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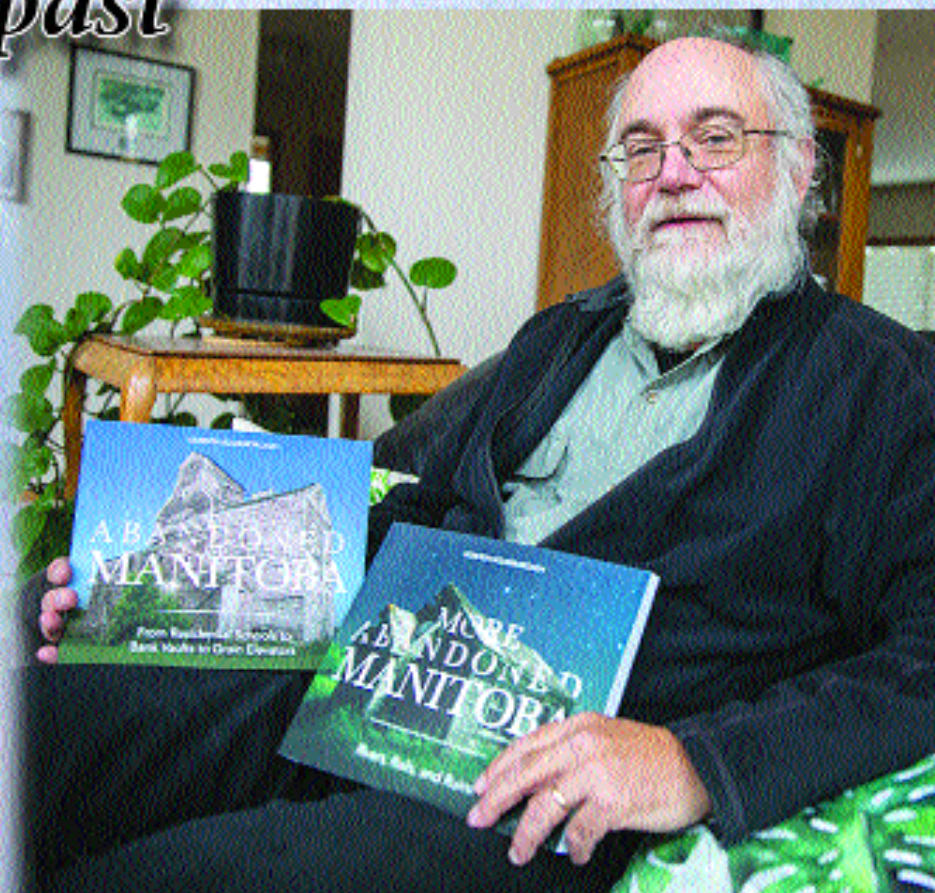
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Goldsborough unlocks Manitoba's abandoned past

By Mary Jane MacLennan

“There is a natural segue from the science that I do into understanding more about the conditions that have basically shaped Manitoba over the last 150 years.”

- Gordon Goldsborough



Gordon Goldsborough with his two books: *Abandoned Manitoba* which became the top-selling non-fiction book of 2016, and *More Abandoned Manitoba: Rivers, Rails, and Ruins* which won the 2019 McNally Robinson Book of the Year Award.

The professor is sitting at a picnic table in Riding Mountain National Park marking biology exams in the sun when his cell-phone rings. This call will change everything.

Gordon Goldsborough's lively radio series on Manitoba history had caught the attention of a local publisher. A call from a publisher, he says he now realizes, is not the way most writers get their start.

"It was Gregg Shilliday, from Great Plains Publications," says Goldsborough... He said, 'Would you like to write a book? You've already done the research. Why don't you give it a try?' And I thought, sure. Why not?"



Mary Jane MacLennan

Goldsborough did write a book, and then another one, both examining discarded and forgotten things and Manitoba places which offer a deeper understanding and appreciation of province's past.

Abandoned Manitoba became the top-selling non-fiction book of 2016 and *More Abandoned Manitoba: Rivers, Rails, and Ruins* won the 2019 McNally Robinson Book of the Year Award.

Goldsborough, who was born and raised in Winnipeg, is a wetlands biologist and associate professor of Biological Science at the University of Manitoba. He is also a historian and president of the Manitoba Historical Society. He has served on the boards of many organizations –

both scientific and historical, and this spring was inducted into the *Order of Manitoba* for exemplary community service.

Both his parents were interested in history but he says his own journey began at the University of Alberta doing post-doctoral work in paleolimnology, the study of a lake's history through sediment analysis.

"The reality is you can make some fairly detailed inferences about the conditions a thousand years ago or longer. You can go back, potentially all the way back, to when there were glaciers sitting on top of the Prairies," Goldsborough says.

Scientific questions led to historical ones.

"There is a natural segue from the science that I do into understanding

Continued on page 2

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Send your Letters or Story Submissions to: **kelly_goodman@shaw.ca**

Goldsborough, cont'd from front page

more about the conditions that have basically shaped Manitoba over the last 150 years,” he says.

Driven by curiosity, Goldsborough is drawn to all things discarded, from old dance halls and grain elevators to the hundreds of empty school houses which he says dot Manitoba.

“What fascinates me most are when we can look at how the province has changed, as revealed by things that are abandoned, because abandonment, essentially to me, is a statement of priority... We don't value something we have abandoned. So the question is, well, what has changed that led you to abandon this thing?”

The popularity of his first book still humbles Goldsborough.

“I thought for sure this is something that would attract maybe a few 100 copies sold. That would be it because okay, I'm fascinated by it, but that doesn't mean everybody's going to be. And it just blew me away.”

Goldsborough's research for *Abandoned Manitoba* and *More Abandoned Manitoba* has taken him to so many places in Manitoba, it's now a game for people to name obscure communities to try and stump him.

One of Goldsborough's favourite places is the historic site of Port Nelson where the Nelson River flows into Hudson Bay.

“I was going to spend the night on an artificial island that was constructed over 100 years ago,” says Goldsborough, who was prepared to sleep in an abandoned steel dredge so polar bears could not reach him. The trip had to be cancelled, but he's determined to go back.

Goldsborough is researching a third and final book in the *Abandoned Manitoba* trilogy to be published in 2023.

He writes in a clean, accessible style, a lesson Goldsborough learned at university when a professor he respected “trashed” one of his papers for his use of “high-falutin” academic language.

“I've really taken that to heart. My writing is not going to be dusty and dry,” he says. “I try as much as possible to make it something that anyone can read and enjoy and understand.”

As for his writing regimen, Goldsborough says he needs a dedicated block of several hours to write. A night owl and not an early riser, he



Former McKay School northeast of Swan River. For more information on it, including a map showing its location, visit the Manitoba Historical Society website: <http://www.mhs.mb.ca/docs/sites/mckayschool.shtml>



Gordon Goldsborough speaks at the South Winnipeg Seniors Slopitch windup banquet in October discussing his discoveries and experiences while researching for his books *Abandoned Manitoba* and *More Abandoned Manitoba*.

squeezes in his writing when he can and, like his own university students, is prone to procrastinate.

“I'm really anticipating retirement in two years because I'm hoping then I'll have more large blocks of time to commit to this sort of work,” Goldsborough says.

His advice to aspiring writers and Manitoba explorers is, “be a good observer.”

“There are so many details that on casual glance are overlooked and often the really wonderful story is in those details,” Goldsborough says.

“Look carefully because you'll often see things that were not immediately visible that tell you a deeper story.”

Goldsborough says the Manitoba Historical Society offers a database of 8,000 Manitoba places and an interactive map with amazing search capacity on their website. He says the Society's journal, *Prairie History*, is the country's finest. ■

For a copy of Gordon's first book - *Abandoned Manitoba*, email: **gordon@mhs.mb.ca**.

His second book - *More Abandoned Manitoba* - is available at McNally Robinson, Chapters, Indigo, Amazon, and most other bookstores, or you can email him for a copy as well.

Mary Jane MacLennan worked as a broadcaster for CJOB '68, Global News and CBC Manitoba. She has been a reporter and editor in print, radio, TV and digital media across Canada and taught journalism at Red River College.

