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Vol. 20 No. 1 | July 10 - Aug 9/22

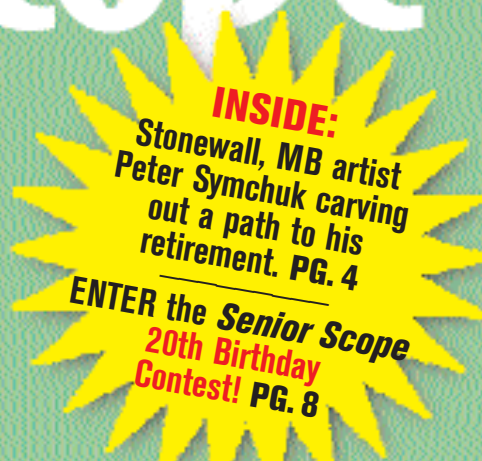
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Senior Scope

Celebrating 20 Years - July 2022!

*The Manitoba 55+ Games
have come and gone, but
will not be forgotten*

- Karyn Heidrick, Games Coordinator



Waiting to compete in Pickleball

Photo: Judith Lamb

A great time was had by all in Selkirk and we sure lucked out with the weather.

AAIM would like to thank all of the motivated participants and the many many volunteers and the enthusiastic as well as the dedicated host committee headed by Gerry Hamm and Lee Hanson.

Keep an eye on our Games website at www.activeagingmb.ca for upcoming news about the next set of Games scheduled for **Portage la Prairie : June 20-22, 2023!**

The Selkirk GOLF events were postponed due to extremely wet course conditions. They are rescheduled for: August 2 - August 4.

If you had signed up for the Virtual Games during the activity period: June 10 - July 10, 2022 - separate from the in-person Games held in Selkirk, June 7-9th—share your personal participation story with us after the participation period and be entered to WIN some amazing prizes! Email or mail us a story, photo or video of you participating and tell us about your experience.

Visit www.activeagingmb.ca for more information.

See pages 10 & 11 in this issue for the Manitoba 55+ Games results from the in-person event held in Selkirk, June 7-9th.

And see who is going to the

Canada 55+ Games in Kamloops BC, August 23-26, 2022 with Team Manitoba!

Team Manager, Lois Dudgeon, announced that nearly 100 athletes and participants from Manitoba will be attending the national competition with nearly half being pickleball players.

Most events at the Manitoba 55+ Games were qualifiers for the Canada 55+ Games except for some such as curling and hockey.

"I like to think these Games are these older adults' 2022 Olympics!" states Lois.

See page 12 for Team Manitoba members.

See Games results and photos pages 10, 11, 12, 13, 17

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Copies are concentrated in Winnipeg and larger rural centres.

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

July, 2022

Message from Minister Scott Johnston, Seniors and Long-Term Care



Hon. Scott Johnston - Minister of Seniors and Long-Term Care

Dear friends,

I hope that you, your friends and family have been taking full advantage of the warm, sunny days and mild evenings. Whether you've been taking walks in your neighbourhood, spending time at the lake, or kicking back in the backyard, these are the days we've all been waiting for in Manitoba!

Recently, our government took a significant step to attract and retain skilled staff to improve conditions at personal care homes.

Earlier this month, I announced the government's investment of more than \$16 million to increase staffing and training in personal care homes, to improve care and create safer and better lives for Manitoba seniors. This significant investment will increase staffing within the personal care home sector provincially. The funding will be used to recruit and hire more than

350 health-care aides to increase the amount of daily direct care provided to residents. As well, 72 new positions for registered nurses and licensed practical nurses are being added.

This funding will also establish provincial and regional medical leads to provide leadership and guidance to personal care homes medical services and infection prevention and control, and includes a \$1.5 million investment for tuition supports and direct care staff recruitment incentives to build this workforce.

These priorities are all in alignment with the Manitoba government's commitment to seniors and to fulfill all recommendations of the Stevenson Review. The province released the final report of the Stevenson Review in April 2022. The report followed an independent external report following a serious COVID-19 outbreak at the Maples Long Term Care Home between October 2020 and January 2021. The government accepted all of the report's 17 recommendations for action, reflecting four themes: resident safety, staffing complements, infectious pre-

vention and control, pandemic preparedness and communication with families and staff.

We will continue to make sizeable improvements and staffing investments in the short- and long-term to ensure older Manitobans are supported and receive safe and person-centred services, to better support better health outcomes and safer lives for Manitoba seniors.

Our work doesn't stop here, and we are listening to thousands of Manitobans to discover what more can be done to ensure more Manitoba seniors can remain in their own homes and live independently for as long as they choose and it is safe to do so.

If you haven't already participated in the consultations on EngageMB, please share your voice and let us know what you think needs to happen as together, we build a plan for Manitoba seniors. Your voice matters. Thank you for sharing!
<https://engagemb.ca/building-a-plan-for-older-manitobans>

Enjoy the rest of the summer,

Hon. Scott Johnston
Minister for Seniors and Long term Care

Ukrainian friends reunite after arriving in Canada



By DMetro Hnytko

Yaryna Chepiha and Mariia Belieieva, both 32 years old, recently arrived in Canada from the Ukraine. Yaryna arrived on April 14/22, and Mariia arrived on May 23rd. They arrived on planes chartered for Ukrainians.

When Yaryna first came to Canada, she says she was very sad, but over time she began to like it. She likes the architecture and how Canada really cares for their people. She said that everything is new for her and it is a whole other world from the Ukraine. Yaryna also said that many Ukrainians are searching for safety right now and it is better for her here.

When in the war, Yaryna said it was so hard, but now she sees things differently and is happy for the little

things like coffee, going for a walk, and feeling safe. She wakes up every day and the sky is blue and happy.

Mariia and Yaryna lived and worked together in the Ukraine. They were musicians in an orchestra that toured around Ukraine playing songs from movie soundtracks like Harry Potter and The Titanic. Mariia played the flute, and Yaryna played the piano. They are best friends, but the war split them apart. Yaryna lived in a bomb shelter for 18 days. Mariia was in another bomb shelter before going to Poland for 2 months to stay with friends. There she made an application to immigrate to Canada. She saw it as her road to safety.

Both Mariia and Yaryna want to stay here now, but they hope to go back and see family and friends in Ukraine when the war is over.

Since arriving in Winnipeg, they have made new friends who have



Musicians Yaryna Chepiha and Mariia Belieieva - newcomers to Canada, escaping the war in Ukraine, held a concert to support their home country.

given them a lot of support, and they are going to school to learn English through Seven Oaks. Just recently, on Mariia's birthday, she got engaged to her boyfriend who's still back in Ukraine. Yaryna helped arrange the proposal.

Continued on next page

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



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Manitoba artist - Peter Symchuk - 'carving' out a name for himself

By Mary Jane MacLennan



Mary Jane MacLennan

It's often said creative people make an easier transition from work to retirement and it will almost certainly be true of Manitoba artist Peter Symchuk.

Symchuk is facility manager of Seven Oaks General Hospital and the Wellness Institute fitness facility next door on Leila Avenue. He is also an accomplished hockey coach, but his passion is carving. While retiring will be a big change, his artistic projects make it far less threatening.

"Oh, I would definitely say that's true because you look forward to doing it," Symchuk says. "It (carving) is my stress reliever."

Symchuk graduated from Power Engineering at Red River College and worked for Manitoba Hydro, Atomic Energy of Canada and in the oil industry. After many years travelling for work, he returned to Manitoba. At the end of the work day, he carves wood and soapstone in his home-based workshop in Stonewall, MB.

The 59-year-old carver retrieves haunting characters from branches of diamond willow and blocks of grey soapstone; the faces of old craggy Aboriginal men, young women and exquisite Manitoba wildlife.

Symchuk says his inspiration for the carvings comes from his Indigenous roots.

"I'm half Plains Cree. I think that's where it comes from. I've got a million faces in my head and most of the faces I come up with are really just out of my imagination," he says.

Symchuk buys soapstone from the Artists Emporium at 580 Roseberry St. in Winnipeg. He has also used black soap stone, purchased in Kenora, ON to create the elegant face of a Native man with a crow on his head (pictured to right). The black stone has the reflective properties of marble and Symchuk's piece is luminous and detailed.

"I really enjoy the soapstone carvings," he says. "I enjoy doing those because they're harder but then they're more rewarding in a lot of ways."

Symchuk's Facebook page documents his step-by-step journey carving a Snowy owl with wings held close against its body. He says the 12 x 8-inch bird took 60 hours to carve. It then receives three coats of bees wax. It was sold the day after it was finished.

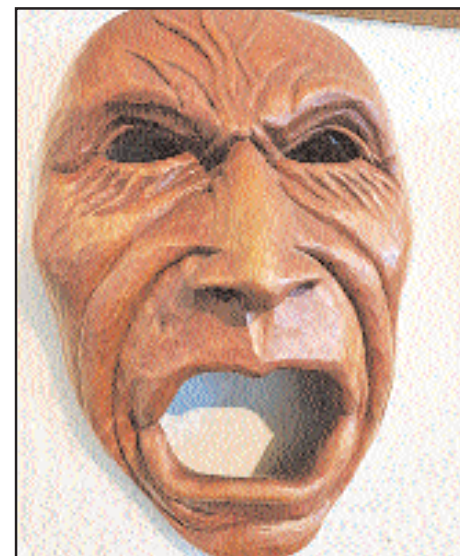
"It took a long time to do that owl. It was 50 lbs. of stone, so just moving it around the table was hard. I have four or five blocks in here that size. I'm doing a polar bear right now, just for fun. I don't take it really serious," he says. "If I did, maybe that's when your creativity kind of stops flowing."

Symchuk says he's not good at marketing his work or putting a price on what he creates. "It's hard to quantify your enjoyment."



Stonewall resident, Peter Symchuk, in his home studio.

Below: L-R: Black soapstone carving, Woodcarving. Bottom, Snowy owl carving.



Before the COVID-19 pandemic, Symchuk says he taught 300 to 400 people to carve. He's also a certified power skating instructor and an award-winning hockey coach. He led U18 Team Manitoba women to gold twice in the 2009 and 2010 National Aboriginal Hockey Championships.

