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# Senior Scope

LEST WE FORGET

Vol. 22 No. 5 | Nov 10 - Dec 9/23

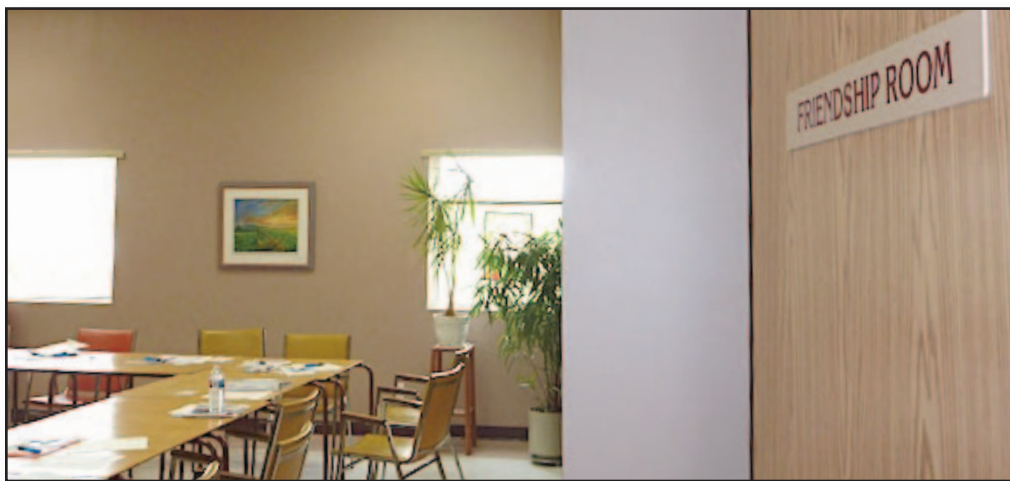
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## Making Manitoba More Age Friendly- New Series Of \$10,000 Grants Now Available To Municipalities

**Leaving a Legacy**  
Feature • Pages 20, 21, 22, 23

**Good Neighbours**  
Active Living Centre  
30th ANNIVERSARY  
Christmas & Crafts  
Pages 13, 14, 15, 16

- UpHouse Inc.



Many Age Friendly communities have a space where older adults can gather.



Connie Newman - Executive Director of Manitoba Association of Senior Communities (MASC) - long time advocate for seniors.



Accessible transport is important.



Age Friendly outdoor spaces.

Winnipeg, October 23, 2023 – October was Seniors' Month in Manitoba and the **Age Friendly movement** is calling on municipalities to do more to improve the quality of life of older people as their numbers continue to grow. With more than 17 per cent of Manitobans over 65, Age Friendly Manitoba's inaugural community grants aim to give municipalities added incentive to make real changes that are more age inclusive.

"The single greatest purpose of any municipal government has to be to make their community a place where everyone can live a long, healthy, happy life," said Connie Newman, Executive Director, Manitoba Association of Senior Communities, the organization that manages the Age Friendly Manitoba initiative. "Since Age Friendly Manitoba was launched in 2008, we've seen some progress on this important initiative, but not enough. It's time for municipalities of all sizes to recommit to making themselves age friendly so we can all expect longer, more independent lives."

Age Friendly Manitoba is currently accepting applications for its Community Collaboration grants with a combined value of \$100,000. The organization will give out 10 grants of \$10,000 each to projects put forward by municipalities in collaboration with at least three local organizations. Municipalities can collaborate with non-profits, volunteer groups, businesses, Indigenous groups or other organizations to make improvements such as upgrading accessibility,

enhancing intergenerational connections, reducing social isolation among older adults or improving transportation options. Deadline for applications is December 3, 2023.

"When communities, including their municipalities, invest in these kinds of initiatives, they become better places to live. It's as simple as that," said Newman. "Being age friendly means encouraging physical exercise, better nutrition and more social interaction for everyone throughout their entire lives. For too long, we've tended to treat seniors as unneeded and unwanted people, which leads to more loneliness, more chronic illness and shorter lives."

Kam Blight, President of Association of Manitoba Municipalities (AMM) said that embracing age friendly initiatives means lowering health care costs and improving the quality of life for all ages.

"Age Friendly initiatives not only benefit seniors but also enhance the overall well-being of all residents. AMM wholeheartedly supports efforts aimed at engaging residents of all ages to live and participate fully in their communities," said Blight.

To be eligible for the grants, municipalities must already be on the Age Friendly pathway, and the application has to improve at least two of the eight Age Friendly domains: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, community support and health services.

"It is imperative that we focus on building communities that are inclusive and supportive of people of all ages," said Winnipeg Mayor Scott Gillingham. "By making our municipalities more age friendly, we create communities that promote accessibility, active aging and a high quality of life for everyone."

For more information on the Community Collaboration grants or to apply, visit: <https://agefriendlymanitoba.com/> (Click on AF Community Collaboration Grant in left column.) Or scan the QR code with your smart phone or tablet. ■






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# Senior Scope

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# GET THE SHOT, NOT THE FLU.

**Influenza is commonly called the flu. The flu is highly contagious and can cause serious complications.**






## Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

# November – Fall Prevention Month

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

Welcome to Winter! Don't let the change in weather curtail your activities – it is important to keep moving! This is a great opportunity to try some new indoor activities!

One can't help but think about preventing a fall with icy patches on sidewalks, stairs, and parking lots. November is recognized as Fall Prevention Month and it is a way to draw attention to the fact that 1 in 3 older adults, 65 years or older have a fall each year. "Prevention" was never so important! Fall prevention is part of healthy living and being older does not automatically mean you will have a fall. There are so many "preventative" actions we can take.

For 2023 the theme for fall prevention is **"MOVE, IMPROVE, REMOVE"**.

**Move Your Body:**

- Regular physical activity will improve your balance, strength, and flexibility. Keeping up activities that can strengthen your lower body will help your balance. Easy balance exercises can be done every day. Consider standing on one foot using a chair, table or counter for support. Shifting weight from

foot to foot is another great way to work on your balance. You will see an improvement in your balance when you can do these exercises without holding on to any support.

- Improve your co-ordination and build stability with activities like Tai Chi, walking or swimming. Dancing is also a great way to improve co-ordination, improve mobility and work on your cardiovascular fitness.
- Build stronger muscles by increasing your physical activity over time. For example, if you are currently taking a couple of classes per week look for a way that you can add one more activity each week. Remember that physical activity includes walking to the grocery store, shoveling the snow, or going skating for example.

**Improve Your Health:**

- Keep up your social activities – social connections are very important to our overall health and wellness – don't let the colder weather stop you from socializing!
- Review your medications with your pharmacist or health care provider and discuss side effects like dizziness or feeling sleepy. Being aware of any side effects can help you prevent a fall.
- Eat a nutritious diet; keep your mouth healthy with regular dental visits to ensure

your gums and teeth are remaining healthy. A healthy diet is important to fuel our bodies and provide the nutrients we need every day. Eating a healthy diet gives us the energy we need to keep active.

**Remove Hazards:**

- Remove clutter from the floor. Ensure that you have lots of room to walk around your home.
- Use handrails and turn on lights especially on staircases. Use night lights and be sure to turn on lights if you get up during the night.
- Wear supportive and well-fitting supportive footwear inside and outside.
- Install grab bars in the bathroom.
- Be aware of your surroundings - slow down and take the time to look for a cleared path rather than risk walking on an icy sidewalk. Check the stairs for hazards such as water or snow and ice. Watch for changes in floor heights especially when this is a new environment for you.

Preventing a fall is part of taking responsibility for our own health. Doing what we can to remain independent, being able to socialize and remaining active is all part of healthy aging.

Find an activity that you love – move more, sit less! ■

**At Active Aging in Manitoba, we are excited to announce that we kick off the 2024 Manitoba 55+ Games with a Winter Curling Event, March 5-7/24 at the Brandon Curling Club. Registration is open. Deadline is Feb. 2/24. For more information visit: [www.activeagingmb.ca](http://www.activeagingmb.ca) Call 204-632-3947 or 204-261-9257 Email [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com) (Categories: 4 Person Curling - Qualifier for the Canada 55+ Games, 2 Person Stick Curling - Under 70, 70+)**

**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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ADVERTISING FEATURE

# Alzheimer Society’s many support groups to help navigate challenges

- Alzheimer Society of Manitoba

Jill and Keith Kennedy have always been active and social, so after Keith was diagnosed with young-onset Alzheimer’s in April 2020, they wondered if their lifestyle would change.

Before Keith’s diagnosis, Jill began noticing changes in Keith’s daily life. “At first, we thought it was just signs of aging: forgetting words or walking slower,” Jill says. “Then he began using a notepad to keep track of familiar things, like street names or names of family members we don’t see often.”

After meeting with a senior’s mental health counsellor and many consultations with his family doctor and a geriatrician, Keith eventually received an Alzheimer’s diagnosis.

“One thing that might hold people back from asking for help is the stigma – they



Keith and Jill Kennedy

might feel embarrassed and not want people to know. When you open yourself up, it’s easier to get support. Let family know. Let friends know.”

Jill reached out to the Alzheimer Society of Manitoba for more information on dementia and learned about their community programs, education sessions and the wide variety of support groups available both in-person and online.

She decided to join a care partner support group and found it helpful. These groups help care partners navigate the challenges of dementia by offering support, insight, encouragement and comfort from others facing similar challenges.

Jill and Keith feel a lot of support from the Alzheimer Society and their surrounding community. It’s been three years since Keith’s diagnosis, and their schedules are packed with fun activities and social events.

“The more information you can get from the Alzheimer Society and other community resources, the better,” Jill says.

Do you feel isolated and alone? Are you experiencing feelings of loss? Struggling to navigate the dementia journey? Join Jill and other care partners at one of the many support groups that the Alzheimer Society has to offer. Learn more about support groups and the **First Link® Client Support** program by visiting the Alzheimer Society’s website at [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca) or call 204-943-6622/1-800-378-6699.

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# Israel's 9/11

By Myles Shane



**FRED SHANE'S WORLD OF WINNIPEG**

Myles Shane

"We only learned the full extent of the tragedy after Shabbat that evening. It was excruciating to hear the details. The fact that women, children, and even babies had perished was a stark and painful reminder of the Holocaust, where innocent Jewish lives were abruptly extinguished." Gavriel Lakser, a former Winnipegger and now a rabbi living in Israel was horrified by Hamas's attack on the Jewish homeland. "For many, the **Holocaust** may seem like ancient history, distant black and white images from a bygone era, but this was a stark reminder that such atrocities could happen today, and there are individuals who desire it."

## Winnipeg - 1980

Gavriel, a product of the 1980s, hails from Winnipeg's North End. "I grew up on McAdam Avenue in the North End, just a stone's throw from Main Street," he fondly recollected. "The 80s marked my formative years, and I enjoyed a wonderful childhood. Whether it was engaging in street hockey, football, baseball, and basketball matches with my siblings and neighborhood friends, heading to Grand Beach or the Oasis during the summer; or constructing snow forts and skating at the nearby rink on Saturday nights after watching the Montreal Canadiens on Hockey Night in Canada during the frigid winter months, every day felt like a fantastic adventure!"

## October 7, 2023

On October 7th, 2023, thousands of armed Hamas terrorists tore down large parts of the Gaza security fence using tractors, RPGs and explosives and invaded southern Israel. Simultaneously, Hamas terrorists in Gaza fired thousands of rockets toward Israel.

At least a thousand terrorists successfully broke through the fence in vehicles and by foot. Some used motorized paragliders to fly over the fence, and others attempted to invade through the sea, aiming for Israel's Zikim Beach.

