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Vol. 22 No. 3 | Sept 10 - Oct 9/23

Senior Scope

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IN THIS ISSUE:

Election - October 3rd: Voting Info - P.2

Disability Matters: Election Debate - P.3

A Manitoba Moment: Big Time Bob - P.4

By Bud Ulrich

Sri Lankan Seniors & PAL - at St. Norbert Farmers' Market - P.5

A Manitoba Moment: Daniel McIntyre's 100th Reunion - P.8

By Bud Ulrich

Pros Know Expos - Sept. 21 & Sept. 27 - P.9

Health & Wellness FOR THE BEST YOU CAN BE - P.10-16

Celebrating Healthy Aging - 4 Page Feature - P.11-14

By Active Aging in Manitoba (AAIM)



It's a Barbie World - Barbie the Movie First to reach \$1 Billion in Box Office Sales - P.17&20

By Myles Shane



Big Time Bob Wiens



St. Norbert Farmers' Market



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

The provincial General Election is underway! Here's how you can vote.

Manitoba's 43rd provincial general election has been called on September 3rd and will be held on Tuesday, October 3rd, 2023. Advance voting runs for eight days, from Saturday, September 23 until Saturday, September 30.

VOTER INFORMATION:
www.electionsmanitoba.ca/en/Voting/MyVotingInfo

Who Can Vote?

To be eligible to vote, an individual must:

- be a Canadian citizen,
- be at least 18 years old on election day, and
- have lived in Manitoba for at least six months immediately before election day.

Voter Information Card

Voters will receive a voter information card in the mail. This card confirms that the voter is registered to vote and tells them when and where they vote on election day and during advance voting.

Voter Registration

Voters who have not received their cards or received a card with incorrect information can visit www.electionsmanitoba.ca or contact their local election office to register or

update their information before September 14. Voting is faster and easier when registered before the election, but Manitobans can still register at the poll when they vote.

Where to Vote

During all eight days of advance voting, Manitobans can vote at any advance poll in the province.

On election day, Manitobans can vote at any polling place in their electoral division.

Voters can find all their options at www.electionsmanitoba.ca/en/Voting/MyVotingInfo.

ID to Vote

All voters require ID to vote, either one piece of government-issued photo ID or two other pieces. There are many options. A complete list of acceptable ID is available on the Elections Manitoba website.

Voters are encouraged to bring their voter information card, which can be used as one piece of ID.

Candidate Nominations

As of today, candidates may officially be nominated. Candidates must file nomination papers with their local election office before 1 p.m. on Monday, September 11.

Third Parties

Third party rules have been in effect since June 7. Beginning today and continuing until election day, third parties must register with Elections Manitoba after spending \$2,500 on election communication expenses, with an expense limit of \$25,000.

Registered third parties can be found at www.electionsmanitoba.ca/en/Finance/ThirdParty_Election_Returns/GE2023.

Election Modernization

The 43rd general election will see new technology at the polls, resulting in reduced wait times for voters and faster results reporting. This new technology includes:

- Laptops with secure access to the voters list;
- Scanners to scan voter information cards and quickly find voters on the voters list;
- Printers for printing ballots on demand in place of write-in ballots for advance voting; and
- Vote counting machines to scan and accurately record ballots and provide results at the close of polls.

It is expected that approximately 85 per cent of election day voters and 95 per cent of advance voters will see these tools in use in the 2023 general election. ■

Some things to keep in mind...

Sept. 23-30 - Advance voting

- Voters may vote at any advance poll in the province.
[The Elections Act s. 129(1)]

- Wherever possible, advance polling places are open from 8:00 a.m. to 8:00 pm, Monday to Saturday and noon to 6:00 p.m. Sunday.
[The Elections Act s. 125(7)]

Sept. 30 - Deadline for Absentee Voting Application

- Voters who will be away during advance voting and on election day can apply to be an absentee voter.
[The Elections Act s. 143(1)]

- Applications for absentee voting must be received by the Saturday before election day
[The Elections Act s. 143(4)]

Sept. 30 - Deadline for homebound voting application

- A person unable to go in person to a polling place and their caregivers can apply to vote from home.
[The Elections Act s. 151(1)]

- Applications for homebound voting must be received by no later than the day before election day
[The Elections Act s. 151(2)]

Sept. 30 - Deadline for personal security voting application

- A person with personal security concerns may request to have their name obscured from the voters list.
[The Elections Act s. 63.6(1)]

- Applications for personal security voting must be received by no later than the day before election day
[The Elections Act s. 63.6(3)]

Oct. 3 - Election day

- Polling places are open from 8:00 a.m. to 8:00 p.m.
[The Elections Act s. 110]

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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SEPTEMBER 7, 2023

The Great Debate - A Disability Matters Vote campaign

Representatives from four of Manitoba's political parties will debate five key disability priorities. The debate is a public event that will be held Thursday, September 14, from 1:00 – 3:00 pm (doors open at 12:30 pm) at the Victoria Inn Hotel & Convention Centre, 1808 Wellington Avenue, Winnipeg.

Debate Participants are:

- **Dougald Lamont**, Manitoba Liberal Party
- **Rochelle Squires**, Progressive Conservative Party of Manitoba
- **Nahanni Fontaine**, New Democratic Party of Manitoba
- **Janine Gibson**, Green Party of Manitoba

The moderator will be Marcy Markusa, Host of *Information Radio* on *CBC Radio One*.

This event is open to the public and no registration is required. Free parking onsite.

About Disability Matters Vote

Disability Matters Vote (DMVote) is a non-partisan public awareness campaign promoting priority attention on disability issues in the provincial election. The campaign is a joint initiative of *Abilities Manitoba* and *Barrier Free Manitoba*.

One in four adult Manitobans has a disability. DMVote aims to ensure that everyone who is eligible to vote can do so, and has access to the tools and information they need to make an informed voting decision.

About the campaign priorities

Accessible Manitoba: Manitobans with disabilities have the basic human right to fully participate in all aspects of life in the community, such as work, study, shopping, and recreation. However, people with disabilities continue to face serious barriers that prevent their full participation in parts of life that most Manitobans take for granted.

Employment: Manitobans with disabilities face extensive barriers when seeking a job and, once employed, keeping their jobs and advancing in their careers. As a result, persons with disabilities have among the lowest employment rates and highest unemployment rates.

Skilled Workforce: Disability support workers play an instrumental role in the lives of Manitobans with disabilities and contribute to their overall health and quality of life. Those Manitobans requiring such services deserve to be supported by well-trained and qualified staff who are paid a fair living wage.


Basic Needs: For many in Manitoba, having a disability has meant living in deep and unrelenting poverty. It has also meant having very limited housing options due to the

growing shortage of accessible and affordable units in the rental market.

Services and Resources: Tens of thousands of Manitobans with disabilities depend on timely access to various disability-related services. Many systems responsible for providing these services were in disarray before the pandemic. Many are in even worse shape now.

Find out more about each priority and what questions candidates will answer: <https://www.dmvote.ca/2023-priority-issues>

The venue is accessible for wheelchair users (parking, entrance, washrooms). ASL interpreters will be available for the in-person and online events. Live captioning will be available for those attending in person and online. ■



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Page 4 • September 10 - October 9, 2023

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"A Manitoba Moment"

Big Time Bob

- By Bud Ulrich



Bud Ulrich

My partner and I met Bob Wiens at a restaurant in Morris, MB. Over a cup of coffee, part of Bob's youth and ambitions became known. He was born in Altona but now lives in Morden, Manitoba. His parents travelled a lot, his dad was a boilermaker and

Bob followed suit. They could be in Estevan on Thursday, Saskatchewan on Friday, and then be in Thunder Bay on Sunday.

