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Vol. 20 No. 3 | Sept 10 - Oct 9/21

# Senior Scope

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SPOTLIGHT FEATURE:

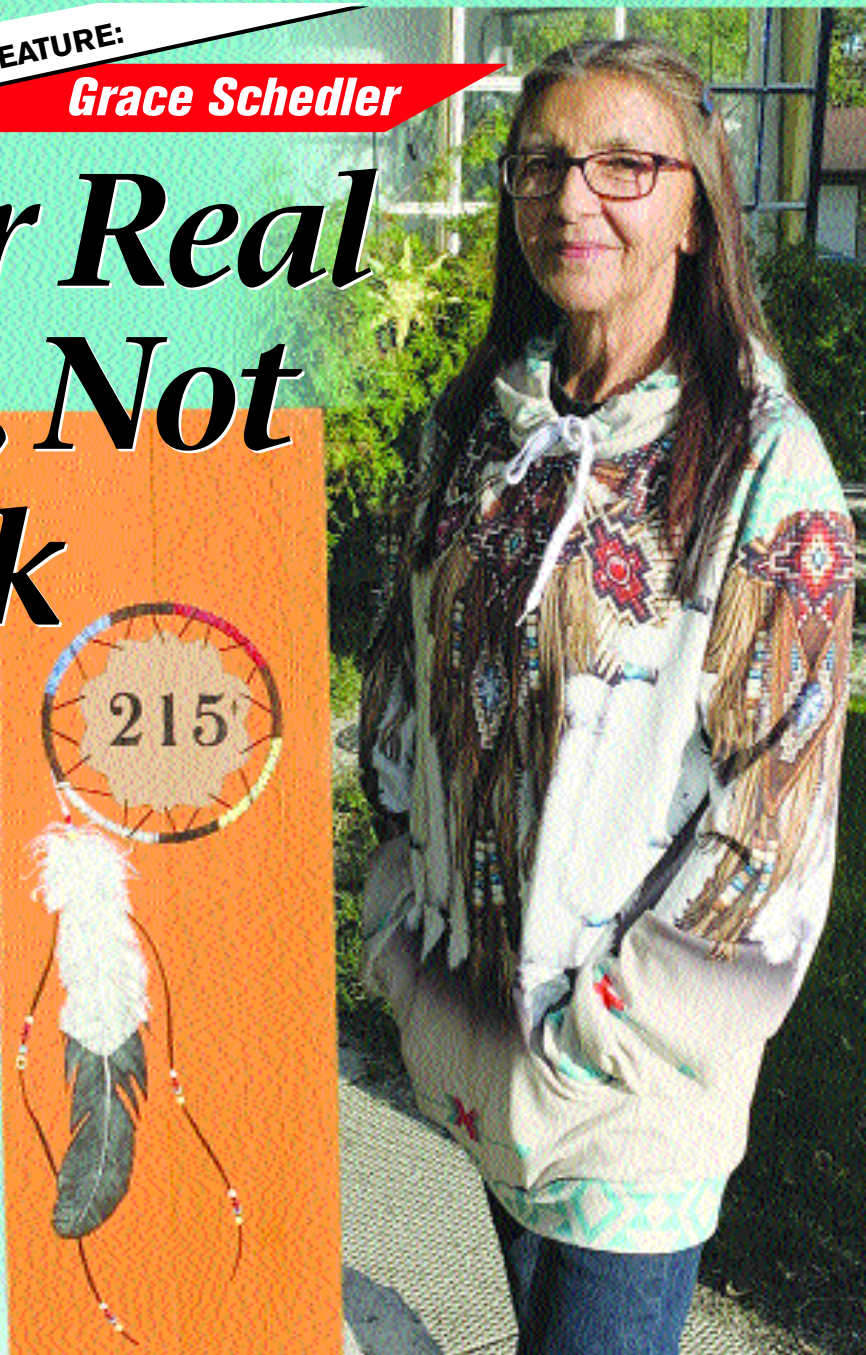
**Grace Schedler**

## Time for Real Change, Not Just Talk

By Kelly Goodman

**"I see a time of Seven Generations when all the colors of mankind will gather under the Sacred Tree of Life and the whole earth will become One Circle again."**

~ Crazy Horse: a revered Lakota war leader of the Oglala band in the 19th century who fought against the United States federal government to defend their lands and preserve their traditional way of life. He led a war party to victory at the Battle of Little Bighorn in 1876. Shortly after, he shared his last vision with Sitting Bull during a ceremony with a Sacred Pipe, and was then assassinated in 1877.



Grace Schedler is hopeful she'll witness Reconciliation in her lifetime.

Most people who know Grace Schedler know her as a soft-spoken, petite, Indigenous woman with a zest for life and a ferocious appetite for change for fairness.

She simply wants to see respect given where respect is due, an idea that stems from how the First Peoples of Canada have been treated in many instances since colonization occurred.

To know Grace, is to know that she will work tirelessly for the betterment of the Indigenous people, not only in Manitoba, but nationwide on both sides of the Canada/U.S. border.

Grace comes from God's Lake Narrows, a fly-in community 500 miles (approx. 805 kms) northeast of Winnipeg. Her parents, Joe and Margaret Anderson, taught their kids to read and write at home with the education they had received themselves growing up. Her father achieved grade 8 at a Residential day school, and her mom, grade 2.

Her parents, moved the family to a non-Indigenous community in southern Manitoba to learn in a regular school setting opposed to in a Residential school or home-school

setting. Grace was 11 then. Her mother knew that children being raised by family is crucial to their values later in life. Two of Grace's oldest brothers attended school in Cranberry Portage for a couple of years, and the thought of strangers raising them 10 months of the year in a non-loving, non-nurturing environment was unacceptable to their parents. However, the experience of moving to this community where they were the only Indigenous family proved to be a harsh one as well. They had never lived outside of their

Continued on page 6

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**Publisher/Editor:**  
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www.seniorscope.com

**Readership:** 60,000+

**Advertising:**  
204-467-9000

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**Contributing Submissions:**  
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Trish & Rick - Pros Know Expos  
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Send your Letters or Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

# Casting a ballot that almost nobody seemed to want



By Roger Currie

Winston Churchill is remembered for many great quotes, including “*Democracy is the worst form of Government, except for all those other forms that have been tried from time to time*”. It seems very timely for Canadians to keep that thought in mind as we struggle through our third federal vote in six years.

When the campaign began in August Prime Minister Justin Trudeau of the Liberals was the only party leader who seemed to want the vote as he was determined to get a majority mandate. With less than two weeks left until election day, many polls have been strongly suggesting that the Liberals will lose, and Canada's new Prime Minister will be Erin O'Toole who is leading the Conservatives for the first time.

Campaign 2021 reminds me a lot of the first federal campaign which I covered as a working journalist back in 1972. I was 25, and working through the first of my three lives in the CJOB newsroom in Winnipeg.

Just like now, the Liberals were led by a man named Trudeau, Justin's father Pierre. After being chosen by the party to replace Lester Pearson in 1968, Pierre was a swinging bachelor PM whose impressive majority victory was part of what became known as ‘*Trudeaumania*’. The leader of the party that was known then as the ‘Progressive Conservatives’ was former Nova Scotia Premier Robert Stanfield. He was clearly no match for Trudeau when it came to charisma, but in the years that followed many have argued that Bob Stanfield may well have been ‘*The Best Prime Minister that Canada Never Had*’.

Manitoba is the geographic middle of Canada, and we have tended to elect MP's from all the major parties. There have also often been a wide range of ‘fringe’ candidates including members of the Communist Party of Canada. None of those have ever been elected in this province.

Half a century ago there were no women elected to parliament from Manitoba. Anne Steen ran for the Progressive Conservatives in Winnipeg North. She was the only woman to

run under a major party label.

Manitoba's lone representative in Pierre Trudeau's cabinet was James Richardson in Winnipeg South. He was minister of Supply and Services, and six months before the 72 election he brought the Royal Canadian Mint to Winnipeg. Richardson later served as Minister of National Defense, but before leaving politics in 1979, he had broken completely with the Trudeau Liberals over language policy.

Author and historian E.B. Osler who scored a major upset for the Liberals in the 1968 election, defeating former Manitoba Premier Duff Roblin of the Conservatives, went down to defeat in 72, losing to Conservative Dan McKenzie, a rookie member of Winnipeg City Council. McKenzie would later champion the idea that Canada should expand its boundaries to include the Turks and Caicos islands in the Carribean. It hasn't happened yet, and probably never will.

Other notables who won Manitoba seats in 1972 included Stanley Knowles of the NDP who was undoubtedly the strongest voice ever on behalf of seniors. When he was finished as an elected MP, Stanley became a permanent fixture in the

house. In 1984, one of Pierre Trudeau's last acts as Prime Minister was to name Knowles “an Honorary Officer of the Commons”.

In the riding of Provencher, Jake Epp was first elected as a Progressive Conservative in 1972. He would later become a senior cabinet member When Brian Mulroney was Prime Minister.

Undoubtedly the most important thing to remember about the election of 1972 was the fact that, unlike many elections before and since, the outcome was not decided until ballots were counted late in the night in British Columbia. Even then, the result was almost a dead heat between Pierre Trudeau's Liberals and Stanfield's Progressive Conservatives. Trudeau held onto the reigns of power thanks to the support of David Lewis and the NDP. It was a coalition that lasted until the summer of 1974 when the Liberals finally got their majority back.

Might history repeat itself in 2021? We will find out on Sept. 20th.


*Roger Currie is a regular contributor to Senior Scope. He has just voted by mail for the first time ever.*

## What's behind a painting?

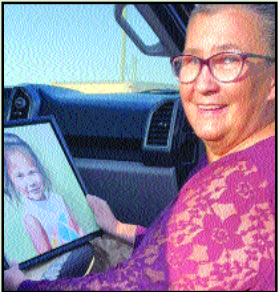
- Kelly Lewis, local artist | [kellylewisartistry@yahoo.com](mailto:kellylewisartistry@yahoo.com) | 204-513-0593

I asked my client, Natalie Daniels, what the motivation was behind having this portrait painted. It was beautiful. Her response was:

*“We were living in Transcona when this photo was taken (1982). I recently came across it a few months back and thought, ‘maaan... isn't this such a beautiful pic?’ (not in a vain way). It reminded me of how sacred and innocent children are...so to me it represents a time in my life where my happiness as a child showed the ‘glow’. Children exude this energy and frequency when in a safe and happy environment and I wanted to share an artist's rendition that could capture this moment of me as a child. It's more than childhood memories for me, it was a time in life where the pivotal life choice my mother made was a definite positive pathway which lead to even more moments of happiness. Many other indigenous children who were this*



**Left: A childhood portrait of Natalie Daniels, painted by Kelly Lewis.**



**Below: Mom Linda Marshall receives the portrait as a gift from her daughter, Natalie.**

age left home and never returned to their mothers or home communities.

I guess one can say that this was when the intergenerational cycles and impacts of trauma stopped in my family.” ■



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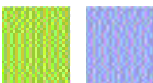
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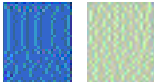
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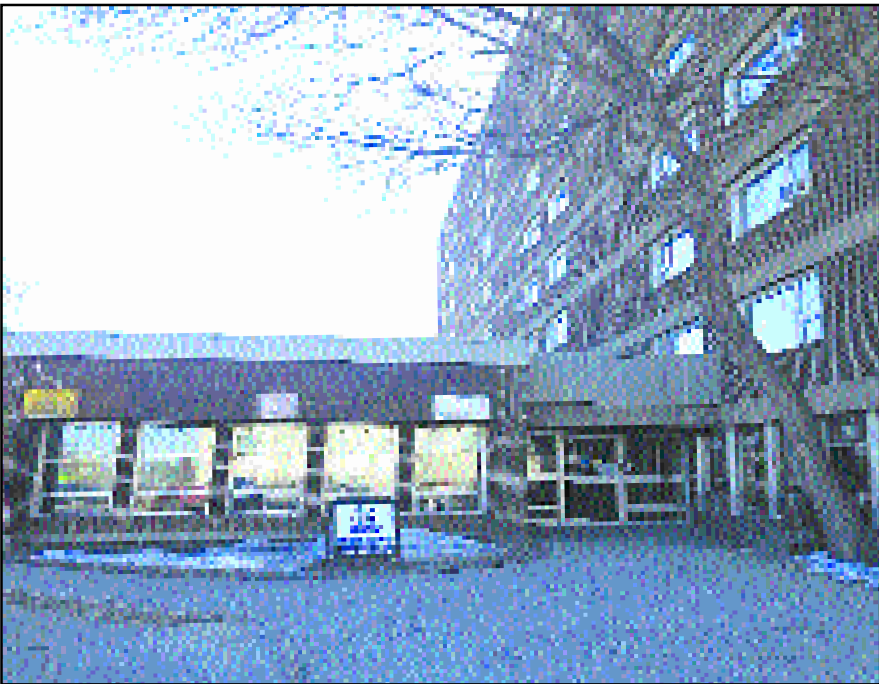
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Advertising Feature

## Morning Breeze HealthCare is Here for You

By Brian Campbell

**Morning Breeze HealthCare** is a Winnipeg based healthcare provider serving clients, not only in Winnipeg, but throughout Manitoba. They provide Registered Nurses (RNs), Licensed Practical Nurses (LPNs), Health Care Aides (HCAs) and Personal Support Workers (PSWs) to the various Regional Health Authorities (RHAs) throughout Manitoba, and to independent clients for home health care needs.