The terrorists split up and made their way to a number of Israeli towns and IDF (Israeli Defence Forces) bases surrounding Gaza. October 7, 2023 would be the worst slaughter



**Gavriel Lakser and his family in front of the home he grew up in on McAdam Ave. in Winnipeg.**

of Jews since the holocaust. Over 1,400 civilians were killed, and over 200 were abducted.

## The North End

During his youth Gavriel attended Talmud Torah, a Hebrew parochial school in the area, up to the third grade. Later, his parents transferred him to Torah Academy in River Heights, believing it would provide a better religious education. He returned to Joseph Wolinsky Collegiate (the high school attached to Talmud Torah) in the middle of the seventh grade and stayed there until grade 11. Living in the North End during this time period and walking to and from a Jewish school daily, meant Gavriel and his brothers were forced to encounter antisemitism many times over the years.

## A Terrorist Organization

Regarding the Hamas attack, Gavriel mentioned that most Israelis were not surprised by the attempt, considering the historical context. What was surprising was the success of the attack. He emphasized that Hamas, in his view, has always been an organization with malevolent intentions towards the Jewish people, seeing this war as not solely about territory but wiping the Jewish population off the map, as the Nazi's attempted during the holocaust. "The mood in Israel is tense as the country prepares for a possible ground incursion into Gaza, amid concerns about regional implications and possible escalations."

## The University of Winnipeg Collegiate

I met Gavriel in my late teens. I remember his mother happened to be my grade seven Hebrew teacher at Jefferson Junior High. My mom also did some volunteer work with her.



**Gavriel Lakser prior to a basketball tournament in Boston (1997) with a family he stayed with for Shabbat before the game.**

Gavriel along with my friends Shawn and Or were always dropping by my house. They loved to play basketball on our twelve foot net which hung off the sundeck. For my dad, having the boys come over took him back to his glory days - he was a former high school all-star basketball player (at West Kildonan) himself. Actually the University of North Dakota asked him to try out back in the 1950's but he decided to study at the University of Manitoba and become a doctor. The five of us would play on the driveway non stop for hours. In many ways Gavriel became part of our extended family and a true friend. He completed his grade 12 at the University of Winnipeg Collegiate and recalled one of his most memorable experiences at U of W was his involvement in the varsity basketball team. While he didn't hold the status of a star player, he played a pivotal role as the team's point guard, with a particular strength in defense.

## Yeshiva University - New York

In 1996 Gavriel attended Yeshiva University in New York. It was there he managed to secure a spot on the basketball team as a walk-on player, which he considered a high point in his athletic endeavors.

## York University, Toronto

After spending two years at Yeshiva University, he transitioned to York University in Toronto to pursue a teaching degree. However, after the second year, he realized that the program wasn't the right fit for him. At this juncture, he made the decision to return to Israel, where he had previously spent two years studying in a Yeshiva during the mid-90s. Once in Israel he resumed his studies.

## Good Versus Evil

Gavriel highlights an interesting aspect of the current war, noting that it presents a

*Continued on page 6*



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# Israel's 9/11, cont'd from page 4

unique and clear choice for people in the West to take sides. He emphasized that while past arguments often revolved around concerns about Israel causing harm to innocent Palestinian civilians, the brutal nature of Hamas' attack makes this situation different. He contends that anyone opposing Israel in this context is essentially supporting terrorism, as some anti-Israel rallies openly advocate for Israel's destruction and the harm to Jewish individuals. As a result, the war has transformed into a clash between good and evil from his perspective.

## Rabbi Lakser

Returning to Israel was a straightforward decision for Gavriel. Even before he set foot in Israel, he held a deep fascination with the concept of a Jewish state where he wouldn't be a minority. Ultimately, his choice to make Aliyah (immigrate to Israel) was rooted in his unwavering belief that Israel is the rightful homeland of the Jewish people. During his time in the Yeshiva, Gavriel decided to pursue a career as a rabbi.

## Chicago

Following five additional years of dedicated study in the Yeshiva, Gavriel earned his rabbinic ordination. Subsequently, he embarked on a one year journey as an assistant rabbi in Chicago, where a significant chapter in his life unfolded. It was during this time that he met his future wife through an online dating platform.

Gavriel had a specific condition when considering marriage, which was that his wife must agree to the prospect of eventually relocating to Israel. Four years later, they fulfilled that commitment. He admires his wife greatly for embracing this decision. She had recently converted to Judaism, and adjusting to a religious Jewish life was already a substantial transformation. Now, he was asking

her to join him in the Middle East, a region fraught with adversaries intent on the destruction of Israel.

## Air Raid Sirens

"The reaction of children to these frightening experiences is very much dependent on how the parents react." Gavriel explained. "My wife and I were very calm when the air raid siren went off and we almost casually made our way downstairs (we live in an apartment building) to the bomb shelter in the basement. We heard 5 or 6 more sirens that day. We all saw the missiles flying overhead, as well as the Iron Dome defense missiles destroying them. Our kids actually thought it was kind of cool seeing the display."

## The Accident

The couple's initial year in Israel proved to be a challenging period. Tragedy struck the day after their arrival when Gavriel's brother lost his life in a boating accident. During the previous Shabbat, they had all been together at his brother's home in New York before embarking on their journey to Israel. Gavriel temporarily left his wife and their one-year-old daughter to attend his brother's funeral in New York.

## The Stock Boy

Upon returning to Israel, Gavriel commenced a year-long quest to find work in the field of Jewish education. However, due to the difficulties he encountered, he had to settle for various odd jobs, including working as a stock boy in a shoe store and selling electronic cigarettes. As the year drew to a close and with no promising job prospects on the horizon, he began contemplating a return to North America.

During this important juncture, an opportunity arose through a family friend, offering him a teaching position at a Jewish day



Gavriel's wife, Hodaya, and their boys standing at the entrance to the bomb shelter in their building.

school in Toronto. Simultaneously, he was actively interviewing for a job as a recruiter in Israel. On the very day he was planning to accept the position in Toronto, he was presented with the job offer in Israel. This fortuitous turn of events solidified their decision to remain in Israel. Most recently, he has been working as a conference coordinator for National Conservatism conferences held in America and Europe.

## The Massacre & The Wedding

Gavriel admitted to experiencing great anger upon hearing about the massacre. "I can't deny that there was a strong urge for revenge, a desire to see the terrorists punished and to instill fear in their hearts."

He went on to describe the numerous funerals held across the country, even within their local community. Among these somber events, one particularly touching moment unfolded when a soldier, who had been called up to serve in Gaza following the tragic incident, was granted a brief release

from military duty to attend his own wedding. Given that many of the soldier's friends were currently serving in the army and unable to be present at the wedding, his family extended an open invitation to anyone who could join the celebration and support the groom on his special day.

Gavriel attended this heartfelt gathering, accompanied by his son, and they witnessed a diverse group of individuals from various religious backgrounds in the Jewish community. These individuals offered their congratulations, warm embraces, and heartfelt blessings, expressing their hopes for the groom's safe return from his military service. In a poignant moment, Gavriel shared an emotional embrace with the young soldier, sealing the occasion with a kiss on the cheek.

## Never Again, Is Now

He also noted the significant unity that had emerged among the Jewish people in Israel in response to the attack. Even ultra-Orthodox Jews, typically exempt from military service and historically anti-Zionist, had enlisted in the army to combat the terrorists. He mentioned that the attack had sadly been the catalyst for such unity, bringing together even those who had opposing views.

Gavriel concluded by highlighting the ever present threat of terrorism and war in Israel, which meant that one could never feel entirely secure. However, he emphasized the importance of the country as a Jewish homeland, where the safety and protection of Jewish life were paramount. He compared this to the situation in America, where the government aims to ensure everyone's safety but may not prioritize one group over national interests. In Israel, Jewish life is the top national priority, and the people, despite the ongoing risks, live with a strong sense of unity and purpose, particularly when it comes to raising their children. ■

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# JB803

By Robert Williams



The date was April 30, 1943. War raged across Europe and around the world. Late that evening over three hundred RAF and RCAF bombers took off from airfields all across the south of England. Their target was Essen, Germany, home of the massive Krupp armament factories. If these factories could be destroyed or at least heavily damaged the enemy's ability to wage war would be significantly diminished.

Midnight passed. It was now May 1. At some point, while flying over occupied Holland, the Halifax bomber JB803 was picked up on German radar. A German Messerschmitt night fighter piloted by Heinz Vinke was dispatched, and soon was tracking the Halifax. Vinke approached the bomber from behind and below and opened fire. The rear gunner, Flight Sergeant Thomas Deuel Scarff, RCAF, was badly wounded, or, more likely, killed. (Scarff was a Winnipeg boy - grew up on Inglewood Street in St. James.) The Halifax bomber burst into flame and began to lose altitude rapidly. The pilot, Sergeant Gordon Watson, RAF, struggled to keep the badly damaged plane in the air. He ordered the five remaining crew members to bale out. Tragically in the blackness of the night he couldn't know that they were over open water. All five crew members perished:

Sergeant William Robert Louth, RAF; Sergeant Leon Hannan, RAF; Flying Officer Arthur Edward Parsons, RCAF; Sergeant Raymond Shepherd, RAF; Sergeant Ian Douglas Crawford, RAF.

Sergeant Watson managed to steer the wounded bomber back over land. Eye witnesses on the ground later reported that he circled for several minutes over a muddy farm field just outside the Dutch town of Muiden, not far from Amsterdam. Finally he attempted a landing, but the wheels caught in the mud and the plane flipped over and exploded. There were no survivors. It was 2:26 AM, May 1, 1943.



Graves in Muiden, Netherlands

Later that morning people from the town came out to the still burning wreckage and recovered the bodies of Flight Sergeant Scarff and Sergeant Watson. The two airmen were buried in the local cemetery, with German soldiers present and providing appropriate military honours. In the following days the bodies of four other crew members were recovered, and were buried with their comrades. The body of Sergeant William Louth was never found, and to this day he is listed as missing in action.

This past May 1, 2023, marked the 80th anniversary of the crash of JB803. Over the years the people of Muiden have cared for the graves, and continue to honour the memory of these brave men. Flowers are frequently found at the six grave sites, and on December 24 every year candles are lit and placed by the headstones.

Several years ago a group of Muiden citizens formed a "Halifax Monument" committee. The committee had three objectives. First they wanted to learn the story of JB803, and they have been largely successful though

a few gaps in the story remain. Secondly they wanted to erect a monument near the crash site honouring the seven men, and that objective came to fruition just over a year ago. Thirdly they wanted to learn more about the seven. Who were these men? Where did they come from? What was their story? And again they have had remarkable success in this venture, contacting relatives and collecting pictures and anecdotes.

I, along with my sister and several cousins, have had the privilege of connecting with this Muiden committee and helping them in a small way, because Sergeant Thomas Deuel Scarff was my uncle, my mother's younger brother. Our family is grateful beyond words to the citizens of Muiden who continue to remember and to honour the crew of Halifax JB803.

Post Script: Heinz Vinke, the highly decorated German "ace" who shot down JB803, lost his life on February 26, 1944 when his plane was shot down by RAF fighters over the English Channel. His body was never recovered. ■



Halifax JB803 crew



Halifax JB803 monument in Muiden

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# Ted Foreman – Mr. Hockey

By Bud Ulrich



## A MANITOBA MOMENT

Bud Ulrich

Ted lives in a comfortable condo in Charleswood with his wife Lynne, whom he obviously adores. He's well into his senior years and claims he doesn't have a negative thought in his soul. His love for the game of hockey and the people involved is obvious. He is very focussed on his philanthropic endeavours, and clearly has a reason for this legacy.

