences were unaccountable.

In 1965, there was an apparent need of an elevator "helper" in our



Harry worked at an elevator similar to this one in Warren, MB.

Dawson Creek location. I recall that four or five young fellows were asked if each one would like to try to "learn the business from the ground - up". Another fellow, Bob Dyck, and I were the only two to agree to this experience. But, for a city fellow like me .. it was an eye-opener. I drove the very long distance .. 400 miles or so northwest of Edmonton to Dawson Creek, B.C. which was "Mile 0" on the Alaska Highway. I arrived in late May and the farmers were still ordering fertilizer and chemicals. (Avadex BW and DDT etc.) Actually, the fertilizer was in 50 lb bags and later changed to 80 lb bags. (there was no 'bulk' fertilizer at that time) .. July was somewhat quiet .. but in mid-August, the ripe crops began to be harvested .. and then, there was a never ending line-up of customers at our elevator at 8 a.m. each morning. Dawson Creek had nine grain elevators and I presume that each was as busy as we were. From the time I arrived in Dawson Creek in May until I returned to Winnipeg in December (for Christmas) I was working 10 hours per day, 6 days per week .. and the Manager wanted me to work on Sundays, too. There was no minimum wage nor overtime paid to employees in 1965.

Being a city lad, I was never exposed to grain dust .. and now I always had grain dust in my nostrils and throat .. my clothes were turning a very dark grey even though they were washed regularly at the rooming house where I lived. The family was really very good to their boarders .. with meals, beds and laundry. I never wore a dust mask as I don't think anyone had them at the time. The wooden grain elevator had a large electric "lift" which secured the front wheels of the farmer's truck and was hoisted into the air. The wee door on the back of the grain box of the truck was opened and the grain was dumped into the large metal 'pit' while we took small samples for grading. If the farmer and the elevator Manager could not agree on the grade or dockage, then a sample was sent to Winnipeg for an "Official Grade" by an expert. The dumped grain was "elevated" by way of an endless belt (called a legge) to which attached were 'cups' about the size of a bread baking pan .. scooped up and carried up to a multi-armed device to send the grain into the respective bin. The "legge" was wonderful in its performance but occasionally, we had to go to the top .. on a one man "lift" on a rope .. simply push down on the foot pedal and pull on the rope. Up you went to the top. However, there was another aspect to this .. "the Boot" .. which was in the lower area of the elevator below the legge .. and very fine dust accumulated there. Occasionally, I would be sent down the ladder to 3 or 4 feet of dust .. a big bucket on a rope .. and the Manager would haul it to the mail floor for disposal. It was a terrible job as I couldn't see nor breathe but I did wear a mask.

Loading box cars .. I think we loaded 167 cars from mid-August until mid-November ... usually about 2,000 bushels per car .. mostly for

Continued on page 10

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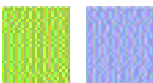
# Affordable seniors housing throughout Winnipeg



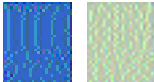
**Swedish Canadian Home – 5419 Roblin Blvd.**  
Bachelor - \$550  
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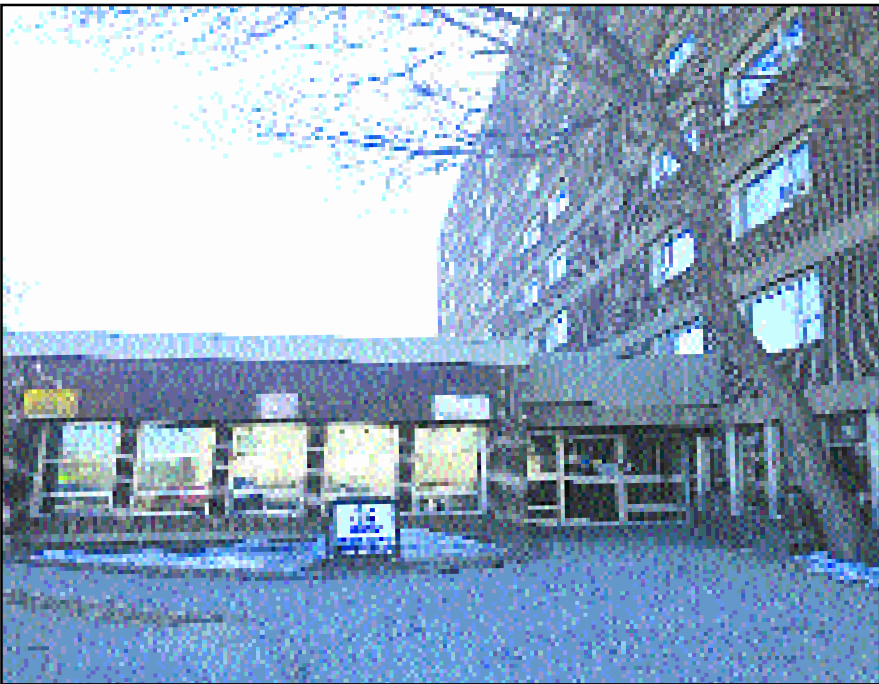
**Legion Gardens – 675 Talbot Avenue**  
Veteran & Legion Member Housing  
1 Bedroom - \$419 - \$589  
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**St. James Legion Lodge – 2730 Ness Avenue**  
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Rent includes all utilities.  
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**Monash Manor – 865 Sinclair Street**

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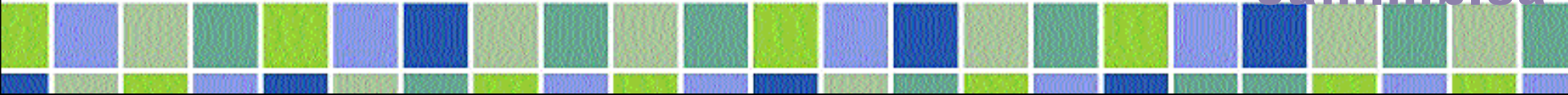
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Things To Do

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More listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

MISC EVENTS

**ANAVETS Assiniboia Unit 283** - OPEN as of July 24 with the latest Health Rules in Place. Mon-Sat, 10 am- 6 pm. **LABOUR DAY WEEKEND BBQ & MEAT DRAW**, Sept. 4th. Join us at the Friendly Place! **3584 Portage Ave. 204-837-6708**

**Interlake WAVE Artists' Studio Self-guided Tour** - Sept. 4 & 5, 10 am - 6 pm. 27 Interlake artists from St. Andrews to Arborg will open their studio doors to the public. Art demonstrations and art sales. Check [www.watchthewave.ca](http://www.watchthewave.ca) for any last minute changes or call **204-782-0717**.