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By Roger Currie

November was designated "Fall Prevention Month". It's widely acknowledged that falls are generally at the top of the lists when it comes to dangers faced by older adults such as 74 year old me. I have lived alone since the death of my dear wife Janice 18 months ago, and I use a walker virtually all the time, primarily because of a condition called *Spinal Stenosis*.

I was getting along quite well on my own but everything changed fairly dramatically in early November when I fell twice inside my apartment in just over a week. Fortunately I was not seriously injured by either of the falls but my confidence level was definitely affected. The most serious consequence was ending up on the floor and not being able to get back up on my own. As you can tell from the photo, I am not a small man by any means.

I realized fairly quickly that I would need the help of skilled professionals, the paramedics who serve alongside Winnipeg's firefighters. They responded quickly and I marvelled at their skill in raising me up. As I write these words

I have yet to receive a bill from the service, but I have no doubt there will be one. I'm told that the charge will be less than the \$250 I would have been obliged to pay if I had to be transported to hospital by ambulance. Thankfully, even after more than half a century, I seem to have retained at least some of my old



Roger with his early Christmas gift.

football ability to 'fall smartly'. As I told my story in the days that followed, I heard several tales of people my age and older who suffered fairly serious injuries in falls, both indoors as well as outside where icy sidewalks have added a more serious dimension to the overall danger.

So, how have I been able to reduce the risk of falls going forward? On the advice of the paramedics I have eliminated almost all carpeted surfaces in my home. I now roll the walker only across bare wooden or tile floors which are a lot safer. Falls are often precipitated by a simple 'mis-step'. In my case, I now begin all indoor journeys starting with my left foot. I also use socks with rubberized soles that my darling daughter found for me. Who knew?

More valuable information can be found by Googling "A & O: Support Services for Older Adults".

Luckily I have recovered much of the confidence that was shaken by the falls, thanks to an early Christmas gift I have already been able to enjoy. It's a power lift chair, a most important addition to living room furniture for older adults. Virtually all furniture stores have them, and I'm told that sales are booming as more of us arrive in this vulnerable stage of life.

I call mine 'Big Daddy'. The chair is equipped with two electric motors. The larger motor raises the chair towards an upright position, allowing me to move forward directly onto my walker. The smaller motor powers a leg rest that helps to improve strength and posture by keeping my legs elevated.

These are not inexpensive items, but medical tax claims help to lessen the burden.

It is also essential that in the event of a fall if you live alone that you have the means to call for help. *Victoria LifeLine* and other similar services are recommended. In my case, I always have a cordless phone within reach.

Stories like this always remind me of the immortal words of the legendary actress Bette Davis in her later years. "**Growing old is not for sissies**". Amen.

Have a safe and peaceful holiday season, and try your best to take care of others as well as yourself.

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

Note from publisher: If you have an iPhone, and you fall but can't reach it, you can call out, "Hey Siri." Wait for her to answer and then instruct her to call 911 or anyone in your phone's address book by name or number. Other smart phones may have a similar service.

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WHAT IT TAKES TO BE A TEACHER

Remembering Joan Carole Gordon (1932 - 2016)

By Irene LoScerbo

They say we carry with us parts of everyone we've met over the course of our lives—which means that, for years, you and I have been leaving behind little remnants of our selves each time we reacted, interacted, or refused to take action in the presence of others. Yes, like it or not, we are all, by heavenly design, teachers—of something. That's about as deep as my thinking goes, except I also realize that this inborn knack for imparting information willy nilly is not always paired with its necessary equivalent—wisdom. Long story, short? Forgive me for over-simplifying, but we teachers come in three varieties:

- those who show you, step by step, how they problem-solve or perform a task. They are the My Way or the Highway teachers who discourage independent thinking and promote conformity.
- those who tell you everything they know about every thing they know and are content if a smidge rubs off on you. These Bore and Abandon types leave you with little incentive to ask questions or dig deeper.
- those who inspire learning. They are the Gentle but Firm Encourager types who wind you up, then point you in the direction of discovery without telling you what you'll see or precisely where you'll find it.

In 2009, an elderly gentleman writer friend handed me a clipping from *Senior Scope* newspaper. It was an ad that read: English Tutor/

Writing Coach for hire ... JOAN GORDON ... 204-123-4567.

"She's my age, cultured, talkative, a well-published author, poet, and journalist; probably make a good guest speaker for our next writers meeting. Call her," he insisted. I did. Had her over for lunch, in fact, and discussed at length her writing, my writing, writing in general. We decided that her early career in journalism would be a suitable topic for the speaking engagement at *Manitoba Christian Writers Association*.

This seventy-something Joan Gordon must have kept copies of every column or article she'd written since grade school. There they were—from *The Winnipeg Tribune* and *The Winnipeg Free Press*, spread out over my dining room table—interviews with entertainers, news items, stories. Her byline read "Joan Saltzberg"—a younger Joan, yes, with a different surname, but one whose writing indicated that, even in the old days she was a force to be reckoned with.

So began my long and lasting friendship with one of those truly gifted type 3. teachers I mentioned earlier. Joan Gordon could wind you up and get you spinning towards your goal before you knew you had one! Hers was a truly magnetic personality that either attracted or repelled you, depending on your charge. The Joan I got to know in her golden years still oozed with child-like innocence, but was sharp-as-a-tack witty, intelligent, inquisitive,

flamboyant, a grammar fanatic, an in-your-face champion of the underdog, the disabled, the outcast, a defender of children—she was a mensch of a gal.

If you, too, had the privilege of knowing m'lady Joan, you were undoubtedly the lucky recipient of colourful cards, magazine articles, newspaper clippings, letters typed on a typewriter (for which inked ribbons were obviously still sold somewhere), classy handwritten notes and poems, meticulously prepared, packaged and mailed by Joan, and delivered by Canada Post to brighten your day. Maybe you got a phone call requesting the presence of your husband at her door in half an hour to pick up a four-litre ice cream pail filled with steaming hot, homemade chicken noodle soup (kosher, I'm sure) and a plush shoebag stuffed with Christmas chocolates, an Advent calendar, and a mini nativity scene for your grandkids. I never tired of these surprises, but when they stopped coming and I could no longer reach Joan by phone, I feared the worst.

I found Joan, eventually, at Seven Oaks Hospital, poetry book in hand, but much of the sparkle gone from her eyes. She spent her final years in more pleasant surroundings at Saul and Claribel Simkin Centre where she mingled with friends, was loved and well cared for. I last visited her there in 2015, left her copies of my two books: *Close Friends with Feathers*

Continued on page 7

My Joan is Your Joan
 © Irene LoScerbo

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 you never could be;
 Who you are is enough
 for someone like me.

by
 Irene LoScerbo





By Rick Roschuk

A change to **Independent Living** can be simple and a great **Holiday idea...**

Seniors Lifestyle Editorial

Hello Everyone!

Back in September we had the pleasure of introducing you to one of Winnipeg's newest Independent Living Jewels, The Courtyards at Linden Pointe. We only had a few lines to try and give you the overview of this lovely 'Art of Living' complex and its many amenities. Even with that, I wish to thank those of you who reached out for more details and booked their tours with **Lisa Bright, Sales and Marketing Manager**.

We were so pleased to have Lisa and The Courtyards play a major role in our recent 'Pros Know Expos' in October around the city presenting these amenities and services to so many folks.

Professional, caring, insightful were just a few of the comments we received from visitors to the shows regarding Linden Pointe and this matters in so many ways. This is a great baseline for people to feel comfortable so that by booking a tour they are taking a seriously pro-active step in searching for a quality Independent Living Experience for their next lifestyles transition.

Of course, when looking at doing this there are so many questions and the process of moving from



The Courtyards at Linden Pointe - 75 Falcon Ridge Drive

your home or condo can be overwhelming to say the least.

How do I start to search accommodations, what is available, how can I maintain or even enhance my current lifestyle, how do I de-clutter and move with ease? These can be very daunting and paralyzing concerns that stop many people in their tracks from making a great life transition. Lisa, her list of 'Older Adult' friendly service companies and organizations are here at her fingertips to help you through these processes, easily, safely and successfully.