Symchuk says it's very important to him to encourage Indigenous youth to excel. "If I can make it, anybody can," he told graduates in a convocation speech at Red River College.

Growing up in Opaskwayak Cree Nation at The Pas, Symchuk was one of seven children. His father died when he was very young. Luxuries were few and the family depended on trapping and hunting. Symchuk was skilled mechanically and resourceful.

"I'd go to the dump and pick up parts

Continued on page 5



Advertising Feature

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Whirlaway Westerners First Post-Covid Graduation

- Carole Grier, Whirlaway Westerners Square Dance Club

Like the rest of the world, square dancers were in lock down for two long years. Our beloved activity was one of millions of casualties of the worldwide pandemic.

Six new dancers learned basic square dance moves beginning in September of 2020. After closures and lockdowns, we finally returned to dancing, wearing masks in the fall of 2021. Our new dancers didn't miss a beat. With some review and lots of fun, they completed our program and proudly wore their graduation caps at our special ceremony on April 29, 2022 at Kirkfield-Westwood Community Club.

Our caller, Trevor Grier, welcomed them into the square dance world after taking them through the "Four Corners" ceremony. The new dancers were given a graduation certificate and were treated to a special novelty dance.

Whirlaway Westerners welcomes everyone to an **Open House on Friday, September 16 at 7:00 pm at Kirkfield-Westwood C.C., 165 Sansome Avenue, Winnipeg.** No experience or partner is needed. Everyone is welcome to come for an evening of fitness, fun and friendship. For info, call Carole at **204-831-8954.** ■



Six dancers graduate from the Whirlaway Westerners program.

Peter Symchuk, cont'd from page 4

and build my bike," he says. "Then I graduated to building motorcycles."

At school, Symchuk drew comics but says he lacked the concentration to do more with art. The family spent summers camping and trapping around The Pas; wilderness filled with diamond willow which he'd later love to carve.

In his 30s, Symchuk found his father-in-law's tools at a cottage on Clearwater Lake. He carved the face of an old man yelling and left it in the workshop. Later on, his father-in-law discovered it and confronted him.

"Did you carve this?" "Yeah, I did," I said. And he said, "It's awesome. It's such a nice, nice work."

Winning the praise of his entire family gave Symchuk confidence. Six months later, his work took first prize in carving at the Eastman Juried Art Exhibition.

Symchuk says, in retirement, he's looking forward to going to art exhibitions and seeing other artists' work, something he hasn't had much chance to do because of work.

"I want to travel a little bit. Get to know people. Talk to people," the artist says. "I think I bring a unique perspective in woodcarving. A lot of people are doing faces but mine are a little bit more elaborate. They have a lot more definition in the faces. I like to get deeper, create a character... When you look at it, you almost think it's alive." ■

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July 4, 2022

West Kildonan Library is saved and nominated for historic status

Winnipeg – The Friends of West Kildonan Library Coalition welcomed the decision by City Council to save the branch at the corner of Jefferson Avenue and Powers Street, a conclusion which comes weeks after learning of plans to close the facility in favour of an unsuitable, windowless room in Garden City Shopping Centre. Council voted unanimously to simply receive the plan as information, meaning no action will be taken and the library will remain in its existing location.

The decision was celebrated by the Coalition, which represents thousands of community members across West Kildonan, Garden City, and neighbourhoods around northwest Winnipeg. Alongside area residents, the Coalition has also worked with the Seven Oaks School Division and Winnipeg School Division—both of which officially opposed the plan to close the library—elected officials from different levels of government, and local community groups and residents' associations. The Coalition's organizing resulted in a rally attended by hundreds of community members last May and a petition signed by over 12,000 residents in opposition to the plan. The Coalition will remain as an active group of residents and stakeholders who will advocate for the West Kildonan Library in the coming years.

"The community spoke, and Council listened," said Coalition Co-Chair and Garden City Residents' Association Chair Daniel Guenther. "We are thrilled that Council has unanimously supported keeping the West Kildonan Library open. There's more work to do in order to ensure the library gets the upgrades it deserves, but for now, northwest Winnipeg can breathe a sigh of relief."

A plaque installed on the front of the library states it was built as a 'permanent commemoration' for the neighbourhood—designed to forever be a fixture of the community.

"This goes to show that when a community speaks up and works together



Coalition Co-Chairs, Evan Krosney (left) and Daniel Guenther.



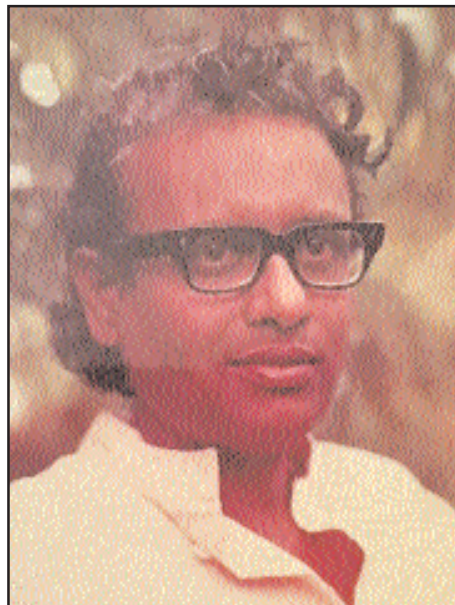
to push for change, we can achieve amazing things," said Coalition Co-Chair, Evan Krosney. "After two failed attempts to close the library since 2019, we've been heard loud and clear and the city finally recognizes how important this hub is for the community. We extend a sincere thank you to the Mayor, EPC, Council, and all the community leaders who helped make this happen. With the community behind our Coalition, our library has a bright future ahead."

The Coalition had been working with Heritage Winnipeg, a supporter of the campaign, to explore the prospect of Municipal Historical Designation of the building. And now, as of July 4th, it officially has been nominated by the Lord Selkirk—West Kildonan Community Committee for historical status.

The St. John's Library, Cornish Library, and St. Vital Library—the last of which was also designed by West Kildonan Library architect George A. Stewart—have all achieved Historical Designation status, guaranteeing their future. ■

Expressed Gratitude to: Augustus Vinayagaratnam

- Senaka Samarasinghe



Above: Augustus Vinayagaratnam, award-winning lyricist.



Right: Augustus and his wife.

Below: Sri Lankan Seniors Manitoba celebrating the life of the late Augustus Vinayagaratnam.



Augustus Vinayagaratnam (1938-1986) an award-winning lyricist and film script writer's wife Ranjitha and daughter Sandhya Fernando were invited for the get together organized by Sri Lankan Seniors Manitoba (SLSM) on June 25th (SAT) 2022 at Whyte Ridge Community Centre. Augustus was born in Panadura in Kalutara District. By profession he employed as an English Sinhala English translator at the Government Treasury. Information Officer was the promotion that he gained for his dedicated service in the Department of Government Information, Sri Lanka. Augustus had written quite a few songs lyrics. Out of which film Ganga Addara (Beside the River) theme song strong and meaningful lyrics done by Augustus. This film was a box-office hit in 1980 with five Sarasavi National Awards sung by Vijaya Kumarathunga. Nim Him Sewwa (I searched the limits of Sansara (wander) sung by Pandit W.D. Amaradewa for the movie Seetha Devi in 1978. It is a love song with philosophical background.

Augustus wife also from Kalutara District in Kalutara South (Left Bank of Kalu Ganga River) close to landmark building Richmond Castle. She attended Holy Family Convent, Kalutara.

After the demise of Augustus his elder daughter Sandhya and her husband Hiran Fernando migrated to Winnipeg with her loving mother. Subsequently, Sandhya's younger sister Kaviya and her husband Namal Fernando too migrated to Winnipeg.

As a mark of respect for late Augustus Vinayagaratnam the Board Member of the SLSM Jayawardena done a speech expressing the services contributed to enhance the culture of Sri Lanka. Further, Jayawardena and Upali sung (others too joined) three popular songs and lyrics done by Augustus.

Last but not least this was the maiden successfully completed event conducted by the lady President, Indra Ariyaratne and her newly elected Board of the SLSM. ■

SAFETY ALERT

It's a bird! It's a plane! It's.... a trampoline???

Many not-so-common objects have become tangled in power lines. Foil balloons, shoes, kites, remote-controlled aircrafts, and drones have all interfered. Sometimes they cause an explosion or fire. Sometimes they cause an entire neighbourhood to go dark. But each object can pose a serious safety risk around power lines.

One item that might surprise you is a trampoline.

Storms or high winds can blow a trampoline into power lines if it is not properly staked or secured to the ground. And because trampolines are made with aluminum, a conductive material, they can not only cause a power disruption, they also pose a serious safety risk to people nearby, and a challenge for power line workers to remove.

Here are some tips to prevent hazards around power lines:

Trampolines:

- Install u-shaped wind stakes over the base of the trampoline and into the ground, or use trampoline anchor kit.
- Consider using sandbags which are a good, low-cost option. When laid on top of each leg of the trampoline, they provide enough weight to hold it down.
- Place trampolines, play structures, swing sets and pools at least 3 metres (10 feet) away from overhead power lines.

Balloons, Kites and RC Toys:

- Keep foil balloons secured and attached to a weight so they don't float away.
- Never release metallic balloons into the sky. When you're done with a balloon, puncture and deflate it before disposal.
- Remind children to fly kites, remote-controlled aircrafts and drones in open fields, far away from power lines.
- If a balloon, kite or other object becomes tangled in a power line, DO NOT attempt to retrieve it. A shock or electrocution may result. Call Manitoba Hydro at 1-888-624-9376 (1-888-MBHYDRO).

Visit hydro.mb.ca/safety for more information.