SPORTS

**Pembina 55 Plus Men's Curling League** - In-person Registration Session for individual curlers, Wed. Sept. 8, 1 - 2:30 pm at the Pembina Curling Club, 1341 Pembina Hwy. Season consists of 4 rounds with each round consisting of 10 games. Two games are played/wk, alternating btw Mon. Wed. and Fri. at 1 pm, Oct-Mar. Teams estab-

lished by random selection before start of each round. Various options: play only one, two, three, or all four Rounds. Or, you can start by sparing. Info at [55pluscurling.com](http://55pluscurling.com) or email [contact@55pluscurling.com](mailto:contact@55pluscurling.com)

VOLUNTEERING

**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](mailto: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](mailto:service@actionmarguerite.ca)**

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

**Deer Lodge Centre** - 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit [www.deerlodge.mb.ca/volunteers.html](http://www.deerlodge.mb.ca/volunteers.html)

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**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](mailto:msitter@victorialifeline.ca)

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: [cliewicki@extendicare.com](mailto:cliewicki@extendicare.com)

PROGRAMS / SERVICES

**Pembina Active Living (PAL) 55+ -** Online and some in-person summer activities are continuing. Yoga in the park (Crescent Park) is still available. Info: **204-946-0839** [www.pal55plus.com](http://www.pal55plus.com), email [office@pal55plus.com](mailto:office@pal55plus.com)

**Dufferin Senior Centre** - Due to the pandemic, the Centre is closed until further notice. Info, Al: **204-771-3325**

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.

**Rainbow Resource Centre** - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email [otr@rainbowresourcecentre.org](mailto:otr@rainbowresourcecentre.org).

**Caregiving With Confidence is now a program of A & O: Support Services for Older Adults** - We are pleased to announce that Caregiving With Confidence is now an **A & O: Support Services for Older Adults** (A & O) run and operated program. Our primary focus continues to be providing supports for family caregivers of older adults. It is important to note that our programming will remain the same. Contact **Caregiving with Confidence: 204-452-9491** for more info.

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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](http://www.dauphinseniors.com)**

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

Interlake North Eastman

- Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource **372-6861**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to

Seniors 444-3139; Teulon and District Seniors Resource Council 886-2570; Two Rivers Senior Resource Council, Lac du Bonnet 345-1227, Pinawa 753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128

**Lorette - Yoga for You** - ONLINE yoga classes Tuesday mornings, 9:30 am and Wednesday evenings, 6:30 pm. First class is free, then \$5 per online class. Adults of all ages and fitness levels, and mature teens are welcome – no experience needed. To register, text: **204-330-7456** or [juliette.nadeau@outlook.com](mailto:juliette.nadeau@outlook.com)

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

Montcalm Service to Seniors

- Joanne: **204-304-0551** or [jbarnabe@hotmail.ca](mailto:jbarnabe@hotmail.ca)

**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>

**Seine River Services for Seniors** - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**. **Les services rivière seine pour aînés** - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

A & O: Support Services for Older Adults

- Programs to help you stay connected and active.

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

Call/email to inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** | [info@aosupportservices.ca](mailto:info@aosupportservices.ca)

SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.

Download the **SCWW 2021 Program Guide** at: [www.aosupportservices.ca](http://www.aosupportservices.ca)

# Harry McFee, cont'd from page 8

shipment to Vancouver. In preparation of the box car, we had to throw 10 grain doors (50 lbs each) into the open doors .. climb up and nail them into the opening of the doors (sort of tongue and groove type). Then we had to cover that wooden apparatus with paper (large rolls) which we stapled to the frame. You can understand why there was "leakage". Well, then there was the grain "spout" which had to be mounted and secured to the grain door before we could begin loading the weighed 'hopper' from the bins. We recorded each 'hopper' until we reached the

proper limit .. not to exceed which I did once because then I had to unload to overage from the box car. When the grain car was filled, then I used a hand winch under the wheels of the car to move it along to a further spot .. then climbing the ladder to find the wheel to secure the brake. Then, I would have to move an empty car into place in front of the elevator and begin the process all over. During this delivery season, we also took in one million pounds of fescue for shipment to a Seed Plant in Edmonton .. first by Semi-Trailer in very large burlap sacks .. then we

tried to ship it in bulk through the grain elevator. Each was a very difficult operation. Later the Seed Plant in Edmonton burned to the ground and I felt that all our hard work was "for naught". The elevator manager spent an awful lot of time at the coffee shop with customers, chemical representatives, and seed buyers. A lot of P.R. work but the physical work seemed to be mine. Ah, November, 1965 .. there was a grain spillage on the roof of our grain annex (or cribbing) .. from the spout that transfers grain. The District Manager and the Elevator Manager then were able to repair the spout from inside the elevator. I was given the job "to take a broom and sweep the spilled grain from the roof" which I attempted to do. (there were no Safety harnesses nor any instructions provided). Up I climbed the exterior ladder to the roof .. cleaned the North side of the Annex where there was some snow .. not much grain spillage .. and then to the south side of the roof where the Sun's warmth had melted the snow .. and I began sweeping there. Well, I had a small handled broom (regular) and the pitch of the roof was steep and the grain seemed to be under my boots .. and away I started to slide .. and oops .. over the edge of the roof I went, landing on the driveway entrance. I broke my wrist, banged my head and my knee and