As a young man, Ted played Junior hockey in Montreal. Living in Montreal and not knowing the French language was a challenge for him. During this time, he broke his leg resulting in a five-week hospitalization. The great Sam Pollock of the Montreal Canadians visited Ted and conveyed the sad news that his leg didn't look like it would get any better, and that his future with their club was suspended. This career-ending injury changed Ted's life in hockey. However, with the team's medical coverage, Ted received a generous monthly income for the next ten years.

Ted began a rewarding career with Investors Group for forty-two years. This included financial planning and securing a future for many World Hockey Association (WHA) and National Hockey League (NHL) hockey players, coaches, and managers. While this line of business provided a good source of income for Ted, it also afforded him the opportunity to stay involved in the sport he loved. He rattled off several prominent names including Joe Daly, Bob Waytowich, Paul Coffey, Glen Sather, Bobby Hull, Dennis Hull, and his best friend John Ferguson, former NHL player and later a General Manager for the Winnipeg Jets. Ted recalled their early days, when he and John were out on the town, getting into a couple of scraps. John seemed



Ted Foreman

to take care of things quite easily, said Ted. Concurrently Ted considered coaching hockey, although this was not high on the list of things, he wanted to do following his hockey-playing days. Vince Leah, a well-known sportswriter for the Winnipeg Tribune, took a shine to Ted and felt that he was going to be the next Scotty Bowman (very successful coach with the Montreal Canadians), even though Ted didn't want to be a coach. Vince urged Ted to coach the Spartans Midget hockey team playing out of the Olympic rink back in 1955.

Len Cariou (a celebrated Canadian actor and stage director) was one of Ted's goalkeepers. Since Cariou lived in St. Boniface where the St. Boniface Canadians team was located, any cuts from that team were able to play for the Spartans. I understood from Ted's comments that hockey just wasn't Cariou's greatest skill, and he never got in a game. Unfortunately, the Spartans never won a game that season!

Five or six years later, Cariou came to Winnipeg, and was performing at the Children's Museum at the Forks. Ted contacted Len at the usual hotel where famous people stay in Winnipeg, (Portage & Main – Westin/Fairmont) and arranged to pick him up and go for lunch at a popular eating spot in Winni-

peg – Salisbury House on Pembina and St. James. They spent many hours reminiscing followed by several of Cariou's fans wanting his autograph. Finally, they left the restaurant at 5:30 p.m. Luckily, Len gave two tickets to Ted for his upcoming show, and he was in awe of his performance.

Following Ted's coaching with the Spartans, he & Conrad (Connie) Tittler coached the Excelsiors, (founded by Vince Leah) located in the North End of Winnipeg. He loved this new coaching challenge. There were some very good players on the Excelsiors and they won two city and provincial championships in a row. Some names came to mind, Jerry Kruk, Greg Lacombe, Bob Donas, Cam Brock, and coach Ranik, to name a few. I recall Ted being my coach when I played Bantam and Midget hockey, and looking back on those years, I had the utmost respect for him.

As part owner of the Winnipeg South Blues Junior Hockey team, Ted had a chance to interact with many scouts. He protected his players and provided them with good advice and direction before they met with any scout. During his time with the club, he boasts they were very successful largely due to good management and coaching.

Ted was inducted into the Manitoba Hockey Hall of Fame in 2011 as a builder. He feels very honoured by this recognition. Although he was inducted as a builder, he felt he was a pretty decent hockey player as well. Being a good athlete in other sports, he was also inducted into the Manitoba Baseball Hall of Fame.

*I rattled off some "hockey related" names, and asked Ted to respond briefly:*

**Garry Cribbs** – "Great guy".

**Barry Shenkarow** – "Some people didn't like him...I did. He was very good to me".

**Bruce Southern** – "I knew him from the age of 6 years old. He grew up on Oakwood Avenue in Riverview. I lived the street over

on Baltimore Road. His dad Sam Southern has an arena named after him".

**Al Tressor** – "Good guy. He was a great hockey coach." Ted and his wife were in Australia and getting on their flight in Sydney to come home. Ted has a bit of a limp in his step, and he heard, "If that bad limp doesn't belong to Ted Foreman, I don't know what belongs to him". Some 14,289 km or 9,000 miles from home, Al recognized Ted!

**Jake Milford** – "Jake Milford – Brandon. He's just a great guy. I was working for Imperial Oil. I lived in Brandon for three years. Jake and I got along famously well.

**Wayne Fleming** – "Wonderful". A good hockey player and later a coach.

**Don Baizley** – "He was one of my very very best friends. Don lived right across the street from me when he was 8 or 9 years old. Eventually I ended up coaching Don at Riverview Community Club. He became a hockey agent for many well-known players in the NHL. Sadly, he passed away in 2013."

**Gord Pennell** – "Good guy. I didn't know him well, but many others I knew said the same thing."

Ted was a Shriner for 60 years and a Rotarian for 61 years. He supported several organizations over the years. Some of these are Victoria Hospital Foundation, Bruce Oake Foundation, Knowles Centre, and the Oncology Clinic at Victoria Hospital. His first wife Heather passed away from cancer. Of great importance to Ted is the establishment of the Heather Foreman Miracle Garden Memorial Endowment at Victoria Hospital.

He has "touched" the lives of many people over the years and has supported his community in many ways. He remains motivated to help people in difficult times because he has a reason to keep the spirit of giving alive.

*If you have a story, please get in touch – [bulrich50@mymts.net](mailto:bulrich50@mymts.net)*



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# Ian Robson – A Proud Hartney, Manitoba Farmer

By Bud Ulrich



A MANITOBA  
MOMENT

Bud Ulrich

There are many farms in Manitoba and quite honestly, I know diddly about farming other than spending five months on my uncle's farm in Ashern in 1950. Last July I had the opportunity to meet Ian Robson, a farmer from Hartney, Manitoba, at the 50th anniversary of his high school graduation.

The very well-attended outdoor gathering was held at the beautiful Hartney golf course. There were several former classmates Ian hadn't seen since graduation. I was not an alumnus of Hartney High School, but I enjoyed meeting interesting people, some who travelled there from various places across Canada and one from the USA, to reunite with their school chums.

Many stories were shared, and it really didn't matter that I was an "outsider". The only difference - I didn't get any hugs (LOL). Oh well, I just mingled through the crowd, listened to some good stories, enjoyed food and a couple of drinks, and talked "football" with a few fellows. It was a most enjoyable afternoon.

Sitting at a picnic table visiting with Ian, I mentioned my involvement with this newspaper and asked him if he would be willing to share his story of being raised on a farm and continuing in his grandfather's and father's footsteps. We found a spot where the crowd chatter was somewhat less.

Early in Ian's life he attended Hartney Elementary School, where the farm kids



Ian Robson, a proud Manitoba farmer.



Some of Ian's cattle.

were transported on a school bus. He started in a split classroom of grades one and two, but as time went on student numbers increased and eventually classrooms accommodated a single grade.

Ian spoke of Ed Mulholland, his high school teacher who came to Hartney from England. Ed was quite a character who encouraged the students to participate in sports, and in particular, soccer. If you were athletically inclined, you appreciated Ed as a teacher. Interestingly, I knew Ed when he moved to Winnipeg and taught my own kids. Ian also recalls his Hartney High School principal, Mr. Hughes, who emphasized the need for education and was effective in motivating students to that end. When I asked Ian if he had a high school

sweetheart, he replied "Everyone had a crush on someone."


Ian's grandfather planted the first crop on the farm in 1918. He started with a half section of land and seeded about thirty acres east of the farmyard. Without any trees around the field the soil blew out, so he seeded again - and again. "Three times that field blew out." Back in the 1930s, the land generated nothing but prickly Russian thistle. People "rassled" with each other to obtain the Russian thistle haystack to feed their cows, albeit sub-standard food for cattle. His grandfather and his dad told stories of how tough things were in the 1930s. Farmers in Saskatchewan experienced extremely dry conditions. The fields became dustbowls, and some families abandoned their farms.

Manitoba was not quite so bad, but it was still difficult during the drought. Even in good times, farmers are still at risk, Ian said.

When Ian and his brother were growing up, their dad decided to extend the farm and purchased their neighbour's half section. The idea was for the boys to take over the farm. However, his brother was on a ski trip and took a tumble and hurt his hip. He visited the doctor, and soon after was diagnosed with bone cancer, the same cancer that Terry Fox suffered. A year later his brother passed away. It was a very sad time for the Robson family and the community.

Currently, Ian grows wheat, canola, forage crops for cattle, pasture grass, and alfalfa. Two years of organic production including peas, clover, and fall rye were grown on part of his


*Continued on next page*



## INVITATION TO A RESEARCH STUDY!


WHEN HELPING OLDER ADULTS MAY INVOLVE  
RELUCTANT OR AMBIVALENT FEELINGS

This interview research aims to hear from people who are supporting older adults but have conflicted or uncertain feelings about this role. The goal is to broaden the range of voices in research on helping older adults and learn how they provide help and what advice they have for policymakers about caring for older adults at home or in the community.




### Who can participate?

- Are you a Winnipeg-area resident aged 18 or older?
- Do you provide support to older family members or friends, or are you listed as someone's home care program 'backup'?
- Do you sometimes have conflicted, reluctant or ambivalent feelings about this role, about your relationship with the person you support or about your ability to help?
- Are you interested in sharing your thoughts about this experience?




### What is involved?

You are invited to participate in a **voluntary** individual interview to discuss your thoughts on helping older family members or friends in your community. The interview can be conducted online or in-person, and will take about 1-2 hours. The interview will be audio recorded and transcribed, but your name and identifying information will be **removed**. We can provide a bus ticket or a parking pass for the interview as well. You will be one of about 10 participants in Winnipeg.



### Connect with us!

This study is being conducted by researchers across Canada, led by **Dr. Laura Funk** (University of Manitoba). Professor Funk and research assistants (PhD student **Rachel Dunsmore** and undergraduate **Maryem Zahra**) are collecting data in Winnipeg. If you choose to **participate** or have more questions, please contact Laura Funk at [Laura.Funk@umanitoba.ca](mailto:Laura.Funk@umanitoba.ca) or 204-474-6678.



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This research has been approved by the Research Ethics Board of the University of Manitoba (Fort Garry Campus)

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# Poppy Campaign kicked off



Lt.-Gov. Anita R. Neville was presented with the first poppy of this year's annual Royal Canadian Legion fundraiser on October 25th at Government House in Winnipeg, by Comrade Ernie Tester, president, Royal Canadian Legion Provincial Command.

"Wearing the poppy demonstrates our understanding of Canada's national debt of gratitude owed to all veterans," said Neville. "It will be my absolute honour to accept

and wear the campaign's first poppy and I invite all Manitobans to join me in honouring the sacrifices so many have made for our freedom."

The presentation to the lieutenant-governor set the stage in Manitoba for the poppy campaign to get underway officially the following day, on October 26th. The legion's poppy campaign always begins on the last Friday of October, and the poppy blossoms

on the lapels and collars of more than 19 million Canadians. The poppy is distributed by the legion's branches and the monies collected go into branch poppy trust funds. These funds can only be used under strict guidelines set up by the Poppy and Remembrance Committee of Dominion Command to improve life for people in the communities where the money is raised.

The poppies are intended to honour the more

than 117,000 Canadians who have died in the service of their country throughout the world.