The Courtyards at Linden Pointe's parent company 'Brightwater Senior Living' has shown its commitment to 'Quality of Life' living right across Western Canada.

Not only are they concerned about their resident's day-to-day wellbeing and quality of life, but helping one transition into their new 'Independent Living' lifestyle should be as easy and painless as possible.

This makes sense on so many levels. Knowing that all of your details are looked after allows one to start the new journey with peace of mind and the anticipation of new and meaningful things to come. Lisa's list of 'Older Adult' friendly services includes; Real Estate agencies, De-Cluttering and Moving Services, Financial Planning Experts and more.

Of course in-house staff and Department Managers look after day to day living details such as meals, health-care, hair & beauty care, exercise programming,

crafting and such are available to consult. In-house social amenities include first-class restaurant with down home meal menus as well. A sports lounge, movie theatre and live entertainment are just a few more ditties that do make the transition process easier and exciting as mentioned.

In closing this month, we can't stress enough that The Courtyards at Linden Pointe and Lisa Bright are indeed doing this right, right by **YOU!** Happy, healthy, content and thriving residents are truly in the best interests of any organization or company charged with providing our care. Lisa will take the time needed to help you and yours transition from your current living scenario to this inclusive standard of 'Independent Living'. So we say, give a call to her direct line **431.788.6105** or email her at lisa.bright@bwliving.com and ask those questions that are important to you and then book your tour. Your thoughts, concerns and needs matter, she can help you make the change easily and with grace.

What a wonderful **Holiday Idea** an 'Independent Living' move would be for the new year.



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Happy Holidays



THE BUZZ

Scott Taylor

Claude Lambert, from the tiny Metis community of St. Laurent, Manitoba, might have been the greatest pitcher ever developed in this province.

Too bad he didn't get a lot of coaching. Frankly, the "development" was done by himself, alone, on the sandlots of rural Manitoba and the fact that he played professionally in the Houston Astros organization says a lot about his own personal talent and knowledge of the game.

And, to be fair, he was also a pretty solid country hitter, especially in senior amateur baseball circles in this province. Not bad for a guy who figured out the game all on his own.

Paul Chartrand, the successful lawyer and university professor who played 10 years of semi-professional baseball in Australia, grew up with Lambert in St. Laurent. The two of them played ball together for the prime of their baseball lives and it's Chartrand who remembers the first time he and Lambert got out to throw the baseball around.

"There were no organized sports in St. Laurent whatsoever," Chartrand recalled. "We didn't play any organized sports in elementary school or high school. When I was 17, a group of us put together a baseball team and played a few games and then, when I was 18, I helped create a ball team that became part of a league that included other teams in Warren, Woodlands, Oak Point and Lundar.

"We played in that league and as soon as the snow melted, me and my

CLAUDE LAMBERT: MANITOBA'S GREATEST PITCHER?

By Scott Taylor / Photos courtesy of the Lambert Family



Claude Lambert in the Braves organization in 1968.

neighbor Claude Lambert, who lived across the road from me and was a couple of years younger than me, would play catch. Neither one of us had played baseball and one day, we said, 'Let's see how hard we can throw it,' and we just threw hard at each other. So, when the team was put together, Claude and I decided



1968 St. Lazare Athletics. Front row (left to right) - Ron Falloon, Ray Simms, Allan Bray, Larry McWilliams, Missing: Garth Sararas. Back row - Rick Dale, Claude Lambert, Marvin Gullet, Mervin Haney, Tom Dale, Ashley Perron, Paul Chartrand, Jesse Gutierrez. [Photo courtesy of the Manitoba Baseball Hall of Fame]

to be the pitchers. And we did well. We played a lot of tournaments and I remember that we cleaned up. He was probably only 14 or 15 at the time."

Lambert was actually 14 when he played his first game of organized senior baseball. He might have been the youngest senior ball player in the province.

A couple of years later, the Canadian Baseball Association held its first Canadian Jr. Championship in Wpg. Chartrand was 22 and Lambert was 19. They were playing together in Warren, Man., but the national junior championship rolled around, Chartrand was too old to compete.

"We were asked by the organizers of the Manitoba Junior team to pitch in the national tournament," Chartrand said. "I found out that the same as hockey, I was three days overage and wasn't eligible. But Claude played and that's where he got signed by Houston."

In 1965 with Warren in the Winnipeg Senior League, he had a superb season. That year, the league played seven-inning games - 21 outs - and he had one game with 17 strikeouts and another with 16. He was the winning pitcher in the All-Star Game and the winning pitcher against Quebec in the final of the first Canadian Junior Baseball Championship.

It was the start of an amazing baseball journey that left both Lambert and Chartrand in the Manitoba Baseball Hall of Fame.

Lambert was a 19-year-old right-hander when he pitched so well at the Canadian juniors that the Houston Astros signed him to a contract right after the tournament in 1965. He pitched in the Astros system for three seasons and pitched quite well.

"Lee Ballanfant was a baseball umpire from Texas who saw me play and signed me for Houston," Lambert said. "I went down and pitched in rookie league and the first guy I met was Pat Gillick (who eventually became GM of the Toronto Blue Jays and a great supporter of

the Winnipeg Goldeyes) who was in charge of Houston's minor league players at that time.

"When I went down, I had my official 'Gordie Howe' glove and 'Gordie Howe' spikes. Everyone was looking at me. They were white spikes. Everyone laughed at me, but two years later we were all wearing white spikes."

In his prime, Lambert was just 5-foot-10, 180 pounds, which was a little small for a big-league hurler, even in the 1960s, but his numbers were always solid.

Late in the summer of 1965, he was sent to the Bradenton Astros of the Florida State Rookie League where he posted a 1-1 record with a 2.25 ERA in six games out of the bullpen.

The next summer, he was promoted to the Salisbury Astros in the Class-A Western Carolinas League. That year, his first full season, he made 45 appearances, went 6-6 with a 5.25 ERA. He made his first and only start that year and struck out 892 batters in 96.0 innings pitched. He led all Astros pitchers in victories with six. However, Houston released him.

Still, he pitched another year of pro ball. He was claimed by the Atlanta organization and, in 1967, was sent to the Class-A Lexington Braves, also in the Western Carolinas League. He finished the year with a terrific 7-4 record (.636) and 4.43 ERA. Again, he made 45 appearances, threw 67.0 innings and struck out 68 batters. He seemed to have a bright future at age 21, but a torn rotator-cuff injury had caused him major problems. He had lost some velocity due to the injury and found himself out of pro baseball.

"I tore my rotator cuff in my last year in the Carolina League but I didn't give up playing pro because of the injury," Lambert said. "I just went as far as I could and got released. There was so much competition down there. Maybe if I'd been an American boy, I might have reached the major leagues.

Continued on next page

Public Notice

Attention Glen Eden, Glen Lawn, Chapel Lawn Property owners with last names from A-M.

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www.chapellawn.ca



Arbor
Memorial

Arbor Memorial Inc.

THE BUZZ - Claude Lambert,

cont'd from page 6

"I could throw pretty hard but we didn't have radar guns at that time so I don't know How fast I was. When I got down there, I had a pretty good curve ball, but they taught me a slider and I lost my curve ball after that. Funny, how that happened."

Big-league teams had lost interest in Lambert because of his injury, although Lambert has had no regrets. One of his fondest memories was playing against guys like Larry Bowa, who eventually became big league stars, and pitching against the great Nolan Ryan.

"I remember Nolan Ryan threw behind me when I was at the plate," Lambert said. "It was about a 105-mile-per-hour-fastball and it sounded like it exploded when it hit the catcher's mitt."

In the end, Lambert logged a career 14-11 record with a combined 4.73

“When I went down, I had my official ‘Gordie Howe’ glove and ‘Gordie Howe’ spikes. Everyone was looking at me. They were white spikes. Everyone laughed at me, but two years later we were all wearing white spikes.”

- Claude Lambert

ERA. He made 96 appearances and pitched 175.0 innings. He struck out 161 and walked 102 and had a career .560 win-percentage. There was nothing shabby about his pro numbers. His minor league batting average was .135 with a double and one run batted in just 37 official at bats.