Fortunately, school subjects came easy for Bob, and he could get a "B" without studying. He claimed to be an average student, and if he studied, he could have done very well. His dad mentioned his cousins getting A's, and Bob replied, "Because they read the book!"

Bob's mom and dad had their issues, and comedy was a way for him to relieve quite a bit of the stress. He feels this is part of the reason why he became "funny" and got involved in comedy. He started at young age and received attention, and although it was



Big Time Bob (Wiens).

difficult to perform under those conditions, he became good at being comical. Bob quickly blurted out, "Do you want to hit me in the stomach, do you want to hit me, or do you want me to tell you a joke?" This was an



Bob's best side.

off-the-cuff statement which makes Bob so very likeable.

Early in Bob's career he was managing hotels and restaurants, and one day his dad

Continued on next page

Advertising Feature



Peter J. Manastyrsky

DISABILITY TAX CREDIT-ANNUAL \$\$\$\$\$ SAVINGS AND \$\$\$\$\$ ADJUSTMENT Manitobans may be entitled to a Federal Tax Refund \$\$\$\$\$

Hope that everyone had a wonderful summer. The weather is still bearable, but nature is starting to gradually change its course as we approach the fall season. One thing in

our lives that doesn't change is the **DISABILITY TAX CREDIT (DTC).**

If you qualified for the Federal **DISABILITY TAX CREDIT** in 2022 and whoever did your tax return, they claimed \$8870.00 for you on line #31600 of the Federal tax return. Therefore the **DISABILITY TAX CREDIT saved you around \$2000.00** per year or more, by claiming line #31600.

On a similar note, this Tax Refund is calculated according to taxes paid/deducted (total payable line #43500 on your federal tax return) as far back as 10 years.

This means that if you became eligible for the DTC, Canada Revenue Agency (CRA) will make an adjustment (at your request) to refund you a certain segment of the "total payable" as far back as 10 years.

Some applicants received as much as **\$20,000.00** or more (it varies) as a refund once an adjustment has been calculated by CRA.

What is the Disability Tax Credit? This is a Federal Tax Credit which is non-refundable. The DTC helps Canadians with disabilities (impairment) to reduce the amount of income tax they might have to pay. **The DTC can reduce taxes by as much as \$2500.00** per year for the affected person or supporting relative, if one is paying taxes. This Federal Tax Refund allows some relief for disability costs.

The **Disability Tax Credit** is available to all Canadians (from the young to the elderly) who have a qualifying severe and prolonged impairment that impacts the activities of daily living; where the ailments are not likely to get better any time soon and have been in place for a period of at least 12 months.

A Step Beyond & Associates is a member of the Manitoba Better Business Bureau with an A+ Accredited rating. Please call,

no obligation, confidential dialogue to discuss your situation.

As a representative for **A Step Beyond & Associates**, Peter would be willing to provide a free power point presentation about the Disability Tax Credit to group members such as **Senior Community Centres, Active Living Centres, 55+ Centres**, or any Association. Please call or email Peter to schedule an appointment for a complimentary presentation about Disability Tax Credit.

As a final note, A Step Beyond & Associates will be involved in **The Pros Know 55+ Active Living & Resource Expo** at Archwood Community Centre at Rue 565 Guilbault Street on Wed., September 27, and All-Saints Ukrainian Orthodox Church, 1500 Day Street on Thur., October 19th both 9:30 am to 2 pm.

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Sri Lankan Seniors: Collaborated with Pembina Active Living

- By Senaka Samarasinghe



Susan Fletcher, Executive Director PAL, (top left pic) invited SLSM to participate in a picnic on Aug. 22nd (THU) 2023 from 11.00 am to 2.00 pm at St. Norbert Farmers' Market Canopy.

Sri Lankan Folktale Drama was our main contribution not only to PAL but also to other invitees. There were number of stalls offered variety of social, educational and creative programs. Out of which, Centre on Aging, University of Manitoba and Alzheimer Society of Manitoba rendered a valuable set of information.

When PAL requested SLSM to nominate one of our members to the PAL, Board of Directors we nominated Ismath. As Vice President Ismath took a lead role SLSM members we are proud of him. Thilaka (my sister) residing in Medicine Hat (Alberta Province) too attended as these days she is in Winnipeg.

Hon. Janice Lukes, Deputy Mayor, City of Winnipeg proposed an idea with the President and some Office Bearers of SLSM to call for an event to expose close similarities of two cities between Winnipeg and Colombo.

Daya Perera proposed a date for this on Feb. 4th, 2024 as it will be the 40th Anniversary of establishing Sri Lankan Association of Manitoba. Janice proposed a few venues to conduct such an event. Indra, President, SLSM, suggested the Board of Directors will make a comprehensive plan on this venture.

Trish Bennett and Rick Roschuk were busy in their stall. Further, participants enjoyed their good music and great songs with a fast beat. As my stock of *Senior Scope* newspapers were exhausted, I collected a set of papers from Trish. ■

SEPTEMBER 7, 2023

Your input is needed: Old Ex Renewal: Recreation and park improvements at Sergeant Tommy Prince Place

As part of the Old Ex Campus Renewal, we are working with ParticipACTION to explore the idea of a ParticiPARK on-site. ParticipACTION, Bienenstock Natural Playgrounds, and the City of Winnipeg invite you to learn more about the concept and share your ideas at a community idea jamming session.

Date: Saturday, September 16, 2023

Location: Sergeant Tommy Prince Place outdoor space, 90 Sinclair Street

Time: 10 a.m. to 2 p.m.

Format: Drop in (come and go)

There will be food and fun activities for everyone. Residents of all ages are welcome to drop by. The event is free and will take place rain or shine. Learn more about the event.

Now is your chance to serve on a Board or Commission

City Council is seeking citizens to serve on its various Boards and Commissions. Serving on a Board or Commission is one way to play an active role in your community and assist in making meaningful decisions.

Applications are now being accepted for vacancies on 14 various Boards and Commissions as part of an annual selection process. Canadian citizens and permanent residents who reside in Winnipeg and are 18 years of age or older on the date of their application are eligible to apply.

Application deadline: 4:30 p.m.

Friday, October 20, 2023

Contact 311 for more information.

Big Time Bob, *cont'd from page 4*

said, "Bob you got a lot of ABDs behind your name, all you need now is a J.O.B." In 1987 Bob wrote his first test to enter the apprenticeship for a boilermaker, a four-year program. Now they have a sixth month enrolment where you learn many things. When Bob started, he was raw and green, going from hotel management to working with tools and pressure situations. There were lots of embarrassing moments. Bob wasn't prepared, "and if you're not prepared, you're not going to be any good". At first, he was uncomfortable being on a grinder for 10-12 hours a day and not being able to bounce around and chat with others. It took Bob about 5-6 years to get his hours and a red seal in boilermaking. Following his time as a boilermaker he got involved in teaching. He graduated with a teaching diploma in 2000 and became a trades instructor up north.

About a year and a half into Bob's retirement, he is pursuing a career as a stand-up comedian. He loves comedy and wanted to be a concierge at a fancy hotel, play pickleball early in the morning, then concierge between 11:00 a.m. and 1:00 p.m., meet some interesting people, have a siesta, and then

look towards the night life. But that didn't happen. Being locked up due to covid, he wrote down several comedy ideas, and practiced his routine. He ran this by some friends and received a positive - "You still have it".

It took Bob four years to develop his own material, and now Big Time Bob has enough for his own album. He claims all artists think their material is great. Bob thought he had 70 minutes of brilliance, but soon realized it was actually 40 minutes of really good stuff and 30 minutes of potential. His routine involves sex, religion, and the CFL (Canadian Football League). His time during his boiler-making days allowed him to take in several football games and in particular the "Banjo Bowl" in Regina. Bob pumps the game up in his routine.