Since 1921, the poppy has stood as the symbol of remembrance, a visual pledge never to forget those Canadians who have fallen in war and military support operations. The poppy also stands internationally as a 'symbol of collective reminiscence,' as other countries have also adopted its image to honour those who have paid the ultimate sacrifice. ■

## LIEUTENANT-GOVERNOR REQUESTS NOMINATIONS FOR THE LIEUTENANT GOVERNOR'S COMMUNITY LEADERSHIP AWARDS

Nominations are now being accepted for the Lieutenant Governor's Community Leadership Awards, to be presented to four deserving individuals from across the province as part of the 40th Annual Volunteer Awards hosted by Volunteer Manitoba. The gala will take place on Thursday, April 18, 2024, at the Club Regent Event Centre.

"Everywhere I go, I am reminded of the

rich spirit of volunteerism that exists in this great province," said Lt.-Gov. Anita R. Neville. "In communities large and small, Manitobans give so much of their time, talent and creativity to impact and enrich the lives of others and make a difference. I encourage you to recognize a worthy volunteer by nominating them for this award."

The Lieutenant Governor's Community

Leadership Awards will recognize individuals who embody the spirit of volunteerism by identifying a need in the community, initiating creative and meaningful ways to fill that need, and motivating others to join them in service for the greater good. Up to four awards will be presented annually in each of the following categories: rural, northern, urban and youth (under 30).

The Lieutenant Governor's Awards were originally established by former lieutenant-governor Peter M. Liba in 2000 and have been supported by all lieutenant-governors who followed.

To nominate an outstanding volunteer, go to [www.volunteermanitoba.ca/awards](http://www.volunteermanitoba.ca/awards). Nominations must be received by January 15, 2024.

# Why It's Never Too Late to Prevent Osteoporosis

- Heart to Home Meals

**November marks Osteoporosis month** but amid the cooling temperatures, shorter days and thoughts about preparing for the Holidays it's possible that it will come and go without much attention. If that occurs, it will leave many more Canadians at risk from a very dangerous disease.

Dubbed '*The Silent Thief*' because most people are unaware about the risks of bone density loss, it means awareness may only occur after a catastrophic injury.

Osteoporosis is usually a very gradual reduction of bone density that puts sufferers at risk of fractures particularly in the spine, hip and wrist.

Just to give some context, approximately 2 million Canadians are affected by Osteoporosis many in either silence or ignorance.

**The Facts:**

- 1:3 Women will break a bone from Osteoporosis
- 1:5 Men will break a bone from Osteoporosis
- 30,000 Canadians will suffer a hip fracture every year.

Women are more likely to have an osteoporotic fracture than have a heart attack, a stroke or breast cancer COMBINED! And while it is most often seen as a "women's dis-

ease" the facts stress that men also need to pay attention. So why is it largely ignored?

Bone density occurs during the first half of our lives, hence the constant push for children to drink milk because it provides calcium. They are also encouraged to spend time outside playing because the sun delivers, the much needed, Vitamin D.

As we move through adulthood the process of bone-building ends and from this point it needs to be about focussing on bone maintenance to offset osteoporosis. To understand the risks of the disease, we must consider certain lifestyle and genetic factors.

A family history of Osteoporosis, having

certain medical conditions, smokers and heavy consumers of alcohol or caffeine are all at greater risk.

The good news, according to **Heart to Home Meals'** Consultant Dietitian Andrea Olynyk, it is never too late to make the changes to your diet and lifestyle that can help support bone maintenance and improve your overall health.

Andrea says now is the time to stub out the cigarettes and find ways to stay active: "Any weight-bearing exercises, like walking, dancing or low-impact aerobics will make a difference as will regular stretching exercises or yoga."

And according to research published this year, diet is even more important than exercise when it comes to preventing bone loss and strength.

If you are over 50 years of age you should aim for 1200mg of calcium every day. One cup of milk, for example, gives you 300mg of calcium. And because the Heart to Home Meals is specially designed for seniors, some of the meals have substantial calcium content.

In recent years, clinical practice guidelines have put more of the emphasis on preventing fragility fractures rather than treating low bone density. For seniors, it is important to take heed of the advice from the experts: if you eat well, you will live better.

Sticking to a good diet will make a difference, as will asking questions about Osteoporosis. A recent survey out of the UK found 61% of women aged over 60 have little or no knowledge about Osteoporosis and almost the same number believe that fragility fractures in older age are most likely a result of an unlucky fall or accident rather than an underlying bone condition.

The survey also found that seniors rely on their healthcare worker to raise the topics that are pertinent to them. Maybe it is time to ask about Osteoporosis during the next visit to your doctor? Having that discussion could be one of the most important you have for your own well-being.

And just a reminder, this is also a good time to arrange to have a flu shot. ■

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# Good Neighbours

## Active Living Centre

Celebrating 30 years of Community Service

# 30<sup>th</sup>

Anniversary

## Holiday Season Guide to Better Living



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**Good Neighbours, Good Organizations & Good Businesses,  
 Caring, Sharing & Celebrating the Season!**

On the next four pages we present a few of these amazing Neighbours, Organizations & Businesses who have supported us over the last 30 years. Plus some great information you can use to make your quality of life better now and moving forward into 2024. Enjoy!

Good Neighbours Active Living Centre provides a meeting place for Older Adults to stay Healthy of Mind, Body & Spirit.

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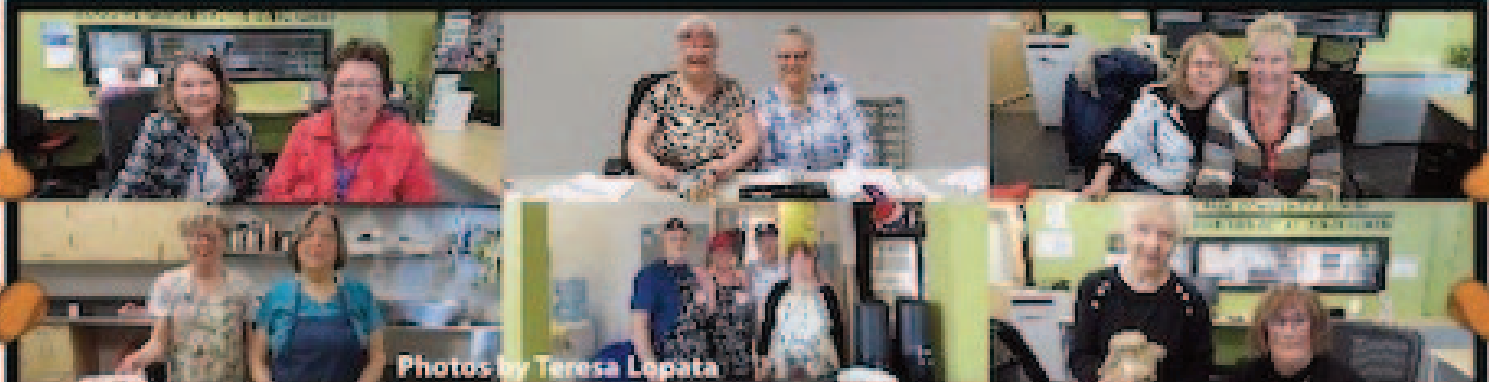



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Photos by Teresa Lopata

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And Holiday Wishes to All!



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Holiday Wishes to Everyone!



Your donations always help us provide quality programs and services for our 55 Plus Community!


One of these initiatives is our Supports to Seniors Food Security Program for tenants in a few local apartments we provide services to. We are accepting donations of non-perishable goods Monday-Friday from 9:00am to 3:30pm. Financial gifts for this program are also greatly appreciated!




  
News For and About Boomers & Seniors

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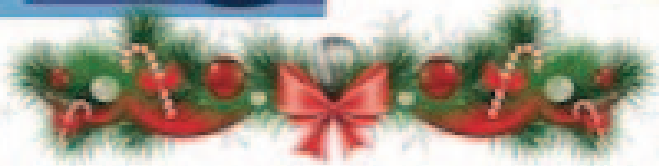
  
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# A Merry 2023 Christmas & Holiday Season to All!



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**Vanessa Hodgson:** Business Mgr.  
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**Jennifer Gosselin:** Program Coordinator  
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**Julie Kertesz:** Outreach Coordinator  
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**Megan Wallace:** Supports to Seniors  
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**Heidi Bartels:** Home Maintenance Coordinator  
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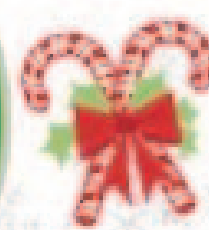
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**Good Neighbours**  
Active Living Centre

Celebrating 30 years of Community Service

**30<sup>th</sup>**  
Anniversary



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#### 10TH ANNUAL PLEDGE DRIVE **Growing Stronger Reaching Farther**



*It's not too late to donate! Make your pledge before November 14th to get into the Grand Prize Draws!*

The Board and Leadership at your Community Radio Station went 'out on a limb' (pun intended) in creating a bold theme for this year's Pledge Drive – Growing Stronger and Reaching Farther – which reflected the significant enhancements in our technology, increased power, and on-going training and development to better serve the needs of our community.

We were also hopeful we could once again raise the bar and surpass last year's record-breaking total. Well, in celebration of our special 10th Anniversary Pledge Drive and Community Celebration, we did just that, thanks to the remarkable generosity of our volunteers, listeners, members, partners and donors.

If you missed the Pledge Drive this year, or didn't yet get a chance to make your pledge, there's still time! If you make a donation of any amount before November 14th at 11:59 pm, you'll still be entered for a chance to win one of this year's four Grand Prize packages. And if you choose to donate \$60, \$125, \$250 or \$500, you'll still be eligible for all of this year's incentives! Plus, for those who pledge the magic amount of \$93.70, you'll still be eligible for this year's special incentive - having a tree planted in your honour.

For more information about all of the prizes and incentives on offer, or to make your pledge now, head to [CJNU.ca/pledge](http://CJNU.ca/pledge).

Please stay tuned for an updated summary of our closing results which will be posted online at [www.CJNU.ca](http://www.CJNU.ca) and in the December issue of Nostalgia Notes. We will also acknowledge the impressive list of partners and organizations that, like you, helped make all this possible.

Once again, we are deeply grateful for your ongoing support. We simply could not do 'what we do' without YOU!

With Gratitude,

Your CJNU Team

### CJNU Remembers

Remembrance Day, recognized annually on November 11, is a special occasion that allows us to look back on portions of our history that it's important to recall.

Most of our listeners are baby boomers. Many of us have long since buried our parents – who some call the greatest generation – and with them, the firsthand recollections of the second world war.

With those recollections gone, us baby boomers have a duty to remember what happened, either through stories we've heard, or through history we have read. This helps us form our own personal visions of Remembrance Day. In an effort to honour those who sacrificed their lives, we can help others understand those sacrifices, and the reasons why this day has such a strong emotional hold on so many of us. This, in turn, develops a sense of community around the services and media offerings each year.



CJNU returns to Riverview Health Centre for the month of November. Three years ago, the pandemic brought this annual location to a sudden and very unwelcome halt. We are now back there and have set up in their cafeteria once again, to participate in a live Remembrance Day ceremony broadcast on November 10 at 2 pm.

Throughout that afternoon, Lorne Keams, Adam Glynn and myself will present a variety

of music centered around the war years, with some audio clips that illustrate what was going on at the time. We do our best to help our listeners participate in the program at Riverview – to remember members of their family, the stories they told, and those who were lost in the war.