was severely shaken up after falling about 20 to 25 feet to the ground. It was late-November. I worked in the elevator office trying to complete written reports with a cast on my wrist. I looked forward to Christmas in Winnipeg with my family. I agreed to take one of our customers with me to Winnipeg as he had arranged to purchase a new truck at a dealership. His name was Gord Watson and on one of his dump trucks was a yellow truck box which he obtained after the U.S. Army returned home following the construction of the Alcan Highway. It transferred easily to his truck frame. In 1966, I was transferred to Calgary but there was no training involved and I was conflicted with the Office Manager. I resigned but returned to the Winnipeg office to work again in the elevator-fleet car-home insurance where I paid the Municipal Taxes for all of our locations. I left employment in the grain business in June, 1969. National Grain built one of the first Inland Terminals at Elm Creek, Mb. but the company was sold to Cargill in the early 1980's. Apparently, Cargill did not have any business holdings in Canada at the time but was anxious to establish themselves throughout the West. My injuries have returned as I will receive new knee replacements in Winkler, Mb. I am now 80 years of age. ■

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Expo Table Bookings and Directory Listings are available by calling 204.414.9290 (Rick)

## Pros Know Expos Update - More Guardians, More Excellence!

Well here we are, six weeks to go before our first Expos date this National Seniors Day, Friday, October 1st at the Seven Oaks Sportsplex. Most restrictions lifted because the vast majority of our population stepped up to the vaccination plate and got things looked after. Thanks so much. October will be a special month indeed.

In case you're wondering, we still require masks for everyone in attendance at all four shows. This is the wish of over 95% in our internal straw poll and will be respected and enforced. Until such time as we've officially beat this thing and we can be assured that our Children and Grandchildren will be safe too, the grown-ups must take responsible measures to not get them infected. We thank you in advance for this.

Okay, back to some fun stuff, our latest 'Guardians of Excellence'. We are overwhelmed at the quality of humans we have as part of the Expos and these next two ladies are prime examples of people dedicated to improving the quality of life and



of The **Pros Know Expos**

wellness in our 55+ community. Ekean Saad is the Sales & Marketing Director for Brightwater Senior Living of Tuxedo. Her job, if you want to call it work, is to help folks find the right fit when looking for an assisted living lifestyle.

Brightwater, long known for their high standards and commitment to their residents, was the perfect fit for Ekean herself when she was

looking to give more in her professional life. Case in point, from the moment Covid was a concern for all, especially the 55+ care community, Ekean jumped right in to do multiple functions at Tuxedo including assisting their resident care staff where needed. Many long hours, days and months later, they have all reaped the rewards of her caring ways. So when you talk to her about Brightwater of Tuxedo, this fine lady truly knows what it takes and what their commitment is to your wellbeing.

Looking for an excellent assisted-living experience, Ekean can be reached by calling **Brightwater Senior Living of Tuxedo** at 204.229.1236 or you can visit their website at [brightwatertuxedo.ca](http://brightwatertuxedo.ca).

Our next 'Guardian of Excellence' is a gal who really moves us. In every way, literally! Lisa Sinnicks, Owner of 'The Seniors Moving Company' and her staff have carved a special place in the hearts of those they have helped to sort, pack and move over the

years. Lisa's experience working for Manitoba Housing, showed her first hand the need for a special company that would understand the various unique relocation needs of most 55+ residents.

Knowing that every client and their situation can have different requirements and agendas, Lisa and her experienced staff use a soft-touch approach to handling sensitive moving needs. Their straight up, no-nonsense standard moving practices makes them one of the most sought-after moving companies around. The bottom line; they have the experience, expertise and compassion to help you transition during your lifestyle changes.

You can contact Lisa at 'The Seniors Moving Company', 204.415.4444 or by visiting their website at [seniorsmovingco.com](http://seniorsmovingco.com).

Both of these awesome ladies will be on hand for our Expos in October.

Thanks for now, Trish & Rick

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### Seniors Helping Seniors Entre aînés, on s'entraide

#### August kits - Free

##### Terrarium

Try your hand at creating a small home for a succulent! Kit includes instructions, and all the materials you need to design this stunning small ecosystem.

##### Oral Care

Dr. Jeffrey Hein at Seine River Dental Centre provides important information about caring for your oral health. Kit includes informational booklet and oral care items.

##### Physio

Dr. Julie Vermette, a physiotherapist at Sainte-Anne Physiotherapy and Sports Injury Clinic has collaborated to share some important information concerning physical well-being. Kit includes informational booklet, at home exercises with small item exercise equipment.

Twenty kits are available per theme.  
Requests for kits will be accepted  
August 16-20. First come, first-served basis.

Call 204-424-5285  
email [labseinerss@gmail.com](mailto:labseinerss@gmail.com)  
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Seine River Services Services Rivières Seine  
for seniors pour aînés

This project is funded by the Government of  
Canada's New Horizons for Seniors Program



### Temple Gardens Mineral Spa Motorcoach Tours

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\$499.00 pp dbl occ

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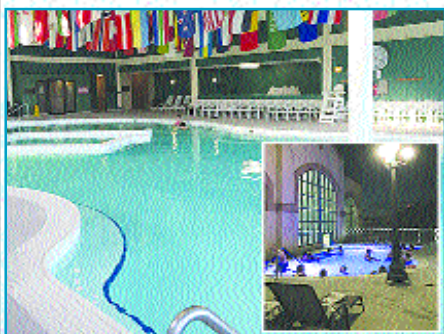
\$379.00 pp dbl occ

November 21-22-23 & 24th

\$499.00 pp dbl occ

Motorcoach transportation with Beaver Bus Lines, lodging at Temple Gardens and unlimited Mineral Spa access 7 am to 11 pm daily.