Founder, Genaro Guevarra, brings more than twenty years of working in the healthcare profession, combined with a passion for helping others into his business. He instills this passion and training into all of his staff. The goal of Morning Breeze HealthCare is to improve the quality of life for all of their clients through the use of human compassion and empathy and by engaging their clients in preventative healthcare measures and approaches.

The staff of Morning Breeze HealthCare all combine care and compassion with medical expertise when working with their clients; many of whom are dealing with Alzheimer's disease, Dementia,

Stroke, and other medical conditions related to the aging process. All staff have been trained in the use of the P.I.E.C.E.S. program, a well-accepted form of approaches that advocate using non-pharmacological approaches to dealing with each client's individual needs.

Genaro has spent many years studying and compiling data from numerous specialists about working with special-needs clients by using compassion and staff training/education and environmental approaches as an alternative to pharmacological approaches. He has passed this information along to all of his staff, with the intention of training them to serve and support their clients to the best of their ability.

The focus of Morning Breeze HealthCare is to fill the gap in healthcare needs, in a variety of settings, including hospitals, long-term care, personal care homes, and in private homes. In any of these settings, they are able to provide either a temporary or long-term staffing solution.

Morning Breeze HealthCare gives you, the client, the flexibility to choose how much support you or your loved one needs, be it occasional, every day, two or three times a week, or whatever your needs may be. They can provide support during the day or overnight, depending on what you require. Genaro offers a free client assessment and will work with you to tailor a care plan to your individual needs.

It is the intention of Morning Breeze HealthCare to provide the best possible healthcare solutions to individuals, families and healthcare facilities, throughout Manitoba.

To find out more, contact **Morning Breeze HealthCare** at (204) 955-5620, email **info@morning-breeze.ca**, or visit their website at **www.morning-breeze.ca**.

**You can also visit their booth at the Pros Know Active Living & Resource Expos - on Oct. 1, 8, 22 and 29 - www.prosknowexpos.ca**

**Morning Breeze HealthCare - We are Here for You.**

Advertising Feature

## DISABILITY TAX CREDIT - claimed in 2010 \$7239 and in 2020 \$8576



By Peter J. Manastyrsky

In six months, Canadians will be focusing on their 2021 tax return, still some time, but vigilance is the key to benefiting a federal tax credit break. What tax break? Well, many people in Canada suffer illnesses for several years and miss out on all or several of the disability credits that

might be available to them, such as the **DISABILITY TAX CREDIT - DTC**.

The **Disability Tax Credit** is a non-refundable tax credit that reduces income tax payable for those who qualify. It is available to Canadians from the young to the elderly who are deemed to have **"one or more impairments that impact the activities of daily living, where those impairments are not likely to get better any time soon and have already been in place for a period of at least one year."**

Furthermore, this Disability Tax Credit is transferable to a caregiver if the impaired person does not have enough income to generate taxes payable that can be reduced by this non-refundable credit amount, in 2020 it was \$8576.00.

This Disability Tax Credit is extremely powerful, once approved, this tax credit gave a person extra deduction. Also, an eligible applicant can claim some tax credit going back several years and potentially receive substantial dollars.

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# Grandparents Day -

## September 12th, 2021

- Daisy S. Uhres-Todd, 9th grade ESCS

Grandparents Day is September 12th. I have three grandparents. Two of my grandparents live here in Canada, and my grandmother lives overseas in a tiny country by Germany called Luxembourg - one of the world's smallest countries.

My grandparents in Canada moved here from the UK and have worked hard to build a name and brand for their businesses and family. Many people's grandparents have done the same.

The times that we live in now are very different from the times that our grandparents lived in. It can be difficult to connect with our grandparents due to the difference of opinions or thoughts. Those years that grandparents spent growing up and soaking in the world around them can have a very large impact on opinions. Many believe that family trumps all. However, I believe that it is your choice whether you would like to have someone in your life. The world is filled with millions of different opinions and that is part of what makes our world so interesting. With that being said, some opinions

have more of an emotional impact than others. It is up to you to decide whether or not you choose to be close with someone but keep in mind that they are your family and being separated from them could change many things about your life.

For countless people, the mention of grandparent's day could be a more sensitive subject. Some have lost their grandparents and some have difficult or non-existent relationships with them. However, regardless of the nature of your relationship, I believe it is important to think and spend some time on Grandparents Day to consider the impact of grandparents. In many ways, grandparents can be a source of joy. They can provide a welcoming space and become a comforting sense. In others, they can challenge you to think outside of the box, and finally, in perhaps one of the most obvious impacts of grandparents is that they connect us with our history. Whether good or bad our history is a part of us and it can be interesting to learn about. So this Grandparents Day, take the time to learn about your history. ■

# PROVINCE CREATES A STRONG PENSION FRAMEWORK THAT GUARANTEES PROTECTED, SECURE AND STABLE RETIREMENT INCOME FOR MANITOBANS

## Bill 8 Modernizes the Pension Benefits Act to Create a Strong Pension Framework: Fielding

Amendments to the Pension Benefits Act (PBA) through bill 8 and accompanying regulations will modernize the legislation and create a framework that protects individuals in times of financial hardship and provides greater and easier access to locked-in funds, Finance Minister Scott Fielding announced Aug. 17.

"Manitobans work hard for their pensions and we want to ensure those funds are protected while at the same time giving them greater flexibility to meet their needs," said Fielding. "The amendments give Manitobans more access to their own money including in times of severe financial hardship."

The changes are based on recommendations from the Pension Commission of Manitoba and feedback from online consultations, as well as being informed by developments in other provinces. Bill 8 – the Pension Benefits Amendment Act will permit individuals, regardless of their age, with funds in Manitoba locked-in accounts with a financial institution to unlock funds under certain financial hardships, such as low expected income, eviction for rental arrears, mortgage foreclosure and medical/dental expenses not covered by other insurance/government programs. Individuals will be able to work with their financial institutions to access their locked-in funds in these circumstances.

Individuals aged 65 and over will have the option to unlock funds fully in Manitoba locked-in accounts such as a locked-in retirement account (LIRA) or life income fund (LIF) with a financial institution to give them greater flexibility to financially manage their own retirement.

Also, in the event of a relationship breakdown, the parties will now be in a position to split pension assets based on their shared circumstances, rather than the currently mandated 50-50 split or no division.

Fielding noted since the Manitoba government introduced this legislation, it has received hundreds of inquiries from Manitobans about partially unlocking pension funds to meet medical and other needs. He noted the changes better align Manitoba's pension rules with the federal government and other provinces.

"As part of our pledge to Manitobans, we are reducing red tape by removing the requirement for government to approve requests for one-time 50 per cent unlocking of a person's pension funds, available to individuals who are at least age 55, and we have introduced modernization measures to reduce administrative inefficiencies for individuals, financial institutions and government," said Fielding.

The changes are effective Oct. 1. ■

# PROVINCE ACKNOWLEDGES DAY FOR TRUTH AND RECONCILIATION ON SEPT. 30

## Day of Observation Advances Reconciliation, Allows Manitobans to Reflect on Residential School Experiences of First Nations, Métis and Inuit: Lagimodiere

The Manitoba government is recognizing the **National Day for Truth and Reconciliation** as a day of observance to encourage reflection and meaningful discussions about the impacts of residential schools, Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere announced on Sept. 3rd.

Schools will be closed and no classes will be held on that day. Manitoba's public servants will also observe the National Day for Truth and Reconciliation and non-essential government services and offices will be closed for the day.

"We all have a role to play in reconciliation. We can all listen, learn, and support the healing needed to address the intergenerational trauma caused by the residential school system," said Lagimodiere. "Reflecting on our tragic history by recognizing the National Day for Truth and Reconciliation provides an opportunity for Manitobans to learn about

the ongoing legacy of residential schools. This shared understanding of our history is essential to reconciliation."

In June, the House of Commons unanimously passed legislation to make Sept. 30 a National Day for Truth and Reconciliation to commemorate the history and ongoing trauma caused by residential schools and to honour the survivors, families and communities who continue to grieve for those who were lost.

Several Indigenous-led events will be supported by the province during the month of September to provide Indigenous and non-Indigenous people an important opportunity to advance reconciliation and to listen and learn about Indigenous stories and experiences, noted Lagimodiere.

Sept. 30 will also see flags on all provincial government buildings lowered to half-mast in observance of National Day for Truth and Reconciliation. ■

## SPOTLIGHT - Grace Schedler, cont'd from front page

First Nation community before. Her father was always employed living up north, but finding and keeping employment was difficult in this new southern home, so he ended up going back up north to work. He'd send money home to his family, but sometimes there wasn't enough to survive on between paycheques, and they weren't allowed to set up a credit account with local merchants. Those were hard times indeed.

Racism immediately became a factor upon moving there and it affected their schooling, and more importantly, their morale and self-esteem. That eventually turned to bitterness. The indignity of it all made Grace want to prove that she and her family were every bit worthy of being respected for who they were and where they came from.

Grace's mom had wise advice. She told her kids, "Get to know the community we are living in. Know the people, their habits, customs, food..." And eventually, Grace became friends with a local non-Indigenous classmate and learned about this new society. And, with her new friend, she decided to not let anyone stop her from participating in and having fun at local school dances, socials, or other events.

Grace and her siblings speak Cree fluently, but they didn't dare reveal that among the English-only-speaking people at school, or elsewhere, fearing repercussions. They were already being treated poorly for being different from them and they didn't want to offer up any more reasons to make things worse.

Taking the experience and knowledge of the new society that she was now a part of, Grace vowed to one day help Indigenous people maintain their culture, language and most of all their dignity.

Some progress has been made through the many efforts of various Indigenous groups and supporters, however, she fears she may never see actual Reconciliation in her lifetime at the hands of all the federal, provincial and Indigenous leaders of Canada, and society in general. So far it mostly seems like all talk and no action. Sure, immigrants acknowledge the treaty rights of First Nations, Inuit and Métis peoples when they

take the Oath of Canadian Citizenship, and in every opening speech it is acknowledged that we are all Treaty people on Treaty One Territory, but more needs to be done. Indigenous people still are not being respected in many ways. Real issues such as community health and racism still are not being addressed.

Crazy Horse said that it would take seven generations for all of mankind to come together to make the whole earth become 'One Circle' again. That was in 1866-67. Seven generations later from then is now and mankind seems to be divided more than they are together.

Grace was in her late teens when she moved with her family to Selkirk, MB. There she met her husband-to-be, Ernest 'Ernie' Schedler. They then lived in his home community of Stonewall where his family had moved to from Moosehorn, MB when he was young.

Soon after, she invested in her education with her own money and attended Herzing College and studied to be a Doctor's Office Assistant. She worked in a Winnipeg clinic and a Stonewall medical facility for a total of about 10 years.

She then invested in more education at Red River Community College, taking the Aboriginal Language Program. This opened up many doors for Grace including a nearly 20-year career with Manitoba Justice. Here she made sure that Indigenous people going through the court system understood the court process and what their options were, and she could communicate with her clients in their first language. Other opportunities included translating lines for a movie, and doing voice-overs for television and radio public announcements, and more.