We hold fast to the traditional format, as promoted by the Royal Canadian Legion, in great part because our primary audience are, in fact, baby boomers, who will remember how their parents, grandparents and extended family believed in the special significance of November 11. For many, it is a very difficult day. Hopefully, through our annual ceremony with Riverview, we can offer listeners both the musical and informational programming that allows them to have their recollections of Remembrance Day, in their own lives, respected and honoured.

Grant Patterson

### Our November Host Sponsor – the Riverview Health Centre Foundation

We are incredibly excited for our Remote Studio to return to Riverview Health Centre, for the first time since November of 2019, on behalf of the Riverview Health Centre Foundation! Here's some of what's been happening at Riverview in the last little while...

It has been an incredible year! After COVID, the last year has appeared to me as a bit of an awakening here at Riverview. The activity in the building has really ramped up. The work the Therapeutic Recreation Team has been doing in the past 12 months has been amazing. Activities have included a car show, a summer carnival, music therapy,

outings to The Leaf... and we can't forget Bracken and Basil, the miniature horses who visited with patients and residents on the second and third floors. Yes, the horses rode in the elevator!

The variety of activities is amazing, and the smiles, laughter and joy created warms my heart. This is the impact that donors have. What an amazing gift! Visit [rhcf.mb.ca](http://rhcf.mb.ca) or call 204-478-6271 to learn more or make your donation today.

Bridgette Parker — Executive Director, Riverview Health Centre Foundation



Find us @CJNU937 on Social Media | Visit [CJNU.ca](http://CJNU.ca) to learn more!



# Things To Do - WINNIPEG

## Luncheons / Shows / Sales

**North Kildonan United Church Women** - Annual Christmas Bazaar, Sat. Nov. 18, 10 am-12 noon, Lower Hall, 174 Pentland St, btw Gilmore and Mclvor Ave. in North Kildonan. Home baking, crafts, deli, candy & more! Parking avail., wheelchair accessible. Free admission. All welcome!

**Friendship Force Winnipeg** - Monthly dinner meetings, 2nd Wed. of mo., at Holiday Inn South. Dinner, entertainment, fellowship, and opportunities for travel and experiencing new cultures. Info, Elizabeth: **204-452-5299** or [www.friendshipforcewinnipeg.org](http://www.friendshipforcewinnipeg.org)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.)- Take 5 Monday, 9:30-2:30, Sept/23-June 19/24. Exercise, entertainment, crafts, current events, speakers, lunch, volunteer opportunities. Cost \$30 includes food and transportation. Register: **204-946-0839**. [www.pal55plus.ca](http://www.pal55plus.ca)

**The Happy Gang** - Winter / Early Christmas afternoon of fun and conversation, Nov. 30, 1:30-3:30 pm, Prairie Spirit United Church, 207 Thompson Drive. Play cards, table games or bridge, complimentary light refreshments, Info: **204-832-1000** or **204-895-7410**.

**South East Artists** - Show and Sale, Dec 9, 10 am-4 pm at Clearspring Mall, Steinbach. South East Artists are painting and you will have an opportunity to buy local art.

**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.)

**Manitoba Coin Club** - **204-479-9124**, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org) <http://www.manitobacoinclub.org>

## Misc.

**Savingaudiorecycling.ca** - Stereo Equipment E-Waste service. Accepting items such as; Amplifiers, Speakers, Radios, Record Players, Parts, Music Instrument Amps, Test Equip, cd's, lp's etc. Call our volunteers: **204-257-7575** for free pickup or drop-off. (See website for info)

**McNally Robinson Booksellers** - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. [mcnallyrobinson.com/classes](http://mcnallyrobinson.com/classes).

## Music / Dancing

**Forever Young Club** - Sadie Hawkins Dance, Sat. Nov. 25, 3584 Portage Ave. Classic rock music 50's/60's/70's/80's DJs Rick Roschuk/ Trish Bennett, \$15, includes late lunch. Registration required by Thur. Nov. 23. Monthly Saturday dances - Dec. 30/23, Jan. 27, Feb. 24, Mar. 30, Apr. 27 and May 25/24. **204-261-4442**, [fycwpg@gmail.com](mailto:fycwpg@gmail.com)

**The Senior Choral Society of Winnipeg** - Practices at McClure United Church (base-ment), 533 Greenwood Place behind the CNIB on Portage Ave. We are a four part choir. All voices welcome. Info, Gerda: **204-669-5570**

**The Winnipeg Male Chorus** - is a non-audition Chorus that is always looking for new talent, Tue. Sept. 12, 7 pm at Fort Garry United Church, 800 Point Rd. Music 4-part for male voices (1st and 2nd Tenor, Baritone, Bass). All music provided. Learn 3 Christmas songs for annual Yule Sing in Dec. Gary: [ghornung@mymts.net](mailto:ghornung@mymts.net) or visit [www.winnipegmalechorus.org](http://www.winnipegmalechorus.org)

**The Happy Homesteaders** - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: [vnelson@nelsonfinacial.ca](mailto:vnelson@nelsonfinacial.ca), **204-256-5562**, (retired), or Harvey: **204-888-6306**, [hschmidt7@mts.net](mailto:hschmidt7@mts.net).

**Norwood 55+ Dance Club** - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

## Sports / Fitness / Games

**Active Aging in Manitoba** - 2024 Manitoba 55+ Game, Winter Curling Event, Mar. 5-7/24 at the Brandon Curling Club. Registration Deadline: Feb. 2/24. Categories: 4 Person Curling (Qualifier for the Canada 55+ Games) 160/team, 2 Person Stick Curling - Under 70, 70+, \$80/team. Info: [www.activeagingmb.ca](http://www.activeagingmb.ca), **204-632-3947** or **204-261-9257**, [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com).

**The Pembina 55-PLUS Curling League** - Looking for curlers at the Pembina Curling Club, 1341 Pembina Hwy (close to McGillivray). 2 games/wk, alternating btw Mon., Wed. and Fri., 1 pm. Teams established using random selection for each of 4 rounds (10 Games). Individual registration is available for 1, 2, 3, or 4 rounds. Alternatively, start by sparing. Registration info: [55pluscurling.com](http://55pluscurling.com), email [contact@55pluscurling.com](mailto:contact@55pluscurling.com)

**Vital Seniors** - Looking for crib players and crib coordinator for Thursdays, 1:30-3:30 pm start-ing Oct. 12, 3 St. Vital Road. Yearly membership \$10, activity \$4.50 pp. Lesley: **204-452-2230**, **204-253-0555**, [lesleykrsmith@gmail.com](mailto:lesleykrsmith@gmail.com) or [stmary@mymts.net](mailto:stmary@mymts.net).

**The West Kildonan Seniors Recreation Club** - Looking for people to curl on Tue. and/or Thur. mornings. Novice curlers are welcome. Equipment and qualified instruction can be pro-vided. Try a game for free. Curling starts Oct. 10, but you can join for the season at very affordable rates. John: **204-582-1904** or visit [wksr.com](http://wksr.com).

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

**Lady Bowlers** - Wanted Fridays, 3 gms/wk, 12:45 pm at Polo Park Lanes. All ages/skill levels. \$10.75/wk. End of season meal and Xmas luncheon. 2 wk break Xmas/Easter Fri. off. Call/text **204-770-3903**.

**St. Vital Cards for Seniors** - Cribbage: noon Mondays: Vera **204-894-9494**. Whist: noon Wednesdays: Sonja **204-254-1408** or Mario **204-955-8387**. St. Emile Parrish hall, 556 St. Anne's Rd.

**WHSBC contract bridge** - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

**Winnipeg Minor Basketball Association** (WMBA) with the **Manitoba Association of Basketball Officials** (MABO) (non-profit organi-zations) - looking for older adults to referee youth basketball games in fall and spring, usually on weekends. The WMBA is a youth basketball league which serves youth in Winnipeg and surrounding areas. Great opportunity for exercise and helping our youth understand the game of basketball. Training is provided and referees receive fees for refereeing. Phone/text Mike: **204-396-5751** for info.

## Volunteering

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

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

**Bethel Place** - congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: [mcamara@bethelplace.ca](mailto:mcamara@bethelplace.ca)

**Deer Lodge Centre** - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & trans-orting residents to / from worship services held in the Centre. **204-831-2503** or visit [deerlodge.mb.ca/volunteers/](http://deerlodge.mb.ca/volunteers/)

**Golden Rule Senior Resource Centre**, 625 Osborne Street (Fort Rouge Leisure Centre) - is recruiting volunteer for Office Reception and Recreational Activities and Programs, Mon-Fri, 10-3. **204-306-1114** or [goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca)

**Manitoba Genealogical Society** - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. [volunteer@mbgenealogy.com](http://volunteer@mbgenealogy.com) or <https://mbgenealogy.com/how-you-can-help/>

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

**Misericordia Health Centre and Miseri-cordia Place** - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134**, [www.misericordia.mb.ca](http://www.misericordia.mb.ca), [volunteer@misericordia.mb.ca](mailto:volunteer@misericordia.mb.ca)

**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](mailto:ncsc@shaw.ca).

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

**St. James-Assiniboia 55+ Centre** - Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: **204-560-5181**

**Victoria Lifeline** - Melissa: **204-956-6773** or [msitter@victorialifeline.ca](mailto:msitter@victorialifeline.ca)

**Villa Cabrini** - Is currently looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are avail-able with 3 hr commitments/week. Contact Samantha Silvester: [vcabrini@mymts.net](mailto:vcabrini@mymts.net) for info or to volunteer.

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. [Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.com)

**Winnipeg Lost Dog Alert (WLDA)** - Volunteers needed for: Facebook Page Admin-istrator: [recruit@winnipeglostdogalert.com](mailto:recruit@winnipeglostdogalert.com) Volunteers needed for: Treasurer. Resume to [president@winnipeglostdogalert.com](mailto:president@winnipeglostdogalert.com). Visit [www.winnipeglostdogalert.com](http://www.winnipeglostdogalert.com)

## Programs / Services

**Anavets Assiniboia Unit 283** - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. 3584 Portage Ave. Hall rentals. **204-837-6708**.

**Archwood 55 Plus** - Bingo afternoons are back! Join us for bingo, fun and refreshments, Oct. 25, 1 pm at 565 Guilbault St.

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# RURAL MB

## Shows / Sales

**South East Artists** - Show and Sale, Dec 9, 10 am-4 pm at Clearspring Mall, Steinbach. South East Artists are painting and you will have an opportunity to buy local art.

## Programs / Services

**Beausejour - AA** - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. [www.aamanitoba.org](http://www.aamanitoba.org) or **1-877-942-0126**

**Brandon - Seniors For Seniors** - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: **204-571-2053**.

**Dauphin Multi-Purpose Senior Centre** - Seniors 55+ - Cancer society Transportation Program, fee for service contact list, Erik kits. Facility available to rent. **204-638-6485**, [www.dauphinseniors.com](http://www.dauphinseniors.com)

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Programs for area residents. Call for programming: **204-654-3082** (msg).