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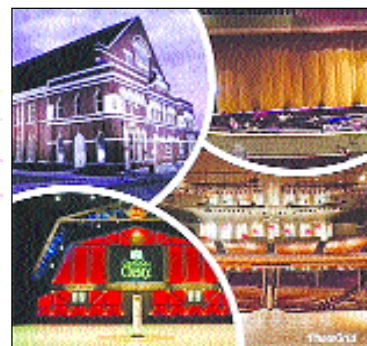
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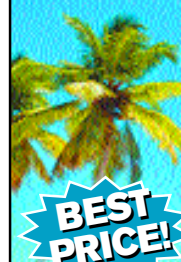
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# Mind & Memory A to Z Trivia

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

Today all answers begin with the letter “P”

1. Churchill MB is famous for these much admired creatures:
2. He was the main character in the movie “The Color of Money”:
3. Her son will one day be the king:
4. This the world's most visited city:
5. This is a city famous for cream cheese and Eagles:
6. This avenue becomes the Trans Canada Highway:
7. This comedian had a fictitious husband named “Fang”:
8. This country is world's largest producer of cork:
9. Kissing a woman's hand is still a common occurrence in this country:
10. This food product was a huge success during the 1930's depression:
11. President's Carter and Jefferson owned farms and grew this popular snack food:
12. This was a very popular General Motors car:
13. This is a gift of wisdom and beauty:
14. These that you wear when sleeping, originated in India:
15. These grow in Flanders fields:
16. This character loves Spinach:
17. This is actor gave a spectacular performance in the movie “Scent of a Woman”:
18. This is Mexican money:
19. Islamabad is the capital city:
20. Covid 19 is out of control in this wealthy American city:
21. John Travolta played Vincent Vega in this weird movie:
22. This TV game show promotes neutering pets:
23. In the Cinderella story the Fairy Grandmother made a coach from this:
24. She was Porky Pig's heart throb:
25. He promised if she would marry him her life would be full of:
26. This artist became famous for his “Paint Splash Abstract Expression”:
27. This Dolly donated \$1 million for Covid 19 research:
28. This is a state or place where all your desires are answered:
29. He said “Th... Th... Th... Th... That's All Folks”:
30. In the 1970's people bought these stones as a fun gift:



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

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

To request direct e-mail sends to friends or family, forward address to [trivia@shaw.ca](mailto:trivia@shaw.ca)

~ Author, Gary Adams

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Visit [www.seniorscope.com/fun.html](http://www.seniorscope.com/fun.html) for more **A-Z Trivia**.

## Manitoba Churches -

# Glass. St. Pius X. Roman Catholic. 1957

Written by Tyrrell Mendis



Glass was once a settlement east of Winnipeg in the Rural Municipality of

Springfield. Springfield was the first RM in Manitoba. The community was originally known as Edgewood because the poplar bush began there. According to the Dugald Women's Institute the name was changed 'to honour some railroad official' who happened to be C. K. Glass, a superintendent of the CNR.

St. Pius X church was built with permission from Father Pierre Gagne of St. Rita. The Knights of Columbus and the Bishop of St. Boniface together contributed \$3,000 towards the cost. When it opened in 1957 the congregation consisted of 11 families. In the late 1970s there were 24 families with 94 members. By 1990, however, the church was closed, the property sold.

Pope Pius X's original name was Giuseppe Melchiorre Sarto. He was born on June 2, 1835 in Riese, Venetia, a part of the Austrian Empire which is now Italy. St. Pius was ordained in 1858 and became a parish priest in Venetia <<https://www.britannica.com/place/Venetia>>. In 1884 Pope Leo XIII <<https://www.britannica.com/biography/Leo-XIII>> made him bishop <<https://www.britannica.com/topic/bishop-Christianity>> of Mantua <<https://www.britannica.com/place/Mantua-Italy>>. In 1893 he was made cardinal <<https://www.britannica.com/topic/cardinal-Roman-Catholicism>> and patriarch <<https://www.britannica.com/topic/patriarch-Eastern-Orthodoxy>> of Venice <<https://www.britannica.com/place/Venice>>. He was pope from August 4, 1903 until his death in Rome on August 20, 1914. He was beatified on June 3, 1951 and canonised on May 29, 1954 by Pope Pius XI. His feast day is August 21.

Tepid toward Leo's social reforms, Pius decided to concentrate on apostolic

problems and to make the defense of Roman Catholicism <<https://www.britannica.com/topic/Roman-Catholicism>> his cause. Three aspects of his policy particularly aroused bitter controversy: the repression of Modernism <<https://www.britannica.com/event/Modernism-Roman-Catholicism>>, a contemporary intellectual <<https://www.merriam-webster.com/dictionary/intellectual>> movement seeking to reinterpret traditional Catholic teaching in the light of 19th-century philosophical, historical, and psychological theories; his reaction against Christian Democrats; and his attitude toward separation of church and state <<https://www.britannica.com/topic/church-and-state>> in France.

On Pius's accession, the separation of church and state in France <<https://www.britannica.com/place/France>> was already visible, and the break was inevitable, occurring amid a growing anticlericalism <<https://www.britannica.com/topic/anticlericalism>> in France. In 1905 the French formally separated church from state, an act condemned by Pius on February 11, 1906. Most of the French bishops were willing to try the new French legislation, which safeguarded all that could still be preserved of the church's material interests, but Pius rejected the compromise'. (Encyclopaedia Britannica)

Today there is no trace of Glass, or the St. Pius X church, nothing to even designate the place as a ghost town. The highway sign disappeared before the church did.