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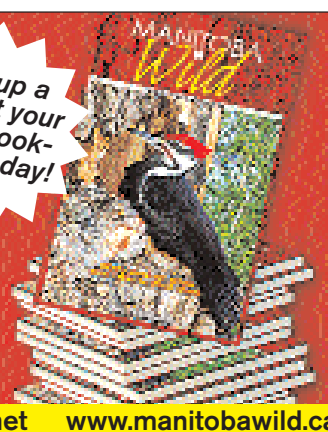
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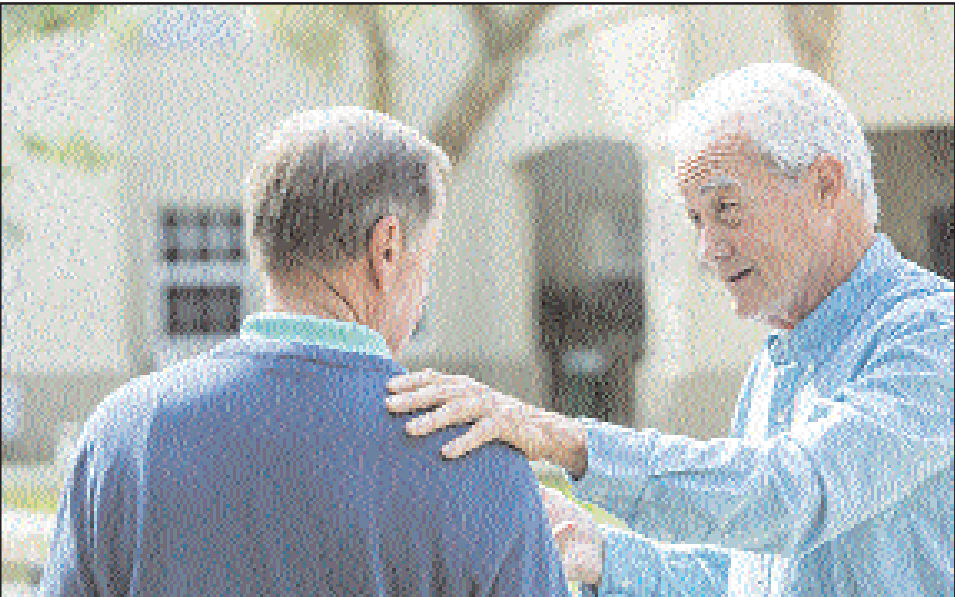
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Advertising Feature

Communicating with People Living with Dementia

- Alzheimer Society of Manitoba



The Alzheimer Society promotes dementia-friendly communities where people with dementia feel supported in the places they live, work and play.

One of the ways to be dementia-friendly is to develop and adapt communication skills so that conversations with individuals with dementia are inclusive and respectful.

It's important to keep in mind that dementia can make it difficult for people to interpret conversations. They may also have trouble expressing themselves, especially if they can't find the word or words they are looking for.

It might be helpful for you to know that dementia can affect someone's ability to maintain their focus, leading to the person repeating parts of the conversation or responding inappropriately if feeling frustrated or embarrassed.

What can you do to help?

Knowing this, one of the best things you can do is be patient and understanding, and this can be shown in your approach and manner.

When talking with someone with dementia, approach them from the front and make eye contact. If possible, try to reduce any unnecessary distractions and noise (i.e., turn down the radio or TV).

Speak slowly and clearly using a simple and direct tone. Keep the sentences short and ask easy-to-answer questions. Importantly, give the person time to respond, gently and respectfully repeating what you said, if necessary.

Try to recognize how the person is perceiving the situation. If someone in a grocery store seems confused about payment methods, a teller can kindly offer to help. If a person on the street seems anxious and lost, a helpful passerby can reassure them that they'll stay to assist.

Remember that making an effort to support and understand a person with dementia will help boost their confidence and make them feel that they are valued members of the community.

Excellent Learning Tool

An online course, called Building Dementia-Friendly Communities, is available for those working in the libraries/recreation, restaurant/retail and transportation sectors, and it is also useful for all other sectors and the general public. It's an ideal tool for learning about the challenges faced by those affected by dementia and how people can help. The free, 75-minute webinar was developed by Dementia-Friendly Canada, a partnership between Alzheimer Societies across Canada.

For information about this course, contact Jennifer Vicente-Licardo at alzeducation@alzheimer.mb.ca

To sign up for the course, go to: alzeducate.ca/login/dfc/

The Dementia-Friendly Canada project is funded by the Government of Canada through the Public Health Agency of Canada as part of the National Dementia Strategy.



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Senior Scope

is celebrating **20 YEARS** of providing Manitobans with Useful and Entertaining information... and we'd like to thank you - our readers, advertisers, staff, supporters - for helping make that happen.

ENTER our CONTEST to help us Celebrate this milestone.

There will be multiple draws on AUGUST 26, 2022.

PRIZES WILL ACCUMULATE UNTIL THAT DATE.

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Happy 20th Birthday!
2002 ~ 2022

TO ENTER, PLEASE TELL US YOUR 'COVID-19 PANDEMIC' STORY - GOOD (if any), BAD or UGLY.

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Name _____

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Box 1806, Stonewall, MB R0C 2Z0
OR ENTER ONLINE:
www.seniorscope.com or
by email: kelly_goodman@shaw.ca

GOOD LUCK!

If you need more room for your story, please send it written or typed on a separate page.

** Note that winner may be announced with photo in Senior Scope. **

JULY 10/22

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Discover the **best kept secret** in Winnipeg

Thank you to everyone who participated and provided prizes for **Senior Scope's 20th Birthday Contest** draw.

Good luck to all the Contest entrants -
the draw will be on August 26, 2022.



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Winnipeg Police Service

Boat Safety

Since 2009 all boaters are required to have the Pleasure Craft Operator Card (PCOC) in order to operate a powered watercraft. There is no grandfather clause or age exemption - this law applies to all boaters.

- Did you know?** Anyone under 16 years of age may not operate boats with motors over certain horsepower limits unless someone 16 years of age or older is in the boat and directly supervising them.
- Under 16 years of age may not operate a personal watercraft (PWC) under any circumstances
 - Anyone 16 years of age or older have no horsepower restrictions while boating or using a personal water craft
 - Under 12 years of age with NO direct supervision may operate a boat with up to 7.5kW (10hph)
 - Ages 12 to under 16 with NO direct supervisor, a person may operate a boat with up to 30 kW (40hp)

Wear Your Life Jacket

- It is the Law you must carry one on board for each passenger and properly sized. Don't just carry it, WEAR IT.
- Not having personal flotation device or lifejacket of appropriate size for each person on board = \$390.00 (Plus \$170.00 for each additional device or life jacket missing)
 - Fail to wear lifejacket = \$390.00.

Boat Sober

Boating under the influence of alcohol, recreational drugs or prescription narcotics, is illegal, irresponsible and potentially deadly. If you are operating or have care and control of a motor vehicle, boat, and aircraft and you are stopped by the police, your motor vehicle driver's license can be suspended it is an offence under the Criminal Code of Canada to operate a boat if you are impaired by drugs or alcohol.

Boat passengers may only consume alcohol on board a boat in Manitoba if the boat is anchored or docked AND has a permanent toilet, cooking facilities, sleeping facilities.

If you choose not to follow the rules, you could face the following fines or worse:

- Consume liquor in a public place = \$672.00
- Unlawful transportation of liquor or cannabis in boat = \$237.00
- Deposit litter on land, water or ice other than in a prescribed manner Range from \$174.00 to \$2542.00

Operate at a safe speed

You may have to stop or turn suddenly to avoid a collision, so operate at a

safe speed. When choosing a safe speed consider:

- The visibility conditions (fog, mist, rain and darkness) and your ability to see ahead
- The wind, water conditions and currents
- The maneuverability of your boat
- The traffic density, types of vessels in the area and their proximity
- The proximity of any navigational hazards (rocks, and tree stumps)
- Be especially careful when operating in areas of restricted visibility, such as entering or exiting a fog bank.

- If you choose not to drive safely, you could face the following fines:**
- Operating vessel in an unsafe manner = \$900.
 - Operating vessel in a careless manner = \$645.
 - Speeding = \$390 and Court Costs.
 - Allowing someone under 12 years of age to operate a vessel with engine power greater than 7.5 kW = \$475.
 - Operating a vessel with more than 30kW engine power or a personal watercraft while under 16 years of age = \$220.
 - Towing someone without a spotter = \$475.

What if I rent a powerboat or Personal water craft? Currently, a pleasure craft operator card is not required in order to operate a rented watercraft. However, some companies have made it their corporate policy to require renters to have theirs. Instead, it is sufficient for a renter to complete a rental safety checklist.

Have fun and please be safe!
For additional information, please visit: https://www.winnipeg.ca/police/river_patrol/default.stm

If you see something-say something!

Combating the Heat

- Heart to Home Meals

This summer people will be enjoying the sun and with that comes heat and if the past summers are any indication we will be sweltering under record temperatures around the world, including Canada. As we age, our bodies tend to lose the ability to self-regulate and increase our risk of heat-related issues. Health experts say seniors need to be extra cautious when temperatures top 30°C.

Below are a few tips to help you stay cool during a heatwave:

Make some adjustments to your diet

Many people tend to feel less hungry around this time of year for several reasons. Three small meals and three snacks each day should ensure all your required daily nutrients are consumed without feeling like you've over-eaten. **Heart to Home Meals** offers a variety of mini meals filled with carbs and protein, which are great sources of energy.

It is also recommended to eat more fruits and vegetables, particularly those that are water-based. Watermelons have several nutrients seniors require, like vitamins A, C and B6, they also contain potassium and antioxidants.

Keep yourself hydrated

It is recommended to drink at least eight glasses of water each day. If water on its own doesn't appeal, try adding a slice of fruit. Recipes high in fluid also count towards your hydration levels. **Heart to Home Meals** offers a variety of soups to choose from.

Although consuming fluids is important, be sure to limit the amount of tea and coffee you consume as caffeine can cause headaches and insomnia in some people.



Create a cooling environment

The most preferred environment is an air-conditioned one. If there is no AC in your home, if possible, get yourself to an air-conditioned public area to reduce the amount of time you spend in the heat. As a rule of thumb, limit outdoor activities to the early morning hours before 10 a.m., or evening hours after 6 p.m. This may make it difficult to get to a cooler location, but fans can provide some relief from the heat. They cannot, however, cool the body once temperatures reach 35 degrees. If the forecast suggests it is going to be very hot outside, closing your blinds or curtains with a fan running can cool an apartment significantly.