In 1968, Lambert returned to Manitoba and because of his shoulder problem, he played outfield for the legendary St. Lazare Athletics. He led the Manitoba Senior Baseball League in hitting with a .375 average and also led in home runs with six and he also did a little pitching, but the torn rotator cuff has definitely affected his prowess. His pitching record slipped to 2-6 while recording 70 strikeouts in 78 innings pitched.

In 1969, Lambert played for Transcona and represented Manitoba at the Canada Summer Games in Halifax. He stayed in Manitoba and played several seasons with St. Laurent, who won a number of Interlake Senior League championships.

Lambert was inducted into the Manitoba Baseball Hall of Fame in 2002. In 2017, Chartrand and Lambert returned to the mound one last time to celebrate Canada 150 Day in St. Laurent.

Now 75, Lambert is still as healthy as a horse and goes to work every day, fishing commercially on Lake Manitoba.

You can read more about Manitoba's greatest indigenous athletes in the new book, *A History of Excellence: The Untold Stories of Manitoba's Indigenous Sport* available at McNally Robinson Booksellers in Winnipeg. ■

Remembering Joan...,

cont'd from page 4



Tiptoe through the tulips with me!

Irene LoScerbo with her dear friend Joan Gordon.

(where her positive influence is acknowledged in the opening pages) and *The Long Way Home*, a collection of my poems, prayers, and pictures. My poem, *Old Hat ... Yedida speaks* is about the Joan I knew and loved. I'll probably never know if she understood what I was giving her that day, or if staff or family ever read to her from those pages, or what became of the books. I do know she passed away soon after, on January 18, 2016.

Five more years of my own life have passed away since her death—and still, I carry precious bits of Joan around with me. I want to tell her that, and it seems fitting that I do so here on the pages of *Senior Scope*—which is, after all, where we met. ■

OLD HAT ... Yedida speaks

© Irene LoScerbo

so many times I put one on
impressed, caressed, adored you
advised and mentored, complimented
teased and perchance bored you
just so, the brim I tilted
to see but not be seen
thus prancing through your world
in royal garb
pretending to be queen

my smile, of course, was visible
my lipstick, rouge and rings
my costume quite remarkable
it spoke of many things
in flowing robes of language
both vivid and refined
my words I dressed for sweet success
while on your fare I dined

my boys say, "Put away your hats,
dispense with this charade.
Come don the truth, choose what to do
with all these friends you've made."
I pick at chicken soup they've blessed
delivered to my room
from underneath blonde coif and curls
sneak peeks at kindred gloom

I'm weary, want no more of hats
of fun or fantasy
I've climbed down off the fiction fence
decided to be me
which me? now that's the question
keeps me awake at night
no farewell party till it's answered
got to get this right

you all on this side cheer me on
while you on that side wonder
if your beloved glitzy girl
has made a garish blunder
I've not; let me retreat in peace
consider it not odd
I lay aside the spectacle
and grope my way towards G—D

Happy

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E. pccaucus@leg.gov.mb.ca
F. 204.945.1284

The Red Hat Society of Manitoba is looking for New Members

Who would have believed that the Red Hat Society would be so well known around the world with many chapters and members in many countries. It all started in April 1998 when two good friends shared their 50th birthday with the exchange of a red hat; they got so much joy that they passed it on to other friends also celebrating their 50th birthday. This is how the Red Hat sisterhood started.

In Manitoba, Red Hatting started two years later and continued to flourish with ladies over 50 donning the official regalia of purple outfits and red hats. Not to exclude ladies under 50 who dawn lavender clothing and pink hats. All enjoy getting together for food, fun, and frivolity.

In the last two years, the pandemic has had a huge impact on the Red Hat Society; many chapters have lost members and/or have unfortunately folded. But now as things loosen up with COVID, we are ready to gather again and have fun.

And what better way than a little "Shop 'Till You Drop" therapy. The Red Hatters of Manitoba are hosting a Red Hat Prawda Shopping Spree.



2021 Red Hat Manitoba Prawda Shopping Spree!

Friday • December 17 • 2021

10:30 am to 2:30 pm

Admission: \$2.00

AnaVETS 283

3584 Portage Avenue, Winnipeg
(lots of parking; behind RiverCity Collision)

Table rentals, contact:

angelou.wpg@gmail.com



A Special **Thank You** to all who helped **Senior Scope** continue to be the ever-popular publication for older adults in Manitoba, and to thrive despite the Covid-19 pandemic.

Sincere gratitude goes to our Writers and Contributors, those involved in the Production and Distribution, our Advertisers, Volunteers, and especially to all of our loyal readers.

Don't miss another issue - read **Senior Scope** online at **www.seniorscope.com** or sign up for a **FREE email subscription**. Send your request to **kelly_goodman@shaw.ca**.

Consider giving a **Gift of a Senior Scope mail subscription** to a friend or loved one. 1 year / 12 issue subscription is only 31.50. Mail payment to: Senior Scope. Box 1806, Stonewall, MB, R0C 2Z0.

Senior Scope

Advertising Feature

A Christmas Wish

- Heart to Home Meals

One of the most interesting outcomes that emerged from the inaugural Show a Little Heart video competition at was how these young

filmmakers were able to successfully tackle complex emotional issues.

The competition was devised by Heart to Home Meals for young

adults to explore relationships and influences of older people.

Looking at the videos (**HearttoHomeMeals.ca**) it is hard not to be impressed with the compassion and love captured in these short stories.

Two of note offer a similar message: how much we can learn from each other and why we should cherish the time we have with loved ones. What makes them so fascinating is that while the conclusion is similar, they begin their stories at the opposite ends of the life cycle.

The first is called "Balloon" and centres on a toddler and his grandfather. At the start of the video the child is consumed with what ever is grabbing his attention. The relationship appears to be about what the old man can do to keep the child happy. Most of the interactions are mundane and fleeting but the video suggests they are also moments that could have a lasting impact on the child and his grandfather. Their expressions of happiness are different, but both are genuine.

When you watch "Happiest Time of My Life" you are quickly aware of how the woman who is the focus of the video misses her spouse. The person she called her perfect partner. She reminisces about how their decades together were made up of many special moments that may seem unexceptional. Playing board games or sharing a love of books written by Ray Bradbury allowed them to grow together.

At the conclusion of the video the woman tells us there is not a day goes by that she does not miss her husband. Her voice can be heard as we see video of her going out to shovel the snow off her path... a routine task that must now be done on her own is made a little easier by the everlasting shared experiences with her husband.

Towards the end of *Balloon*, we see video of the young boy sleeping. That is when the filmmaker delivers her message. The look of contentment from the sleeping boy is inter-

cut with video of what he may be dreaming about: playing soccer with his grandfather. This is a joyful occasion for both. You see one learning how to run properly while the other is employing all his efforts to keep up with the energetic child. It is an instant that has an everlasting impact on both.

The videos remind us that lasting memories are built from brief shared moments that should be savoured.

Positive interactions no matter how brief can make someone's day – and those type of experiences can shape our attitude more than we are aware.

Both videos are a reminder, particularly at this time of year, about the need to know our priorities. The Holiday period can be filled with unimportant urgency. Some people seem to be in perpetual overdrive mode. Is this necessary?

Maybe this year we should try to build lasting memories by taking time to dwell on all the moments that lead towards Christmas and not just the day itself.

Whether you are getting set to enter your second century or marking a child's first Christmas, all of us can benefit from a period of reflection.

The message from "Balloon" and "Happiest Time of My Life" centres on the importance of cherishing the time we spend with our loved ones.

This is true not just during the holiday period but every day of the year.

From all of us at **Heart to Home Meals**, we would like to wish you a safe and happy holiday season. ■

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Advertising Feature

Sign up now for Minds in Motion!

- Alzheimer Society of Manitoba

There's a lot going on in the Alzheimer Society's *Minds in Motion*® program. This unique initiative is an ideal opportunity for people with dementia and their care partners to build community connections through fitness, fun and friendship at partnered sites throughout Manitoba.

The program has been available in a well-received virtual format during most of the pandemic, and recently in-person sessions have returned.

Now is the time to sign up for one of the winter 2021 sessions, which are taking place between January and March. Virtual sessions are available to people no matter where they live in the province, while participants can attend in-person at locations around Winnipeg, as well as in Brandon and Steinbach. (See sidebar for dates and locations.)