Bob will be doing more comedy in Winnipeg with Rumors and Yuk Yuk's Comedy Clubs. He promotes his routine through his electronic profile kit and his website in the hopes of having his talent noticed. In January, Bob will be heading to Nashville, Tennessee, which he claims is the "stagette" capital of the world. He'll be trying to get into a place called Zanies Comedy Club, known for its best

comedy talent in the country. Jay Leno and Jerry Seinfeld, along with others, got their start there. Bob likes Joe Rogan who started a comedy club in Austin, Texas called the Comedy Mothership. He doesn't like everything Joe says, but he finds him interesting.

Bob reflects on the past 25 years. He is very thankful his parents got their "act" together as they loved each other. His dad was a wonderful man towards the end - kind, compassionate, and loving. His mother accepted her husband for what he was and forgave his past. Sadly, both parents have passed away within the last ten years. Bob claims to be "happily" divorced (he states this was his practice wife). He has a 27-year-old son, Scott, who is a delightful young man.

During my short time chatting with Bob, it became clear that he's candid, genuine, and funny. This man exudes confidence and clearly his passion to perform is evident.

Big Time Bob is a man on a mission to make people laugh. ■

If you have a story, please get in touch - bulrich50@mymts.net

WINNIPEG POLICE SERVICE - AUGUST 23, 2023

Reduced Speed Limit in School Zones

Maximum speed limits of 30 km/h around many Winnipeg schools are in effect from 7 am to 5:30 pm, Monday to Friday during the months of September to June inclusive.

By-Law:

Winnipeg By-Law No. 76/2014 Reduced-Speed School Zones (includes a list of streets with a reduced speed zone).

Signs:

Watch for the following signs that denote a reduced-speed school zone:

- Reduced speed ahead sign
- Beginning of reduced-speed school zone sign
- End of reduced-speed school zone sign

Locations:

Reduced-speed school zones apply to any street that:

- borders a private or public school which includes grade six or lower,
- is not a regional street, and
- meets the requirements for signage set out in the Manitoba Reduced-Speed School Zones Regulation.

Take Action

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.

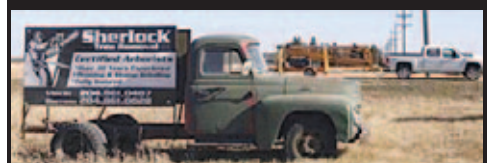
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WINDSOR COMMUNITY CLUB LAUNCHES A NEW SENIORS GROUP

Submitted by Rossita Schau

Summer is going by quickly and soon everyone will be excited to get involved in Fall activities.

For those seniors looking for something new and different, why not join the **Y. A. H. Club** at **Windsor Community Club**. Y. A. H. stands for "**Young At Heart**" which is what the new club is all about.

The Community Club, located at 99

Springside Drive, is putting the final touches on their Fall programming. From Book Club to burlesque dancing, canasta to learning to strum the ukulele, to monthly road trips. For the men, an afternoon of poker or crib, golfing, photography, or the "Men's Coffee Club" might be of interest.

And for the creative minds, why not try drawing and sketching, the Stitch group,

scrapbooking or card making. There are a variety of exercise programs, pickleball and a walking group for those who want to stay fit.

As well, each month, the Club offers "Lunch and Learn". A delicious lunch is served followed by a guest speaker discussing a topic of interest. There are cooking classes, a movie group, and a creative writing class, breakfast and dinner clubs and much much more.

So this Fall instead of sitting home twiddling your thumbs, why not join us and have some fun at Windsor's "Young At Heart" Club.

For more info or a newsletter, contact Gerry at Windsor Community Club **204-233-0648** or email office@windsorcc.ca OR Rosie, Senior's Program Coordinator at rosieschau@gmail.com

Embrace the Joy of Lifelong Learning with Creative Retirement

- Submitted by CRM

In a world that's constantly evolving, where new technologies and ideas emerge faster than ever before, staying curious and engaged in learning has never been more crucial, especially for seniors. This is where organizations like Creative Retirement come into play, offering an exciting and enriching journey through the world of lifelong learning.

The Beauty of Lifelong Learning

Picture this: you're retired, free from the constraints of a 9-to-5 job, and life has presented you with the gift of time. What do you do with it? Well, the answer is simple yet profound: keep learning! Lifelong learning is not just a catchphrase; it's a mindset that can keep your mind active and engaged while having a lot of fun along the way.

Creative Retirement understands this perfectly. We're here to remind you that learning isn't something confined to a classroom or a

specific age group. It's a lifelong adventure waiting to be explored. Our organization offers an array of classes, presentations, and clubs that span a wide range of topics, from ancient history to modern technology. Whether you're passionate about literature, art, science, or anything in between, there's a place for you here.

The Benefits of Lifelong Learning

Aside from the sheer joy of discovering new things, lifelong learning offers numerous benefits for seniors. First and foremost, it keeps your mind sharp and agile. Just like physical exercise is crucial for maintaining a healthy body, mental stimulation is vital for a healthy mind. Lifelong learning challenges your brain, improving memory, problem-solving skills, and cognitive abilities.

Moreover, engaging in regular learning activities can enhance your overall well-being.

Studies have shown that active learning can reduce stress, boost self-esteem, and increase social interaction. When you join a class or a club, you're not only gaining knowledge but also building connections with like-minded individuals.

But that's not all! Lifelong learning has a positive impact on physical health as well. It can lower the risk of developing cognitive decline and even reduce the likelihood of certain age-related diseases. So, in a way, learning can be a form of medicine for the aging mind.

Join the Creative Retirement Community

At Creative Retirement, we're committed to fostering a vibrant community of lifelong learners. Most of our programs are free for members, making it accessible to everyone. We believe that education should be a life-

long pursuit, and age should never be a barrier to knowledge.

So, if you're looking for a way to enrich your life, make new friends, and keep your mind and body active, Creative Retirement is here for you. Join us in the exciting journey of lifelong learning, where every day is an opportunity to discover something new and stay forever young at heart.

In conclusion, the key to a fulfilling retirement is embracing the wonder of lifelong learning. It's a journey that keeps your mind sharp, your heart young, and your life vibrant. Creative Retirement is your partner in this incredible adventure, offering a world of knowledge, friendship, and joy. Come join us and let's keep the spirit of learning alive, no matter your age!

For more information, visit crcentre.ca.

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“A Manitoba Moment”

Daniel McIntyre Collegiate Institute 100th REUNION

- By Bud Ulrich



Bud Ulrich

On October 11, 2023, the 100th celebration begins and continues through to the 14th. This is truly a momentous occasion to meet former classmates and teachers and share many stories of the years gone by. Daniel McIntyre

Collegiate Institute (DMCI) has a rich history of students and staff who were fortunate to attend this hallowed school in the West End of Winnipeg. It was, and still is, a school where students excel in academics, music, drama, and sports.

The Alumni committee has been meeting regularly planning and organizing events to ensure a great party. Here is a list (to the right) of the exciting events:

The school store has a wide variety of reunion merchandise which can be ordered online at dmci100.itemorder.com until midnight September 15th. Orders will be available at the school for pick up by October 11th.

I had the opportunity of spending an afternoon with Bev Laping (Pearson), 1962 Daniel Mac graduate, and Elsie Hignell (Evans), 1949 graduate, who is 92 years young. As we scanned many papers and yearbooks, the pictures were much the same as they are today. Quite suddenly, both Bev and Elsie shared in chanting several school cheers without looking at any notes. Some things are just not forgotten! Even with my limited involvement at the school back in 1974 (student teaching for two weeks), I got “goose bumps”. Elsie was a cheerleader and mentioned in one of the cheers they had to do the splits. She shudders at the thought. I’m sure many will participate in the cheers during the festivities.