Placing ice or wet towels with cold water on your body's pulse points,

like the neck, wrists, and ankles, is worth considering but avoid putting the ice directly on your skin, wrap it in a cloth.

Wear loose-fitting clothing

Keep it simple, dress to be practical: light, loose-fitting and comfortable. Avoid dark colours as they are known to absorb heat. If you must go outside, be sure to wear a wide-brimmed hat, sunglasses, and apply sunscreen with a minimum 30 SPF.

Although we are just starting summer, mother nature has often surprised us with heat waves well into the season, and sometimes even on the cusp of fall. Keeping these tips handy will ensure you are prepared for whatever hot weather comes our way. ■



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2022 MB 55+ Games

Selkirk, MB - June 7-9

Summary of Results



3 km Predicted Walk/Run
The participant will predict the time he/she thinks it will take them to walk/run 3 KM (1.8 miles). The person coming closest to their predicted time will be declared the winner.
1st – Elaine Strilaeff, 2nd – Britta Spiring, 3rd – Cheryl Dann

1 km Nordic Pole Predicted Walk
1 km Nordic Pole Predicted walk
The participant will predict the time he/she thinks it will take them to walk 1 KM with the assistance of a set of Nordic Poles. The person coming closest to their predicted time will be declared the winner.
1st – Juhal Kuldip Singh, 2nd – Jack Dubnicoff, 3rd – Liz Kornelsen

5 Pin Bowling Singles
55+ - Men's Singles
1st Calen, Randy Westman 55+
2nd Melnyk, Gregg Winnipeg 55+
3rd McFarlane, Randy Pembina Valley 55+

65+ - Men's Singles
1st Riediger, Al Eastman 65+
2nd Chubey, Taras Eastman 65+
3rd Braun, Dennis Winnipeg 65+

75+ - Men's Singles
1st Friesen, Jacob Eastman 75+
2nd Cook, Rick Winnipeg 75+
3rd Arrell, John Interlake 75+

85+ - Men's Singles
1st Doerksen, Harry Winnipeg 85+
2nd Klippenstein, Peter Eastman 85+
3rd Baziuk, Mike Eastman 85+

55+ - Women's Singles
1st Anderson, Sandi Winnipeg 55+
2nd Manek, Sherri Winnipeg 55+
3rd Bilyk, Carole Winnipeg 55+

65+ - Women's Singles
1st Cook, Donna Interlake 65+
2nd Chubey, Shirley Eastman 65+
3rd Derhak, Doris Parkland 65+

75+ - Women's Singles
1st Tolton, Lynne Westman 75+
2nd Cochrane, Marlene Parkland 75+
3rd Smid, Susan Eastman 75+

85+ - Women's Singles
1st Antonation, Dorothy Winnipeg 85+
2nd Busch, Mary Interlake 85+
3rd Klippenstein, Nettie Eastman 85+

5 Pin Bowling Team
55+ Division
1st Odd Balls Interlake 55+
Anderson, Leslie
Noonen, Joyce
Schedler, Grace
Anderson, Hank
Anderson, Karen

2nd Split Happens Winnipeg 55+
Bilyk, Carole
Holowchuk, Norine
Anderson, Sandi
Anderson, Jim
Manek, Sherri

3rd 2 Pin Standing Westman 55+
Tarn, Alan
Tarn, Debbie
Calen, Randy
Douglas, Carry
Douglas, Wray

65+ Division
1st Lynn Gray Parkland 65+
Gray, Lynn
Derhak, Doris
Cochrane, Marlene
Cochrane, Richard
Kalinowich, Nestor

2nd Guys & Dolls Interlake 65+
Bregman, John
Clark, Linda
Drummond, Faye
Arrell, John
Cuthbert, Bonnie

3rd Skrabek Winnipeg 65+
Skrabek, Jerry
Sarapu, Julie
Cook, Rick
Wideman, Erica
Murchison, John

75+ Division
1st Osadchuk Winnipeg 75+
Osadchuk, Pete
Antonation, Dorothy
Doerksen, Harry
Ambrosichuk, Kathy
Ambrosichuk, John

2nd Valley Strikers Westman 75+
Van Damme, Harvey
Van Damme, Bev
Bos, Marris
Bos, Joanne
Tolton, Garry

3rd Mitchell Bombers Eastman 75+
Gadsby, Brian
Hiebert, Abe
Taggart, Bruce
Funk, Helen
Harder, Ed

Arts and Crafts
Class 2 - Crochet
1st Marilyn Henschel Selkirk
- CRCH03 - blue shawl
2nd Marilyn Henschel Selkirk
CRCH12 - Miscellaneous - crochet
bride doll dress
3rd Izzat Punjani Winnipeg
CRCH02 - Crochet Blanket

Class 3 - Needlework
1st Karen Willis Teulon
NDLW03- Cross-stitch butterfly
2nd Betty Piotrowski Winnipeg
NDLW03- "A Summer Outing"
3rd Karen Willis Teulon
NDLW08 - Miscellaneous -
Swedish Weaving

Class 4 - Quilts
1st Deb Tepleski Selkirk
QLTS08 - Machine Appliqué,
Machine Quilted - Dragonflies
2nd Deb Tepleski Selkirk
QLTS09 - Printed Panel or Kit -
Cardinals
3rd Deb Tepleski Selkirk
QLTS05 - Machine Pieced,
Machine Quilted

Class 5 - Amateur Photography
1st Elaine Delannoy
Assiniboia/Fort Garry (Charleswood)
PHOTO5 - Sports - hockey
2nd Elaine Delannoy
Assiniboia/Fort Gary (Charleswood)
PHOTO2 - Collection of 3 candid snaps
3rd Elaine Delannoy
Assiniboia/ Fort Gary (Charleswood)
PHOTO4 - Flower- Lady Slipper

Class 6 - Wall Hanging & Rugs
1st Marilyn Henschel Selkirk
WALL06 - Cat with flowers rug

Class 7 - Fine Arts
1st Melanie Shumilak Selkirk
FINE01 - Original Painting:
Acrylic - Painted Door
2nd Dawn Kardeshinski East Selkirk
FINE01 - Original Painting:
Acrylic - Seagulls
3rd Abe Penner Steinbach
FINE02 - Original Painting:
Oil - Skaters on Manitoba Pond

Class 8 - Dolls & Toys
1st Dawn Kardeshinski East Selkirk
TOYS01 - Stuffed Dog
2nd Pauline Muzyka Selkirk
TOYS06- Room setting for doll house
3rd Marilyn Henschel Selkirk
TOYS03 - Doll made from a kit -
China Doll

Class 9 - Woodworking, Carving & Whittling
1st Pauline Muzyka Selkirk
WDCW08 - Doll House: Unfurnished
2nd Janet Marshall
RM of Springfield, Sunnyside, Mb.
WDCW10 - Home Accessory -
Organizer

Class 10 - Miscellaneous
1st Pauline Muzyka Selkirk
MISC02 - Stained Glass -
Egret taking flight
2nd Sherene Smoluk Selkirk
MISC11 - Recycled Craft -
Painted Chair

3rd Pauline Muzyka Selkirk
MISC11 - Recycled Craft -
Beverly Hillbilly Truck

Top 3 Picks - Best of Show
1st Karen Willis Teulon
NDLW03 - Cross-stitch - butterfly
2nd Deb Tepleski Selkirk
QLTS08- Machine Appliqué,
Machine Quilted- Dragonflies
3rd Pauline Muzyka Selkirk
MISC02- Stained Glass -
Egret taking flight

Bocce Ball
1st Rick Costantini and Narciso Damiani
2nd: Sonja Lundstrom and Joe Labine
3rd: Anita Bixo and Thor Anderson

Floor Curling
1st: Team Horizons, 2nd: Red River Rockers,
3rd: Team Porosky

Floor Shuffleboard
55+: 1st – team Penner,
2nd – team Zamzow
3rd – team Helwer
70+: 1st – team Hildebrand
2nd – team Coates
3rd – team Brezinski

Horseshoes
1st – Barry Nelson, 2nd – Ron Hall,
3rd – Patrick Dewarle

Pickleball
Women 55+ / 3.0
Gold: Heather Campbell & Christina McDonald
Silver: Connie Johannson & Susan Gigliotti
Bronze: Lisa Vasconcelos & Marilyn Hardy

Women 55+ / 3.5
Gold: Lisa Warkentine & Laurie Siemens
Silver: Karen Schellenberg & Shelly Waddell
Bronze: Gloria Kropla & Denise Lemoine

Women 60 + / 3.0
Gold: Sue Armstrong & Beth Curtis
Silver: Carlotta St. Godard & Karen Steel
Bronze: Katrina Hotel & Kathy Fierce – Fortier

Women 60 + / 3.5
Gold: Brenda Granger & Beth Last
Silver: Susan Nemec & Lori Gullivan
Bronze Susan Thurmeier & Lori Skinner

Women 60 + / 4.0
Gold: Lisa Bergson & Patti St. Goddard

Women 65 + / 3.0
Gold: Clara Prokopchuk & Carol Bush
Silver: Bonnie Arbez & Wendy Miller
Bronze: Judith Lamb & Yvonne Oxe

Women 65+ / 3.5
Gold: Jan McNarry & Helen Nantais
Silver: Linda Marshall & Jo Ann Whalen
Bronze: Mary Kellner – Sommers
& Pat Chawla

Selkirk Slo-Pitch team wins Silver at 55+ Games

In one of the most thrilling games, the Selkirk Slo-Pitch team won the A Division Silver Medal after losing by a run in extra innings to the Maulers from western Manitoba. Selkirk had also tied the Maulers in round robin play during the Manitoba 55+ Games held from June 7 to 9 in Selkirk, MB. 15 teams from all over Manitoba entered the Slo-Pitch competition in 3 divisions. B Division was won by St. James Ichabods and the Nomads took C Division.
The Selkirk Slo-Pitch team was formed in 2000 and played in the

Senior Games in Dauphin. They continued the next year when the Senior games were held in Selkirk. Selkirk won gold in the games held in The Pas (2008) and Oak Point (2009), and Blumberg Provincials (2012) with several other medal finishes, managed by Fred Proden. The current player-manager, Gerald Machnee, was a rookie with the team when they played in the 2001 Senior Games in Selkirk and has since played in all 20 Senior/55+ Games since 2001. Selkirk now has a good mix of new and veteran players



Selkirk Slo-Pitch team. Back L-R: Bill Perdonic, Doug Cockerill (behind Bill), Lawrence King, Pat Riley, Donna Loewen, Darrell Dunning, Gary Dear, Guy Therrien, Gerald Koroscil, Bill Wilson, Gerald Machnee, Derrick Paul, Gerry Hamm (committee). Front L-R: Bob Zahayko, Steve Golden, Vic vander Grinten, Karla Hulls, Roberta Dear. Submitted by Selkirk Slo-Pitch.