Photographed in 1990

**Tyrrell Mendis**  
204-774-0677 / 204-794-1909  
[tymendis@shaw.ca](mailto:tymendis@shaw.ca)  
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## A to Z Trivia 'P' SOLUTIONS

- |                   |             |                    |                       |
|-------------------|-------------|--------------------|-----------------------|
| 1. Polar Bears    | 9. Poland   | 17. Pacino (Al)    | 25. Peaches and Cream |
| 2. Paul Newman    | 10. Popcorn | 18. Pesos          | 26. Pollock           |
| 3. Princess Diana | 11. Peanuts | 19. Pakistan       | 27. Parton            |
| 4. Paris          | 12. Pontiac | 20. Phoenix        | 28. Paradise          |
| 5. Philadelphia   | 13. Pearl   | 21. Pulp Fiction   | 29. Porky Pig         |
| 6. Portage Ave.   | 14. Pajamas | 22. Price Is Right | 30. Pet Rocks         |
| 7. Phyllis Diller | 15. Poppies | 23. Pumpkin        |                       |
| 8. Portugal       | 16. Popeye  | 24. Petunia        |                       |

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more **A to Z Trivia** at [www.mindandmemory.ca](http://www.mindandmemory.ca) (See ad on page 12)

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# IN TUNE WITH OUR COMMUNITY

~ August 2021 ~

*CJNU welcomes our Host Sponsors for this month!*



*All funds raised stay in Manitoba.*

At CancerCare Manitoba Foundation, we have our own challenge, one which hasn't diminished in the face of the pandemic. Supporting CancerCare Manitoba so it can undertake leading-edge research and provide the very best treatment to Manitobans with cancer. To continue to do this, we need you now more than ever.

This August, we are asking you to join the "Challenge for Life" movement to help change the course of cancer. Manitobans from all corners of our province are rallying, and you can join them. No matter your ability level or location in the province, be part of a community committed to changing lives.

To learn more about how you can help make a difference go to [challengeforlife.ca](http://challengeforlife.ca) or call 204-927-5433

## Challenge for Life



The nursing station is recognized as the first inpatient care delivery site. When you want to visit a loved one or ask a question, this is where you come for help. These stations, situated throughout the Concordia Hospital, also act as "mission control" for the nurses, doctors and staff you rely on during your time of need.

Our nursing stations have served us well for several decades, but it is time to modernize and refurbish these "unit desks," to reflect the hospital's stature as a leader in advanced medical care and research. We aren't just talking about a makeover – our goal is nothing short of a complete renewal of the space that serves as the Heart of Care.

We have several requirements for this vital space. It supports check-in consultations, planning and administrative work, and medication and heads-down work that demands concentration. It needs to be open so staff are approachable and interaction is encouraged. At the same time, it needs to provide semi-private areas for staff collaboration.

We will design the space so it helps to organize the diverse and rapidly changing in-

formation needed for patient care and keep it within easy reach. Quiet, private areas can also help manage staff stress.

The renewal campaign will ensure the enhancement of patient care through monitoring patients remotely, communicating with patients and families, storing medication, providing better accessibility for wheelchairs, walkers and other mobility aides, and assuring privacy for patients, among other things.

We're asking our community to help us raise \$150,000 to upgrade the Day Surgery area at Concordia Hospital and support our exceptional front-line health care professionals.

The multiple levels and types of work being performed by so many people and the effects on patient care are why this is a high priority and why we need your support.

Our collaborative, enthusiastic team of health care specialists comes to work every day to give you their best. By supporting them – we support each other.

With your help, we will revitalize our "Heart of Care" to ensure better patient support and care for today and in the future.



## The Boys are Back In Town



*A standing-o from fans in the stands at Shaw Park*

The Goldeyes are 'road warriors' no more: the game scheduled for August 3rd being the first to be played at home since September 2nd of 2019.

A total of 20 games have been scheduled for play at Shaw Park, with all players and coaches, both home and away, required to be fully vaccinated. Hub protocols will also be in place.

The Goldeyes have received permission to

operate Shaw Park at 100 percent capacity. All fans in attendance will be required to be fully vaccinated. Youth fans under the age of 12 must be accompanied by a vaccinated adult at a 1-to-1 ratio and are required to wear a mask.

For complete information about tickets, game times, and other safety protocols, go to [goldeyes.com](http://goldeyes.com)



## All The Fun of the Fair!

The Red River Exhibition Association is excited to announce that there is a plan in place for a safe and newly designed fall fair to take place from August 27 - September 6 at Red River Exhibition Park. "The Fall Fair" will focus on local music, food vendors, entertainment and a Manitoba midway by Select Shows and Canuck Amusements.

"There is no one more eager to welcome everyone back for 11 days of great enter-

tainment than us. But we all have to do our part, together, in order to keep everyone safe," said Garth Rogerson, CEO, Red River Exhibition Association.

"We are very fortunate to have a lot of outdoor space for everyone to be able to social distance. We are listening closely to government officials and will work to make sure that everyone follows public health recommendations and that enhanced cleaning protocols are followed."

Mark your calendars for August 27 - September 6, 2021 and stay tuned to our website and our social media pages for more information. Tickets are on sale at local retailers and online. Visit [reddriverex.com](http://reddriverex.com) for all the details.

Special thanks to CJNU for their support of The Fall Fair. You can hear more about this event in the coming weeks on CJNU – stay tuned!



*Find us @CJNU937 on Facebook and Instagram | Visit [CJNU.ca](http://CJNU.ca) to learn more!*





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**Today's Recipe**



[www.PeakMarket.com](http://www.PeakMarket.com)

**Pork & Apple Quick Stir Fry**

| Metric | Ingredients:                        | Imperial |
|--------|-------------------------------------|----------|
| 250 ml | apple juice                         | 1 cup    |
| 15 ml  | soy sauce                           | 1 tbsp   |
| 15 ml  | brown sugar                         | 1 tbsp   |
| 15 ml  | chopped fresh ginger                | 1 tbsp   |
| -      | pinch crushed chilies               | -        |
| 10 ml  | cornstarch                          | 2 tsp    |
| 10 ml  | canola oil                          | 2 tsp    |
| 350 g  | lean boneless pork, cut into strips | 3/4 lb   |
| 1      | medium red onion, cut into wedges   | 1        |
| 4      | stalk celery, sliced                | 4        |
| 250 ml | thinly sliced red cabbage           | 1 cup    |
| 250 ml | broccoli florets                    | 1 cup    |
| 250 ml | snow peas                           | 1 cup    |

In a small bowl; combine apple juice, soy sauce, brown sugar, ginger, chilies and cornstarch; set aside.