Currently, Elsie takes three dance classes a week, and told her grandson she is the oldest in the class. Her 31-year-old grandson remarked, “No kidding!” During Elsie’s marriage she was a stay-at-home mom, and very proud of her role. She volunteered her time on the Royal Winnipeg Ballet Board for 10 years and the school committee of the ballet as well as the alumni. Elsie was part of a volleyball group playing once every two weeks. It was a good group of people, and they are still getting together. From a group of 16, sadly they are now down to 5. She also joined a sisterhood, formed in the United States in 1869, which is still active today, seeking awards, scholarships, and loans for women.

Years back, the girls wore tunics with strict regulations on the length above the knee, although some girls exceeded that limit. Hairstyles were different, but not as severe as they are today. Boys didn’t wear earrings, and foul language was not as rampant as today. It was a different time, and perhaps the kids were very lucky to experience a safe and happy lifestyle back then.

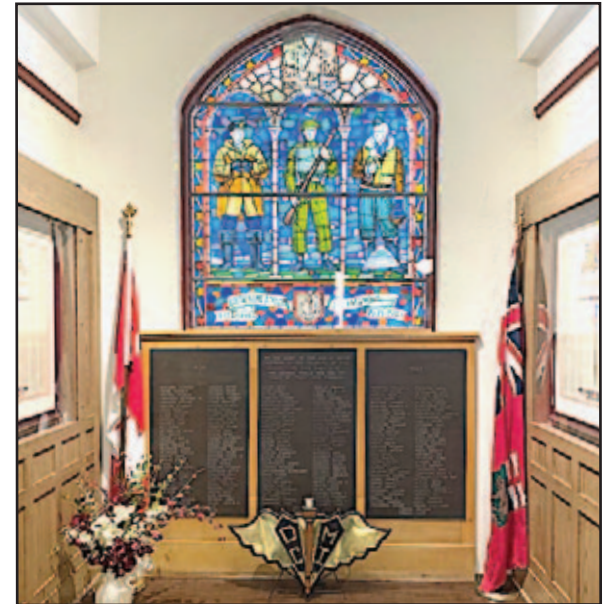
Brian Hammerton graduated in 1958 and attained his degree in education at the University of Manitoba. He became a teacher, then principal at Kildonan East Collegiate.

Sports played a huge role in preparing Brian for his later years in life. He mentions Mr. Potter (football coach) who taught him a lot. He was a father figure to many boys in the school. Mr. Potter’s sense of joy and love of football influenced his students on the importance of camaraderie and working together. He was very gracious in losing and winning. Students who played football for Mr. Potter were very fortunate to learn from him.

Brian met his high school sweetheart, Irene, at Daniel Mac. He took her out for “Sadie Hawkins”, which was supposedly a one-time thing. However, they went out again and over time their relationship grew, and here they are now with children and grandchildren. Brian states he’s married to a wonderful person. It was a good decision on his part, and he hopes it was the same for her.



Daniel McIntyre Collegiate Swim Team - 1946-47.



Memory Alcove



Events for Daniel McIntyre Collegiate’s 100th Reunion.



Track and Fitness area.



Mural in Daniel McIntyre Collegiate

The school was built in 1923 and is recognized as the oldest high school in the city. And now it is the 100th Reunion, and Brian is very happy to be part of this milestone. He believes Daniel Mac has provided many kids with the opportunity to learn and grow and feel good about themselves. “Everyone loves Daniel Mac - it was a nice place to go to school.”

Some noteworthy former students include 1950s Blue Bomber Cecil Luining (four Grey Cups), Winnipeg Mayor Bill Norrie, CPR President and Senator Ian Sinclair, Lieutenant Governor George Johnson, Premier Howard Pawley, bandleader Marsh Phimister, Guess Who guitarist Kurt Winter, painter/sculptor Bruce Head, singer/songwriter Stewart Fay, Blue Bomber Markus Howell, and NHLers Ernie Dickens and Paul Platz. Others included scientist and author Dyson Carter, musician Ross Pratt, actor Evelyn Morris, author and poet Cherry Crawford, violinist Fred Grinke, opera singer Brenda Bennett, and author Olive Elsie Knox.

Sam Souza (Chairman of the Reunion Committee) graduated from Daniel Mac in 1999. During Sam’s final year at Daniel, he felt it was his responsibility to welcome new students to the school. He took a great interest in them. As an ambassador to the school, Sam has a fierce pride in his school, and as he says, “Once a Maroon, always a Maroon.”

The 100th Reunion is a great opportunity for former students to celebrate this milestone. You only get to experience this once and clearly Sam is very excited. He’s looking forward to all the events and seeing former classmates.

Over the past years Sam had the opportunity to present scholarship awards at the

school convocation. Medical courses are now being offered at the school. Student, Quynh Phan, received the Lester B. Pearson International Scholarship Award of \$300,000 for her studies in stem cell research. This is a scholarship offered by the University of Toronto to international students who have demonstrated excellence in leadership and academics. DMCI is one of only two schools across the entire country to have a winner for this scholarship. “I believe all Pearson Scholars are unique and splendid people, and I’m excited to get together with them and collectively enhance our futures,” Quynh said.

During my conversation with Melody Wolosuk, current Principal of DMCI, it was difficult for her to contain her excitement about this upcoming milestone celebration. She is extremely proud of the students, both current and past. She boasts about a special atmosphere amongst the students and staff and working together creates a sense of family that cares for and supports one another. They are a dynamic team which fosters a school culture of respect, inclusivity, community, and commitment to student success, resulting in DMCI’s reputation of excellence in the academics, athletics, and the arts.

Melody states it is the students who fuel our passion as educators to provide them with rich learning opportunities, a warm school culture, love, support, and guidance which allows them to discover and cultivate their passions and provides them with the tools to embark on adult life with confidence. They know they can return home to DMCI and we will be there for them. We are proud of their accomplishments.

I was afforded a tour of the school which includes an incredible spacious indoor track and fitness area in the lower level. This facility is unlike any other in Winnipeg, with the latest in exercise equipment, available to students and staff on a year-round basis. John Hatcher, a student, educator, and alumnus led the initiative in the development of this wonderful school development. Fittingly, the facility is named the John J. Hatcher Track and Fitness Centre in his honour.

A large stained-glass window located in the Memorial alcove off one of the hallways has the following inscription below it –

*TO THE GLOW OF GOD AND
IN LOVING MEMORY OF THE
STUDENTS OF THIS SCHOOL,
WHO GAVE THEIR LIVES IN THE
SECOND WORLD WAR FOR THE
CAUSE OF TRUTH AND FREEDOM.*

I stood there for a long time looking at the names of the students inscribed in stone and was in awe of the beauty of the window, yet at the same time a sadness for those who gave their lives.

The 100th celebration is an opportunity for the DMCI family to be reunited and hope it will be filled with smiles, laughter, and the sharing of many stories often begun with “remember when....” The students, staff, and the alumni association are proud to offer a variety of events for alumni and those who have had a connection with DMCI to come together. ■

*If you have a story, please get in touch
– bulrich50@mymts.net*

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Rick Roschuk
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Yup, saying it again and again! There are many best kept secrets in this world. There are also many secrets that need to be shared once and for all. The secrets we're talking about are all the amazing resources available to all of us to help us live better purposeful lives in our latter years. Try as they might, the Senior friendly organizations and businesses who have made their mandate to serve you and I seem to at times, be lost in the noises of life. One of the many reasons we decided to produce these shows in the first place, was to get you, our families, friends and neighbours the help that seems to elude us. I can not begin to tell you how much

I have learned in the past five plus years about the people, programs and products that are right here staring us in the face. People, programs and products that are true life changers at little to no cost. All of this ready in place for us to access at a moments notice. What never ceases to amaze me is the sheer number of quality, caring people behind these resources, who get up everyday, rain or shine with the desire to change lives for the better. Despite their best efforts to advertise in our mainstream and social medias, the vast majority of our population has not a clue as to their existence and the magics they possess. This fall we have four more Expos for

you and yours to meet many of these all-stars in Older Adult and Seniors care. Our September shows are listed below for your convenience and you can count on this column every month to keep you posted about the October shows as well. **If you find yourself** or your loved-ones needing some assistance now, please go to our Resource Pages on our website. This information is available 24/7 and you won't be disappointed. Our site as advertised is www.prosknowexpos.ca **Lastly**, we would like to send a big hug to Kelly Goodman, Publisher & Editor of Senior Scope. Last month we celebrated our 3rd anniversary writing this column. Kelly you are an Angel! **Take Care All...Rick & Trish!**

Our September 2023 Shows! All are Welcome to attend...Stop and say 'Hi!'.