This is an extremely popular program: some participant pairs can't get enough, so many stay involved by participating in one session after another throughout the seasons. The cost is \$65/pair for the eight-week in-person sessions and \$45/pair for the six-week virtual sessions.

Here's what participants have to say about in-person sessions:

"Mom comes alive at Minds in Motion – she's energized and fully engaged. The program has been really great for her."

"There's a real opportunity for caregivers to build strong relationships, especially between those who keep signing up for more sessions."

Here's what participants have to say about the virtual sessions:

"We enjoy the online sessions. I am not a fan of winter driving, so this really works well for my husband and me."

"We gave the online version a try because the Society's staff members will help us through any technical challenges we encounter. It's very nice to be in breakout groups so we can see and hear from others."

Minds in Motion® is one of a handful of programs in Manitoba – offered by or in partnership with the Alzheimer Society – that is designed specifically for people with early to moderate symptoms of dementia to enjoy with a family member or community friend.

For more information, go to alzheimer.mb.ca/mindsinmotion

Note: Covid safety precautions are in place for all in-person sessions.

**SIGN UP
NOW FOR
MINDS IN
MOTION!**



Virtual (Province-wide)

ZOOM Webinar

Jan. 13 - Feb. 17 | Thursdays, 10 - 11:30 am.

Register: alzheimer.mb.ca/mindsinmotion

Winnipeg Locations

Chalmers Community Centre, 480 Chalmers Ave.,

Jan. 13 - Mar. 3 | Thursdays, 10:30 am - 12:30 pm. Call to register: **311**

Cindy Klassen Recreation Complex, 999 Sargent Ave.

Jan. 12 - Mar. 2 | Wednesdays, 10 am - 12 pm. Call to register: **311**

Dakota Community Centre, 1188 Dakota St.

Jan. 18 - Mar. 8 | Tuesdays, 1:30 - 12 pm. Call to register: **204-254-1010**

Rady JCC Fitness Centre, 123 Doncaster St.

Jan. 14 - Mar. 4 | Fridays, 10 am - 12 pm. Call to register: **204-477-7510**

Riverwood Square, 1778 Pembina Hwy.

Jan. 11 - Mar. 1 | Tuesdays, 10 am - 12 pm. Call to register: **204-275-7632**

St. James Assiniboia - Centennial Pool and Fitness Centre, 644 Parkdale St.

Jan. 14 - Mar. 4 | Fridays, 1 - 3 pm. Call to register: **311**

The Wellness Institute, 1075 Leila Ave.

Jan. 12 - Mar. 2 | Wednesdays, 1:30 - 3:30 pm. Call to register: **204-632-3900**

Regional Locations

BRANDON - Prairie Oasis Senior Centre, 241 8th St.

Jan. 19 - Mar. 9 | Wednesdays, 1:30 - 3:30 pm. Call to register: **1-204-727-6641**

STEINBACH - Pat Porter Active Living Centre, 10 Chrysler Gate

Jan. 20 - Mar. 10 | Thursdays, 10 am - 12 pm. Call to register: **1-204-320-4600**



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Dmetro Hnytko

Farewell 2021

After two years of isolation, restrictions, masks and immunizations, I will be quite relieved to see 2021 over.

Hope springs eternal as we look to 2022 for some encouraging news. Maybe no more masks, no more social distancing, and more restrictions lifted on sports.

The Manitoba Coin Club may resume its coin shows. They had Zoom meetings but it is not the same as a real one. But I'll keep looking for that illusive coin I want.

Baseball might get back to normal, but due to time, I'm sure by abilities are not what they used to be. Time will tell.

Our Whist games are still very active during winter and that will help keep us busy. Writing a few articles for *Senior Scope* will keep me in touch with my friends. Thanks to publisher Kelly.

Merry Christmas and Happy New Year!

~ Dmetro



BUDGET 2022 PUBLIC ENGAGEMENT ONLINE SURVEY NOW LIVE

Public meetings began the week of Nov. 30th, and an online survey is now available for Manitobans to provide input to help shape Budget 2022, Finance Minister Scott Fielding announced today.

"It's important as we prepare for Budget 2022 that we hear from as many Manitobans as possible on their priorities," said Fielding. "The online survey is an accessible way for those wishing to participate in the budget process to provide their feedback and share which government priority is most important to them and their families."

In addition to the online survey at [EngageMB.ca](https://engagemb.ca), (https://engagemb.ca/) Manitobans can pre-register to reserve a spot for an in-person meeting or to receive a phone call to participate in a telephone town hall. Participants of the in-person sessions

will be expected to practise physical distancing, wear a mask and provide proof of vaccination.

To register by phone for a budget public engagement meeting, call **Manitoba Government Inquiry** at 204-945-3744 or toll-free at 1-866-626-4862.

Manitobans can also email comments and ideas to budget2022@gov.mb.ca or mail written submissions to:

Minister of Finance
c/o budget engagement
103 - 450 Broadway
Winnipeg, Manitoba R3C 0V8

Further information on **Budget 2022 public engagement** is available at: <https://engagemb.ca/budget-2022> (https://engagemb.ca/budget-2022)

URGENT NEED FOR TOYS

Annual North End Christmas Event to Hand Out Hundreds of Toys and Food Hampers

For the 13th year in a row, Kyle Mason is helping to spread Christmas joy throughout the North End. For the first 10 years Kyle organized an annual North End Christmas Party that annually served hundreds of meals with a Christmas program, had pictures with Santa, and handed out hundreds of new toys to North End youth. But due to COVID, for the second year in a row, the event is on hold and Kyle is organizing a toy and food hamper drive.

Kyle Mason said, "COVID has been especially hard for families who were already struggling to make ends meet. Christmas makes it even more difficult. Children don't always fully understand this, they just want to open a present on



Christmas morning. We are asking the public to help make this happen."

To make sure this toy drive is a huge success we need 900 new unwrapped toys (\$15-\$20 value) for all genders between newborn and 15 years old.

This year we are thrilled to partner with the amazing people at Birchwood Automotive Group as our main partner. They have committed \$5000 to go towards the food hampers and will be accepting new unwrapped toys at their locations throughout the city until December 14th.

In addition, Modern Coffee and Good Earth Coffee House have also agreed to collect toys.

Fill the Sleigh! North End Drive: www.northendchristmas.org.

Attention Seniors and Older Adults in Manitoba - Have your say.

Participate in an online survey at <https://www.research.net/r/CIHRPlanning2022-2029> to let **CIHR** (Canadian Institutes of Health Research) know what is important to you so that they in turn can start funding research to prove the need is there to influence those with the ability to create programs and services for seniors in Canada and include us on the Manitoba voices.

Trish Rawsthorne is a volunteer for **CIHR Institute of Aging** as a member of their newly formed **Older Adult Regional (West) Advisory Council** for the next two years.

"I am excited to be doing this work for older persons in the West and specifically in Manitoba. I am open to hearing from all Manitobans about their wants, needs and concerns, plus Manitobans are resourceful people who can come up with better ways to do things or care for people and meet the needs of the communities," states Rawsthorne.

The online survey is open until December 20/21.

You can reach Trish Rawsthorne at 204-488-0437 (leave msg), by email: trishr@mymts.net, or by mail: 377 Ash Street Winnipeg, Manitoba R3N 0P8.

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.

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This kit includes instructions and all materials needed to complete a painting of a chickadee on a wooden plaque.

Rights of the Patient

In partnership with Gale Schultz, MIPS volunteer, this kit includes information on the rights of a person while navigating medical services.

Elder Abuse Awareness

In partnership with PEAM (Prevent Elder Abuse Manitoba), this kit includes important information about protection for Seniors.

Twenty kits are available per theme for 55+ residing in the RM of La Broquerie and RM/Town of Ste-Anne.

Our volunteers will deliver them at the end of the month. First come, first-serve basis.

To request your first package or activity kit contact us at 204-424-5285

email.labseiner@shaw.ca

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

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The Pros Know 55+ Active Living & Resource On-Line Edition

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The Best Time of the Year! Looking back on 2021

Merry Christmas and to those celebrating different Festive Holidays, **Happy Holidays** to you and yours too!