Heat oil in large heavy skillet over high heat; add pork and brown 1 to 2 minutes. Add onions and celery and cook while stirring about 1 to 2 minutes. Add cabbage, broccoli and snow peas. Cook and stir 2 minutes. Stir in apples and sauce. Bring to a boil; reduce heat to medium. Cook 2 to 3 minutes until sauce thickens. Serve immediately over rice or noodles.

**Serves 4**

**WORDSEARCH - A-NAMES**

ALYSSAQAALLAQALANQMA  
USNSTFDVSDLAGATHAMS  
GZTAYAAARONLAZLKGLXH  
UAARONEDIJIERIKALCL  
SHTJIDDVAEARCLATTE  
TYHSNDLASLNLNEHCBNY  
RAEAAAI FLQIOSGLIEBL  
ANNAALMEZAPNADELEAY  
ARAGENBBPLAZAKRLMIA  
IAIMEAGEHISOIASAAYL  
LLAAALGURSARNOLD AIA  
ELLMRNOSSSTLAMOSIRYN  
EEUEANDREADHSQSPDFN  
NNHEFMQASIEANSANIAE  
PSARAZFAARNREAAPVNN  
AUMRAVRILWELYTMJCGA  
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ASHER  
ASHLEY  
ASTRID  
ATHENA  
AUGUST  
AUSTIN  
AVA  
AVRIL

SOLUTION ON NEXT PAGE

**CROSSWORD - Looking For Great, Great Grandma** By Adrian Powell

ACROSS

1 Wildebeest, alternately

4 Ant, in old-fashioned English

9 Zero, to Nero

14 Elywho was Tarzan in old movies

15 Tour leader

16 Completely silly

17 Garden of Eden resident

18 Person to call if you're looking for your ancestors

20 Like crayons

22 9-digit govt. ID

23 Call off the mission

24 String quartet instrument

26 "This won't hurt \_!"

27 Some things your ancestral research might find

32 Loathed

33 Calla lily, e.g.

34 Slice off

35 "Bearded" bloom

36 Molokai colonist, after 1869

38 Best TV ad award

39 Small, comfy room

40 Clock front

41 Lit up

42 Maybe you can claim this if you're related to Queen Anne

46 "I'll look \_ it."

47 Fix the kid's laces

48 Prison-related

50 Point one's weapon

51 Wheat, rye or flax

54 Some items your ancestral researcher might draw up for you

57 Chimpanzee,

DOWN

1 Got bigger

2 Popular PBS science show

3 Ho-hum

4 McMuffin essential

5 Swiss breakfast cereal

6 Underling

7 Utopian place, to many

8 Mad Hatter's drink

9 Metal added to stainless steel sinks

10 Gold bars, e.g.

11 Barber's focus

12 Part of MIT

13 Permit

19 Work very hard

21 Agreeable words

25 Flower child's hallucinogen

26 Pre-metric farm area

27 Actress \_ Black of "Five Easy Pieces"

28 Open-mouthed eyewitness

29 Unable to read and write

30 Loud

31 Type of theatre light

32 Lie low

36 In conclusion

37 Reverberate

38 Common baby malady

40 Windups that may be grand

41 Derby, for one

43 Winter jacket feature

44 Far East

45 Aden native

48 Drained of colour

49 Abu Dhabi bigwig

50 General vicinity

52 In full bloom

53 Sheep enclosures

54 Awesome!

55 Hot French beverage

56 \_ Antonio, Texas

SOLUTION ON NEXT PAGE



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THE MOOSE HUNT

By Rick Goodman © Copyright 2021

Note that no moose were actually injured in this mis-adventure.

It had rained all night. There was no real let up as the morning went on. Just a light drizzle that would stop long enough for me to look up and check the sky and then say to Guns, "I think it's going to stop this time."

He'd look up appraisingly and say, "Yup."

And then it would start raining again.

We kept loading the truck. Tents, guns, sleeping bags, tarps, a camp stove. Grub box, axe, drinking water, rum. Check, check, rum, double check.

Somehow the toilet paper got overlooked. Nobody, apparently, was thinking that far ahead. Mooseman showed up just as we finished loading the gear.

"Might be wet out there," he said, "Better not forget the rum." Water was dripping off his beard.

Guns and I had gone out a few years ago and shot a moose a way back in the bush in a driving rain storm so a little drizzle wasn't going to keep us huddled up at home. "Nothing wrong with a little rain," we told each other, "Moose move better in the rain." That was our theory anyway.

With that said, Mooseman and Guns' son, who went by the handle "Slingshot", crawled in the back of the crew cab and we headed out. Lots of trucks, pulling their quad trailers were headed back into town as we pushed down the highway.

"Fair weather hunters," we laughed and turned the wipers up another notch.

Later that evening the whole situation didn't seem quite as funny. The quad ride in from the end of road had been a slimy mud spattering exercise in pushing, winching and cursing our way down what might have once been a trail. For an eight year old Slingshot demonstrated a pretty extensive vocabulary and a genuine talent in the finer nuances of creative foul language. ( I hadn't heard language like that since the time the hole under the outhouse gave way trapping Granny inside. It took quite a while to get the front end loader going and a chain slung around the outhouse and a few more minutes to conclude hoisting operations and get the chain off. When they finally got the door open Gran steamed for the house at flank speed leaving my five year old self standing slack jawed with admiration in a fog of the bluest language I had ever heard. She'd been trapped in there for a good half hour and I don't think she repeated herself once.