**Fall Show No. 1:
9:30am - 2:00pm**



Thursday, September 21st | St. Vital
Dakota Community Centre | 1188 Dakota Street
MASC Host: Dakota Community Centre Seniors

**Fall Show No. 2:
9:30am - 2:00pm**



Wednesday, September 27th | St. Boniface
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Back to school – bus safety

When a vehicle – like a school bus – makes contact with power lines, electricity from the lines wants to find the easiest way to the ground. The bus provides a passage for electricity to the ground.

- If your school bus contacts a power line, take these steps:
- Use the bus' radio to call for assistance or yell to someone already outside the bus for help.
 - If the bus is still working and it is safe to do so, back the bus slowly away from the lines.

- If you can't back away, keep everyone on the bus. Passengers could be exposed to electrocution if they try to leave the bus.
 - Keep others at least 15 metres (or 50 feet) away from the accident site, as the ground around the vehicle will be energized.
 - Never touch a wire.
- If your school bus comes into contact with a power line and it causes a fire, follow these steps:
- Evacuate the bus – safely. To do this, students should hop clear of the bus one at a

- time with arms tightly at their sides. They must jump clear without touching the bus and the ground at the same time. They must land with their feet together and shuffle a safe distance away from the bus.
- Keep the students together in a group and do not allow them to re- enter the accident site.
 - Call Manitoba Hydro for assistance.
- When a vehicle comes into contact with power lines, electricity fans out from the vehicle like a pebble dropped into a pond.

The most powerful current will be at the centre, and the voltage will decrease the further you get from the centre. You do not want parts of your body contacting two things of different voltages, as you will become the route electricity travels from higher voltage to lower voltage to ground.

For more information about safety around power lines, contact **Manitoba Hydro** at hydro.mb.ca.

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CELEBRATE • *Healthy Aging* and the Contributions of Older Adults



Active Aging in Manitoba in conjunction with the International Council of Active Aging, is celebrating **the 20th Anniversary of Active Aging Week. Oct 2 – 8, 2023**, Active Aging Week, kicks off October which is Seniors and Elders month nationally.



This year the theme is celebrating the valuable contributions older adults continue to bring to their families, communities, and the country. Older adults continue to contribute as volunteers, employees, employers, entrepreneurs, coaches, advisors, and mentors, just to name a few!

Active Aging week is an opportunity to recognize the contributions of older adults and help transform traditional thinking about the aging process. At Active Aging in Manitoba, we value the contributions of our many volunteers including our own volunteer Peer Leaders who give of their time to help their peers stay active and socially engaged.

Active Aging in Manitoba is encouraging all older Manitobans to celebrate active aging by planning events for Active Aging week. Inspire others by planning events between Oct 2 – 8, 2023 and let AAIM know so we can add your event to our website!

This is a time to bring your community together reach out to all older adults and invite to the celebration. We encourage older Manitobans to try out something new during Active Aging week and carry on that activity beyond the first week of October.



Active Aging is not solely about physical activity, although that is a very important component, it is also important to challenge your brain.

It is great to combine these two components and get the health benefits of being active while challenging your cognitive fitness. Research confirms learning something new can improve one's cognitive function.

Take a walk with friends, try yoga or tai chi, take up a new hobby, or try a new sport. Experience your favourite park this fall - try Nordic Pole Walking, bird watching, or photography, and enjoy the fall colours Manitoba offers. These are all good ways to be more active and improve your brain health at the same time. The possibilities are endless, and AAIM believes you are never too old to try something new!

Celebrating Wellness

Active Aging Week focuses on the whole person. Take the time to review each of these wellness dimensions to examine your own wellness as an older adult.

Wellness is a dynamic and a conscious development of oneself. Taking a proactive approach to your well-being is important as we age. Several areas in life need to be in balance to help achieve optimum well-being. We tend to think of wellness including physical and mental health, but there are other dimensions that are just as important to achieve wellness. These dimensions are inter-dependent and need to be in balance. Actions to improve wellness might include routines, choices and developing coping strategies.

Physical Wellness - Being active, good nutrition, getting enough sleep, staying strong and following medical guidelines all contribute to your physical wellness. Setting goals for physical activity, and sleep will help you achieve physical wellness. Healthy eating and tending to medical needs will all help you achieve physical wellness.

Emotional Wellness - Are you in tune with your feelings? Are you able to express your feelings? Emotional health means being able to cope with stress and life's changes. Getting enough sleep, managing stress, and asking for help if you need it can improve your emotional wellness.

Social Wellness - includes having a strong network of friends and family who you can stay connected to is key for social wellness. Schedule activities that you can look forward to and include regular chores so that you have time to connect with friends.

Mental Wellness - Continued learning and building skills are ways to support your mental wellness. Being a mentor to others, problem solving, and reading are all ways to make mental wellness a priority.

Spiritual Wellness - is a set of beliefs, principles and values that provide direction and purpose to our lives. Spiritual Wellness can include gratitude, morals, values, meditations, beliefs, etc. Going for a walk outside in nature is one way to enhance your spiritual wellness.

Vocational Wellness - Older adults have acquired many skills throughout their lifespan. Sharing knowledge and experience through mentoring and volunteering are meaningful ways to improve your vocational wellness. Continuing to learn throughout your life span also contributes to your vocational wellness.

Environmental Wellness - interacting with the environment can have a positive effect on your wellness. One idea is to engage in physical activity in nature - walk in the park, reading outside, or gardening are all ways to interact with the environment.

Join us for an Active Aging Day Event

When: October 5th

Where: The Wellness Institute, 1075 Leila Avenue, Winnipeg

Admission is FREE and all are welcome!

This free event includes a keynote speaker at 9:30 am - Protect Yourself from Harm. Exhibits and activities are open from 10:15 - 1:30. Keynote address will be offered again at 7:00 pm. Please register for the keynote speaker by calling **204-632-3900** or register at www.wellnessinsitutue.ca

Come check things out and try a new activity!



CELEBRATE • Positive Aging

Dispelling the Myths of Aging

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Older people make important contributions to society, as friends and neighbours, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders.

Celebrating older adults is an important way to promote positive images of aging!



Myth: Aging means declining health or disability

There are some diseases that become more common as you age. However, getting older does not automatically mean poor health or that you will have to use a walker or wheelchair. Preventive measures like healthy eating, exercising, and managing stress can all help reduce the risk of chronic disease or injuries later in life.

Myth: Memory loss is a part of aging

As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. Occasionally forgetting an appointment or losing your keys are typical signs of mild forgetfulness, which is very common in normal

aging. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp!