2022 MB 55+ Games

Selkirk, MB - June 7-9

Summary of Results



Women 65+ / 4.0
Gold: Mary Beth Shields & Judi Reid

Women 70 + / 3.0
Gold: Jan Weedon & Mary Chalmers

Women 70 + / 3.5
Gold: Lynda Bennett & Viola Labun
Silver: Terry Wiebe & Janet Squarie
Bronze: Ann Sisler & Carol Gabrielle

Women 75 + / 3.5
Gold: Nina Constable & Dianne Dunsford

Mixed 55 + / 3.0
Gold: Peter Hildebrand & Martha Bergen
Silver: Lisa Vasconcelos & David Vasconcelos
Bronze: Randy Fender & Lynelle Fender

Mixed 55 + / 3.5
Gold: Maureen Bonar & Claude Pellerin
Silver: Brad Chase & Robin Chase
Bronze: Ted Fardoe & Suzanne Davidson

Mixed 55 + / 4.0
Gold: Neal Hastings & Michelle Hastings
Silver: Paul Aquin & Lisa Walsh
Bronze: Gary Warkentine & Lisa Warkentine

Mixed 60+ / 3.0
Gold: Sue Armstrong & Al Armstrong
Silver: Beth Curtis & Frank Hyndman
Bronze: Claude Fortier & Cathy Fierce – Fortier

Mixed 60 + / 3.5
Gold: Mary Beth Shields & Joel Hogue
Silver: Louise Vermette & Gerald Cyr
Bronze: Eleanore Schlamb & Ron Chekosky

Mixed 60 + / 4.0
Gold: Lionel Piche & Lisa Bergson
Silver: Thomas McMahon & Patti St. Goddard

Mixed 65 + / 3.0
Gold: Denny Quigley & Betty Lodewyks
Silver: Vicki Hallock & Gregory Chan
Bronze: Jacob Neufeld & Cathy Lovegrove

Mixed 65 + / 3.5
Gold: Isobel Kemp & Laurie Guderyan
Silver: Archie Chawla & Pat Chawla
Bronze: Leo Boiteau & Del Brisxuso

Mixed 65 + / 4.0
Gold: Dave Henry & Judi Reid

Mixed 70 + / 3.0
Gold: Len Victor & Cherlyn Cain

Mixed 70 + / 3.5
Gold: Hannu Maki & Terry Wiebe
Silver: Bob Schlamp & Janet Squarie

Mixed 70 + 4.0
Gold: Pat Bothe & Chris Bothe
Silver: Tom Richmond & Lynda Marshall

Mixed 75 + / 3.5
Gold: Nina Constable & Jim Vincent
Silver: Carol Gabrielle & Terry Gabrielle
Bronze: Marilyn Redekop & Ron Munro

Men 55 + / 3.0
Gold: Ron Rogowsky & David King
Silver: Ken Fulmore & Ken Wai

Men 55 + / 3.5
Gold: Dave Holder & Jim Howarth
Silver: Brad Chase & Greg Blanchard
Bronze: Gerald Cyr & Arnie Bazin

Men 55 + / 4.0
Gold: Lyle Brennan & Matt de la Lande
Silver: Daniel Yeo & Darren Sinclair
Bronze: Lionel Piche & Brian Rychlicki

Men 60 + / 3.0
Gold: Ron Tough & Paul Phangureh
Silver: Harold Isfeld & Dave Kein
Bronze: Denny Quigley & Alan Armstrong

Men 60 + / 3.5
Gold: Tom McMahon & Joel Hogue
Silver: Brian Kletke & Brad Dubuc
Bronze: David Stachowich & Rob Fiola

Men 60 + / 4.0
Gold: Paul Aquin & Randy Mandelik
Silver: Claude Pellerin & Wayne Skibo
Bronze: Alex Parobec & Darren Maginel

Men 65 + / 4.0
Gold: Dave Henry & Dave Goertzen

Men 65 + / 3.0
Gold: Larry Kooistra & Timothy Jersak
Silver: Dan Hotel & Claude Fortier
Bronze: Richard Spack & Gregory Chan

Men 65 + / 3.5
Gold: Ted Fardoe & Don Flatt
Silver: Roger Manaigre & John Hiebert
Bronze: Laurie Guderyan & Ian Matson

Men 70 + / 3.0
Gold: Len Victor & Peter Hildebrand
Silver: Dennis Bowles & Elmer Friesen
Bronze: John Wassenaar & Edwin Reichert

Men 70 + / 3.5
Gold: Greg Prokopchuk & Blair Heaps
Silver: Andy Neale & Bob Schlamp
Bronze: Jim Nein & Ron Chekosky

Men 70 + / 4.0
Gold: Archie Chawla & Elgin Zelinski
Silver: Tom Richmond & Chris Bothe

Men 75 + / 3.0
Gold: Terry Ladyman & Marcel Mollot
Silver: Charles Stevens & Ron Dunsford

Men 75+ / 3.5
Gold: Jim Vincent & Don Brennan
Silver: Dave Ezzard & Ron Munro
Bronze: Hannu Maki & Bruce Rand

Slo-pitch
Pool A: Gold – Maulers, Silver – Selkirk, Bronze – Prime Time
Pool B: Gold – St. James Ichabods, Silver – Rocklakers, Bronze – Portage
Pool C: Gold – Nomads, Silver – South Bees, Bronze – Impact

Snooker & 8 Ball
55+ Singles Snooker
1st – Stuart Ganske
2nd – Kim Kemp
3rd – Dieter Bonas

55+ 8 Ball
1st – Dieter Bonas
2nd – Guy Jolicoeur
3rd – Stuart Ganske

55+ Doubles Snooker
1st – Robert Vosters and Mark Buchan
2nd – Guy Jolicoeur and Dieter Bonas
3rd – Stuart Ganske and Rheal Simon

70+ Singles Snooker
1st – Denis Pantel
2nd – Leon Martens
3rd – Rick Thain

70+ 8 Ball
1st – Richard Sitarz
2nd – Ronald Hoger
3rd – Ron Mark

70+ Doubles Snooker
1st – Denis Pantel and Leon Martens
2nd – Ron Mark and Terry Greenwood
3rd – Rick Thain and Paul Maier

Track - Womens & Mens
100 M
W55 1st Dawn Rossman 19.31
W60+ 1st Sandra Klassen 16.00
2nd Gail Emms 16.47
W65+ 1st Jacqueline Sholdice 29.72
W70+ 1st Cherlyn Cain 29.81
W75+ 1st Margaret Birk 45.66
W80+ 1st Carol Dudnicoff 27.12
M55+ 1st Ajay Gupta 15.97
M60+ 1st George Stewart 13.19
2nd Jeff Stott 15.00
3rd Bob Hansen 17.59
M65+ 1st Michael McMullen 17.03
M75+ 1st Larry Gompf 18.65
2nd Bernie Chartrand 26.56
M80+ 1st Shaun Drain 18.60
M85+ 1st Jack Dudnicoff 21.65

200 M
W55+ 1st Corinne Zillman 42.34
2nd Dawn Rossman 44.69
W60+ 1st Gail Emms 39.16
2nd Carolyn Payjack 39.40
W80+ 1st Carol Dudnicoff 1:10.37
M60+ 1st Greg Athayde 30.40
2nd George Stewart 30.41
3rd Jeff Stott 35.81
4th Bob Hansen 40.44
M65+ 1st Michael McMullen 38.75
M75+ 1st Larry Gompf 43.34
M80+ 1st Shaun Drain 40.22
M85+ 1st Jack Dudnicoff 1:17.91

400 M
W55+ 1st Corinne Zillman 1:40.03
2nd Dawn Rossman 2:01.31

W60+ 1st Gail Emms 1:33.91
2nd Bev Chliboyko 1:36.97
3rd Carolyn Payjack 1:38.28
4th Deborah Brethaur 2:31.61
W65+ 1st Norma Jones 1:46.32
2nd Jacqueline Sholdice 2:47.00
W70+ 1st Muriel Gamey 1:46.15
2nd Cherlyn Cain 2:58.12
W80+ 1st Carol Dudnicoff 2:47.90
M55+ 1st Ajay Gupta 1:38.91
M60+ 1st Greg Athayde 1:07.05
2nd George Stewart 1:10.03
3rd Gordon Flett 1:22.37
4th Jeff Stott 1:24.53
5th Bob Hansen 1:25.02
M65+ 1st Ken Friesen 1:09.00
M70+ 1st Dennis Lang 1:14.59
M75+ 1st Albert Beal 1:47.06
M85+ 1st Jack Dudnicoff 2:56.19

800 M
W55+ 1st Corinne Zillman 4:09.91
2nd Dawn Rossman 4:32.75
W60+ 1st Gail Emms 3:57.40
2nd Bev Chliboyko 3:59.40
W65+ 1st Norma Jones 4:28.54
W70+ 1st Muriel Gamey 4:07.28
M55+ 1st Aldo Furlan 2:52.50
M60+ 1st Greg Athayde 2:39.78
2nd Gordon Flett 3:12.72
3rd Bob Hansen 3:22.53
4th Jeff Stott 3:28.47
M65+ 1st Ken Friesen 2:53.56
M70+ 1st Dennis Lang 2:46.00
M75+ 1st Leon Clegg 3:20.13
M85+ 1st Jack Dudnicoff 6:28.44