Grace always wanted to fly ever since she saw the pontoon planes fly in to her community in God's Lake. She realized that dream when she joined the Civil Air Search and Rescue Association (CASARA) in 2005 and trained to be a spotter. CASARA assists the RCMP and Canadian Military with spotters to search for missing people in the wilderness when needed. CASARA volunteers search mainly with Cessna 4-seater planes and on occasion, search from

Continued on next page



Advertising Feature

## Courage to Face Grief: Is what I'm feeling normal?

- Alzheimer Society of Manitoba

A dementia diagnosis brings with it many emotions, and one of them is quite likely to be grief... something felt not only by the person affected but by their caregivers.

Dr. Genevieve Thompson, a registered nurse and associate professor in the College of Nursing at the University of Manitoba, will be speaking on the topic of grief at the **Alzheimer Society's Care4u Family Conference** to be held virtually on **October 16**.

As a professional, her focus is on research and on teaching ways to support older adults living with dementia and their caregivers.

As a daughter, she is someone who helped her father care for her mother, who had dementia and passed away six years ago.

Genevieve stresses that a diagnosis of dementia can mean the loss of an imagined future together with your spouse, or as an adult child, an imagined future with your aging parent. If you are the one with the diagnosis, then you may grieve for your future self.

"We all have certain roles and expectations," says Genevieve. "We need to recognize that we may experience feelings, thoughts or even physical reactions to the loss of those roles after a diagnosis of dementia and during the trajectory of the illness."

The grief felt by caregivers or a person with dementia can manifest itself as aches and pains, insomnia, loss of appetite, anxiety, and even chest pains



Genevieve Thompson

or shortness of breath. Most of all, explains Genevieve, it could simply be a sensation of "feeling off" – and it's normal to feel that way.

At the Care4u conference, Genevieve will also explore ways to cope with the grief. "There are going to be good days and bad days, and there will be days when you feel more grief and more anger," she says. "You need to be gentle with yourself and with the person with dementia regarding the emotions you're feeling."

Genevieve will talk about reframing what hope looks like, which may be as simple as deciding upon what constitutes a "good day." But it's also about "acknowledging when we're sad – because this is not how we wanted it to be – and looking at how we can find meaning, purpose and goodness in what we have."

**To register for the Care4u 2021 Conference  
or for more info, go to [alzheimer.mb.ca/care4u](http://alzheimer.mb.ca/care4u)  
or call 204-943-6622 in Winnipeg or 1-800-378-6699**

### SPOTLIGHT Feature - Grace Schedler, *cont'd*

the Hercules aircraft when required. Grace has been volunteering with CASARA for 16 years and plans to continue for as long as she can.

Grace was involved with and committed to several organizations, sitting on a variety of boards, working on several projects and supporting causes in various stages in her life. Some organizations she was involved with were Macdonald Youth Services, Palliative Care Manitoba, the inquiry into Murdered and Missing Indigenous Women, Girls, and 2SLGBTQQIA people where she compiled information from victim's families on how Victim Services, Crown Attorneys, and the Police could better assist these families. She volunteers with CASARA, supports the 'Every Child Matters' movement, Indigenous Languages of Manitoba, and Truth and Reconciliation. She was trained as a facilitator for Circles for Reconciliation in 2018 prior to becoming the Ambassador for the Circles in July, 2020. Alongside Raymond Currie, the Project Coordinator and facilitator, they train other facilitators to conduct the Circles across Canada using the online Zoom platform for now because of the Covid-19 pandemic. Each week for 10 weeks, two facilitators, and a group of five Indigenous and five non-Indigenous participants join together to listen, learn and share stories. Some things they discuss are the true history of the Indigenous people, their culture and language, and injustices they experienced. It also serves to establish trusting relationships as part of the 94 Calls to Action. With this, all leaders of Canada and the general population are prompted to take action

and address the issues called for.

The Circles are free, and in-person gatherings will be held again when public health orders allow. To join or for more information on the **Circles for Reconciliation**, visit <https://circlesforreconciliation.ca>.

**Truth and Reconciliation Week is Sept. 27 – Oct. 1, 2021.**

**The National Day for Truth and Reconciliation (Orange Shirt Day) - Sept. 30, 2021**, is a new national holiday for employees in federally regulated workplaces to 'serve as a day of reflection so that people can recognize the harmful legacy of the residential school system in Canada.'

The **Every Child Matters** movement began when news headlines revealed that 215 unmarked graves were located and recovered at the Kamloops Residential School in British Columbia, which led to an estimated 6000 buried children located at other residential schools across our country. Indigenous people were well aware of this black mark in history and it was finally coming to light around the world. Canadians and citizens worldwide were shocked to learn of the many injustices and abuses that were experienced by many of the children at these schools.

Prior to the Truth and Reconciliation Commission report, developed several years ago, Grace was an interpreter for the adjudicators and residential school survivors for the survivors' payout process.

To read every **call to action** go to: [http://trc.ca/assets/pdf/Calls\\_to\\_Action\\_English2.pdf](http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf).

Read the full report of the **Truth and Reconciliation Commission**, at <https://nctr.ca/records/reports/>.

Continued on page 8

## Sri Lankan Seniors - Conducted Fifth-Annual General Meeting

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



On Aug 3rd (TUE) 2021 at Assiniboine Park next to the Duck Pond we called the fifth Annual General Meeting (AGM) of the Sri Lankan Seniors Group at 11.00 am.

The main events of the agenda were: (1) Progress of Funding Project (2) Annual Financial Update (3) Website (4) Liaison With: Pembina Active Living and Chinese Seniors (5) Introduce Wellness Project (6) Establish Seniors Home (7) Election of Office Bearers

Elected new Board Members are noted as follows:

#### Office Bearers

- (1) Senaka Samarasinghe - President
- (2) Indra Dissanayake - President Elect
- (3) Sam Wjewardena - Vice President

- (4) Felix Mendis - Treasurer
- (5) Elian Joseph - Secretary

#### Board Members

- (6) Perter Bastian - 1st President 2016/2018
- (7) Daya Perera - 2nd President 2018/2020
- (8) Mohamed Ismath - Funding Project Implementation
- (9) Sumana Hearsh - Food & Beverages
- (10) Shirma Bastions - Represent Sri Lankan Association of Manitoba
- (11) Upali Dassanayake - Community Activity Planner
- (12) Charlotte Gunawardena - Programme Coordinator
- (13) Upali Nilmalgoda - New Member
- (14) Chandra Jayawardena - New Member

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SPOTLIGHT - Grace Schedler, cont'd from page 7



Kayaking on Shoal Lake in the Interlake.



A new disc golf course is set up in Stonewall Quarry Park.



Grace is ready to fly. Photo is at the home base of CASARA - St. Andrews Airport.



Grace (right) plays pickleball regularly at the Selkirk Community Church.

Grace retired from Manitoba Justice in July of 2020 just after the Covid-19 Pandemic established itself around the world. She now dedicates her time mainly to the Circles for Reconciliation, Manitoba Indigenous Languages, and CASARA, but still manages to partake in many activities and enjoys leisure time with her husband, family and friends. She enjoys her casino trips and often plays pickleball. And when time and weather allow for it, she'll take in kayaking, golf, disc golf, and in winter - cross country skiing. When travel is permitted safely again, she surely will be on

her way to some sunny destination in the winter or a Casino bus tour, or anywhere the wind blows her. But for now, she's staying close to home and enjoying what Manitoba has to offer, and she continues to stay true to her culture and heritage wherever she is. Oh, and did we mention that Grace is also a marriage commissioner? She provides traditional and non-traditional ceremonies so if you have any plans to tie the knot, you know who to call. Grace has an extremely active lifestyle and she is grateful that her husband Ernie is very proud and supportive of all that she endeavours. ■

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# IN TUNE WITH OUR COMMUNITY

~ September 2021 ~

## AGING WELL TOGETHER

CJNU welcomes our Host Sponsor for the month of September: Aging Well Together.

Aging Well Together is a coalition of older-adult-serving organizations in Winnipeg that are working to increase the social engagement of older adults in our city and province.

Partners include A & O: Support Services for Older Adults, Manitoba Association of Senior Centres, Active Aging in Manitoba, Transportation Options Network for Seniors and the University of Manitoba. This coalition aims to streamline and individualize meaningful support services for vulnerable older Winnipeggers and Manitobans who are socially isolated or at risk of becoming socially isolated. This work includes improving awareness in the community about the importance of social connections, and providing older adults with access to resources and programs that provide opportunities for safe, social involvement.

Research has demonstrated that social isolation can be detrimental not only to one's mental health but also to one's physical health. Social isolation is linked to an increased risk of coronary heart disease and stroke, dementia and mortality. In terms of health management, social isolation has been compared to smoking 15 cigarettes a day.

While social isolation can occur at any point across the life course, it disproportionately affects older adults. We have all seen the



negative impact of social isolation as a result of COVID-19, especially for those who were already isolated before the pandemic. Efforts to maintain connections must continue post-pandemic.

The Aging Well Together coalition is working to share information about these innovative social engagement opportunities that exist for older adults living in the community. No matter what barriers may exist, we can help find options that best suit their needs and support them in participating in safe, meaningful, social engagement. We offer a wide variety of programs and services that allow the safe participation and involvement with others. In fact, some of these programs are the first of their kind in Canada!

Learn about your local senior centre, or

group, from the Manitoba Association of Senior Centres. Hear about Active Aging in Manitoba's safe and guided physical activity programs that link you with a peer leader near you. Join A & O: Support Services for Older Adults' Senior Centre Without Walls programs which take place over the phone from the comfort of your own home, or get matched with a volunteer for scheduled conversations and meet-ups through the Connect program. Find transportation options for older adults by calling 2-1-1 or by visiting 211.mb.ca.

For more information about the social engagement options available for you, or an older adult in your life, please call 204-956-6440. We'll help find the connection that's right for you!

### The CJNU Signature Sound

The *Signature Sound* for CJNU was first articulated in 2012 as "Nostalgia, easy listening, and so much more". It is the "so much more" that is less easily defined and understood!

Our core repertoire covers the period from the late 1930s to the early 1980s and is dominated by pop standards, adult contemporary hits, easy listening orchestras and jazz genres such as big bands.

There is also a good catalog of music and performers from the 80s to present-day that fit our sound. Contemporary performers like Michael Bublé and Diana Krall, for example, can give a fresh lift to an old tune. Some tunes we play are outside our core music base – usually during our specialist programming on weekday evenings and at the weekend.

We generally look for songs from the Adult Contemporary charts of yesteryear—but an appearance on those charts does not guarantee a spot on a CJNU playlist. Tunes on adult contemporary lists from the 60s and 70s are usually suitable, but from the 80s onwards, many songs are less compatible



On-Air or Online - you can hear our *Signature Sound*! with the curated CJNU Signature Sound. We try to focus on soft, adult contemporary, and always work hard to differentiate ourselves from the other offerings on the radio dial.

At CJNU, we have the luxury of being able to pick our own music. Along with that luxury, is the obligation to play music that fits our regulatory requirements. CJNU has acquired the complete Canadian Talent Library and continues to add local and regional artists to the permanent collection.

Each year our Legacy Library grows, as we add music to our collection that has turned 40 years old. Keep your ears open for some

of the sounds of 1982 being added to the CJNU collection as we enter 2022!

While we highly encourage listener participation in our programming, we always strive to ensure that a musical request fits the CJNU sound and program. The time of day and program host decide what in our Legacy Library best suits the playlist. This difference in taste and approach allows CJNU to celebrate both consistency and variety!

### Go Blue for Alzheimer's!

Let's turn Manitoba blue this September 21st for World Alzheimer's Day!

Worldwide, an astounding 50 million are diagnosed with dementia and over 23,000 of them live in Manitoba. Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policy makers, alerting them to the fact that dementia is a serious health issue that will have overwhelming implications on services and health systems around the world as the population grows older.

At CJNU, we'll be wearing blue on September 21st to show our support. Will you? Post your photos to social media, tag @CJNU937 and use the hashtag #goblueforalz.

**Find us @CJNU937 on Facebook and Instagram | Visit CJNU.ca to learn more!**





By Rick Roschuk

# Independent Living that is more than that!

Seniors Lifestyle Editorial

There are a ton of perks getting to write a monthly column in a wonderful newspaper such as Senior Scope. Among them is getting to know some of the amazing people and businesses that are in our community doing their thing to bring quality of life to our 55+ community.