Myth: Older adults can't learn new things

One of the most negative myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. Not true! Older adults still have the ability to learn new things, create new memories, and are just as capable of learning new things and thriving in new environments, plus there is wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

Myth: The older you get, the less sleep you need

A common misconception is that a person's sleep needs decline with age. Older adults need the same amount of sleep as all adults — 7 to 9 hours each night. Getting enough sleep keeps you healthy and alert. Adequate sleep can also help reduce your risk of falls, improve your overall mental well-being, and have many other benefits.

Myth: Older adults should avoid exercise so they don't get injured

As you age, you may think exercise could do more harm than good, especially if you have a chronic condition. However, studies show that you have a lot more to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity are not only great for your mental and physical health, but can help keep you independent as you age. Tai Chi and similar mind and body movement practices have been shown to improve balance and stability in older adults and this can help maintain independence and prevent future falls.

CELEBRATE • Connection & Belonging

Celebrating Staying Active and Involved

Thinking about how you could contribute to your community?

Studies show that volunteering for the purpose of helping others increases our own well-being. Check out www.activeagingmb.ca for volunteer opportunities.

Volunteering helps one to stay engaged with the local community, provides the sense of belonging, and helps maintain mental sharpness.

Intergenerational Opportunities

Being a mentor or an advisor can provide the sense of purpose and allow you to share your experience and knowledge. Grand Pals™ is an successful intergenerational program that matches Grade 5 students with older adults with the purpose of providing that connection for both the student and the older adult which again provides that sense of belonging that is so important for our well-being.



Students learn from the older adults and use their creativity to tell the story of their Grand Pal. There are many other intergenerational opportunities available throughout the province. Seek out those opportunities at your local community centre or senior organization.

Health Care

Volunteers in a hospital have long been recognized as a valuable resource. Volunteers can support a hospital by working in a gift shop, guiding patients and visitors, delivering reading material to patients, and providing much needed services. Hospital volunteers contribute thousands of hours per year providing services that otherwise would not happen. Check out your local hospital website for volunteer opportunities

Volunteer Driving Programs

Think of all the people you know who are not driving or who could get to activities if they only a ride! If you are interested in getting involved in a volunteer driving program, please consult the Transportation Options Network For Seniors website at www.tonsmb.org.

Coaching Opportunities

do you love to play a sport and know you could share that

knowledge passion? Consider becoming a Coach or a program volunteer. Most sport programs in this province run on volunteer power!

Whether it is at the recreational or competitive level your expertise could be an asset. Experience the joy of seeing someone learn a new skill and help them experience success. If you are looking for coaching opportunities check out the Sport Manitoba website: www.sportmanitoba.ca/coaching

Multiple coaching or program volunteer opportunities are also available at Special Olympics Manitoba. Visit: www.specialolympicsmb.ca for more information.

For a multitude of volunteer opportunities please contact Volunteer Manitoba where you are sure to find an opportunity that matches your skills and experience. Up for a challenge? Consider seeking out new volunteer opportunities. Visit the Volunteer Manitoba website: www.volunteermanitoba.ca

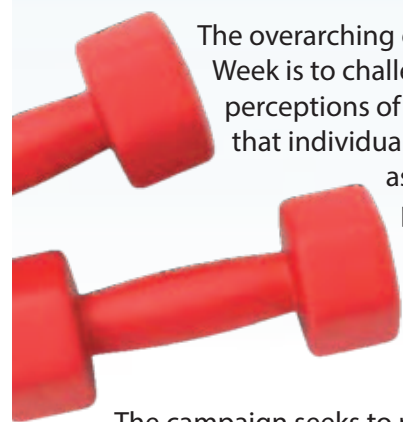


CELEBRATE • Active Aging Week

20 Years of Active Aging Week

About Active Aging Week

Active Aging Week, which was first launched by the International Council on Active Aging (ICAA) in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.



The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental, regardless of age.

The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer!

The 2023 theme is, **Celebrate the Contributions of Older Adults.**

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Older people make important contributions to society, as friends and companions, neighbours, advisors, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders. Celebrating older adults is an important way to promote positive images of aging!

We are encouraging every community in Manitoba to take part and celebrate healthy, active aging!

For more information, contact us:

Phone: 204-632-3947

Toll free: 1-866-202-6663

Email: info@activeagingmb.ca

Website: www.activeagingmb.ca



How to Celebrate Active Aging Week

Host an event

Consider hosting an Active Aging Week event in your community. This is one of the best ways you can help spread the word throughout your area! Make it fun and accessible!

Share a personal story

If you have benefited from becoming active and adopting a healthier lifestyle, consider sharing your story with friends, family co-workers etc. Others are sure to benefit from learning about your wellness journey - you never know who you could inspire to make some positive changes!

Talk about Active Aging Week on social media

Social media platforms are an excellent way to bring awareness to important initiatives. By discussing Active Aging Week on social media, you might just encourage someone to get out and start pursuing a healthier lifestyle.

Why Active Aging Week is so Important

Active Aging Week encourages older adults to get moving

Staying active and taking care of our minds and bodies is the secret to living, moving, and feeling better with age.

For some older adults who reside in assisted living communities, or have mobility issues, just getting out and about can present quite a challenge. Active Aging Week highlights all of the different ways that someone can participate in simple exercise. There truly is something for everyone.

Active Aging Week challenges stereotypes

The focus of this week challenges society's expectations of aging by showing that older adults can live full, rewarding lives regardless of age or health. In fact, many adults have rekindled a former hobby or passion or in most cases, started a new one. They are more active. More social. More engaged. According to the ICAA, "Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental."

Active Aging Week creates a sense of community

We're much more likely to accomplish our goals if we have other people helping to keep us accountable. Active Aging Week helps bring communities of adults together to work towards a common wellness cause or goal.

The Benefits of Active Aging

An active social life allows older adults to experience an array of benefits that help to enhance their overall well-being. Some of the main benefits include:

Enhanced Mental Health

Socializing can help older adults feel loved and needed as their lives are affirmed by their activities and those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a positive outlook on life.

Sense of Belonging

Enjoying the company of others with similar personalities or interests helps us feel like we belong. The need to belong may be more intense for those who may have lost a spouse, family member or friend. Engaging with others can cultivate new friendships and can create lasting bonds.

Better Self-Esteem

The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any positive interaction with friends, family or neighbours can help us feel confident in ourselves and our abilities.

Improved Physical Health

When we have good conversations or do things we love with others, our bodies release health-promoting chemicals that boost the immune system and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake.

Increased Cognitive Functioning

Socializing is also key to keeping the brain sharp as we age. An active social life encourages us to continue learning, observing and responding to the world. Conversation and activity are great for exercising the mind and can potentially lower the risk of dementia.

Purposeful Living

Having somewhere to go, something meaningful to do, or people to see helps us get excited for the day. When we build strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.



CELEBRATE • Spreading the Word

Ideas for Planning an Event or Activity

Active Aging Week is a celebration of the benefits of active living and highlights the capabilities of older adults.

Hosting free events for older adults is an excellent way to draw participants into your facility, centre, or community. Active Aging Week events will provide opportunities for people to meet new people, have new experiences, and continue learning. Here are some great ideas for local events, however small or large you are planning:

Host an Open House – a great way to get local involvement and provides opportunities to network and promote your facility/organization.

Host a speaker series – engage speakers for different topics that are of interest to the older adult community. Consider experts from the medical field such as pharmacists, Physio Therapists, hearing specialists or local police or RCMP who will provide personal safety presentations.

Host an Expo – invite organizations in your community to sponsor a table and promote their programs and services. Consider inviting speakers to run workshops or demonstrations.

Additional ideas – concerts, dances, classes (cooking, languages or art), luncheons, group exercise programs, walking groups/nature walks, bake or craft sale. Collaborate with local churches or hospitals to host workshops that cover relevant information for older adults.

Promoting your event

Organization is key – ensure the event is fully organized before you start promoting.