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

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. [Arborg](http://Arborg) and District Seniors Resource Council **204-376-3494**; [Ashern](http://Ashern) Living Independence for Elders **204-768-2187**; [Brokenhead](http://Brokenhead)/[Beausejour](http://Beausejour) Outreach for Seniors 268-7300; [Victoria Beach](http://Victoria Beach) -

**A & O: Support Services for Older Adults** - Programs to help you stay connected and active.  
Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere.  
Info: **204-956-6440** | Toll Free: **1-888-333-3121** | [info@aosupportservices.ca](mailto:info@aosupportservices.ca) | [www.aosupportservices.ca](http://www.aosupportservices.ca)

East Beaches Resource Center **204-756-6471**; [Eriksdale](http://Eriksdale) Community Resource Council **204-739-2697**; [Fisher Branch](http://Fisher Branch) Seniors Resource **204-372-6861**; [Gimli](http://Gimli) Seniors Resource Council **204-642-7297**; [Lundar](http://Lundar) Community Resource Council **204-762-5378**; [Riverton](http://Riverton) & District Seniors Resource **204-378-2460**; [St. Laurent](http://St. Laurent) Senior Resource Council **204-646-2504**; [Selkirk](http://Selkirk) & District Senior Resource Council **204-785-2737**; [Stonewall](http://Stonewall) - South Interlake Seniors Resource Council **204-467-2719**; [Springfield](http://Springfield) Services to Seniors **204-444-3139**; [Teulon](http://Teulon) and District Seniors Resource Council **204-886-2570**; [Lac du Bonnet](http://Lac du Bonnet) - Two Rivers Senior Resource Council **204-345-1227**, [Pinawa](http://Pinawa) **204-753-2962** or [Whittemouth/Reynolds](http://Whittemouth/Reynolds) **204-348-4610** or [Winnipeg River](http://Winnipeg River) Resource Council **204-367-9128**

**Montcalm Service to Seniors** - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: **1-204-758-3357** or [montcalmserviceprogram@gmail.com](mailto:montcalmserviceprogram@gmail.com)

**Mood Disorders Assoc. of Manitoba** - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies fol-lowed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: [norman@moodmb.ca](mailto:norman@moodmb.ca).

**Niverville Services to Seniors** - Some services include: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, special outings, and much more. Info: **204-388-9945** or [sts@heritagecentre.ca](mailto:sts@heritagecentre.ca)

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

**Seine River Services for Seniors** (RM of La Broquerie and RM/Town of Ste-Anne) - 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**.

**Seine River Services for Seniors** is happy to announce the launch of our new, bilingual website! Explore resources and stay up to date on the latest news within the community. <https://seineriverservicesforseniors.ca>

**Selkirk - Gordon Howard Centre** - Hobby workshops, fitness classes, recreational pro-grams, volunteer opportunities, special events (outings, sea- sonal meals and presentations). 384 Eveline St. Info: [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

**Selkirk Services to Seniors** - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or to the City of Selkirk. Volunteers needed for office help, transportation drivers, handi helpers (house cleaning, yard work). **204-785-2737**, [Selkirkrc@mymts.net](mailto:Selkirkrc@mymts.net)

**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking

program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net).

**Steinbach - South East Artists** - For all Visual Artists: come join our group, Tuesdays, 9:30-11:30 am (Sept-May) at the Steinbach Arts Council. Paint own projects in any medium to share ideas. Info, Ginette: [gperroncreations@gmail.com](mailto:gperroncreations@gmail.com)

**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 - South Interlake 55 Plus (si55Plus)** - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and much more. **204-467-2582**, [si55plus@mymts.net](mailto:si55plus@mymts.net), [www.si55plus.org](http://www.si55plus.org).

**Teulon Seniors Club** - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm; Food security initiative; Free iPad training; Exercise classes and more! Info, **204-886-2570**, or [tdsrc@mymts.net](mailto:tdsrc@mymts.net)

**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](mailto:thompsonseniors55@gmail.com)



# Things To Do - WINNIPEG.

Continued

**Assiniboia Wood Carvers Association** - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: [lkehl84@gmail.com](mailto:lkehl84@gmail.com) or Wayne: **204-792-3932**

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

**Creative Retirement Manitoba** - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn. Railways and more! Visit [creativeretirementmanitoba.ca](http://creativeretirementmanitoba.ca).

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

**Dufferin Senior Centre** - Christmas Dinner and Dance, Sat. Dec. 16. Advance tickets, \$20 members, \$25 non-members. Roast Beef dinner, all trimmings, dessert, refreshments. Cash bar. Music by the Ambrose Bros. band. Order your perogies early for Christmas. Bingo Mon. 1 pm, Exercise Thur. 10am. Call **204-986-2608** leave msg, Al: **204-771-3325**

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

**Golden Rule Senior Resource Centre** - 625 Osborne Street in the Fort Rouge Leisure Centre - Nov. info month: Tue, 10-12: Write Your Life Story, 1-3: Carpet Bowling, Shuffle Board. Wed & Thur, 10-11: Qigong. Thur, 1-3: Games Club - Bridge, Cribbage, Backgammon. Fri, 1-3: Conversation Cafe, Book Club, Bingo, Movie. Presentations: Wednesdays, 1-3: Nov. 1: Empowering Independence, Nov. 8: Your Personnel Finance, Nov. 15: Frauds & Scams, Nov. 29: ERIK Kits. Nov. 1 & 29: Parkinson's Peer Support Groups. Info: **204-306-1114**.

**The Happy Gang** - Afternoon of fun and conversation - play cards, table games or bridge, complimentary light refreshments, 1:30-3:30 pm, Prairie Spirit United Church, 207 Thompson Drive. Info: **204-832-1000** or **204-895-7410**.

**Lions Place Adult Day Club** - Program: 1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and discussion, recreation, and hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or the Club: **204-784-1229**.

**Meadowood Seniors Club** - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood carving, quilting. For more info contact [meadowoodseniorsclub@gmail.com](mailto:meadowoodseniorsclub@gmail.com).

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

**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](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Take 5 Monday, 9:30-2:30, Sept/23-June 19/24. Exercise, entertainment, crafts, current events, speakers, lunch, volunteer opportunities. Cost \$30 includes food and transportation. Ask about our winter programs starting. Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training, Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Pickleball, Bridge, Bocce, PinPAL's, PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club, Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. **204-946-0839**, [office@pal55plus.ca](mailto:office@pal55plus.ca), <https://pal55plus.ca>.

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

**Royal Canadian Legion, St. James Branch #4** - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://www.stjamescentre.com)

**Stroke Recovery Assoc. MB** - Programming for Stroke Survivors: Support Groups, Art and Social Club, Virtual and In-Person Exercise, Planned Community Outings & more. Register: B-247 Provanché Blvd. **204-942-2880**

**Windsor Community Centre** - \$2 drop in. Call for schedule, 99 Springside Drive (St. Vital). **204-233-0648**, [office@windsorccc.ca](mailto:office@windsorccc.ca)

**The Y. A. H. Club** - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Ask about our winter programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648**, or [office@windsorccc.ca](mailto:office@windsorccc.ca) or Rosie: [rosieschau@gmail.com](mailto:rosieschau@gmail.com)



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Leaving  
a Legacy

Stories of hope  
and inspiration

# The Lasting Legacy of Canadian War Amputee Veterans

- The War Amps

(November 2023) - Amid the wars, countless Canadian soldiers and nurses displayed extraordinary bravery and unwavering dedication, putting their lives on the line for our country. Many of these individuals returned home bearing the profound physical and emotional scars of war, having lost limbs in the line of duty. Their experiences as amputees not only shaped their own lives but, as members of The War Amps of

Canada, they left a lasting legacy on generations of amputees to come. During the First World War, Madeleine Jaffray (1889-1972), served as a nurse in a military hospital near Bordeaux, France. The hospital where she was working was bombarded by German aviators, and she was wounded in the foot by a piece of shrapnel from one of the bombs. Her injury led to an amputation, making her Canada's only female war amputee of the First World War.

It was amputees like Jaffray who welcomed the new contingent of amputee veterans following the Second World War, sharing with them all that they had learned. One of these was Mike Krulicki (1925-2020), who was just a teenager when he volunteered for service in the Second World War. He enlisted with the Irish Regiment of Canada, and in 1944, while fighting in the Italian Campaign as part of the attack on the Gothic Line, he stepped on a landmine and lost his right leg below the knee. Another veteran was Arthur Johnson (1929-2006), who served with the Canadian Army Special Force as a mortar man with the Royal Canadian Regiment and who joined 26,000 other Canadians in the fight for the freedom of South Korea. In August 1952, he found himself on Hill 355 near Seoul in the midst of intense enemy shelling. A mortar landed close by, wounding him and resulting

in the loss of his right leg above the knee and damage to his right arm. United by the common bond of amputation, amputees from the First World War, along with those from the Second World War and Korean War, were instrumental in pushing for advancements in prosthetic technology, confronting the stigma of disability, advocating for fair pensions for veterans and providing much-needed support to each other. Rob Larman, a Senior Advisor at The War Amps and a leg amputee himself, said, "These honorable individuals contributed their time to various activities of the Association and shared their experiences as amputees with others, including modern-day veterans and children. On Remembrance Day especially, but also throughout the year, we pay tribute to the sacrifice and service of all those who served and continue to serve." ■

Leave a lasting gift with a charitable estate donation in your will. Your support provides amputees, including children, with the essential artificial limbs they need to thrive.



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Madeleine Jaffray (First World War), Mike Krulicki (Second World War), Arthur Johnson (Korean War)

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"Children's Hospital, without them, he wouldn't be alive, so I'm so thankful it was there for us."

~ Susana (Ricky's mother)

# Leaving a Legacy

# Your Legacy Can #GiveBetterFutures for Kids Like Ricky

- The Children's Hospital Foundation of Manitoba

"That's the hardest thing for a parent, if you can't take their pain away."

Ricky's mom, Susana, says she would have traded places with her son in a heartbeat. What started as a bout of the flu turned into 164 days in hospital for Ricky. He needed surgery to survive, and the procedure changed his life.

Ricky's parents, Susana and John are originally from Mexico but now they live near Winkler, Manitoba and have three kids: Ricky, Rihanna and Tony. In December of 2022, the whole family started to get sick with the flu, but for Ricky the illness got much worse. One morning, he started feeling weak and by the evening his skin had turned blue.

Susana rushed Ricky to emergency care in Winkler, where doctors said he was extremely sick and needed care at HSC Children's Hospital. One ambulance ride and 24 hours later he had a diagnosis – meningococcal septicemia, meaning that bacteria had entered his bloodstream and multiplied, damaging his blood vessels.

Ricky's toes, fingers and limbs began to turn black in many places, and doctors at HSC Children's took him into surgery to remove any dead skin. But the infection had spread too quickly so they needed to amputate four of his fingers and his left leg below the knee. Without this surgery, things would have gotten much worse. Ricky woke up not knowing what had happened.



**Ricky spent more than 5 months at HSC Children's Hospital.**

"It was so heartbreaking to tell him. It was very hard," says Susana. "It felt like a piece of my heart just shattered. I didn't know how to breathe."

Ricky spent more than five months in hospital and had almost a dozen surgeries to clean his wounds and graft

skin onto the damaged areas. Ricky's stay was incredibly difficult for him and his entire family, but Susana says the staff at HSC Children's took wonderful care of them.

"It means the world... the way they treated us," says Susana. "Children's



**Ricky's recovery is long but he remains positive.**

Hospital, without them, he wouldn't be alive, so I'm so thankful it was there for us."

Now Ricky is home with his family, but he will continue to need support from HSC Children's Hospital. There's still a long way for him to go but Ricky has a positive attitude and says he's learning to accept what's happened to him and move forward.

"I want other kids who may be suffering with something like this to know they aren't alone," says Ricky.