We finally arrived at the lake and set up camp in a cold rain. Mooseman runs his camp like a military operation. No open fires. The idea is to go in and get your moose before he even knows you're there. Sneaky and effective but it can be uncomfortable. We huddled under a leaky tarp while the coffee and canned stew heated up on the camp stove. By full dark everyone was in their sleeping bags resting up for the first day of serious hunting.

It had quit raining sometime during the night. The morning sky was clear and the wind was calm. We were camped in an old burn on the edge of a small lake. About a hundred yards of muskeg separated us from open water on three sides. A high razorback ridge ran down to the

water on the far side. If it had been any steeper we would of had to call it a cliff. Other than that the country was low rolling hills with patches of swamp and muskeg down in the low places. Good moose country.

Mooseman started calling while the coffee brewed. I got the bacon frying while he moaned like a lovesick cow. The eggs were done by the time he'd finished beating up a small tree with a paddle. After bull grunting for a while we took a break and settled down to eat while the food was still hot. If there is anything better than fresh coffee and the smell of frying bacon out in the fresh air of a hunting camp I haven't come across it yet. Except maybe toilet paper. After a week in the bush a person gets tired of jack pine bark and the like.

Hunting settled into a routine of calling, eating, and sitting on that ridge glassing the lakeshore for anything that looked like a moose. In between times we'd wander around the bush looking for sign and picking lingon berries. It had started freezing at night once the rain had quit so whoever was cooking on any given morning had to break the ice in the coffee pot before he could start a new batch. After breakfast we would scatter out of camp looking for sign. Guns would take Slingshot out on patrol and they'd come back in with grouse for supper so we were eating good.

"Any time now," we kept telling each other over a rum and coffee after the day's hunting. "Something is going to show up any time now."

With country that perfect it didn't seem possible that we'd go home empty handed. We did this for six days. Break the ice, get the camp stove hissing and the coffee perking and the bacon burning. Call, walk, sit and glass and then call, walk and sit some more. No scrapes, no tracks, no answering calls. No moose.

By the morning of the seventh day we had about run out of rum and patience. Mooseman called and beat up his tree as usual. It was my turn to burn the bacon and after we ate everybody seemed to run out of steam. We sat around camp wondering amongst ourselves if we should wait it out another couple of days or just pull up stakes and try and find another area to burn breakfast in. Slingshot stayed busy chasing around and throwing pine cones at squirrels. I was just putting another pot of coffee on when he came ripping around the lake side of the tent and said, "Holy #### Pa there's a ##### @## moose coming down the @## lake! We ain't eatin' no @## chicken tonight!"

And sure enough out around 800 yards away there was a young bull following that high ridge into camp. He'd stop and look around and then mosey a little closer. Sometimes he'd head up to the crest and we'd lose him in the scrub and then he'd come back down and follow the shoreline. Every now and then he'd stop and grunt and look around. Romance was on his mind. He completely ignored the commotion going on across the lake as three men and a boy bounced off each other and the odd tree in our search for guns and shells. After we got untangled from the tent ropes and picked ourselves up off the ground and more or less got organized Mooseman set

Guns up on the lakeshore. Then he sent me up to the lookout on the ridge. It was shaping up to be a good ambush. Gun's could take the shot if the bull stayed low. I would take him if he came along the crest. All we had to do was quit hyperventilating and let the situation develop.

Guns got the shot. There is no happier sound in the world then the sound of a 300 Winchester Magnum fired in deadly earnest after everybody has about given up on ever seeing a moose again let alone actually shooting one. That shot meant we were going to put some good meat in the freezer. It meant we could quit eating burnt bacon and half raw chicken and a sort of flour and water concoction that I called bannock but was no such thing. It meant we could go home and soak the jackpine slivers out of our butts and get reacquainted with soap and water.

The second shot sounded a little less optimistic. The second shot sounded like the first shot had missed. The third shot had a kind of desperate ring to it. I quit paying attention after the fourth shot because I could hear hoofs pounding on the ground. They were coming my way and they were coming hard. The brush was waving like there was a jet powered bull dozer coming and suddenly there he was! Big, black, red eyed, and amorous, coming right at me. It was exciting! He was only 30 yards away when I got the old Remington shouldered. At 20 yards I managed to get the safety off and shot a hole in a tree about 4 feet to his left. That stopped him cold. He couldn't believe he was still alive. Neither could I so I shot the tree again. He turned around and left before I could shoot

any more trees. Twice was enough.

Mooseman had had enough as well. That moose was at a full run up on top of the steepest part of that cliff when Mooseman threw up his old pump 30-06 and nailed him behind the ear at better than 200 yards. Bullwinkle's luck had run out. I couldn't see the action but I could hear it. There was bang followed by that meaty thump that tells of a good hit. Then there was the thud of something heavy hitting the ground. Then brush started breaking as that moose cart wheeled and barrel rolled his way down to the lake. Every now and then a leg or a bit of antler would rise out of the brush and at one point six grouse flushed out of the way. Once there was a loud yelp and a few seconds later a coyote went past me limping hard. And suddenly there he was again, above the lakeshore treetops, stretched out with his head up, his front legs tucked under him and with his hind legs trailing behind. The small spruce tree he was wearing on his antlers gave him a jaunty devil may care look. He made flying look easy. Right up until he disappeared into the lake and set loose a small tsunami. He was gone as quickly as he'd appeared and in his place there was a beaver riding the crest of that wave on a small log like a fat hairy surfer. From where I was he looked a lot like John Belushi but without the sunglasses.