1500 M
W55+ 1st Corinne Zillman 8:24.72
W60+ 1st Bev Chliboyko 7:48.88
2nd Deborah Brethauer 12:29.65
W65+ 1st Norma Jones 8:37.94
W70+ 1st Muriel Gamey 8:26.56
M55+ 1st Aldo Furlan 5:45.43
M60+ 1st Greg Athayde 5:14.87
2nd Gordon Flett 6:16.47
M65+ 1st Ken Friesen 5:55.25
M70+ 1st Dennis Lang 5:36.03
2nd Alphonse Bernard 6:13.78
M75+ 1st Leon Clegg 6:21.87
2nd Desmond Walton 7:56.34
3rd Albert Beal 8:46.53
M80+ 1st Shaun Drain 7:28.09

3000 M
W60+ 1st Bev Chliboyko 17:03.72
W65+ 1st Norma Jones 20:00.38
W70+ 1st Muriel Gamey 20:00.38
W80+ 1st Olga Usick 26:34.22
M55+ 1st Aldo Furlan 12:29.59
M60+ 1st Gordon Flett 13:44.41
M65+ 1st Ken Friesen 12:49.04
M70+ 1st Dennis Lang 11:51.32
2nd Alphonse Bernard 13:49.53
M75+ 1st Leon Clegg 13:45.44
2nd Desmond Walton 16:24.69
M80+ 1st Shaun Drain 15:59.98

9 Hole and 18 Hole Golf
RESCHEDULED AUGUST 2-4, 2022



Left: PAL Cares volunteers helping out at the Bocce Ball Tournament.

A game is in process in the background.

L-R: Bernadette McCann, José Chinchilla, Susan Fletcher, Birgit Hall, Bea Shantz, Margaret Wilcock

Photo courtesy of Sonja Lundstrom, President of the Swedish Cultural Association



Celebrating 90 Years

Selkirk Golf & C.C.

Congrats to all the event winners at the Manitoba 55+ Games and to all the participants, volunteers and organizers.

Selkirk Golf and Country Club
100 Sutherland Avenue 204.482.2050
www.selkirkgolfandcountryclub.com



2022 MB 55+ Games

Selkirk, MB - June 7-9



Congratulations to the Winners
and Participants!



Swedish bocce ball team



Bowling



Floor Curling



Horseshoes



Slo-pitch



Predicted Walk/Run



Pickleball venue

‘Team MB 2022’ goes to Canada 55+ Games in Kamloops, B.C.

After qualifying at the MB 55+ Games in Selkirk, MB June 7-9, nearly 100 people, including Team Manager Lois Dudgeon, will represent Manitoba at the Canada 55+ Games in Kamloops, BC, Aug 23-26, 2022.

Lois Dudgeon	Morden	Team Manager
Paul Aquin & Randy Mandelik	Winnipeg	Pickleball
Greg Athayde	Winnipeg	Track
Bev Atkins, Laurie Deprez, Kathy Isaac, Laurie Ellwood	La Riviere	Curling
Ray Baker, Keith Pottle, Dwight Bottrell, Peter Prokopowich	Dauphin	Curling
Mike Baziuk, Shirley & Taras Chubey, Doug Graham, Bruce Taggart	Steinbach	5-Pin Bowling
Lynday Bennett & Viola Labun	W & E St. Paul	Pickleball
Martha Bergen	Winkler	Pickleball
Lisa Bergson & Patti St Godard	Matlock/E St Paul	Pickleball
Alphonse Bernard	Winnipeg	Track
Greg Blanchard	Winnipeg	Pickleball
Maureen Bonar & Claude Pellerin	Brandon	Pickleball
Dieter Bonas	Winnipeg	8-Ball Pool
Lyle Brennan & Matt de la Lande	Winnipeg	Pickleball
Heather Campbell & Christina McDonald	Winnipeg	Pickleball
Gregory Chan & Vicki Hallock	Winnipeg	Pickleball
Brad & Robin Chase	Winnipeg	Pickleball
Leon Clegg	Lac Du Bonnet	Track
Andre Dacquay	Notre Dame	18-Hole Golf
John Erickson	The Pas	18-Hole Golf
Don Flatt & Ted Fardoe	Winnipeg	Pickleball
Claude Fortier & Dan Hotel	Winnipeg	Pickleball
Kathy Fortier & Katrina Hotel	Winnipeg	Pickleball
Ken Friesen	Winnipeg	Track
Susan Gigliotti & Connie Johansson	Winnipeg	Pickleball
Brenda Granger & Beth Last	Warren/Argyle	Pickleball
Lori Gullivan & Kathrine Lotz-Dorsch	Winnipeg	Pickleball
Michelle Hastings & Karen Schellenberg	St Adolphe /Wpg	Pickleball
Neal Hastings	St Adolphe	Pickleball
Guy Jolicoeur	Lorette	8-Ball Pool
David King & Ron Rogowsky	Arborg	Pickleball
Sandra Klassen	Niverville	Track
Barry Mandryk, Larry Schroeder, Dan Beaudoin, Fred Spiring	Winnipeg	Curling
Pamela Mason	Winnipeg	Pickleball
Beth McLeod, Marg Crockett, Evelyn Fuchs, Barb McCallum	Oakbank	Curling
Jan McNarry	Alexander	Pickleball
Leona Moore	Opaskwayak	18-Hole Golf
Helen Nantais & Darren Maginel	Brandon	Pickleball
Jim Nein & Judi Reid	Wpg/Matlock	Pickleball
Paul Phangureh & Ron Tough	Winnipeg	Pickleball
Mary Beth Shields	Winnipeg	Pickleball
Darren Sinclair & Daniel Yeo	Brandon	Pickleball
Britta Spiring	Winnipeg	Predicted Walk
Karen Steel & Carlotta St. Godard	Winnipeg	Pickleball
Ken Strand	Winnipeg	18-Hole Golf

Manitoba Kings: Brandon/Dauphin Hockey
Brian Evenson, Gerald Blair, Larry Budzinski, Brad Carefoot, Randy Daley, Kenn Forsyth, Gord Hyde, Uwe Jansen, Dave Liddle, Bob Malo, Laurie McCaskill, John Menzies, Jim Paul, Jim Steiner, Ken Wojnarski, Tom Carberry (coach)

NOTE: Attendee numbers subject to change.

GOOD LUCK to everyone attending and participating in the Canada 55+ Games!

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Fred Douglas Heritage House

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Supportive Housing centrally located in downtown Winnipeg

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- ◆ Individually temperature controlled suites
- ◆ Emergency pull cords
- ◆ Daily activities & exercise programs
- ◆ Weekly housekeeping & laundry service
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- ◆ Onsite hair salon
- ◆ Couples welcome!!

One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

100 The Promenade
(behind Portage Place)
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For information or tour contact Shauna at **204-949-9027** | E-mail: sgladish@fdl.mb.ca
Subject to Supportive Housing entrance criteria.

The

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55+

Active Living

& Resource

EXPOS

2022

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

Something Good Can Always Be Better!



By the time...the last Fall Expo show is complete on October 12th, we will have over the course of 375 days had no less than 10 Pros Know Expos shows across the city. Yes, ten little mini events in seven different neighbourhoods. During this time we will have had an estimated 1400 - 1500 people come by looking for help to make their lives and the lives of their loved-ones better. We as a group are seeing first hand the need and the desire for change,

real change, positive change, the kind where we empower those around us and ourselves to be better. Living by the moniker 'Knowledge is Your Power' has never been truer. We can no-longer rely, nor should we rely on others for our collective health, happiness and well-being. We as a group at the Expos know for a fact, that when we share with others our wisdom, programs, products and caring, we are empowering others to do the same, creating an honest ripple-effect throughout our community. Is this not what it is truly is about? Trust and respect are things in life that most people wish and hope for. Practising it for some is problematic, but not for the majority. We long for and enjoy meeting others who live by these good simple principles. On September 8th, we have the first of three fall Expos, this one at Dakota Community Centre at 1188 Dakota Street. A wonderful facility with room

for about 30 tables when said and done. Our commitment over the summer is to do an even better job letting people know about the Expos and the wonderful folks who are investing their time and resources for all of us in our respective communities. Our ask is simple, if you have not attended any of the first seven shows, please try and attend one of the remaining three. If you have previously attended any of the other shows, please come again as there is always new faces and opportunities to share. To all, please bring your friends, family, all ages of course. For if we can show our children, care givers and friends what resources are available, who knows who YOU might be able to help us well. Lastly, please remember to visit our 24/7 On-Line Resource Hub for more details and contact information today at www.prosknowexpos.ca Thanks everyone for your continued love & support! Rick & Trish!

Fall Shows 2022

NO-CHARGE
FREE ADMISSION
NO-CHARGE
TO THE PUBLIC

Fall Show No.1

Sept. 8th (Thursday)

DAKOTA
COMMUNITY CENTRE

1188 Dakota Street

10:00am - 3:00pm

Kelly Lewis Artistry

kellylewisartistry@yahoo.com @KellyLewisArtistry on FB
204-513-0593 kelly_lewis_artistry on IG

Kelly Lewis is a local winnipeg artist who specializes in affordable Pet Portraits.
Contact Kelly Lewis Artistry to get your quote on a custom Pet Portrait today.

2022 MB 55+ Games

Selkirk, MB - June 7-9



Oddballs - bowling 55+ winners



Dan Arnal and Kelly Goodman - 1st time 55+ Games participants.



Volunteers for pickleball scorekeeping



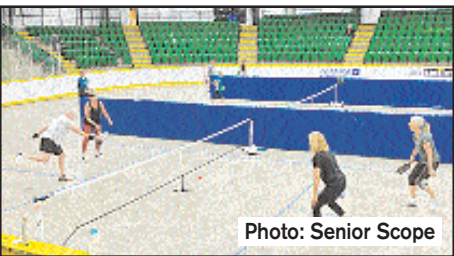
Snooker



Volunteer dinner event



Track



Pickleball

Canadian Legion

Legion

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Affordable Senior Housing 55+ in Winnipeg for Veterans, Spouses and Legion Members in good standing

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IN TUNE WITH OUR COMMUNITY

~ July 2022 ~

CJNU's Chris Reid receives Winnipeg Theatre Award



Chris hosts 'In the Spotlight' Mondays at 12:30pm

The Winnipeg theatre scene holds an annual awards ceremony—*The Evies*—honouring its best and brightest. This year, CJNU's Chris Reid has been recognized with an honorary Theatre Champion award.