Your legacy can help kids like Ricky. For a confidential discussion on planned giving, contact Courtney Nodrick at **204-594-5337** or **[cnodrick@goodbear.ca](mailto:cnodrick@goodbear.ca)**. ■

**"I'm proud that my gift will make a difference for sick kids, even after I'm gone."  
- MEREDITH**

For a confidential discussion on how your legacy can help, contact 204-594-5337 or [cnodrick@goodbear.ca](mailto:cnodrick@goodbear.ca)

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Leaving  
a Legacy

“Even though it is me that makes the majority of the decisions, the guide dog assists by leading me through the paths of least resistance which can be invaluable during Winnipeg winters.”

~ Winnipegger who is blind

### Lite Up A Life campaign for Brummitt Feasby ALS House

Each year we hold our **Lite Up A Life** campaign in November and December with the sole purpose of raising funds to help maintain the **Brummitt Feasby ALS House**, a home for persons living with ALS/MND needing care and support 24 hours a day, 365 days of the year. This house is the first and only one of its kind in North America, and

allows us to provide programming and services for our residents and respite clients.

With your help in the past, we have been able to purchase necessary medical equipment for the house and patio furniture for the deck in addition to contributing to the ongoing maintenance of the house as needed. This past summer we were able to add a garden which provided not only fresh vegetables for the house to use, but hours of fresh air, enjoyment and even therapy for the residents.

We are forever grateful for your generosity and support to do this!

- Submitted by the ALS Society of Manitoba

All donations will receive a tax receipt and all gifts of \$50 and over will receive a commemorative ornament.

Thank you from the depths of our hearts!

Call us at **204-831-1510**

Visit/mail us at 2A-1717 Dublin Ave, Winnipeg, MB R3H 0H2

## Planned Giving Helps Give Back Independence

- Canadian Guide Dogs for the Blind

Sight is something taken for granted. Let's take, for example, a Winnipegger living in River Heights, strolling along the Assiniboine River no longer able to see the water. You may hear the wind rustling the leaves in the tree-lined neighbourhood but being blind you may be afraid to go out walking alone. Would you consider wearing a blindfold and navigating the shoppes on Academy Road in total darkness?

Canadian Guide Dogs for the Blind has trained and provided guide dogs to Canadians who are blind since 1984. The service enables people to live an

active and independent lifestyle all while avoiding obstacles, finding landmarks, and keeping safe, while being guided by their guide dog. The national organization operates by donations and helps many Manitobans.

Charities are struggling to raise funds these days, as Canadians lack affordability and inflation is running high. That doesn't mean you can't help. There are many ways you can support charities. Bequests are becoming increasingly popular as a way of planned giving as they are simple to understand and easy to establish with professional assistance.

Some gifts are large, others are small, but almost everyone can participate in this form of giving. Bequests can take several forms. A general bequest leaves a specific dollar amount or percentage of your estate to Canadian Guide Dogs for the Blind. A residuary bequest donates the remainder of your estate to Canadian Guide Dogs for the Blind after all of your beneficiaries have been cared for through initial provisions in your will, and expenses and any taxes have been paid.

A Winnipegger who is blind and has a guide dog says, “A guide dog is a joy

to work with in terms of dealing with all kinds of situations. Even though it is me that makes the majority of the decisions, the guide dog assists by leading me through the paths of least resistance which can be invaluable during Winnipeg winters. She is my second pair of eyes especially since the first don't work.”

Talk to your financial advisor or contact Canadian Guide Dogs for the Blind by email at [info@guidedogs.ca](mailto:info@guidedogs.ca), phone **613-692-7777** or check their website at [guidedogs.ca](http://guidedogs.ca).

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# Leaving a Legacy

## Meet HSC Foundation Legacy Donor, Glen Torgerson

- Health Sciences Centre Foundation



Glen Torgerson, a member of the HSC Foundation's Bannatyne Legacy Circle.

Glen Torgerson's community spirit was on full display in the spring of 1950 when the young Edmontonian collected sandbags to ship eastward to Winnipeg to fight the famous flood. Torgerson's father had already settled in Winnipeg and was overseeing the construction of the family home.

The family moved to Winnipeg later that year, settling in River Heights. Torgerson attended Robert H. Smith School and then graduated from Kelvin High School. He went to the University of Manitoba where he graduated with two Bachelor's degrees, in Science and in Commerce. While at the U of M, Glen was involved in Inter-Faculty sports and was a member of the Intercollegiate Bisons' basketball team. Glen was honoured as the U of M Athlete of the Year in 1957 and was named a basketball conference all-star in 1960.

Torgerson also played senior men's basketball for the St. Andrews Super Saints. He was on seven provincial championship teams and was twice named a league all-star. Torgerson was inducted into the Manitoba Basketball Hall of Fame in 1991.

Following his education at the U of M, Torgerson worked for the Canadian Wheat Board and then went to South Dakota State University in Brookings to pursue a Master of Agricultural Economics degree. He returned to Winnipeg to work with United Grain Growers and then the provincial government. Outside of his day job, he became involved with The Pop Shoppe, helping a friend to line up and service local franchisees. Excited by the prospect of entrepreneurship, he committed himself to The Pop Shoppe full-time and became the plant manager in Winnipeg.

After a couple of years, the company put the plant up for sale and Torgerson found himself out of a job. He had contacts in the financial services industry, which led to an opportunity to join the sales team at Investors Group. He worked hard and moved up the ladder, retiring in 1999 as Vice-President of Sales for Western and Atlantic Canada.

"I refused to work in any year beginning with a 2," he jokes.

Glen Torgerson's retirement began with a then somewhat novel surgery to treat his recurring pancreatitis. Performed by Dr. Jeremy Lipschitz at HSC, the January 2000 surgery had an immediate impact.

"I knew the instant I woke up that something was different," says Torgerson. "I felt better right away."

In retirement, Torgerson splits his time among Winnipeg, Victoria Beach, and Mesa, Arizona. He is an avid golfer and an active Rotarian.

His involvement in the Rotary Club of Winnipeg is a great source of pride and an experience, he says, that has expanded his horizons about the impact of philanthropy. He is a former President of the Winnipeg Club and was especially active in the global PolioPlus initiative, a program aimed at eradicating polio around the world. His Rotary career has taken him to meetings in Mexico, Greece, Iceland, Turkey, the United States, and elsewhere. A special highlight was a trip to Guatemala to visit schools that Rotary helped to build and equip.

In 2002, when this basketball legend re-wrote his will, the decision to leave bequests to the HSC Foundation and other charities was a slam dunk. He and his wife Sharon believe that with their adult children—Kelly, Karen, and Robert—already considered, it is important to make a difference in the community through legacy giving.

His inclusion of the HSC Foundation is an expression of his gratitude for the treatment and care he received at HSC, and also a recognition of the hospital's importance to all Manitobans. "Health Sciences Centre is our major health care facility," he says.

"If you live here and you haven't been touched by HSC in some way, that would be unusual."

For more information about the HSC Foundation Bannatyne Legacy Circle, a community of passionate legacy donors, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or 1-800-679-8493. ■

## A Healthier Future for Generations to Come

By leaving a gift in your will, you can support the **Health Sciences Centre Foundation** in transformational ways. You can share your intentions to leave a legacy gift by joining the esteemed **Bannatyne Legacy Circle**, a community committed to supporting **HSC Winnipeg**.

"New medical technology is constantly emerging and new research avenues are always presenting themselves. These are good things, but for us to take advantage of the opportunities and provide the best care possible, we must find ways to fund the future while still providing excellent care today. **Legacy giving is the solution.** When donors stand up and say 'yes' to the future, we can always move forward in the spirit of innovation, progress, and excellence in care."

- Dr. Shawn Young,  
Chief Operating Officer,  
Health Sciences Centre

**For more information**, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or 1-800-679-8493 (toll-free).



[www.hscfoundation.mb.ca/impact/legacy-giving/](http://www.hscfoundation.mb.ca/impact/legacy-giving/)



# What Could Be Better Than a Walk in The Park...

By Trish Bennett

How about a walk in the mall. As we all know as we age, it is important to keep active. Even if the day calls for rain there is no excuse not to get in your steps. Simply make your way to your local mall. Many of them have groups of walkers that you can step right alongside with, or you can go solo. Many of us are just figuring out how to return to our daily routines and this could be a good one to start!

I can say those that visited Kildonan Place Mall on the rainy day, October 5th, got in more than just steps. While doing their laps, visitors had the chance to walk through the Cineplex Junxion, a new expansion at the mall. It was the perfect space to hold the Health and Wellness Expo presented by Transcona Council for Seniors. This expo highlighted over 25 organizations and businesses with the expertise to help with overall health of our communities.



Trish Bennett

Exhibitors for this day included - Transcona Retired Citizens Organization Inc., Victoria Lifeline, Save on Foods Pharmacy, Service Canada, CRA, Canadian Celiac Association, Seniors Moving Co, Comforts of Home Care, Alzheimer Society, Age & Opportunity, Winnipeg Police Service, Transportation Options Network for Seniors (TONS), and The Pros Know Expo. Anyone that was walking by could stop in their tracks and chat with any of these experts. It was an opportunity to find out about programs and resources available in their community.

Maybe it was an opportunity to start something new. Those who found themselves at the North end of the Expo could watch



Winnipeg Police Service seminar.

demonstrations in Floor Curling, Chair Yoga and Pickleball, to name a few. They could

even volunteer to participate in the sport to get their feet wet, so to speak. Others at the South end, Speaker's Corner, could sit and listen to presentations. For example: A&O Support Services chatted about the programs they offer, Alzheimer Society discussed their availability to help families through their own battles, and the Winnipeg Police Service disclosed information to keep you safe from Frauds & Scams. Throughout the event, Rick Roschuk emceed the announcements and even sang a few songs to woo the crowds. There was plenty of activity to make the day a success.

To sum up, you could say that Colleen Tackaberry, Resource Coordinator for Transcona Council for Seniors, put in her steps to ensure that everyone that walked by was provided the opportunity to connect, stay active and maintain hope. ■

## Winnipeg Police Service - E-Watch

# November is National Community Safety and Crime Prevention Month

A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

<https://www.winnipeg.ca/police/>

Did you know the Winnipeg Police Service has a Crime Prevention section on its website? (**Crime Prevention** drop down menu) (<https://www.winnipeg.ca/police/crime-prevention>)

You can find information on a wide variety of topics which includes safety tips: (<https://www.winnipeg.ca/police/crime-prevention/safety-tips>) and crime prevention strategies.

Every member of the community should be on the lookout for a potential bad situation.

We all have a role to play in safety and crime prevention.

### Take Action.

#### If you see something, say something!

- Emergency or crime in progress, call: 9-1-1
- Non-emergency calls: **204-986-6222**
- Report a crime online (**Services** drop down menu) (<https://www.winnipeg.ca/police/services/report-crime>)

### More information

- View neighbourhood reports online (**Crime Prevention** drop down menu) (<https://www.winnipeg.ca/police/crime-prevention/e-watch>) for residential break and enters and stolen vehicles.
- Visit CrimeMaps (**Crime Prevention** drop down menu) (<https://www.winnipeg.ca/police/crime-prevention/crimemaps-calls-service-map>) to view Crime Statistics in Winnipeg.

**E-Watch** (<https://www.winnipeg.ca/police/crime-prevention/e-watch>) (**Crime Prevention** drop down menu) is your direct connection to information about crime and crime prevention in your community. Thank you for choosing to stay informed and helping us create a culture of safety in Winnipeg. ■

# ‘Universal Force’ of Love

- Falsely credited to Albert Einstein and submitted to the Hebrew University by his daughter Lieserl, but still a powerful message

In the late 1980s, Lieserl, the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein.

“When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.

I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us.

This universal force is LOVE.

When scientists looked for a unified theory of the universe they forgot the most powerful unseen force.