One of these great businesses is none other than the folks over at Brightwater Senior Living's 'Courtyards at Linden Pointe'. Having just opened this year, they have quickly become the new 'Bar' by which Independent Living standards are going to be measured moving forward in this fine city of ours.

Located in beautiful Linden Ridge, the Courtyards is the first phase of an exciting Senior Living Campus.

As soon as you enter the driveway, you get the feeling of something special is going on here. A resort style look that is very pleasing to the eye and the ample parking is a huge bonus right at the start. It's all very well planned out and inviting.

Once inside, the spacious open reception area is well stated and relaxing. Immediately you are met by professional and courteous staff who help you sign-in with state of the art community protection equipment and software.



True North Restaurant & Lounge



The Courtyards at Linden Pointe - 75 Falcon Ridge Drive

Once inside you are made instantly aware of some of the outstanding amenities waiting there for you.

Straight away you encounter the **True North Restaurant & Lounge**, noted for its fine dining and down to earth good eats all day long.

There's a Convenience and Essentials Market on the main floor to help with those little items needed day to day without having to go shopping.

The **Gateway Theatre** is on the second floor providing Multi-Media and Classic Movie experiences. If you love games, well, they have a Games Room, or visit the Library for some good reads.



The Gateway Theatre

A Beauty / Barber Salon and the **LifeSmart Fitness Centre** are available to keep one in shape and to look good at the same time. Pretty amazing indeed.

There are a number of nicely designed floor plans available in Studio, 1 Bedroom and 2 Bedroom configurations. If you're not sure, you can arrange a tour by calling **Lisa Bright, Sales & Marketing Manager** at 431.778.6105. Lisa will gladly assist you by showing you all of the amenities and floor plans available and answer any questions regarding costs and services to help you relocate.

Now in my humble opinion, a building is just a building unless you have the right staff and programs available. This includes of course Health & Wellness programming, Medical assistance protocols and the Professionals on hand to provide the care needed in certain scenarios. This is part of the Brightwater philosophy that makes Linden Pointe stand out above others. Bravo to 'Peace of Mind' support services.

Linden Pointe has quickly become known for the amazing culture that has been created with their resident living programs. **Victoria Evans, Community Engagement Manager** and her staff consistently...

offer a wide range of events, classes, recreational programs and group activities that entertain, stimulate and awaken the senses. They strive daily to meet the social, physical, mental, emotional and spiritual needs of their residents by providing things like, Exercise Programs including Tai Chi, Yoga and Weighted Exercising.

Enriching a person's social life with events such as Black Tie Dinners, Casino Nights, Holiday themed events and Live Entertainment.

Cocktail Hour Trivia Challenge has proven to be a huge success while being a community builder within. Spa Days are held in the Gateway Theatre with relaxing music, manicures, hand massage and facials. Sign me up I say!

The community at Linden Pointe is also big fans and supporters of the Blue Bombers and Jets. Game night parties to enjoy the games are held in the common areas for all to enjoy.



The Victory Lounge

In closing, I must say there isn't enough time and space to mention everything I have seen at Linden Pointe. It's truly an incredible place to live and thrive at. We need to have places like this to spend our later years, happy, healthy and with purpose. Thank you to The Courtyards at Linden Pointe for being just that place to be seriously considered.



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# RE•think Aging to discover optimal health for life

Active Aging in Manitoba (AAIM) encourages you to re-think aging to stay well, keep connected and build habits that add life to your years.

## Re•imagine Active Living

### Manitoba 55+ Virtual Games Demonstrate Fun, Energy and Resilience



The 55+ Games started on June 14<sup>th</sup> and due to feedback, were extended from July 16<sup>th</sup> to August 31<sup>st</sup>. Several hundred Manitobans from over 45 communities took part in **79 days of summer activity, sport, and play!**

Participants engaged in **over 18 different kinds of activities**

**ranging from walking, cycling, and pickleball to horseshoes, kayaking, and golf.** The core activities were expanded to include new ways to participate virtually.

We didn't know what to expect moving from in-person games to virtual games. How would Manitobans respond to the new guidelines and format?

We saw from the diversity of the participants – from ladies senior golf teams to participants from adult day programs – the virtual Games connected us. Participants from 55 to 100 years old took on the virtual challenge and joined in from all over

the Province, showing us that the Games can be enjoyed by everyone!

Congratulations to all participants who completed our first ever Manitoba 55+ Virtual Games!

A big THANK YOU to our presenting sponsor, PlayNow.com, Manitoba Liquor and Lotteries, for making these virtual games come to life. These 55+ Games would not have been possible without their support.

We look forward to 2022 and what the future of the Manitoba 55+ Games program could look like as we slowly and safely return to gathering with you all again.

*We loved seeing the participant photos and reading the tales of friendship, adventure, and triumphs. Here are a few of their stories of challenging themselves and those around them to stay active!*



#### Jack Widdicombe

Long-time Games participant, Jack, just celebrated his 100<sup>th</sup> birthday! About three times a week, Jack heads out to the golf course early in the morning to talk to the geese, do some practicing, and enjoy the fresh air. Twice a week (sometimes more) he will golf a 9-hole game. Jack has been enjoying the virtual Games this summer and is looking forward to another set of in-person games soon!



#### The "Golden Girls": Kathy Miller, Suzanne Jacques & Dee Miller

Despite the challenges of COVID-19, working full time, family obligations, weather and whatever else the world threw at them, Kathy, Suzanne, and Dee forged ahead!

The Games motivated them to move and they walked their way to better mental and physical health as a trio, calling themselves the Golden Girls.

Kathy (known as Dorothy in the group) is a former competitive athlete who in the past several years has had both knees replaced. She made it her mission to sign the group up, saying, "Get it together girls, we're doing this!"

Dee (also known as Blanche) is the rule breaker of the group and Suzanne (also known as Rose) is the survivor of the group, having recently faced a Thyroid Cancer diagnosis.



#### Ubie Fisette

Ubie has been playing Pickleball for about 2 years at the Windsor Park Collegiate courts.

This summer, he decided to get more people involved and now has a group of 8 that play on Tuesday and Sunday each week. Half of these players are newcomers to Pickleball and agree that it's great way to exercise while having fun!

Ubie says that they had a great summer with lots of exercise in a safe manner and it was great getting out to enjoy some excellent company as well!



## Re-energize and Re-connect Actively

### Take a Minute to Move TWogether!

Plan an active re-connection. Call a friend and go for a walk, a bike ride, or visit one of your local parks. Not only will you get the benefit of being active, but you'll also have a chance to re-engage in your community.

Many older adults have been isolated and keeping outside contacts to a minimum. Research confirms that for our mental health, we need social

connections, and those connections can be made and maintained through being active.

Re-discover the outdoor spaces in your neighborhood. Plan to replace some of the time you spend sitting with activity. Even moderate activities such as walking, gardening, cycling, and dancing will help you achieve health benefits.

Look to your local community centre for fitness programs and activities such as pickleball, badminton, floor curling, or chair exercises. Join a class lead by one of Active Aging in Manitoba's Peer Leaders.

For more information, call AAIM at 204-632-3947.

### Take Steps to Move More and Sit Less!

Don't worry if you are not doing much activity now. Start slowly and do what you can. Then do a bit more.

Remember, all the minutes you move throughout the day contribute towards your daily activity and your health.

- The Canadian 24-hour Movement Guidelines suggest moving for 30 minutes per day, 5 days per week to achieve health benefits.
- Even if you include daily activity, too much sitting increases health risks.

All Canadians  
age 65+ should  
strive to  
move more  
and sit less

## Re-engage with Purpose

### Volunteering Builds Connections and Community

Having a sense of purpose in life is key to resilience and combatting loneliness. Research has shown that strong life purpose is associated with reduced risk of mortality, heart attack and stroke. Many older adults find this meaning in volunteering.

**Volunteering can have a very positive and rewarding impact on your outlook on life:**

- Volunteering can provide sense of purpose and helping others.
- Volunteering can create important social connections
- Older adults have expertise to share, making them ideal volunteers.

Remember, it is natural for your source of meaning to change throughout your life. There are many ways to find purpose and connection. It can be as simple as knowing that you find happiness and a sense of worth from family, creative pursuits, or volunteering.

Maybe you have volunteered in the past but stepped away from your role because of COVID-19. Have you missed the connections you made or the activity that your volunteer role brought to your life? Consider re-connecting with your previous organization or finding a new volunteer opportunity.

**Active Aging in Manitoba (AAIM) Welcomes Volunteers:**

- Our Peer Leader program prepares volunteers to lead functional fitness classes for their peers.
- Are you passionate about active aging? Experienced in public speaking? Join AAIM'S Speaker's Bureau and share your passion for active aging.

Contact AAIM at 204-632-3947, by email at [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or toll-free at 1-866-202-6663.



*Many organizations are finding that their volunteer opportunities are changing due to the pandemic. For more opportunities to share your time and experience, contact Volunteer Manitoba: [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca)*

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



# Re-invest in Safety and Independence

## Staying on Your Feet Helps You Stay Safely Independent

Many older adults want to remain in their own homes as long as possible. Preventing a fall is an essential part of healthy aging and can help to maintain your independence.

Physical activity and working on your balance each day contributes to your

ability to prevent and recover from falls to help you safely stay in your own home longer.

Exercises to improve balance and strength help with daily activities, as well as building confidence and reducing the fear of falling.

For more fall prevention tips, try the exercises below or watch "Staying on Your Feet, Taking Steps to Prevent Falls" available at under resources at [www.activeagingmb.ca](http://www.activeagingmb.ca).

Another good online resource is [www.preventfalls.ca](http://www.preventfalls.ca).



### Sit to Stand

**Benefit:** Helps with getting up from sitting and improves your ability to squat to do things at a lower level.

Sitting in the middle of a chair, place your hands on your thighs or armrests if needed. Feet on floor, hip-width apart with heels positioned under the knees. Leaning forward bring your nose over your knees and toes, lift your buttocks, coming up to standing. Slowly lower yourself back down. Repeat 5-10 times.



### Wall Press

**Benefit:** Helps strengthen the upper body.

Standing 2 feet from a wall place hands at shoulder height, slightly wider than shoulder width. Keep shoulders back and down in a neutral position and core muscles tight. Slowly lower your body closer to the wall, pause, and push yourself away from the wall returning to the starting position.



### Arm Raises with Breath

**Benefit:** Helps with ability to reach overhead into cupboards.

Seated, or standing with your feet a comfortable distance apart, inhale as you raise one arm and reach for the ceiling. Exhale as you lower the arm. Repeat with other side. Do 3-5 times each side. Interlace fingers and try reaching both arms overhead together. Repeat 3-5 times.



### One Leg Stand

**Benefit:** Helps with balance.

Hold on to chair for balance. Shift weight to right foot and bend your left knee so foot is off the ground. Hold. Repeat on left foot.

To decrease the difficulty, keep your toe lightly touching floor with full weight on other foot. To make it harder, hold the chair with just two fingers. Progress to not holding the chair



### Mini Squat

**Benefit:** Helps improve leg strength and being able to squat to do things at a lower level

Seated, or standing with your feet a comfortable distance apart, inhale as you raise one arm and reach for the ceiling. Exhale as you lower the arm. Repeat with other side. Do 3-5 times each side. Interlace fingers and try reaching both arms overhead together. Repeat 3-5 times.

**Disclaimer:** Before starting any exercises, it is wise to consult with your doctor; this is especially important if you have any underlying conditions that might be worsened with exercise.



## How Flu Can Make Older Adults Frail

*Supported by an educational grant from Sanofi Pasteur.*

For the average healthy person, the flu is no fun by any means, but for older adults 65 and over, the consequences can be devastating.

Being vaccinated for COVID-19 does not protect you from contracting the flu.

Due to the natural weakening of the immune system over time, older adults are at a greater risk of catching the flu. They are also more likely to experience long-term health complications, hospitalization, and frailty if they do get sick.<sup>1</sup>

Being hospitalized for a prolonged period can result in older adults losing the ability to care for themselves like they once could. In fact, one-third of older adults who are hospitalized leave not being able to perform their usual day-to-day tasks.

As a result, life can be drastically changed forever, with once active, an older adult suddenly facing frailty they never experienced before. This can lead to older adults having to move into long-term care, leaving behind the independence they once had.