The awards celebrate, recognize, and acknowledge excellence in the theatre arts, reflecting the diversity and depth of talent among Winnipeg's theatre artists in production and performance—and Chris is an amazing advocate for the industry.

By day, Chris works as the Digital Content Coordinator at the University of Manitoba—but he has had a long career both personally and professionally in arts and culture.

Chris first entered the world of radio in 2003 as a graduate of Red River College's Creative Communications program. His passions for broadcasting and the arts led him to report on the local scene on various stations including 680 CJOB and Energy 106.

Chris joined CJNU in 2017, and hosts *In The Spotlight*—playing show tunes, interviewing arts community members, and spreading word of the supremely talented artists that make Winnipeg their home. He also heads up CJNU's News team, and is one of the voices heard on our daily newscasts.

Outside of radio, Chris was elected to the board of Rainbow Stage in 2018, where he currently serves as vice-chair.

From all of us at CJNU, congratulations Chris—and thanks for everything you do for our community!

Visit us at The Forks!

CJNU is happy to be broadcasting remotely during the months of June and July from the Johnston Terminal at The Forks!

This cherished, historical building, and true artists' haven, is owned by Artis REIT, one of Canada's largest diversified commercial real estate investment trusts. Artis owns a portfolio of industrial, office, and retail properties in Canada and the US and is responsible for the day-to-day management of the Johnston Terminal.

Built in 1929 as a cold storage railway warehouse, the Johnston Terminal was completely restored in 1993, and is now home to a collection of unique specialty stores, offices, a café, The Old Spaghetti Factory, and the largest antique mall in Manitoba.

The Johnston Terminal's main and second-floor tenants are retailers, including Planet Pantry and Kite and Kaboodle, while the third and fourth floors are leased to office tenants such as Fraser Partners and the Teachers' Retirement Allowance Fund.

For more information about the Johnston Terminal, head to thejohnstonterminal.com—and our thanks to the team at Artis REIT for sharing their space with us this summer!



Come and find us in the Johnston Terminal this month!

Our Host Sponsor: CancerCare Manitoba Foundation

Challenge for Life

CJNU is proud to welcome our Host Sponsor, CancerCare Manitoba Foundation—ahead of the 15th annual Challenge for Life coming up in August.

Too many of us have been affected by cancer. Did you know that 19 people in this province will receive a cancer diagnosis each day? It touches nearly every family in Manitoba and with the number of new diagnoses continuing to rise, it's important now, more than ever, to take action. You can make a difference and help change the course of cancer in this province.

This August, hundreds of Manitobans from more than 70 communities are MOVING in the 15th annual Challenge for Life to raise critical funds in support of CancerCare Manitoba. Funds that will make a difference for Manitobans facing a cancer diagnosis today, tomorrow, and in the future. They are pa-

tients, survivors, mothers, fathers, grandparents, siblings and friends from all walks of life that have committed themselves to take the challenge - because they can. Will you join them? YOU can be one of the many Challengers taking part this August to make a real difference in your own community.

Participating in Challenge for Life is an opportunity to commit to leading a healthy lifestyle and reducing your personal risk of cancer, all while raising money and awareness for all cancers affecting Manitobans. Making progress against cancer is not something that any one individual can do. It requires a significant collective effort and the involvement of Manitobans - like you - from across this province.

All funds raised from Challenge for Life stay in Manitoba and will be designated towards cancer screening and prevention, leading-edge research, enhanced patient care and support programs for patients and their loved ones. You can become involved today by signing up as a participant, joining an existing team, or making a donation. To learn more, visit www.challengeforlife.ca.



All funds raised stay in Manitoba.



Nancy's Nightingales' take on the Challenge for Life

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

THE GREATEST COACH NOBODY KNOWS

By Scott Taylor and Roy Rosmus, Photos courtesy: *The Beginning Through the Golden Years* by Roy Rosmus and Scott Taylor



We've all heard about the great Blue Bombers coaches: Bud Grant who won four Grey Cups, Cal Murphy who won in '84 and went to win two more as the team's GM, Mike Riley who won two Bombers' Grey Cups in 1988 and 1990 and, of course, Mike O'Shea, who has led the Bombers to the last two Canadian Football League championships.

However, the first great Blue Bombers coach was a guy many Winnipeggers have long forgotten.

Reg Threlfall came from Purdue University via the University of South Dakota, although, he was born and raised in Newton, Mass. He took over the Bombers in 1938 and won two Grey Cups and six Western championships in seven years at the helm. His teams won 68 of 78 games.

Vince Leah, the great Winnipeg journalist who named the Winnipeggers, the Blue Bombers, called Threlfall, "One of the most colourful American coaches to ever come to Canada." He was loquacious, liked to have a drink or three, smoked more than he should and loved sitting around a table with the boys, drinks a flowing, dealing some poker and talking football.

"Not only did he have such fun-loving and rollicking characters as the late Ches McCance, Fritz Hanson, Bill Ceretti and Bud Marquardt to keep him occupied, but Reg enjoyed living it up himself," wrote Smith. "But while Threlfall and his teams were a carefree lot, they always managed to deliver and Winnipeggers loved watching them perform as much as they enjoyed hearing and reading about their off-field escapades. In other words, football was fun back then."

It was during one these nights with a few of the Bombers board members that Threlfall suggested the team try to sign a gifted tight end from Minnesota who was unhappy with the Philadelphia Eagles, a guy named Harry Peter (Bud) Grant.

Friendly, outgoing, always fun, Threlfall was one of the most popular coaches in Bombers history. And he was good at his job, too. He loved Canadian players and held players such as McCance, Jeff Nicklin, Les Lear in very high regard. In his first year with club he took Winnipeg to the

Grey Cup against the Argos. It was here that our intrepid coach made the bold prediction: "We'll cut 'em off at the knees and they'll look like Boy Scouts."

Nice thought, but the Argonauts had a different idea. Playing at home, Toronto crushed the Western invaders 30-7.

But that didn't deter Threlfall. He challenged the East for the 1939 Cup and on a snow-covered field at Lansdowne Park in Ottawa, the Bombers won a squeaker.

In fact, it was 7-7 and overtime looked like a possibility, when Bombers quarterback Arthur Stevenson kicked the ball to to Ottawa's Orville Burke. The ball eluded him and was recovered by Winnipeg's Jeff Nicklin deep in Ottawa territory. Stevenson then attempted a single point, but Burke kicked the ball out of touch near the Ottawa 10-yard line. Stevenson then made good on his second attempt, kicking the ball to the deadline for the winning point. Winnipeg 8, Ottawa 7. The Winnipeg Football Club had become the first team from Western Canada to win multiple Grey Cups.

In 1940, there was a rules dispute that ultimately forced the West out of the Grey Cup game as Ottawa beat Toronto Balmy Beach in a two-game series to claim the trophy, but in 1941, the Bombers were back and they were back with a vengeance.

In 1941, Ches McCance booted a 38-yard field goal (it was called "a placement" in those days), to give the Bombers an 18-16 win and the third



Grey Cup in Winnipeg history. Jim Lander picked off a pass late in the game that gave the Bombers the victory.

At the end of the game, members of a Manitoba regiment jumped onto the field and not only tore down the north end goal posts, they carted them away as Winnipeg celebrated Threlfall's second Grey Cup as the team's head coach.

The 19,065 fans at Toronto's Varsity Stadium had set an all-time Grey Cup attendance record as Winnipeg became the first three-time Grey Cup winner from the West.

There was no professional football per se in Canada from 1942-44. Our servicemen provided the nation's competitive teams in those three seasons and here in Winnipeg, our team was

the RCAF Bombers. Threlfall remained as head coach and his teams played well but lost a pair of Grey Cup appearances; In '42 to the Toronto RCAF Hurricanes and in '43 to the Hamilton Flying Wildcats.

Threlfall retired from coaching in 1945 to go into the insurance business. He was only 41. Maurice Smith, in the Free Press on Feb. 18, 1971, said this about Threlfall, "Reg is still regarded with more affection than any other coach in the history of football in this city."

As time has passed, people in Winnipeg have forgotten Reg Threlfall, who passed away at his home in Sun City, Arizona in 1971. It's too bad. He's a Blue Bombers' coach who should never be forgotten. ■

A World of Faith & Spirituality: Book Launch - June 9 (TUE) 2022 - Senaka Samarasinghe

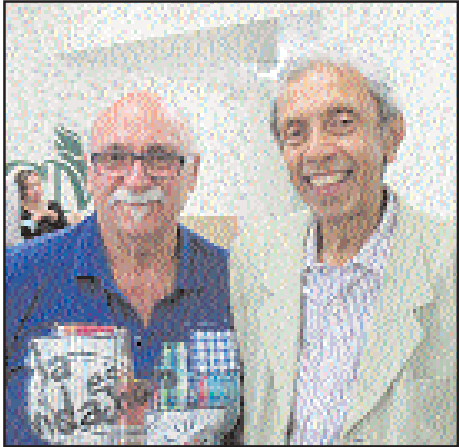
Manju Lodha and Ray Dirks invited me to: "A World of Faith & Spirituality: Yours, Mine, Theirs & Ours Diversity in Manitoba" for the Book Launch Event June 9 (TUE) 2022, 7.30 pm at CMU Chapel (Canadian Mennonite University), 600, Shaftesbury Blvd. Winnipeg.

For this book there were more than 200 contributors from various communities and traditions and religions. There are more than 800 photos, with 214 pages and examples of communities working together. The book complied with art by students' other themes such as on faith, interfaith and unity.