Wow, what a year! We hope they never turn this into a 'Carnival Ride' in the future, it was dang scary and unpredictable enough. Yet on the positive side(s), yes positive, you read it right, there was far more good to 2021 than there was bad. Most of the population banded together to fight the Covid. People started working smarter and harder to develop a new type of normal so we could live better right across the board...and the Pros Know Expos caught a huge break in October when we were allowed to be open for the public health. I say it helped both the body and minds of so many people.

In retrospect, it took a lot of courage for the Organizations and Businesses who stepped up to show us they are willing, ready and able to help us maintain our collective wellbeing.

They took great chances and showed the leadership we needed so that more of us could go into this next winter season better prepared in our lives. Trish and I will never be able to thank them all enough. They as mentioned previously, they were and still are our Heroes!

To the members of the public, the grand '500 plus', who came to the shows, thanks again from the bottom of our collective hearts. We are grateful for you and we sincerely hope you were able to get the information you were seeking and then some. We hope that by being in your neck of the woods, we made it easier for you and your families to get what you needed to better prepare for this upcoming winter season and beyond. You made it so worth it for us to organize and present.

For those folks who attended and found the time to seek out Trish and I and give us amazing feedback and comments that will allow us to be



even better for you in 2022, thank you. We needed to hear from you so we could set the compass and do even more magic next year. We are grateful for your kindness and wisdom. As we prepare for the 2022 shows, we gently remind everyone that our 'On-Line' information Hub for 55+ Older Adults and our families is very much a 24/7 entity. We created this website with the intent to keep the information flowing and we're proud to announce that we are investing even more into it as we speak to be better and more

informative for you. In 2021, we only touched the tip of the iceberg for you. We're currently under some reconstruction, but very much open for business, as you'll see. Please visit us at www.prosknowexpos.ca and stay tuned and enjoy the resources we have for you today, tomorrow and in the future. Change is good, but is even greater when you have the community participating in the very thing you are working on to make life better for all.

Again in closing, Merry Christmas and Happy Holidays. Be safe, healthy and happy. Enjoy those little things, a million little things that is life itself. Take no one or nothing for granted as we've been shown first hand, it can disappear in an instant. And where you can, please remember your kindness for others has never been needed more than it is today. Be respectful of others while being the 'Best You Ever'! Be the light you're searching for. **Love & Respect; Trish & Rick**

Everyone Says I Love You

By Myles Shane, Sam, Lauryn and the grade 6 students at Rosedale Heights

For the last couple of years this pandemic has made it very difficult to stay in contact with our loved ones. My kids who are 10 and 11, and were iPhone experts before they could speak have been trying to communicate with their Baba Lois over Zoom. However since my daughter can't sit still, Baba only sees her zooming back and forth across the screen. She tries to engage my son but since we have three dogs, a cat and a hamster named Wally Sparks, she can barely hear Sammy as he's drowned out by the sounds of the family zoo. I asked my not-so-little tweenagers if they'd like to write a letter to Baba as part of an article I'm writing for the newspaper *Senior Scope*. They both thought this would be a fun idea since every other way of communicating with Baba has been a technological nightmare. We're still contemplating sending her a singing telegram. Below are a few of the letters from the grade sixers at Rosedale Heights to their grandparents.

Dear Baba Lois

I wish you could love live in Toronto with me, mommy, daddy, Lauryn, Joey, BB and Remy (our dogs) and our cat CC. You could sleep on the pullout in the basement next to Lauryn's birthday present Wally the Hamster. I still think about Zaida teaching me how to play checkers and I remember adding up the bill at the Whitespot in Vancouver when I was 5. He used to tell me 'math' was my super power. I still can't believe he's running the big marathon in heaven or at least that's what daddy

says. I've grown so much you probably won't even recognize me when you see me.

Love,
Sam.

Dear Ammamma,

I am really happy to write to you even though you don't understand how to read english. I loved how you took care of me and my sister. You make us our favourite meals and help us whenever needed. You never complain about us to mom though we turn the house upside down. I have missed you since I came to Canada. Even though we video call during weekends, it's not enough.

Love,
Your granddaughter,
Sonia

Dear Mazi,

I wrote this letter to let you know how much I miss the time we spent together. Do you remember the time we snuck out to the mall late at night and made grandpa drive us to go shopping? How about that other time we tied grandpa up with a rope and took his electronics away? I always love to think about these special times together.

Sincerely,
Tina

PS - Please tell Grandpa that I'm sorry for the rope thing :)

Hi Nani,

I miss you. You came to my house in India and made us happy! You are a great nurse and I admire you. After I saw you help sick people, I wanted

to be a cardiologist. Christmas is my favourite holiday because of all of our family gatherings and feasts. You decorate the house and we kids decorate the Christmas tree! We pray for you everyday and feel grateful for you. I love you!

Love,
Your granddaughter,
Dava

Dear Mamanjoon,

I love when you babysit because you are busy making the most delicious meals. I love smelling the kitchen when you are cooking potatoes, meat, and rice! Another reason why I consider myself so lucky is because whenever we go to your house, you give us permission to go play games and go wild!

Love you always,
Ali

Dear Saba,

I miss you so much; especially when I'm watching soccer. Ever since you returned to Israel, I have watched less soccer games. This is because it is so much more fun watching soccer with you than anybody else. I am so lucky to have you in my life!

Love always,
Matty

Dear Boyi,

I am willing to bet that there is not another grandfather out there who is as caring, funny and supportive as you! I am so grateful for you because

you always tell me how much you love me and how beautiful I am! You also always care about me because whenever I get hurt you make sure I'm ok! Words cannot express how much you mean to me. I love you so so much Boyi!

Love,
Shira

Dear Baba Lois,

I miss you so much, since you live in Vancouver and I live so far away! I hope that everything is okay in Vancouver. I learned in school that there's a lot of flooding in B.C. It makes me worried and I want to check that you are okay. I miss you and I can't wait for you to come visit me again! Stay safe! What did you think of my friends's letters?

Love,
Lauryn

Rosedale Heights Elementary School is truly a melting pot of students from all over the world. Their grandparents live everywhere from the former Soviet Union to Winnipeg, Canada. Perhaps the common link between all of the kids is just how much they really love their grandparents. After reading all 400 letters, thanks Lauryn, I realize their grandparents are brave, determined, caring and inspirational people who have done everything for their families. During this holiday season hopefully these families can all see each other again, light the menorah, exchange gifts under the Christmas tree and be each others presents. ■

Things To Do

MISC EVENTS

Forum Art Centre - Winter art classes start Jan. 10/22. 120 Eugenie Street. To register: **204-235-1069** or online: **www.forumartcentre.com**.

Pembina Active Living (PAL) 55+ Christmas Come and Go Tea Party, Dec. 14, 11 am-2 pm, Whyte Ridge Community Centre, 170 Fleetwood Rd. Limited space. Call **204-946-0839** or email **office@pal55plus.ca** to register for a spot.

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

University of Manitoba - Participants needed for an in-person study investigating the effects of normal aging on action simulation. Must be 65 or older and not have any history of motor or neurological disorders. Contact Aneet **204-998-0912**, **sarana3@myumanitoba.ca** OR Dr. Jonathan Marotta **204-474-7057**, **Jonathan.Marotta@umanitoba.ca**

Westwood Community Church - Night in Bethlehem, Fri. Dec. 17, 6-9 pm, Sat. Dec. 18, 2-5 pm & 6-9 pm, Sun. Dec. 29, 2-5 pm, 401 Westwood Drive. Come and wander through the bustling Bethlehem marketplace and explore the city at the time of Jesus' birth. Create a unique keepsake. For the whole family. **204-888-1771**.

Anavets Assiniboia Unit 283 - Live Bands. Dancing with masks on. Fri. nights 8-11 pm. **Meat draws** Tues. 7 pm, Fri. 6:30 pm, Sat. 3 pm. **Bingo** Mon, Wed, Fri. 7 pm & Thur. afternoon - 1:15 pm. **New Year's Eve** tickets \$55. ea. Masks and proof of full vaccination needed. **204-837-6708**, 3584 Portage Ave.