Know your Audience – consider how and where you will promote your event to ensure you attract the right people.

Keep your message simple – Make your message easy to understand, keep it clear and consistent everywhere you promote your event.

A picture is worth a thousand words – Visual images stick with people more than words do. Don't forget about social media when you are promoting your event and be sure to use pictures from past events, your event location, etc.

Get people excited – Creating buzz before your event is crucial in generating interest and promoting participation. With social media networking tools such as Facebook, Instagram and X (formerly Twitter) it is easy and affordable!

Use relatable language – Stick to fun, friendly and appropriate language in your promotions. Avoid using too many acronyms or terms your audience may not be familiar with.

Be sure to visit our website: www.activeagingmb.ca and check out our downloadable Active Aging Week Guide for more information and event planning tips!

Prevention is Key this Flu Season

Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications.

Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can put increased stress on the immune system, making them much more susceptible. Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.

The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and up to 5-7 days after.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Get vaccinated to help protect yourself and prevent the spread of flu to others!

Factors that can increase your risk

DIABETES

If an adult has diabetes, the flu can:

- Heighten the risk for severe flu-related complications
- Impair blood glucose levels and increase risk of diabetic ketoacidosis (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by 3x and admittance to the ICU by 4x

CARDIOVASCULAR DISEASE

Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots. In these cases, the flu can:

- Trigger serious cardiovascular complications within a few days following a flu infection
- Increase risk of heart attack 6-10x
- Increase risk of stroke 3-8x and admittance to ICU by 4x

RESPIRATORY DISEASE

If an adult has a respiratory condition, the flu can:

- Trigger asthma attacks, worsen asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases
- Decrease lung function and increase susceptibility to infection
- Result in worsening asthma and COPD



Always consult your healthcare provider about what choice is best for you. Supported by an education grant from Sanofi Pasteur.

FOR THE BEST YOU CAN BE Health & Wellness

ADVERTISING FEATURE

The Alzheimer Society - Making Dementia Support an Election issue - Alzheimer Society of Manitoba

Manitobans vote in the next provincial election on Tuesday, October 3. Now is the time to speak with candidates about dementia support in our province!

Clients at the Alzheimer Society of Manitoba shared their key issues and challenges they experience navigating dementia. From there, the Society identified five priority areas to address this provincial election, hoping that the next government will take action to help families living with dementia. These priorities are:

- Improved housing options for seniors, including those living with dementia.
- Additional financial support for care partners.
- Improved home care support.
- Strategies for building more dementia-friendly communities.
- Improved support to navigate the health care system.

This past August, Marcel Hebert opened his door to a local MLA candidate canvassing in his neighbourhood and took the opportunity to let her know the challenges his family experienced when his wife was diagnosed with dementia.

"We chatted for about 25 minutes and our conversation brought her to tears. She took notes and said she wanted to bring up issues surrounding dementia support with her party leader."

Marcel's wife Ida was diagnosed with young onset dementia in 2019, at just 55 years old. Young onset dementia affects people under age 65 and can bring unique stresses. Marcel connects strongly with the Alzheimer Society's dementia support priorities and wants to know how the government plans to support the grow-

ing demographic of people living with dementia and their care partners.

Additional Financial Supports

Marcel notes that for his family, and for the families of those in the young onset support group he attends, one of the most severe impacts is loss of an income.

"Many families around our age are managing a mortgage or debt and many still have children at home that are dependent," Marcel says. "Our daughter was still living at home and going to university when Ida was diagnosed."

Regardless of age, a dementia diagnosis can lead to increased out-of-pocket costs, making it more challenging to help someone living with dementia age safely in place.

"Caregivers have to wait to see if they're eligible for caregiver and disability credits and then there is the possibility in the very near future to be forced to pay and manage two separate homes," Marcel says. "There is a lack of provincial programs, especially for people under age 65, to help care partners bridge those gaps."

Marcel says it felt like he and Ida had to fend for themselves, that there was no relief from the financial stress. With additional financial support, Marcel would've liked to hire someone to help keep Ida mobile and active, especially now that she lives in long-term care.

Improved Home Care Supports

Having more financial support could also help with things like home care, which Marcel says is an integral program that needs to be much more flexible and reliable.



Ida with her husband Marcel Hebert.

"For myself, for most people, the number one priority is to keep loved ones at home for as long as possible," he says. "But there were a lot of barriers when it came to us getting help through home care."

Marcel and Ida struggled to obtain home care while Ida still lived at home, partly due to Ida's age.

"I think home care should be tiered in a way to support what individuals really need, it's a lot more than helping with meals and taking medication," Marcel says. "For example, I think the home care system is out of touch with the support needed for young onset families. More training, education and funding is needed."

Marcel didn't use home care services for long. He says the attendance was unreliable and the staff was not properly trained to care for Ida. "The managing of young onset dementia, helping someone like Ida who is young and mobile - was nonexistent," he says.

Lack of dementia training among home care staff is a barrier and challenge that many people living with dementia and their care partners share. It's important for home care staff to be educated about the variety of ways that dementia can affect someone and how to give the best and most appropriate support possible.

Improved Supports to Navigate the Health Care System

Navigating the health care system is not always smooth, especially for those needing specialized care. Marcel knows how vital it is to get the right care when it is needed. Improved support to navigate the health care system is important to families like Marcel's who are affected by dementia.


"Many people don't have access to a family doctor they trust, which can be a helpful starting point when navigating our health care system," Marcel says. "Ida and I were lucky we knew a psychiatrist, otherwise her diagnosis would have likely come much later."

Marcel says he is disappointed at the lack of brain-related care in the health care system and hopes significant improvements will be made.

"It's very challenging to get the care you need right now," he says. "Preventative brain-related care is lacking. It needs to be more proactive like we see with cancer treatment or heart health, where preventative processes are in place to detect early signs of illness."

To learn more about the Alzheimer Society's election priorities and how your voice can make a difference this election season, visit alzheimer.mb.ca/election2023. ■

See advertisement on front page




MANITOBA VOTES

Oct. 3, 2023

WHY SHOULD YOU CARE ABOUT ELECTION 2023?

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- Improving accessibility
- Fiscal sustainability
- Fighting crime
- New infrastructure
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EDUCATION

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election2023.ca





September is prostate cancer awareness month in Canada



presents

2023 September Awareness Evening about Prostate Cancer



Keynote address by

Dr. Sri Navaratnam

MBBS, PhD, FRCPC

President and CEO
CancerCare Manitoba (CCMB)

"CCMB Hope and Healing Program': how it will help Manitobans with prostate cancer"




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Health & Wellness FOR THE BEST YOU CAN BE

August 31, 2023

MANITOBA OFFERS GUARANTEED 16.2 PER CENT DEAL AND DIRECT PATH TO BINDING ARBITRATION IN CORE GOVERNMENT BARGAINING

In collective bargaining with MGEU today, the Manitoba government offered a significantly enhanced and guaranteed total monetary package of a 16.2 per cent increase over four years, along with a direct path to binding arbitration to fairly determine the issue of general wage increases.

The total 16.2 per cent monetary package is broken down as follows:

- 2 per cent general wage increases committed and guaranteed for each year – with the final amounts to be finalized through binding arbitration;
- 2.5 per cent for a special adjustments fund – to be jointly administered and allocated by the government and MGEU;

- 2.7 per cent signing bonus, on average, for full-time employees – \$1,800 for full-time employees and \$900 for part-time employees;
- 2.5 per cent in benefit improvements; and
- 0.5 per cent in additional targeted premiums and allowances.

Manitobans expect a balanced approach, based on fairness for our employees and all taxpayers, while doing what can reasonably be done to avoid a potential service disruption for everyone. This approach has no downside for our valuable employees and would lock in significant and immediate gains as binding arbitration is pursued, while avoiding any of the income loss and larger disruption of a strike.