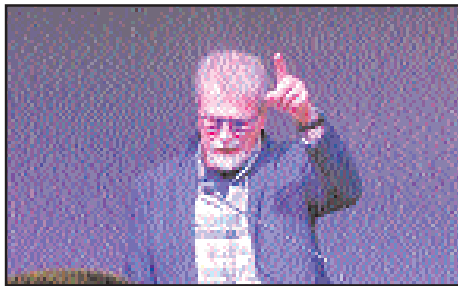
About Buddhism this book expressed under few headings namely Instruction to Theravada Buddhism, Mahamevnawa Buddhist Monastery, Manitoba Buddhist Vihara and Cultural Association

(MBVCA), residence Monks of these temples and two leading volunteers of each temple. Authors Ray and Manju never forget to note the names of Bhante Kusala visiting Monk of MBVCA and service of Radhika Abeysekera for Buddhists in Winnipeg.

To complete the above section co-author Ray Dirks selected me. For this venture Ray and Manju visited our home many times to make photos of two temples and related locations, conduct interviews with resident Monks. As a result, not only Chandani and I became good friends of them but also, I got an opportunity to know Tony Tavares. With Tony I got an opportunity to help him to prepare for teachers of the Grade 12 World of Religions: A Canadian Perspective Course (2019). ■



Above: Tony Tavares (left), Senaka Samarasinghe
Top right: Manju Lodha
Bottom right: Ray Dirks



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Things To Do

WINNIPEG

Misc. Events

Glen Lawn & Desjardins Funeral Homes - are looking to add to our team casual host/ reception room staff. Email resume to jtalbot@arbornmemorial.com in the subject line state: Host Information required.

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Summer Events - **Save the dates: Bus Day Trips: \$50: South Beach:** Casino & Crocus LunchPAL Tour, July 27. **Pinawa:** Lunch & tour, Aug. 27.

PAL Annual Picnic & Membership Drive: St. Norbert Farmers Market, Aug. 23, 11am-2pm. Entertainment, prizes, exhibits, fun! Call **204-946-0839**.

Fort Whyte Alive - NJ Wight's Wild! Wildlife photography, up close in Africa. Sat. Jul. 16, 7 pm, Franco Manitoban Cultural Centre, 340 Provencher Blvd. Tickets \$30, supporting Fort Whyte. **204-224-2600, hmaxim@mymts.net**.

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.

Sports / Fitness / Games

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

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

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

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball,

Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

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

Volunteering

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

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111, service@actionmarguerite.ca**

Actionmarguerite St. Vital, 450 River Road - Volunteers needed to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111, service@actionmarguerite.ca**

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

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

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

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

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check

required. **204-582-0066**, M-W-F, or ncsc@shaw.ca.

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

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

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

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

Programs / Services

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

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

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

Dakota 55+ 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.

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

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

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

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

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

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

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

Windsor Community Centre, 99 Springside Drive (St.Vital) - Summer schedule: Tue and Thur 9:30-10:30 am, Mixed Senior Exercise - Tough Class for very active Seniors. \$10 per class. Canasta Fridays 12:45-3:00 pm. \$2 drop in. **204-233-0648**, email office@windsorcc.ca

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, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities

avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors **268-7300**; Victoria Beach - East Beaches Resource Center **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource **372-6861**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk & District Senior Resource Council **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Lac du Bonnet - Two Rivers Senior Resource Council **345-1227**, Pinawa **753-2962** or Whittemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and

much more. Info: sts@heritagecentre.ca or **204-388-9945**

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 - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: **204-746-4547** or montcalmserviceprogram@gmail.com

Mood Disorders Association of Manitoba - "Steppin' Up With Confidence!" 40 minute virtual program of mindfully moving our bodies followed by breathing exercises created especially for older adults. Tuesdays, 10 am, specifically for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca.

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, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

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

Stonewall - Stonewall Pickleball Tournament, Sept. 9-10-11/22. 55/65+ (2.5/3.0, 3.5+), and 18+ (3.5, 3.75/4.0). Early bird registration up to Aug. 5: \$20pp, per event. Aug. 5-19, \$25pp, per event. Info, e-transfer for registration or to volunteer: stonewallpickleball@gmail.com. Can register with a Google form. Space is limited.

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

A & O: Support Services for Older Adults

- Programs to help you stay connected and active.

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

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

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

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2022 MB 55+ Games

Selkirk, MB - June 7-9



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FOR DETAILS:
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www.seniorscope.com

Senior Scope

What is Lawn Bowling?

Who? Active Seniors & Retirees
Where? Tuxedo Lawn Bowling Club
 370 Southport Blvd
 Winnipeg, R3P 1V5
When? Tue & Thu - 10 am - 12 noon
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Why? Easy Activity Outdoors
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Contact Virginia:
204-255-8828

VOLUNTEER DRIVERS NEEDED!

Seine River Services for seniors / Services Rivière Seine

Interested in joining us?

Call us at
204-424-5285
 or send us an email at
labseinerss@gmail.com.

Looking forward to your help!

WHO WE ARE:
 Seine River Services for Seniors is a non-profit organization who offers supports and resources to older adults living in the RM of La Broquerie and RM/Town of Ste-Anne.

PAL 55+ Summer Events

SAVE THE DATES!

Bus Day Trips: \$50
 St. Andrews Heritage Centre: Tea & Tour, June 30
 South Beach: Casino & Crocus LunchPAL Tour, July 27
 Pinawa: Lunch & Tour, August 27

PAL Annual Picnic & Membership Drive
 St. Norbert Farmers Market
 August 23, 11 am to 2 pm – Entertainment, prizes, exhibits, fun!
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PAL (55+) PEMBINA ACTIVE LIVING
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CROSSWORD - **ATTENTION-GETTING** (MEDIUM) By Myles Mellor

ACROSS:

1. Some computer keys

5. Cliff

10. Tom and Katie's kid

14. Yemen coastal city

15. Prefix before -pathic

16. Gem

17. Not doable

18. Flawed

19. Unassisted

20. Like nothing before it

23. Slow

24. Adjust

25. Heretofore, for a poet

26. X-mas story beginning

30. Military helicopter

34. Roof hanger

36. "Help ____ the way!"

37. Momentous

42. Tahari of fashion

43. Concert crowd's shout

44. Early October babies

47. Popular Asian fare

48. Roe

51. Good fellers

53. Monkeyshine

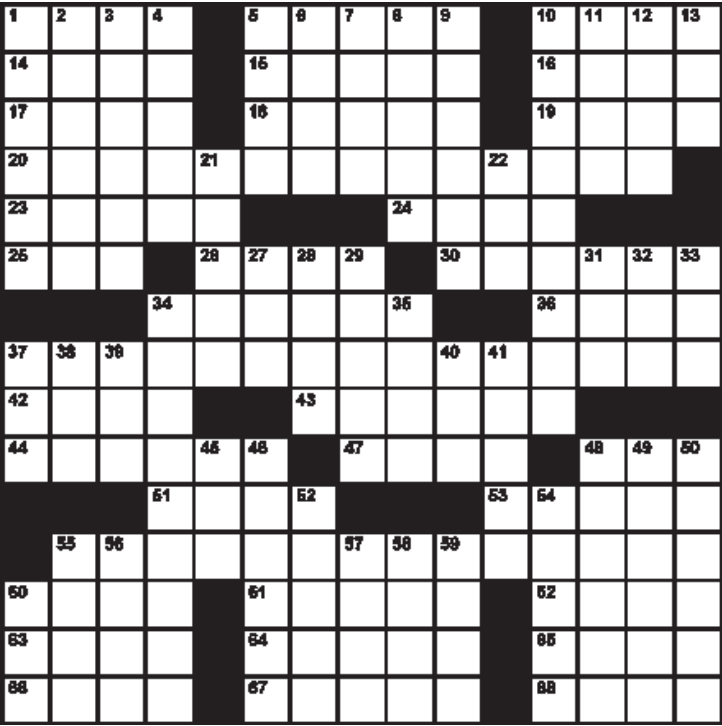
55. Stunning

60. At no cost, in Germany

61. Connect

62. A law ____ itself

63. A Norwegian king



DOWN:

1. Snarl

2. Lover

3. Off with you!

4. Muzzle

5. Fish species

6. Untangle your hair

7. Eastern V.I.P.

8. Take in again

9. Spanish inn

10. Ring insert

11. Atop

12. Dialed

13. Corsica, par exemple

21. Score

22. Gymnast's feat

27. Neighbour of Ill. and Mich.

28. Post-exercise feeling

29. Bias

31. Evidence collectors

32. Dearie

33. School subj.

34. Repetitious

35. Sear

37. Migratory fish

38. Oscar-nominated role for Smith

39. Can be prime...

40. Start of many an ode's title

41. Evergreen shrub

45. Cut

46. Some mattresses

48. Expressed an opinion

49. Let off

50. Merchant ship

52. Slug liquid

54. Blue shade

55. WWW addresses

56. Duck

57. Time between birthdays

58. Going strong

59. Memorable Lisa

60. Data Act, abbr.

WORDSEARCH - By Myles Mellor



Acid	Drag	Grey	Lying	Sewn	Tide
Added	Drug	Grid	Mets	Shoes	Tilt
Auntie	Each	Headed	Nests	Shotgun	Tips
Bees	Echo	Heir	Norm	Skiing	Tore
Blizzard	Edit	Heterosexual	Null	Smug	Twain
Born	Ethic	Hind	Occur	Snug	Unfit
Carb	Euro	Hint	Offset	Sore	Voucher
Caste	Fast	Indoors	Poll	Stairs	Wards
Cell	Fear	Inform	Press	Stem	Zinc
Chief	Finder	Item	Rail	Stereo	
Darling	Fire	Kick	Rear	Sync	
Dime	Foil	Liar	Ribs	Technologically	
Does	Gamble	Lots	Scam	Them	

SOLUTION ON PAGE 18

DON'T MISS AN ISSUE AGAIN!

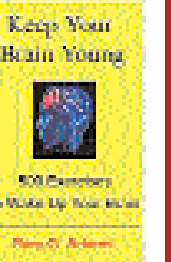


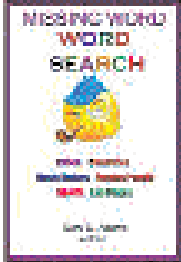
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