The vulnerability an older adult can face due to increased frailty has a 'domino effect' of negative implications to their health, relationships and livelihoods which can all be impacted.

The good news is there are steps older adults can take to protect themselves, like getting an annual flu shot.

"Frailty is a growing threat for seniors and our healthcare system as our population ages," says Dr. John Muscedere, Scientific Director and CEO, Canadian Frailty Network. "That's why it's important for seniors to get vaccinated against influenza before flu season hits."

Canada's National Advisory Committee on Immunization (NACI) recommends influenza immunization for high-risk individuals, such as adults 65+ and people with chronic diseases.<sup>5</sup>

Vaccination does not provide 100% protection and does not treat influenza and / or its complications or prevent hospitalization or death after the onset of disease.

<sup>1</sup> Haq, K., McElhane, J.F. (2014). Immunosenescence: Influenza vaccination and the elderly. *Curr Opin Immunol*, 29, 38-42

<sup>2</sup> Monto, A.S., Anisoli, F., McElhane, J.E., Montano, L.F., Nichol, K.J., Pug, Barbara, J., Stephenson, J. (2009). Influenza control in the 21st century: Optimizing protection of older adults. *Vaccine*, 27, 5043-5053

<sup>3</sup> Covinsky, K.E., Palmer, R.M., Fortinsky, R.H., Counsell, S.R., Stewart, A.L., Kreslevic, D., Baroni, C.J., & Landerfeld, C.S. (2003). Loss of independence in activities of daily living in older adults hospitalized with medical illnesses: Increased vulnerability with age. *The American Geriatrics Society*, 51, 451-458. doi: 10.1046/j.1532-5415.2003.51152.x

<sup>4</sup> Grif, C. (2006). Functional decline in hospitalized older adults. *The American Journal of Nursing*, 106(1), 58-67.

<sup>5</sup> Public Health Agency of Canada. (2017). An Advisory Committee Statement (ACS)/National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2021-2022. [https://www.canada.ca/content/dam/phac\\_aspc/documents/services/publications/health-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine\\_2020-2021-2022-2021-influenza-stmt-eng.pdf](https://www.canada.ca/content/dam/phac_aspc/documents/services/publications/health-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine_2020-2021-2022-2021-influenza-stmt-eng.pdf)

## Re-turn to Active Aging Celebrations

**Active Aging in Manitoba Relaunches Active Aging Week October 4-11**

Active Aging Week was established by the International Council on Active Aging to connect older adults with activities that contribute to health and well-being. It is celebrated during Seniors and Elders month.

Active Aging in Manitoba (AAIM) is excited to re-launch Active Aging Week with a focus on fun, participation, engagement, and safety and encourages all Manitobans to get involved.

### Getting Involved

All communities and groups throughout Manitoba can plan, promote, and host a free activity or event to engage people 50+ years of age between October 4<sup>th</sup> and 11<sup>th</sup>.

Contact us and we'll register your Active Aging Week event and add it to a calendar and virtual map on our website. Let's fill them with creative events from all over our province.

A wide variety of activities have made Active Aging Week a success in past, engaging around 2500 Manitobans. These, include health presentations (virtual and in-person), floor curling, walking, cycling, pickleball, games, and health fairs.

We encourage celebrating an active lifestyle for older persons however you choose (abiding by public health orders), to renew d connection in our communities. Check out our website for ideas to help you get started.



### Active Aging Week Events:

**Sept 22, 12-1 pm – Communities, Parks, and People: How to Live Older, Healthier and Happier**

With Gil (Guillermo) Penalosa, International speaker. Register at [activeagingmb.ca/Webinars](https://activeagingmb.ca/Webinars) to learn the health benefits of connecting with nature, and the importance of environmental stewardship. Discover green spaces close to home along with activities that you can do safely.

**Oct 4-10 - Healthy Aging Challenge**

AAIM partners with the Wellness Institute for a free online challenge. Register at [wellnessinstitute.ca/AA-challenge](https://wellnessinstitute.ca/AA-challenge) to get daily email tips on healthy aging. Complete the healthy aging activity of the day and track important health habits.

**Oct 6 – A Walk in the Park: Connecting People with Nature**

Join AAIM from 10 am - 2 pm for an asynchronous event with participatory activities, demonstrations, and educational session.



**Active Aging**  
in Manitoba

### REGISTER YOUR EVENT

Email: [info@activeagingmb.ca](mailto:info@activeagingmb.ca)

Phone: 204-632-3947

Toll Free: 1-866-202-6663

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



# The Pros Know <sup>55+</sup> Active Living & Resource EXPOS

Bringing the products & service resources needed by older adults to older adults in our community!



## October 1st, 8th, 22nd and 29th 2021

### SEVEN OAKS Sportsplex

Garden City Community Centre  
745 Kingsbury Ave.

**National Seniors Day!**

Friday, October 1st  
10:00am - 4:00pm

Garden City Community Centre  
Seniors 55+ Program Venue Hosts

Masking & Proof of Vaccination Required.  
Covid-19 Protocols will be in place. Thank you.

**Westwood**  
COMMUNITY CHURCH

401 Westwood Drive  
Friday, October 22nd  
10:00am - 4:00pm



St. James Assiniboia 55+ Centre  
Venue Hosts

**fort garry**  
MB church

1771 Pembina Hwy.

Friday, October 8th  
10:00am - 4:00pm

Pembina Active Living 55+  
PAL Venue Hosts

**Good Neighbours**  
Active Living Centre

720 Henderson Hwy.  
Friday, October 29th  
10:00am - 4:00pm

Good Neighbours Active Living Centre  
Venue Hosts

presented by:



Manitoba  
Association of  
Senior Centres

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MASC (Manitoba Association of Senior Centres),  
Senior Scope Newspaper table,  
Winnipeg Police Service 'Crime Prevention' table,  
Products & Services tables and more...





## THE BUZZ

By Scott Taylor

You've probably never heard of Norbert Ross, so here is a brief introduction:

Norbert Ross, a man who calls himself "an old-style coach."

And, perhaps the finest coach in Manitoba that the media doesn't know, 73-year-old Norbert Ross is an enigma. Nobody works harder at his passion than Ross does at coaching sports and yet nobody worries less about being thanked for his efforts.

"There was a time when Norbert coached four Indigenous kids in track and field and they were four of the best kids in the province," said the former Director of Coaching for Sport Manitoba, Greg Guenther. "He also coached an East Side Eagles football team and on top of that, he was the Indigenous coaches representative on the provincial Coaching Advisory Council."

"He's really a great guy. He's always taking coaching courses, always getting better. He really is phenomenal."

That's a small part of a section I wrote, along with my colleagues Carreira Lamoureux and Janice Forsyth in the new book, **A History of Excellence. The Untold Stories of Manitoba's Indigenous Sport.**

It's a tremendous book, if I do say so myself, and it's one of four great reads that will be available in September. I think they're great reads because during the pandemic, I had the opportunity to collaborate with a dozen of the smartest, most passionate people I have ever met to produce all four books that will be released this month.

Glen Daman, a brilliant salesman and business executive, asked me to help him produce, **Master Your Life to the 10th Degree.** We did the original version nearly a decade ago and this is the brand-new re-working and re-printing of Glen's tried and true method of dealing with everything – good or bad -- that is thrown at you every single day.

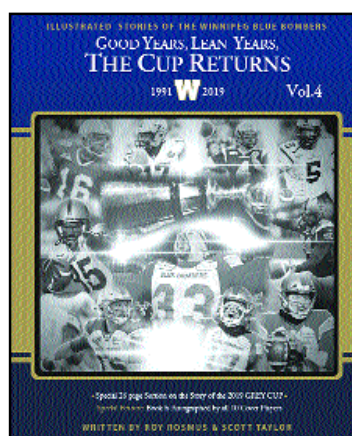
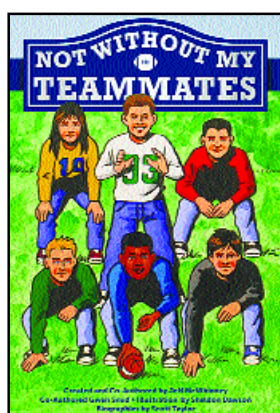
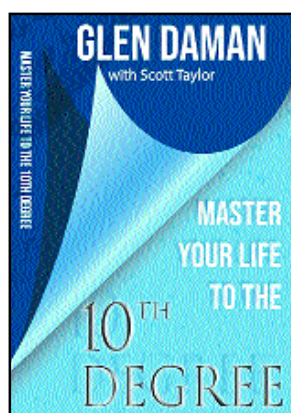
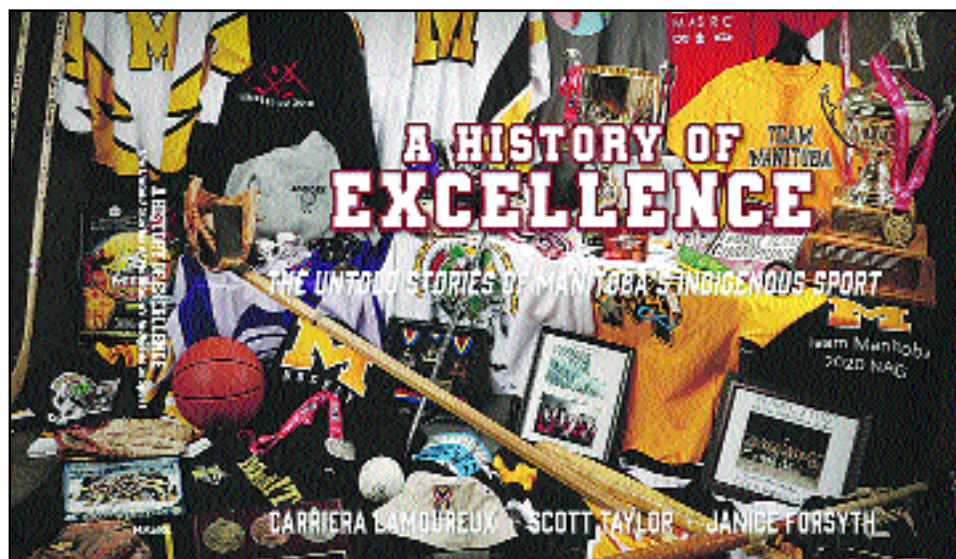
Glen will get "you 'All Geeked Up' and ready to make the best of each and every day, just by following his easy five step program to what he calls, the 10th Degree Life." This is a read that's definitely worth the time.

I also got a call from my long-time friend, Jeff McWhinney, the "Keeper" of the Grey Cup, the man in the white gloves who makes sure the Cup gets to wherever it needs to be.

This month, Jeff's wonderful children's book, **Not Without My Teammates**, will become available and while I say "children's book," it's reach is much greater than that.

# FOUR GOOD WINTER READS... IF I DO SAY SO MYSELF

By Scott Taylor / Photos courtesy Roy Rosmus, Jeff McWhinney, Glen Daman and the Manitoba Aboriginal Sports & Recreation Council



Written with local author Gwen Smid, it's a story of perseverance against any and often all odds and it shows adults and kids alike that no matter where you start, you can always finish at the top. And there's quite a bit of football thrown in, too. Jeff asked me to write the biographies of the six stars of the show, his late father, Keeper McWhinney, Keepers' pals Cal Jones, Normie Kwong and Jackie Parker, the exceptional Metis football, star, Jed Roberts, and Winnipeg's own Dayna Spiring, the first woman to have her name engraved on the Grey Cup.

Here's an excerpt:

Glenn "Keeper" McWhinney was an exceptional and gifted athlete who had a huge heart, cat-like quickness, passion, desire and intelligence, traits that just seemed to make him play bigger than he actually was.

Glenn grew up in Winnipeg and was accomplished at all sports, but he really excelled at football. He played junior ball with the old Weston Wildcats and was invited to join the Edmonton pro team in 1952. It was during that '52 season that Glenn McWhinney became "Keeper" McWhinney.

Let's allow the late Mr. McWhinney to tell the story himself:

"I was a quarterback in Edmonton in '52," he recalled. "We were down about the three-yard-line against Saskatchewan and we ran a couple of plays and we didn't get into the end zone, but I'd seen something and thought I'm going to call this play. So, I made the call and when I got the snap, I expected everybody to go right, but they all went left. There I was, all alone. So, I just tucked the ball under my arm and took it in for a touchdown."