It was raining again by the time we fished that moose out of the lake. And the trip out was even harder and more miserable than the trip in. But we'll do it all again next year. Might even remember the toilet paper. ■

CROSSWORD - Solution

|         |             |         |
|---------|-------------|---------|
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| RON     | GUIDE       | INANE   |
| EVE     | GENEALOGIST |         |
| WAXY    | SIN         | ABORT   |
|         | CELLO       | ABIT    |
|         | KISSING     | COUSINS |
| HATED   | ARUM        | LOP     |
| IRIS    | LEPER       | CLIO    |
| DEN     | FACE        | HOIST   |
| ENGLISH | ROYALTY     |         |
|         | INTO        | RETIE   |
| PENAL   | AIM         | CROP    |
| FAMILY  | TREES       | APE     |
| ALINE   | HENNA       | TEN     |
| BERGS   | EATIN       | ENS     |

WORDSEARCH - Solution

|    |     |    |    |    |     |      |     |
|----|-----|----|----|----|-----|------|-----|
| AL | YSS | AC | AA | LA | CA  | LAN  | QMA |
| US | ST  | FO | VS | DL | AG  | ATH  | AMS |
| GZ | AY  | AD | OM | LA | ZL  | KGL  | XH  |
| UA | AR  | ON | EL | IN | ER  | KAL  | CL  |
| SH | TJ  | IO | VE | EA | BO  | ATTE |     |
| TJ | HS  | NO | LA | SN | LN  | HC   | BN  |
| RA | EA  | AI | FO | CI | OS  | LI   | BO  |
| AN | NA  | ME | ZA | AN | ED  | EL   | AY  |
| AR | GE  | AN | BP | LA | AK  | RON  | IA  |
| IA | ME  | GE | HI | SO | IA  | SA   | YL  |
| LL | LA  | AN | GU | ST | AR  | NOL  | DA  |
| EL | LA  | AN | OS | ST | AM  | OS   | IR  |
| EE | LE  | AN | DR | EA | CH  | SC   | DF  |
| NN | HE  | FM | CA | ST | EA  | AN   | IA  |
| PS | AR  | AZ | FA | AN | RE  | OP   | VN  |
| AU | NR  | AV | RI | LD | WEL | VT   | CG  |
| LA | BD  | UD | IS | AH | AO  | UW   | AN  |
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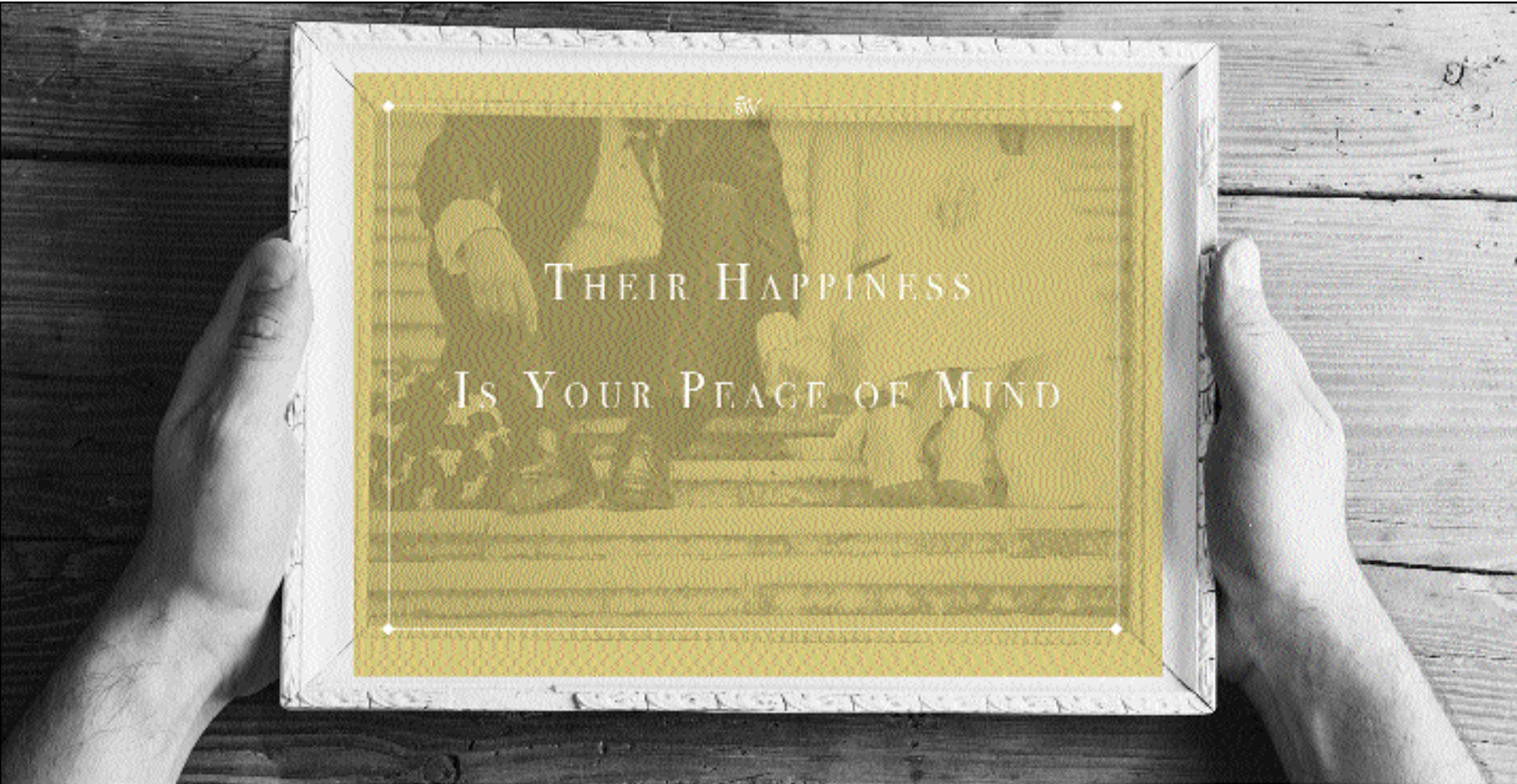
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