Manitoba Genealogical Society - Visit **mbgenealogy.com** or call **204-783-9139** for hours and schedule. Covid-19 measures apply.

WINNIPEG

More listings available at www.seniorscope.com (Events page)

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**

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

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

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

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

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

PROGRAMS / SERVICES

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

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

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**

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**.

Montcalm Service to Seniors - Joanne: **204-304-0551** or **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.patportercalc.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**.

Springfield - Springfield Seniors - **204-444-3139**, **springfieldseniors@mymts.net**. Stick curling (**204-853-7729**), Pickleball (**gardi@mymts.net**), Women's 55+ Fitness (**204-880-4716**), Indoor Walking program (**204-444-2242**), Tai Chi, Badminton (**204-801-5380**), Volleyball (**204-403-8242**), Craft Monday (**204-396-7132**), Bingo, Congregate Meal program (**204-444-3132** ext.1). **TechMB Free Course: Intro to iPads**, Nov. 4, 18, 25, 1-4 pm, 544 Holland St. Dugald, MB. Must have an iPad or iPhone. Limited space. Suitable for beginners. Register at **204-444-3139**, **jchase@rmofspringfield.ca**. Proof of double vaccination required. Masks mandatory.

STAY SAFE, HEALTHY & HAPPY!

St. James Assiniboia 55+ Centre - Ukrainian Christmas Luncheon, Thur. Dec. 16, 12 noon, Westwood Community Church, 401 Westwood Drive. Doors open 11:45. Traditional Ukrainian meal, Christmas performer, silent auction, 50/50, live baking auction. Limited seating. \$20 members, \$25 non members.

SPORTS & FITNESS

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

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

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

Yoga Sessions - Deer Lodge Community Ctr, 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**, **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** or email **contact@55pluscurling.com**

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 55+. Ile des Chenes - Thur. 9 am, \$5/class. Lorette, Landmark, St. Adolphe - Wed. 6:30 pm. \$10/class. In the main hall at the TC Energy Centre in Ile des Chene. All fitness levels – no experience needed.

To register, text: **204-330-7456** or **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**

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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**

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

Download the **SCWW 2021 Program Guide** at: **www.aosupportservices.ca**

Family Christmas baking of the past

By Diane R. Unger

At this time of the year (1940s-1950s) a familiar scene from the past fills my head, as it is a month before Christmas and I can picture my father, with sleeves rolled up, preparing to make his famous Christmas fruitcakes. My siblings and I would stand, fascinated around him, watching and listening to him chopping up candied fruit, nuts, etc., for his famous Christmas cakes, without forgetting to add the special ingredient of a touch of rum. The smells in the household of the fruitcake slowly baking were intoxicating! For my first Christmas far away from home, my father mailed me a small version of his fruitcake, over the sea for me to enjoy! Memories sure made my Christmas that year.

My first attempt to make my first Christmas cake, complete with a touch of rum was in 1974 when residing in Alberta. It was loved by all. Below is the recipe for my mincemeat fruitcake, which is very simple to follow.

CHRISTMAS FRUITCAKE

Diane R. Unger (family recipe)

| | | |
|---------------------------------|---------------------------------------|--|
| 2/3 cup butter (or margarine) | 1-3/4 cups all-purpose flour | 1 x 8 oz package candied pineapple, chopped (or cut, mixed citrus peel) |
| 1 cup firmly packed brown sugar | 1/2 tsp baking soda | 1 cup blanched almonds, chopped (I have at times substituted chopped pecans) |
| 4 eggs | 1 tsp cinnamon | 1/2 cup all-purpose flour |
| 1 tbsp corn syrup | 1/2 tsp all-spice | |
| 1 tbsp rum | 1 x 28 oz tin Maple Leaf Mincemeat | |
| 1 tsp vanilla | 1 x 8 oz package red candied cherries | |

Cream together butter and brown sugar. Add eggs, one at a time, beating well after each addition.

Mix together corn syrup, rum, and vanilla. Sift together 1-3/4 cups flour, baking soda, cinnamon, and all-spice. Add dry ingredients to creamed mixture, alternately with liquid. Stir in mincemeat.

Mix candied cherries, chopped fruit and nuts with remaining 1/2 cup flour. Stir into batter.

Pour into an 8-inch circular fruitcake pan which has been greased and lined in bottom and sides with brown paper.

Bake in a very slow oven 275°F for 3 to 3-1/2 hours.



IN TUNE WITH OUR COMMUNITY

~ December 2021 ~

Celebrating The Season of Giving... Back—with our December Host Sponsor

HARVEST

nourishing our communities

We are delighted to be broadcasting once more from Harvest Manitoba for the month of December—our first time back on location with a Host Sponsor since early 2020. We thought we'd share a little insight on how Harvest is able to put food on 80,000 tables.

Step 1: Donations from Your Hands

It starts with a gift – Food • Time • Money. Let's follow the 16,000 lbs. of chicken, from Manitoba Chicken Producers, that will be the holiday dinner for vulnerable Manitobans this year.

Step 2: Collection

Eighty-five farm families set aside 3 to 5 lbs. of chicken for Harvest. Dunn-Rite and

Exceldor process, freeze and deliver them to Harvest. Sometimes we pick up chickens and other products in our fleet of trucks, sponsored or purchased with assistance from corporate partners like Manitoba Blue Cross, Canadian Tire Regent, Tru-Green Recycling, Maxim Truck and Trailer, and Walmart Canada.

Step 3: Arriving at the Warehouse

The chicken arrives at the Winnipeg warehouse, where Harvest Crew take it off the trucks and store it in our newest freezer. It was built during the first COVID wave in 2020 with foundation grants, which are crucial to fulfilling the Harvest mission.

Step 4: Sorting and Making Hampers

Volunteers, and community and corporate groups, sort and pack hampers to feed up to 80,000 Manitobans a month. Hampers include perishable and non-perishable boxes and, where needed, baby kits. Approximately 80 per cent of these kits are donated by corporate retailers and 20 per cent from the community through food and fund drives.

Step 5: Shipping across the Network

Volunteer drivers help us deliver most of the one million pounds of food we share, every month, to the Harvest Community Food Network of food banks and agencies, like schools, daycares and soup kitchens across Manitoba—about 325 locations.

Step 6: Distribution

Then, local volunteers and staff at food banks and agencies supported by Harvest, distribute the hampers — with the special chicken items — to families who have applied to Harvest for nutrition assistance.

Step 7: Our Bounty Shared

Finally, in their own homes, Harvest families who gave and Harvest families who received, all share a holiday meal with their loved ones. And even though we can't all be at the same table, at some moment during the meal, we'll all know what it means to live in, and be, a community of Harvest Stars.

Listen throughout December to learn more—and find out how you can help Harvest.

Our Community Partners



I've heard that song before!



It's the Most Wonderful Time of the Year – it's Christmas time in the City! We've reached December, at last, and baby, it's cold outside – but this is Winnipeg, we can't say we didn't know this was coming! Heck – let it snow... Manitobans are hardy people! We can still look forward to those lazy hazy crazy days of summer next year! We might have a summertime dream but right now we need a song for a winter's night.

CJNU remains the station of choice for kids, from one to ninety-two... and beyond! Do

you hear what I hear? It could only be the smooth and distinctive sound of CJNU – the sound of music from our library covering the last 100 years in recorded music!

Come rain or shine – whether we're looking out the window at blue skies, a moody Manitoba morning or a Canadian sunset – we accentuate the positive and put folks in the mood for a good day every day.

A VERY big thanks to the more than 700 supporters who pledged over \$82,000 during our Pledge Drive. We have so many reasons to celebrate, and so many of them because of you. Hallelujah! Of course, CJNU is, always has been, and always will be, a team effort. We get by with a little help from our friends.

So now, and always, may your days be merry and bright – and don't forget to remember: 'tis the season to be jolly, so have a cup of cheer!

In Memoriam



It is with deep regret that we share the sad news of the passing of our dear friend and colleague Jim Pappas.

Jim was not only a superb broadcaster, and a long time member of the CJNU Board – but more importantly, a friend to all who knew him. He truly was, is, and always will be: "A CLASS ACT" and we will miss him dearly.