"When I came off the field, Frank started calling me 'The Keeper' and it just stuck. It's just one of those things."

**"We were down about the three-yard-line against Saskatchewan and we ran a couple of plays and we didn't get into the end zone, but I'd seen something and thought I'm going to call this play. So, I made the call and when I got the snap, I expected everybody to go right, but they all went left. There I was, all alone. So, I just tucked the ball under my arm and took it in for a touchdown."**

- Glenn McWhinney

If you didn't know the wonderful Keeper McWhinney before, you will definitely know him after you read this book.

The fourth book on my personal "great reads," list is the fifth and final volume in the series, **Illustrated Stories of the Winnipeg Blue Bombers**, entitled, **Good Years, Lean Years, The Cup Returns 1991-2019.**

This is actually Vol. 4. My co-author, the passionate Blue Bombers researcher Roy Rosmus, doesn't like to include the first book, **Quiet Hero: The Ken Ploen Story**, in what is now a four-volume encyclopedia of all things Blue Bombers. He has his reasons and I will not argue with him.

Anyway, that's all just semantics. For me it's the fifth book and it's been quite a journey. We started a decade ago on the kitchen table of the home of Janet and Ken Ploen, speaking openly about the greatest seasons in Blue Bombers history. The journey has finished with the Bombers first Grey Cup since 1991. Talk about a ride.

Here's a look:

Dave Ritchie was slow-talking, laid back, whip-smart and funny. He kept a framed quote on his desk that faced the beat writers when he held his impromptu news conferences that read: "If reincarnation is true, I want to come back as a sportswriter. That way I'll know that the brain has never been used."

In return, the writers called him Eeyore, after the forlorn Winnie the Pooh character. He had a Rodney Dangerfield-schtick. "We just don't get no respect." Just about every day he'd lament, "The refs don't like our guys, the broadcasters don't like our guys, the writers don't like our guys. But we'll be OK, I guess."

In the meantime, he was a tremendous coach, loved by his players and in three seasons, he had the Bombers back in the Grey Cup game. They lost of course, 27-19 to Calgary, but Ritchie had given Winnipeg its football team back.

It was a joy to be part of all of these books. OK, not every day was a joy. Some days were nothing but a long, hard grind. Many of the disagreements – and there were many – were handled at exceedingly loud decibel levels. Still, we all got through it. Not necessarily unscathed, of course, but certainly proud of each and every one of the finished products.

It was a privilege to be part of these incredible projects. I can't thank Mel Whitesell and Carreira Lamoureux at the MASRC and my old pals Roy Rosmus, Glen Daman and Jeff McWhinney enough, for inviting me along for the ride.

Oh, and a second edition of **A History of Excellence. The Untold Stories of Manitoba's Indigenous Sport**, will be released next year. ■

## MORE SUPPORT FOR SENIORS

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- Implement strict infection prevention and control measures
- Increase facility inspections



### QUESTIONS? CONTACT US

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# The Pros Know

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## Active Living & Resource EXPOS

More information at:

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**SEVEN OAKS Sportsplex**  
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**Friday, October 1st**  
10:00am - 4:00pm

National Seniors Day!

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**Friday, October 8th**  
10:00am - 4:00pm

**Westwood**  
COMMUNITY CHURCH  
101 Westwood Drive  
**Friday, October 22nd**  
10:00am - 4:00pm

**Good Neighbours**  
Active Living Centre  
720 Henderson Hwy.  
**Friday, October 29th**  
10:00am - 4:00pm

**Masking & Proof of Vaccination Required!**

## It's Show Time: Pros Know Expos are a Go!

WOW! Here we are in the final stages for the Pros Knows Expos in October. What can we say? It's been a journey, hasn't it? So after 21 months, a ton of upheaval in our collective world with Covid, here we are. Getting ready to open the doors.

As we have stated from the very start, these four mini-expos coming to your neighbourhood next month, are the result of hundreds of hours of planning, research and so much more. The people you'll see at each location are folks with the passions and convictions needed to help others, especially you, our 55+ communities.

We have strived to put together a good collection of services, organizations and companies dedicated to your wellbeing and general quality of life. When you come by to one or all of these in October, you will find a welcoming, flea-market style atmosphere designed to be low-key and inviting. The people you meet are genuine and most eager to listen and provide their recommendations to help you in only the way they can. This will be an opportunity for all of us to forge a new and better future



of The **Pros Know Expos**

for our older adult community.

To protect you and everyone involved, we are indeed requiring and sticking with the current Covid-19 gathering protocols. These include; capacity limits, masking, **proof of vaccination** and hand sanitizing stations. So we ask you of course to please be respectful of these protocols. We are the most vulnerable segment of our society and as such, we need to do the lit-

tle extras so these events are safe and enjoyable for everyone at this time and in the future.

If you're wanting to have a gander at who will be at each show, please go to our On-Line Information Hub; [www.prosknowexpos.ca](http://www.prosknowexpos.ca). Here you'll find the show locations, dates and the lists of Exhibitors. Here you'll also find many free and important resources for your collective wellbeing, lots of cool things to check out.

It's important to know that these Expos would not have happened without the leadership of all of these great humans. The last couple of months we've had the pleasure of listing the names of just a few of our 'Guardians of Excellence'. These are some of the most dedicated to our community's health and welfare. This month, the beginning of our Expos, we need to acknowledge two very, very special ladies. The Expos owe them the greatest amount of gratitude, for they are the engines behind who we are and what we do. They are our principle sponsors.

Connie Newman is the Executive Director of the Manitoba Association

of Senior Centres. Her passion and conviction for the betterment of life for fifty-five plusers is unmatched. Many of the advances in our community in the past number of years for older adults is directly attributed to her commitment to change. She has helped us set the bar for us to achieve over time. Her wisdom and knowledge has been instrumental.

Kelly Goodman, Editor / Publisher of the *Senior Scope* newspaper is celebrating 19 years this year for *Senior Scope*, outstanding! Kelly graciously gave us this podium to bring you news and messages to help you each month. We're celebrating a full year of writing here in this column. Her love of community and the people she serves is her driving force and she has so inspired us to make these expos work. Thank you Kelly, thank you Connie. You both have made this a wonderful journey.

Inclosing, we hope to meet you at the shows. Bring your questions, needs and smiles. We are all looking forward to help you live better.

~ Trish & Rick

## The greatest show on Earth – The Olympics

By Metro Hnytko

This spring, even with COVID-19 raging in most countries, we got to see the greatest show on Earth – *The Olympics*. A tradition which was born thousands of years ago in the Greek city of Olympia in 776 BC. This competition was held in honour of the Greek God Zeus.

Nowadays, in this competition, athletes from all over the world come together to compete. The summer Olympics showcase sports such as soccer, swimming, rowing, baseball, basketball, volleyball, gymnastics, and track. In February 2022, the winter Olympics are to be held in Beijing China, which include good shows to watch such as skating, skiing, hockey, curling, and many more.

The larger countries send a lot of athletes, where some of the smaller countries spend a lot of their wealth backing some of their athletes to compete. The difference between winning and coming second can be 1/100th of a second. Many times, there's a 1 second difference between the top 5 athletes. Once qualifying for an event, there is no matter how you do as I consider you a winner. There is no great monetary value in the medals that are given out compared to the years of training and getting to the Olympics. There are winners, yes, but there are no losers. These athletes are so good that they can beat each other at different meets continually. It gives me a real sense of



Montreal Olympics bronze and silver medals.

pride when someone gives their all and loses by 1/100th of a second.

I would love to someday go to the Olympics as a spectator, but time seems to not be available and the resources needed are quite substantial. But I do have bronze and silver Olympic medals from the Montreal Olympics which I purchased (not won) but I treasure them greatly.

My fears are that the Olympics are getting so large and expensive to showcase that many countries will never be able to host them. The cost is in the billions, and they are not always profitable, even though some venues built are for future generations use. The cost of the 2014 Sochi USSR Olympics was \$51 billion U.S. dollars. A lot of the costs were infrastructure and transportation systems. The cost of the 2008 Beijing summer Olympics was \$43 billion U.S. dollars. Athens summer Olympics in 2004 was \$18.2 billion U.S. dollars. Rio de Janeiro 2016 Olympics was \$13.1 billion U.S. dollars. An event such as COVID will cost the Japanese billions of U.S. dollars because they could not have fans to pay to watch the games live, or pay for hotel rooms, food and beverages, and souvenirs.

Maybe in the future, the Olympics will have to be split between several countries each with certain sports. I am sure a solution will be found.

~ Metro

## MORDEN TRAILBLAZER DONATES VINTAGE WEDDING GOWN

*Nellie McClung's Homes of Manitou Grateful Recipient*

By Barbara Biggar

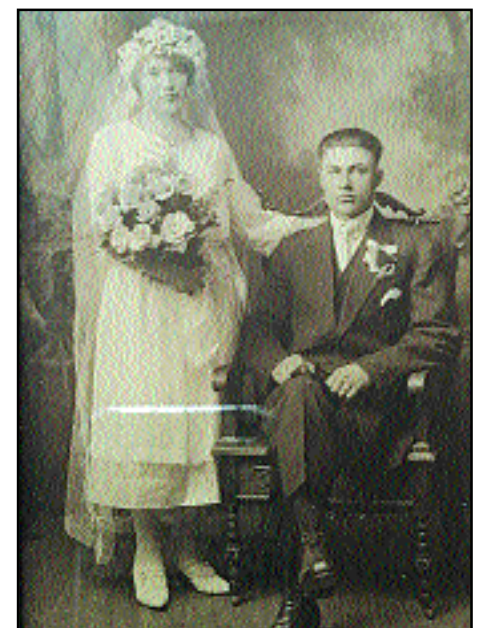
August 19, 2021 – As an RCMP trailblazer, it seemed a perfect fit for Morden's now retired Corporal Lois Dudgeon, one of the first 100 female officers to serve in the RCMP, to donate her maternal Grandmother's nearly century-old wedding gown to another organization dedicated to trailblazing Manitoba women.

While organizing a Bollenbach family tour of the "I DO" exhibit at the Nellie McClung Heritage Site in Manitou, Dudgeon knew she had found the perfect place to make the donation, which was presented as a surprise to her mother and other family members this past Sunday.

"We're proud of our family heritage that is rooted in the Darlingford-

Thornhill-Morden areas," said Dudgeon, "and delighted to be able to have my maternal Grandmother's vintage gown stand alongside the gowns of Nellie McClung and so many other strong women."

See 'Nellie McClung House' cont'd page 19



Lois' Dudgeon's grandmother, Mathilde "Tilly" (Tempel) on the day she married Gustav Bollenbach - October 24, 1922 in Morden, Manitoba. Her mid calf gown was made of delicate silk with exquisite bugle beading accenting the sheer overlay. This is the vintage gown Lois donated to Nellie McClung's Homes of Manitou that is now on display in McClung House as part of the Manitoba 150 "I DO" exhibit.



Now retired RCMP Corporal Lois Dudgeon in 2012.



Things To Do

WINNIPEG

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

**MISC EVENTS**

**ANAVETS Assiniboia Unit 283** - Live bands and dancing with masks on, Fri. nights, 8-11 pm. Check website & newsletter for Band names. Meat Draw Fri. 6:30 pm. Sat. 3 pm. A mask & full vaccination proof needed.  
**3584 Portage Ave. 204-837-6708**

**Manitoba's Largest Model Train and Hobby Show** - Red River Exhibition Park, Sept. 25 & 26, 9 am-5 pm. Includes largest Lego display in MB and other hobbies. Free parking, accessible. \$8/adult, \$6/4-12, Free/3 & under. \$25/Family pack (2 adults/2 youth 4-12). Admission includes unlimited rides on the Yellow Train. Mask mandatory for 4 and up. 12 and up must be double vacc'd.

**St.George's Anglican**, Transcona, 321 Pandora Ave. W. - **Fall -Supper** Sat. Sept. 25, drive-thru/take-out option. Turkey dinner with all the trimmings including dessert. Tickets \$20/dinner. Contact Deb: 204-981-9933, jdbuxton57@gmail.com.