Love is Light, that enlightens those who give and receive it.

Love is gravity, because it makes some people feel attracted to others.

Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals.

For love we live and die.

Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation.

If instead of  $E = mc^2$ , we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer.

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!" ■

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# Thank You is Never Enough, is It?



2024 Expos Dates  
in the January 2024  
issue of Senior Scope!  
Six Shows!  
[prosknowexpos.ca](http://prosknowexpos.ca)

**Time to Reflect!** Well, reflect we shall. Eight shows in 2023, 18 shows in 25 months...Lots to reflect on. As we all stumbled out of Covid in the Spring, we started on a crazy trek to get people the help they needed as we tried to figure out what the hell just happened. Thanks in no small part to our partners, exhibitors, venues, hosts and the Zamboni driver, the Pros Know Expos family did a tremendous job of reaching out to others giving any and all the assistance they could. Bravo. Off the top, we'd like to thank our partners this year, Senior Scope Newspaper (Kelly Goodman) and MASC - Manitoba Association of Seniors Communities (Connie Newman) for all the resources and advice needed to get this done. Our Gold Sponsors, Brightwater Senior Livings: Courtyards at Linden Pointe and Brightwater Tuxedo, Royal LePage Top Producers our Silver Sponsors with Bronze Sponsors; Active Aging

in Manitoba, The Seniors Moving Company and Victoria Life Line. Your love and support on all levels was immeasurable. We can not state enough how your guidance, wisdom and approaches to older adult well-being is truly second to none. For this we express our undying gratitude. To the venues and venue hosts, thank you for providing us the spaces and your energies so we all could present to your neighbourhoods. The residents in your areas who attended are better off today because of these efforts to help others. Again, we thank you. To the volunteers at the MASC Senior Centres who gave of their time to help their neighbours, nicely done. Your hospitality did not go unnoticed or unappreciated. Lastly, but not the least as they say, the public who took the time to make down to the shows to get the help and resources they needed to improve their quality of life. We have heard from so many of you how important these shows are and

and we are taking your compliments and critiques to heart for 2024. There is no real way to explain the amount of work that goes into doing all of this. In the beginning we asked 'Why hasn't anyone done something like this before?' and we now know why. No one else is this crazy. :) In retrospect, I can and will say my truths, this can and has at times been a little over whelming. But I will also say, that there is joy knowing this group makes a difference, there is peace in finding purpose and there is the collective drive of the group to continue this journey together. It's safe at this point to say we will be doing six shows in 2024. Dates, locations and logistics are being worked on as we speak. To keep things fresh there will be some new faces and resources that we haven't had in the past. But most importantly, the core, the hearts of the Expos will be back for you and me! Thank you is never enough... Hugs and Happiness...Rick & Trish!

## Contest Responses:

We promised to publish some of the answers to our Annual **Senior Scope** contest. The theme was, **SAY ONE THING THAT MAKES YOU SMILE**. All of the answers are simple and don't cost a thing!

"Watching the sun go down." - Mary Harkema

"Bees." - Myrna Pam Smith

"My grown grandson dropping by for a visit." - Marjorie Miller

"A smile from another person (Pass it on)." - Enid Irwin

"Wake up every morning, thank God I am still alive." - Les Radcliffe

"Watching a dog fetch a stick for its master." - Beverly Dobran

"A compliment on my cooking from my grandchildren always makes me smile." - Donna Elias

"We built a Friendship Trail in St. Adolphe along the Red River. Having so many families young and old enjoying the beauty of nature makes me SMILE." - Gerry Lagasse

"Having my great grandchildren visit." - Joyce Scanlon

**NOTE:** The top answers were 'granchildren', 'children playing', 'spending time with family and friends', and 'visits from family and friends'.

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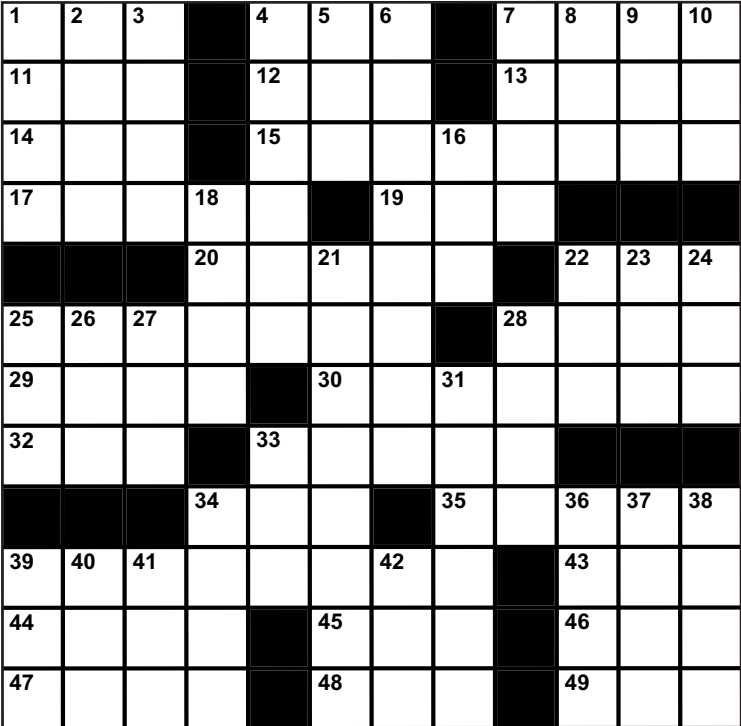
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CROSSWORD (EASY) By Myles Mellor

ACROSS

1. "The \_\_\_ of all fears"  
4. Be beholden to  
7. Gym equipment  
11. \_\_\_ Beta Kappa (honour society)  
12. Sci-fi writer Bradbury  
13. Width times length  
14. Lithium-\_\_\_ battery  
15. Unlike extras  
17. Quadriceps locale  
19. ATM access requirement  
20. Inflexible  
22. Host  
25. Remnant  
28. Observed  
29. Over  
30. With keen perception  
32. Buff  
33. Concert setting  
34. Outmoded  
35. Pancake liquid  
39. Living things in nature  
43. Chapter in history  
44. Made cold with cubes  
45. Tavern order  
46. Instigate  
47. Comprehends  
48. Sally Field's role  
49. 99c per tune, e.g.



DOWN

1. Polish's partner  
2. "Looks like trouble!"  
3. Kind of skirt  
4. Greenhouse plant, perhaps  
5. Gen. Sherman called it hell  
6. Lens  
7. Principal  
8. Borghese patronized it  
9. Golf drive location  
10. Down in the dumps  
16. Accomplished  
18. Handshake  
21. \_\_\_ angel  
22. Realize  
23. Sinuous swimmer  
24. Whatever you want  
25. Double-crosser  
26. Airport prediction, abbr.  
27. Junior  
28. Hang in there  
31. Invisible  
33. Complete  
34. Betting data  
36. Sand ridge  
37. Encourage  
38. Summon  
39. Hair substitute  
40. Hotel freebie  
41. Allow  
42. Viral disease, for short

SOLUTION ON PAGE 27

WORDSEARCH - NOVEMBER - WINTER'S HERE - By Roni Alward & Senior Scope

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

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Chilly	Fog	Jacket	Skis	Thermometer
Chimney	Frigid	Leafless	Sled	Toasty
Coat	Frosty	Long	Sleet	Vaccine
Cocoa	Frozen	Nippy	Slippers	White
Cold	Games	Outdoor	Slush	Windy
Comforter	Gloves	Pajamas	Snowman	Winter
Cough	GreyCup	Parka	Snowsuit	Wool
Cozy	Grips	Remembrance	Snowtires	Zero
Cruise	Gust	Rink	Socks	
Drafty	Hat	Scarf	Soup	

SOLUTION ON PAGE 27

FUNNIES FUNNIES FUNNIES

A hangover is the wrath of grapes.  
The English language is so confusing: 'Take Out' can mean food, dating, or murder.  
Being 'over the hill' is much better than being under it!  
Wrinkled was NOT one of the things that I wanted to be when I grew up.  
As I age, I understand why roosters scream every morning.



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### MIND & MEMORY: A-Z TRIVIA

- By Gary Adams

Helping to Keep Brains Young. **All answers begin with the letter 'Y or Z'** No 'W' or 'X'

- Paul Simon sang about this baseball team:
- A person who is a little "OFF":
- This is "The Young Woman's Christian Association":
- This is allowing families to meet apart:
- He was a Russian cosmonaut:
- He is smarter than the average bear:
- This was a hit song for Ringo:
- Whitehorse is the capital of this Canadian territory:
- This river in China is the world's 3rd longest:
- This is a Japanese money:
- This is a language derived from German written in the Hebrew alphabet:
- This is a young professional, affluent, ambitious and materialistic:
- This is used to make beer:
- This is an infectious disease caused by a mosquito bite:
- These are two African "Z" countries:
- This is a city in Switzerland:
- This was invented in Canada to assist a man putting on his pants:
- This Canadian Lady became a Hollywood star:
- This is a poisonous plant:
- He was an American pilot who set a record for exceeding the speed of sound:
- This movie is about Russia starring Omar Sharif and Rod Steiger:
- This is the number of Oscar's Humphrey Bogart won for Casablanca:
- You will say hello to Elephants and Giraffes at this San Diego exhibit:
- This is a Billy Joel song about right and wrong:
- This is Billy Crystal's uplifting phrase:
- A popular French woman's name:
- This word describes when a person misses a short putt when golfing:
- She rose to fame in 1991 with her hit song "She's In Love With the Boy":
- This lady has been appointed secretary of the Treasury by Joe Biden:
- This world famous cellist was born in Paris to Asian parents, became famous playing for audiences at age 4-1/2:



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~ Author, Gary Adams

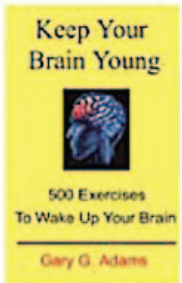

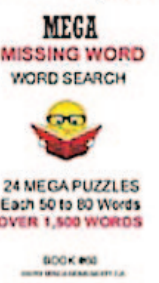

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### A-Z TRIVIA "Y or Z" SOLUTIONS

1. Yankees	9. Yangtze	16. Zurich	24. You May Be Wrong
2. Zany	10. Yen	17. Zipper	25. You Look Marvelous
3. YWCA	11. Yiddish	18. Yvonne De Carlo	26. Yvonne
4. Zoom	12. Yuppie	19. Yarrow	27. Yips
5. Yuri Gagarin	13. Yeast	20. Chuck Yeager	28. Yearwood (Trisha)
6. Yogi	14. Yellow Fever	21. Zivago (Dr.)	29. Yellen (Janet)
7. You're Sixteen	15. Zambia and Zimbabwe	22. Zero	30. Yo Yo Ma
8. Yukon		23. Zoo	

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11	P	H	I		12	R	A	Y		13	A	R	E	A			
14	I	O	N		15	C	R	E	D	16	I	T	E	D			
17	T	H	I	18	G	H		19	P	I	N						
				20	R	I	G	I	D		22	S	E	A			
25	R	E	S	I	D	U	E			28	S	E	E	N			
29	A	T	O	P		30	A	C	U	T	E	L	Y				
32	T	A	N		33	A	R	E	N	A							
				34	O	L	D		35	S	Y		36	R	U	P	38
39	W	I	L	D	L	I	F	E		43	E	R	A				
44	I	C	E	D		45	A	L	E		46	E	G	G			
47	G	E	T	S		48	N	U	N		49	F	E	E			

#### WORDSEARCH - Solution

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