On behalf of all of us at CJNU: Rest in Peace—and thank you, Jim.

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



Happy Holidays from Victoria Lifeline

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CROSSWORD - Your Old Xmas Wish List

By Adrian Powell

ACROSS

1 "Gunsmoke" broadcaster, once

4 Major uproars

8 Hunt for a well site

13 "___er rip!"

14 Wander aimlessly

15 Small European finches

16 Item in a thole

17 Common old stocking gift that you could blow later

19 Something we may go as we get older

21 Pull sharply

22 It's a brilliant thought

23 Japanese 31 syllable poem

25 Item often not included

27 Your 1940's mount, maybe

30 Land-locked Horn of Africa nation (abbr.)

31 Small silver salmon

32 Use a crowbar

36 Feudal land

38 Gets water out of the boat

41 UK pea soup, back in the '60s

42 Do away with

44 Starts a civil suit

46 Small change in Myanmar

47 Toy that used a real spud, originally

51 Latin phrase that means "deductive"

54 WWII convoy menace

55 Actors Marvin and Majors

56 Terminate

58 Get used to

61 Potential artist's toy of the '60s

64 Tie a Yellow

DOWN

1 Sink drain problem

2 Polar denizen

3 Bit of ambulance gear

4 Poison in classic mysteries

5 Where to hang a "Do Not Disturb" sign

6 Roe, to biologists

7 Virgo's mo., mostly

8 Belle of the ball,

9 Planet-circling craft

10 Irish writer Oscar

11 Curl up one's lip

12 Written composition

15 Popular sweetener

18 Lymph node swelling

20 Shaggy Himalayan bovine

24 Nizari Ismaili imam, ___ Khan

26 Common sugar meas.

27 CFL whistle blowers

28 Pertaining to the ear

29 Raise the sail

33 Headlong

34 Tofu source

35 Major Hoople's favourite oath

37 Very, very, very hungry

39 Polynesian pig-out

40 Bumps in the road, so to speak

43 Strongly in favour of

45 Mollifies

48 Garlic-crushing device

49 Piggish remark

50 Deerstaker, for one

51 Actors Baldwin and Guinness

52 Bit of potpourri

53 Your abs, technically

57 Where one often played quoits

59 Org. that launched John Glenn in '62

60 Squeaked by

62 "How ___ you doing?"

63 James Clavell's "___-Pan"

SOLUTION ON NEXT PAGE

WORDSEARCH - Holiday Magic

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

| | | | | |
|----------------|-----------|----------|-----------|-----------------|
| Advent | Dancer | Ham | Myrrh | Sing |
| Angels | Dasher | Holly | New Year | Sled |
| Baby | Dolls | Holy | Noel | Sleigh Ride |
| Bells | Donner | Iceicle | Party | Snowman |
| Birth | Eggnog | Immanuel | Pie | St. Nick |
| Blitzer | Elves | Inn | Pine | Stable |
| Bread | Epiphany | Ivy | Port | Star |
| Camel | Excited | Jesus | Potato | Stocking filler |
| Candles | Fairies | Jolly | Prince | Tinsel |
| Candy | Fir | Joy | of Peace | Toast |
| Card | Flock | Lights | Punch | Toys |
| Carol | Frosty | Lord | Red | Tradition |
| Cedar | Fruitcake | Magi | Reindeer | Wassailing |
| Children | Gift | Manger | Roast | Winter |
| Christmas tree | Gold | Mary | Rum sauce | Xmas |
| Crib | Goodwill | Mass | Sales | Yule |
| Crowds | Gravy | Merry | Scrooge | |
| Cupid | Green | Miracle | Sherry | |


SOLUTION ON NEXT PAGE

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❄️ ❄️ ❄️

“The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances.”

- Unknown

Kelly Lewis Artistry

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What did the wise men say after they offered up their gifts of gold and frankincense? Wait, there's myrrh.

What do you call a snowman party? A snowball.

What happened to the man who stole an Advent Calendar? He got 25 days!

What do they sing at a snowman's birthday party? Freeze a jolly good fellow!

What goes "Oh, Oh, Oh"? Santa walking backwards!

Facebook Finds

LAUGH A LITTLE

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter "T"

- Describe a person who is determined to reach their objective:
- This fellow was a very popular English entertainer who grew to only 2'11" inches tall:
- He won the 1993 Oscar for the movie "Philadelphia":
- This chap invented light bulbs:
- Louis Armstrong (Satchmo) played this instrument:
- This NHL hockey player created Canada's favorite coffee shop:
- This actor, tough guy was the lead detective in the movie "The Fugitive":
- This actor chooses to play the dangerous parts in his movies:
- This is Minnesota's baseball team:
- We should close down our computers when we hear this:
- This India landmark took several years to build and was built based on a love affair:
- This is a piece of lumber 11/2 inches X 31/2 inches:
- This is a very sad movie or family event:
- If you have a wooden sliver in your hand you'll need these:
- This is a very popular on-line poker game:
- These ladies threw their panties on the stage for this English singer:
- This is a delicious substitute for bacon:
- The Caribbean needs these this coming winter:
- Survey says if seniors could go back in time they would choose this age:
- On TV commercials this popular actor encourages you to secure a ' REVERSE MORTGAGE':
- This is three consecutive strikes in bowling:
- This author wrote "The Hunt For Red October":
- Natural rubber comes from here:
- She sang "What's Love Got To Do With It":
- This winning quarterback is leaving New England to play with Tampa Bay:
- This golfer said "The Hole Looked Bigger After My Eye Surgery":
- The advertisement for this product said "It Took A Licken But Kept On Ticken":
- This actor starred in Forrest Gump and collects typewriters:
- This was the first soup made by Campbell's:
- In previous questions, how many answers included a Tom, Thomas or Tommy:

& Mind Memory Shows for Seniors

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

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

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

~ Author, Gary Adams

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A to Z Trivia

T SOLUTIONS

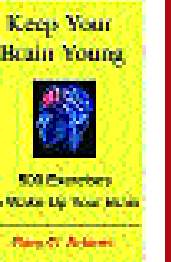


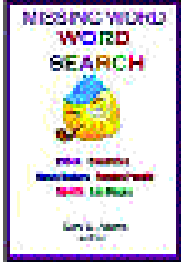
| | | | |
|--------------------|-------------------|------------------|-----------------|
| 1. Tenacious | 9. Twins | 17. Turkey Bacon | 25. Tom Brady |
| 2. Tom Thumb | 10. Thunder | 18. Tourists | 26. Tiger Woods |
| 3. Tom Hanks | 11. Taj Mahal | 19. Thirty | 27. Timex |
| 4. Thomas Edison | 12. Two by Four | 20. Tom Selleck | 28. Tom Hanks |
| 5. Trumpet | 13. Tear Jerker | 21. Turkey | 29. Tomato |
| 6. Tim Horton | 14. Tweezers | 22. Tom Clancy | 30. Ten |
| 7. Tommy Lee Jones | 15. Texas Hold-Em | 23. Trees | |
| 8. Tom Cruise | 16. Tom Jones | 24. Tina Turner | |

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Grandpa is still looking for his teeth



Sign in Steinbach, MB





I just can't understand why the electric bill is so darned high...

AFTER THEY HAD LEFT FOR WORK

Alexa...turn on the lights...

Alexa...turn on the TV...

Alexa...play music...Alexa...

YOU TELL ME NO STICKS IN THE HOUSE



THEN YOU DRAG A WHOLE TREE IN

CROSSWORD - Solution

| | | |
|--------------|---------|---------|
| CBS | ADOS | DOWSE |
| LET | ROVE | SERINS |
| OAR | SOAP | BUBBLES |
| GREYER | TUG | IDEA |
| TANKA | BATTERY | |
| ROCKINGHORSE | | |
| ETH | COHO | PRISE |
| FIEF | BAILS | SMOG |
| SCRAP | SUES | PYA |
| MRPOTATO | HEAD | |
| APRIORI | UBOAT | |
| LEES | END | ATTUNE |
| ETCHASKETCH | OAK | |
| CATERS | CAKE | USE |
| SLIDE | KISS | SAD |

WORDSEARCH - Solution

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

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