**Blessing Of The Animals Service** Sun., Oct. 3, 4 pm - all pets (furry, feathered, finned or scaly ) welcome!  
**stgeo321@gmail.com, 204-222-1942, www.stgeorgesanglicantranscona.ca**

**Hand Sewn Doll Clothes** - to raise money for Willow Place - I am volunteering my time, and donating all fabric and sewing supplies to produce doll clothes suitable for the 18" American Girl dolls. Prior to Christmas I will

be donating all proceeds from the sale of the doll clothes to Willow Place, a women's shelter in Winnipeg. See postings on Winnipeg Kijiji under Doll Clothes. Info: [lindabrashaw@hotmail.com](mailto:lindabrashaw@hotmail.com).

**SPORTS & FITNESS**

**Yoga Sessions** - Deer Lodge Community Centre, 323 Bruce Ave. E. With with Doreen Wuckert, Certified Yoga Instructor - Mondays, 7-8 pm, Sep. 27-Dec. 13, 11 Sessions - \$100. Drop-in \$12 per class. Doreen: **204-837-9613** or [dwuckert@shaw.ca](mailto:dwuckert@shaw.ca)

**Pembina 55 Plus Men's Curling League** - Registration Session for individual curlers. Curl 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 established 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**

**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**

**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)

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

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

**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+** (new location – Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Fall 10-wk classes begin Sep. 14 with a combination of in-person and online classes: yoga, fitness, resistance training, Zumba, Tai Chi, Let's dance, painting and writing. Call the office to see

which registrations are still available. Drop-in activities: bridge, five-pin bowling, pickleball, Lunch PALs. Office hrs: Tue-Wed-Thur 9-3:30. Info: [www.pal55plus.com](http://www.pal55plus.com), [office@pal55plus.com](mailto:office@pal55plus.com), **204-946-0839**.

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

**Dufferin Senior Centre** - Closed until further notice. Info, Al: **204-771-3325**

**Dakota 55+ Lazers 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. Our programming will remain the same. **Caregiving with Confidence: 204-452-9491** for more info.

RURAL MANITOBA

**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**

**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** - In-person Yoga classes for adults (seniors), Thursdays, 9 am, starting Sept. 9. \$5/class, held at the main hall at the TC Energy Centre in Ile des Chenes.

Proof of vaccination and masking required. To register, Juliette: **204-330-7456** or [juliette.nadeau@outlook.com](mailto:juliette.nadeau@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 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**.

**Today's Recipe**[www.PeakMarket.com](http://www.PeakMarket.com)

### Beef Ragout

Metric	Ingredients:	Imperial
750 g	beef, cut into cubes	1 1/2 lb
125 ml	flour	1/2 cup
-	pepper	-
30 ml	butter	2 tbsp
30 ml	vegetable oil	2 tbsp
2	medium onion, chopped	2
3	carrots, cubed	3
2	celery stalks, diced	2
284 ml	can beef consomme	10 oz
250 ml	canned tomatoes	1 cup
15 ml	sugar	1 tbsp
10 ml	salt	2 tsp
2 ml	oregano	1/2 tsp
250 ml	peas	1 cup

Dredge beef cubes in mixture of flour and pepper. In heavy saucepan, brown floured beef cubes in mixture of butter and vegetable oil. Move to large casserole.

Brown onion in remaining butter and oil mixture. Add to meat mixture. Add remaining ingredients to meat mixture except peas. Cover and bake in preheated 350 F (180 C) oven for 2 hours or until meat is tender. Add peas and bake an additional 5 to 10 minutes. Serve on a bed of noodles or rice.

Serves 4

## 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)

• • •

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• • •

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SAFETY ALERT

Prevent electrical fires

We plug it in and then usually forget about it. Whether it's a tool, appliance or computer, safe use of any type of electrical equipment can prevent an electrical fire. Always be sure you and your family practice the safe use of electricity to prevent an electrical fire in your home, work area, farm or cottage.

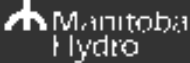
- Don't overload outlets with too many plugs. Overloaded circuits can cause a fire.
- Ensure all cords are in good working condition. A frayed or damaged cord could be hazardous and should be replaced.
- Make sure the cord is adequate for the job. Match the wattage or amperage on the appliance with that on the cord before using.
- Don't run cords under carpets or other obstructions. This may damage or overheat them. Overheated cords cause insulation to melt or burn. Frayed or damaged cords are also dangerous for this reason.
- Keep smoke detectors and fire extinguishers in good working condition and locate them strategically in your home.

Despite the best precautions, fires can occur. Follow these guidelines in case of a fire:

- Call 911 immediately. If the fire is small, use a fire extinguisher that is rated for electrical fires to douse the flames. Otherwise, get everyone out of the house at once and wait for the fire department.
- Electrical fires are different from other fires. They have a source of electricity still conducting current. It's important to remember to use a chemical fire extinguisher – using water to extinguish an electrical fire can result in serious electrical shock.

Visit [hydro.mb.ca/safety](http://hydro.mb.ca/safety) for more information.

Safety. It's in your hands.

Manitoba Hydro

Nellie McClung House... cont'd from page 17

The 1922 gown, on display now in McClung House, was worn by Mathilde "Tilly" (Tempel) when she married Gustav Bollenbach in Morden on October 24. The mid-calf gown is made of delicate silk with exquisite bugle beading accenting the sheer overlay.

"We're honoured to accept Lois's gift," said Barbara Biggar, NMHS co-chair, "and thank the now retired Corporal for her years of service in the RCMP. Grandma Tilly, as she was well known, was proud of Lois and the entire Dudgeon-Bollenbach-Andrew families. We are pleased to add this important vintage gown to our ever-growing collection."

Due to popular demand and with record crowds attending from all over Manitoba, the "I DO" exhibit will remain open through September with walk-ins and larger groups welcome. Admission is \$10.00 for adults

with no charge for young people 17 and under. To arrange a tour, contact [visitnellieshomes@gmail.com](mailto:visitnellieshomes@gmail.com). ■



Tilly's dress on display in McClung House.



Tilly's extended families - the Dudgeon-Bollenbach-Andrew families with Lois Dudgeon on the far right, front row.

Appreciation  
Deepal Jayasundera  
In Canada: The Sky is the Limit

Deepal visited South Asian countries such as Singapore and Cambodia. In East Asia he visited Japan. About three decades ago he immigrated to North America and settled down in Winnipeg, Canada. With his global experiences and seeing the living standards of the other countries he selected Canada to be his second home. He canvassed all of us to migrate to Canada saying, "In Canada, the Sky is the Limit". He took the initiative to arrange Permanent Residence (PR) under Manitoba Provincial Nominee Program for my daughter and her family. Subsequently, my daughter and her family arranged for my wife (Chandani) and me to become Canadian Citizens. If not for his sincere generosity, we would not have been able to live in Canada today. We are extremely fortunate to be citizens of this country and we call Canada as our second home.

According to the Birth Certificate his name was Deepa Piyatissa Wijerathna Jayasundera (D.P.W. Jayasundera) but close relatives called him DP, and in the University, he was known as Deepal.

Deepal was born in Kalagedihena, Sri Lanka. His father Jayasena Jayasundera was the Sub-Post Master in Kalagedihena. His loving mother Alice Jayasundera was a Teacher in Kalagedihena Government School. Deepal completed his high school education at Royal College,

Colombo. In 1961, Deepal was selected on an island-wide competitive "Rupasinghe Scholarship" examination and entered Royal College. Even today his name appears as D.P.W. Jayasundera in the Rupasinghe Scholarship Panel in the main hall of Royal College. He was an active member of the Royal College boxing team.

When I entered University of Ceylon, Colombo Campus (now University of Colombo), my father found a boarding place for me with one of his friends (E. R. Eratne) in Barnes Place, Colombo 7. At this boarding house I met Deepal. He became both my roommate and my university batch mate. I observed that he was not only studious but also keen to maintain physical and mental fitness as a boxer and weightlifter. His routine was 'early to bed and early to rise' and a nap after lunch. He showed me the books that he possessed for his university studies and told me of his dietary habits to maintain his body weight. Further, he showed me a string of 108 beads frequently used when meditating. I got frightened to get as roommate a person with straightjacket type of lifestyle with whom I had to spend my entire university life. With my friends, I used



Deepal Jayasundera

to go for movies, especially the 9.30 p.m. shows, and came back to our rooms past-midnight. Due to this habit of mine Deepal called me 'the Midnight Man'. After few months, he advised me that if we can do well at the first-year examination we can apply for an honours course. As a result, I emulated some of his textbook oriented lifestyle habits and as a result I was able to do well at my examinations. He obtained University Colors for weightlifting.

Pending University Examination results he got an appointment as a Junior Executive at Ceylon Glass Company, Ratmalana. He started his government career as a Valuation Officer at the Department of Valuation. Later, due to his sports background he was able to get recruited to the Sri Lanka Air Force (SLAF) as Flying Officer (Gazetted Officer).

Deepal married my second sister Thilaka. His best man was Tony Opatha (Sri Lanka Cricket Team/ Flying Officer, SLAF) and his groomsman was Wijaya de Mel (Dept. of Valuation). Both of them were his co-workers. As Valuation Officers Deepal and Wijaya were doing field work in the Divisional Secretariat of Habaraduwa and both of them occupied the front room of Guna Nivesa on

Galle Road, Unawatuna. They later came to know that the owners of the house (Wijetillake's) are related to me. The end result was that I got married to Chandani from the Wijetillake family and Deepal was the attesting witness at our marriage. As he was very close to my parents, he arranged Wijaya (his co-worker/groomsman) to marry my elder sister, Yamuna. Because of this intimacy with my family, Deepal was like a brother to me.

During his stay in Winnipeg, Deepal used to associate with many Tamil Sri Lankan families and Tamil community leaders. They were very helpful for me during my tenure (2016/2017) as the President of the Sri Lankan Association of Manitoba. Even today, I am maintaining my close contact with them. Deepal worked at Western Glove Works in Winnipeg. After retirement, he moved to Medicine Hat, Alberta to live with his eldest daughter Nipunie and her family. Second daughter Yosha and her family are in Winnipeg and his son Asitha and his family are in St. Rose du Lac, Manitoba.

His Motto was, More work more trouble. No work no trouble. This shows his simple lifestyle.

May he attain the Supreme Bliss of Nibbana!

Senaka Samarasinghe  
Winnipeg, Canada  
Aug 16th 2021



# The 2021 Manitoba 55+ Virtual Games - reinvented for actively engaging in sport and play safely together but apart

Photos submitted by athletes to Karyn Heidrick, Manitoba 55+ Games Coordinator

Participants from all over Manitoba engaged in 18 different activities outlined in the Manitoba 55+ Virtual Games, presented by PlayNow.com, and others of their choice, this summer from June 14th to August 31st. Although the competitive aspect was removed from this year's 55+ Games, that didn't stop the athletes from competing among themselves in their groups. The reward was a chance to win one of 30 various

prizes (tote bags, sets of urban poles, t-shirts, water bottles, etc.) in random draws. But the real reward was to be a part of the Games again after the cancellation of them in Selkirk in 2020. The real hope is that they will be able to happen there in 2022 as initially planned before the Covid-19 pandemic.

Here are ten "first-round" winners this year. More draws will be made as more submissions come in.

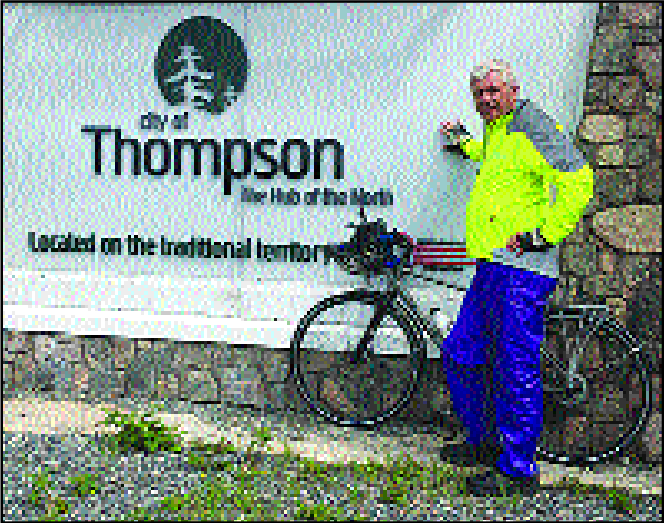
1. Ida Theodore
2. Suzanne Jacques
3. John Janzen
4. Sharon Leckie
5. Tanis Carter
6. Ubie Fisette

7. Clemus Laurila
8. Doug Graham
9. Norma Jones
10. Sandi Cann

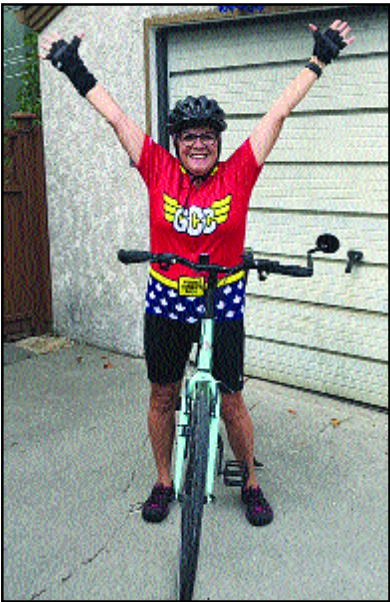
Participants submitted some photos to share.



Caboto Centre Seniors bocce ball group played all summer long and really got into the fun of the Games (photo was taken at wind-up dinner on August 23).



Gerald Warkentin completed his impressive cycling trip from Winnipeg to Thompson which he says was a total distance of 801 km's. It was done in 7 cycling days, with two days off in the middle due to smoke and wind. Visit this blog for more details of the trip: <https://www.geraldbicycletravels.wordpress.com>.



Doris Kenny-Lodewyks says she really enjoyed participating in the Manitoba 55+ Virtual Games. She joined the Great Cycle Challenge to raise money for Kids Cancer, cycling 926.05kms in 2 months.



Lynn Sandercock kept active this summer walking, completing chores on her farm, gardening, working out in her home gym, and riding her Champion show horse.



Doug Graham (centre) enjoyed both hitting the golf greens and bowling this summer in Steinbach.

*Badminton*

*Fishing*

*Horse Shoes*

*Table Tennis*

**Manitoba 55+ Games**  
*Gateway Resources*  
**SENIOR ACTIVITY PROGRAM**

*Bocce Ball*

*Walking...*

*walking...*

*and more walking!*

Patrick Simoens, Senior Activity Manager at Gateway Resources Inc. and his group in Winkler kept busy all summer participating in a variety of activities and games.

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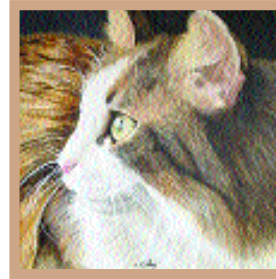
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## Manitoba Churches -

# Sandy Lake. Church of the Holy Ghost. Ukrainian Catholic. 1937

Written and Photo by Tyrrell Mendis

Sandy Lake is a community northeast of Shoal Lake in the Rural Municipality of Harrison Park. The first settlers arrived there at the beginning of the last century from the Chortkiv region of western Ukraine. Later settlers came from Kudrentsiv and Borshchiv, and the districts of Husiatyn and Terebovlia.

Sandy Lake was registered as a village in 1905. Its first church was built in 1909. The first Divine Liturgy was celebrated on December 19, 1911 by Rev. Henry Boels. The parish then had 80 members.

The small gabled rectangular church had an ornate dome at the centre. It was heated with a wood-burning stove and lit by candles. Jacob Prokopchuk was closely involved in its construction.

Bishop Nicetas Budka visited in 1913 and 1921. Metropolitan Andrey Sheptytsky also visited in 1921. Eparchial dignitaries who came to the parish include Bishop Basil Ladyka (June 19, 1940), Metropolitan Maxim Herrauiuk (October 19, 1960; August 10, 1969; September 12, 1976); and Bishop Myron Daciuk (September 4, 1983).

This second church was built across the street when the first church was demolished in 1937. The pastor at the time was Rev. M. Hryhorichuk.

Holy Ghost Ukrainian Church is a cruciform wooden structure with a large open cross-topped dome at the intercept of the nave. There are domes at each end



of the gable roof, and two larger ones on the towers that flank the front entrance. Sofron Snihurowich of Winnipeg sheathed the domes with metal.

"At the intersection of the arched ceiling in the nave is an octagonal dome... The dome rests on four arches which are supported by four pilasters. Above the four pendentives... is a cornice on which rests a band of eight protruding split-columns. These continue on to the drum

and divide it into eight sections, thus giving support to the ceiling of the dome." (Ukrainian Catholic Churches of Winnipeg Archeparchy - Anna Maria Kowcz-Baran)

Along the walls are stained glass windows topped by semi-circular panes. Semi-circular windows are also above the three vestibule entrance doors. Higher up are stained glass rosette windows.

The icons inside were painted by P. Lypynsky in 1944. Decoration is continuous throughout the interior. Eight painted angels are on each of the ceilings of dome and sanctuary, and painted evangelists on the pendentives. Among the larger framed paintings is Descent of the Holy Ghost on the apsidal wall of the sanctuary, identified with a plaque that reads "Donated by the Rev. Father M. Hryhorichuk". Other large paintings are similarly identified.

The belfry is set away from the church. It was built in 1951 when Rev. I. Iwanchuk was the parish priest. It houses three bells.

One of two cemeteries in the parish - on land donated by Tom Warwaryk in 1908 - has not been used since 1967. The other, on two acres purchased in 1920, is a quarter mile south. Its ornate gates were donated by Fred Wasylenko and family in 1980.

The Ukrainian Catholic parish of Sandy Lake with the Holy Ghost Church is the seat of the pastoral district that includes Horod, Ozerna, Elphinstone, Rackham, Somack, Newdale and Erickson. In 1990 it had 130 members.

Photographed in 1990

Tyrrell Mendis

204-774-0677 / 204-794-1909

tymendis@shaw.ca

www.sacredplaces.ca

## Travel / Leisure

Have an event or activity to announce? Advertise it here at a reduced price.  
Share the space, share the cost. Call 204-467-9000 or email kelly\_goodman@shaw.ca for details.

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

**September kits - Free**

**Acrylic Canvas**  
Try your hand at painting with acrylics. Kit includes instructions and all materials needed to complete this artwork.

**Brain Health**  
In collaboration with the Alzheimer Society of Manitoba, tips and tricks for keeping a healthy brain. Kit also includes games.

**Active Aging Manitoba**  
Kit will include exercises for home, worksheets, and a pedometer.  
20 kits are available per theme.  
Requests accepted Sept. 13-17.  
First come, first-served.

**Free Budget Kit**  
Anni Markmann owner of Ste-Anne Tax Services and Julie Lessard-Kulchyski Information Specialist at the Bilingual Services Centre in Ste-Anne have provided budget kits with all the tools needed to manage a monthly budget.  
20 kits are available. First come, first-served.

Call 204-424-5285  
email labseinerss@gmail.com  
Facebook @srsseniors

Senior River Services Services Rivières Seigne  
for seniors pour aînés

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

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CROSSWORD - **When You're 65** By Adrian Powell

**ACROSS**

1 Big mosquito spray name

4 Capital of Ghana

9 Ballerina's attire

13 Lady who shops in the south

15 Gentleman's gentleman

16 On the pinnacle

17 Things you'd better have if you want to live in Florida

20 Old shorthand pro

21 Opaque artist's watercolour paint

22 Starkey of "Starkey and Hutch"

25 Quiet country lodgings

26 Not quite out to pasture yet

30 "The \_\_\_\_\_", MB

33 Architect's diagram

34 \_\_\_\_\_Margret of "Bye Bye Birdie"

35 Scrub the launch

37 It helps you breathe

38 Loads cargo

41 Bit of floating scum, maybe

42 "i.e." in full

44 McClanahan of "The Golden Girls"

45 Violent, out of hand protest

46 Lou and Mary's dim-witted TV anchorman

47 Get rid of your old golf clubs?

51 Pile of shifting sand

52 Roughly speaking

53 Lack of success

56 Corporate symbols

60 What you can take at 62 with a chip on your shoulder?

63 First step in eating a banana

64 Piano student piece



**DOWN**

1 Rower's needs

2 Worry your fool head off

3 Predestined outcome

4 Washington's Pennsylvania \_\_\_\_\_

5 Standard smart-phone feature

6 Horsefly, alternately

7 "The Bathing" artist

8 Bring into accord

9 Baby bottom coverings

10 Where Salt Lake City is

11 Voice mail beep

12 Intl. delivery giant

14 Skid fasteners

18 Lion's howl

19 Black-and-white bamboo eater

23 Cutlet material

24 Very well known volcano

26 Ice cream and banana treat

27 Avoid capture

28 Like lions

29 Rare black and white lemur

30 Complaint that FDR had

31 Incandescent light gas

32 Facts and figs.

36 Saloons

39 France's currency

40 Crystal ball expert

43 Without a doubt

46 Accustomed (var.)

49 Gently tapered

50 Land off the BC mainland

51 Pickle variety

53 Gasoline, for cars

54 Neighbourhood

55 Fancy little sewing case

57 Backpacker's stuff

58 "Hang \_\_\_\_\_ your hats."

59 Meat and potatoes dish

60 Spot to get massaged and pampered

61 Picks out of a lineup

62 Dreaming sleep phase (abbr.)

SOLUTION ON NEXT PAGE

WORDSEARCH - **5-LETTERS UNDER THE 'B'**

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

BADGE	BASIC	BEIGE	BLAND	BLOND	BRASS	BUDGE
BAGEL	BASIL	BELAY	BLANK	BLOOD	BRAVO	BUGGY
BAGGY	BASIS	BELLS	BLAST	BLOOM	BREAK	BUGLE
BAITS	BASKS	BELTS	BLAZE	BLOWN	BRIBE	BUILD
BALES	BASTE	BIGOT	BLEAK	BLUSH	BRICK	BULKY
BALKS	BATHE	BILKS	BLEAT	BOAST	BRIEF	BULLY
BALLS	BATON	BINGE	BLEED	BOGUS	BRING	BUMPS
BALSA	BAYOU	BINGO	BLEND	BOING	BROKE	BUNCH
BANDS	BEACH	BIRTH	BLESS	BONGO	BRONC	BUNDT
BANJO	BEARD	BITER	BLIMP	BOOST	BROOK	BUNNY
BARBS	BEECH	BLABS	BLIPS	BORED	BRUSH	BURLY
BARED	BEEFY	BLACK	BLITZ	BRACE	BRUTE	BURNT
BARKS	BEEPS	BLADE	BLOAT	BRAKE		
BASAL	BEETS	BLAHS	BLOGS	BRAND		

SOLUTION ON NEXT PAGE

## World Alzheimer's Month - **#GoBLUEforAlz**

Every three seconds, someone in the world develops Alzheimer's disease. **September is World Alzheimer's Month**, an opportunity to talk about dementia, help others understand and let families impacted know that the Alzheimer Society is here to help.

Let's all **GO BLUE FOR ALZ** on **September 21 for World Alzheimer's Day** to show support for families living with dementia. We hope you will join us by helping us light up the city. If you choose to go blue, you will be joining other landmarks in Manitoba and across Canada to help create awareness about this disease and let families affected know that the Alzheimer Society is here to help.

"We are excited about the support we've received from our community," says Erin Crawford, Program Director, Alzheimer Society of Manitoba. "It's a great example of how we can come together to create positive change."

Worldwide, an astounding 50 million are diagnosed. In Manitoba, there are over 23,000 people with

dementia and 62% are directly impacted because they have a family member or close friend with the disease. Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policy makers, alerting them to the fact that dementia is a serious health issue that will have overwhelming implications on services and health systems around the world as the population grows older.

"There are many things happening during the month including an online research forum that will help you decipher the headlines you see in the media, online family education sessions, a fun trivia event and more," says Crawford. "Follow us on social media to keep on top of it all!"

You can help us by participating and showing support by wearing blue. Please consider asking everyone you know to put on their best blue outfit on September 21!

We'll be wearing blue to show our support! Will you? ■

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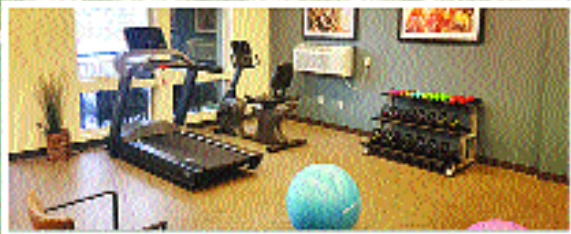
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