Collective bargaining on monetary proposals only began on July 6, however, this accelerated approach became necessary given MGEU leadership's cancellation of bargaining sessions last week, and its announcement this week that a strike authorization vote was being sought later in September. This despite the employer's indication that it was prepared to continue bargaining and present an enhanced offer. Even when it became clear that an indicated MGEU counteroffer was not forthcoming and that union leadership's demands for general wage increases well in excess of settlement patterns established across the larger provincial public sector were being maintained.

Binding arbitration to determine general wage increases is exactly the approach that all Manitobans would reasonably expect to avoid strike risks in the current environment. A fair process, where 2 per cent increases are already secured for our employees, with MGEU having the full ability to advance its position that more is appropriate.

Additional details on bargaining updates and contingent labour interruption plans will be posted at

<https://manitoba.ca/bargaining/>.

Heart to Home Meals supports World Alzheimer's Month

- Heart to Home Meals

September marks World Alzheimer's Month, a global initiative aimed at raising awareness about Alzheimer's disease and other forms of dementia. This annual event serves as a reminder of the impact that these conditions have on individuals, families, and communities worldwide.

We cover this important month annually, because the fight against Alzheimer's continues, and this year presents a fresh opportunity to contribute to this ongoing battle in new and meaningful ways. Here are some you can consider:

A Collective Effort for Awareness and Support

Alzheimer's disease, the most common form of dementia, is a condition that affects millions of people globally. It's a progressive brain disorder that can lead to memory loss, cognitive decline, and changes in behavior. World Alzheimer's Month is not only a time to show solidarity with those living with dementia but also a chance to learn, advocate, and take action.

In addition to raising awareness, September also serves as a crucial fundraising period for organizations dedicated to finding a cure and providing care and support to those affected by Alzheimer's. Donating, volunteering, or participating in fundraising events during this month can make a significant difference in advancing research and improving the lives



of individuals and families grappling with this challenging condition.

Education: The First Step Towards Understanding

One of the most potent weapons in the fight against Alzheimer's is knowledge. Learning more about Alzheimer's and related forms of dementia can break down stigmas, dispel myths, and foster empathy. Education empowers individuals to provide better care and support for those living with dementia.

This month, take the initiative to educate yourself further about Alzheimer's. Explore resources, read articles, or participate in local events and webinars dedicated to raising awareness and providing valuable information. By being better informed, you can contribute to reducing the stigma associated

with dementia and create a more compassionate and understanding community.

Compassion and Patience: Key Ingredients in Care

Whether you're interacting with someone living with Alzheimer's or providing support to family members who are primary caregivers, practicing compassion and patience is essential. A diagnosis of Alzheimer's can be emotionally challenging for both the individual and their loved ones. People with Alzheimer's may experience frustration and confusion, which can sometimes manifest as negative behavior.

During these moments, it's crucial to offer a listening ear, a comforting presence, or a simple conversation to enhance their quality of life. Your support can significantly impact their emotional well-being and help them navigate the challenges of the condition.

Engaging in Meaningful Conversation

As we highlighted in our 2020 post for Alzheimer's awareness month, there are numerous stigmas associated with Alzheimer's, some of which can dehumanize those living with the condition. It's essential to remember that a diagnosis of Alzheimer's does not diminish a person's worth or personality. Engaging in conversation with friends and loved ones who have Alzheimer's can be profoundly meaningful.

Talking and reminiscing about the past can slow the progression of the illness and create cherished memories. Take the time to converse with individuals living with Alzheimer's; it's a wonderful way to show your support and create lasting connections.

Respecting Communication Preferences

When communicating with someone who has Alzheimer's, it's crucial to respect their preferred communication style. Alzheimer's can make extended conversations draining, so be prepared for shorter interactions if needed. Sharing laughter and reminiscing about shared memories can provide moments of joy and connection. Additionally, as the illness progresses, individuals may forget details, including names and faces. Prepare a brief introduction to help them become acquainted with you once more.

Contributing Financially to Research and Charities

Supporting organizations dedicated to Alzheimer's research and care is another way to make a significant impact. While your contribution may not provide direct care, it plays a crucial role in advancing medicine and improving the quality of life for individuals with Alzheimer's. Charities and research organizations rely on financial support to fund critical projects and initiatives.

If you're considering where to contribute, organizations like the Alzheimer's Society of Canada offer valuable resources, support services, and contribute to ongoing research efforts. Your financial support can help them continue their essential work.

Joining the World Alzheimer's Month Movement

If you've been waiting for the right moment to get involved and support individuals with Alzheimer's, World Alzheimer's Month is the perfect opportunity. Alzheimer's disproportionately affects Older Adults, and at Heart to Home Meal, we hold senior care close to our hearts. We are proud to raise awareness about this critical month of observance and hope it inspires others to seek ways to support related causes.

World Alzheimer's Month 2023: Uniting Against Alzheimer's for a Brighter Tomorrow

World Alzheimer's Month 2023 is a chance to renew our commitment to understanding, empathy, and support for those affected by Alzheimer's and related forms of dementia. By participating in this global initiative, you can contribute to the ongoing fight against Alzheimer's and make a meaningful difference in the lives of individuals and families living with this condition. Together, we can create a more compassionate and inclusive world for all. ■

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It's a Barbie World

MARGOT ROBBIE & RYAN GOSLING STAR IN BARBIE



IN THE MOVIES

Myles Shane

In June of last year, captivating photos surfaced featuring Margot Robbie and Ryan Gosling, both sporting beach blonde hair, on the set of the Barbie movie. The images went viral as they portrayed the beloved doll and her iconic counterpart Ken, donned in vibrant '90s neon workout attire and eye-catching yellow roller skates.

Jumping ahead a year, the Barbie movie was swiftly emerged as the darling of the summer of 2023, claiming the title of the first film to reach the coveted billion dollar mark in box office earnings.

A Full Fledged Franchise

According to Richard Dickson, President and COO of Mattel, Barbie finds herself "at the inception of yet another phase in the brand's evolution, now regarded as an idea." Dickson explained, "Barbie has transcended her origins as a mere doll and has blossomed into a full-fledged franchise. Our capacity to expand and promote the brand extends far beyond any individual product, embracing a broader landscape."

It would seem with the success of the film Barbie is everywhere. The intentional design behind this trend is evident in the wide array of offerings, ranging from Barbie-branded Crocs to vivid pink luggage courtesy of BEIS, as well as electric toothbrushes from the collaboration between Barbie and Moon. Enthusiasts have the chance to indulge in a shower experience with Barbie x Truly soap sets, adorn their nails with Barbie x OPI nail polish, slip into Barbie-themed bras from MeUndies, and outfit themselves in stylish attire from the Barbie x Gap collection.

Dupa Lips & Nicki Minaj Are "Barbz"

If the dance floor beckons to you, indulge in the original soundtrack of the movie, boasting

pulsating tracks from talents such as Dua Lipa and Nicki Minaj, whose devoted followers have affectionately adopted the title "Barbz." Moreover, enthusiasts can elevate their connection to the film by relishing an extraordinary stay at the Airbnb Malibu DreamHouse, a sought-after escapade that has already been relished by notable figures like John Legend and Chrissy Teigen, accompanied by their family.

The American Toy Fair

The first Barbie doll, named the 'Barbie Teen-Age Fashion Model,' debuted at the American Toy Fair in 1959. Clad in a chic black-and-white striped swimsuit paired with sleek black high heels, she featured makeup, a ponytail, and carried a price tag of USD \$3. The doll became an instant sensation, with 350,000 units sold in the inaugural year alone.

Ruth Handler

In the remarkably constrained landscape of the 1950s business world, Ruth Handler stood as a rare beacon of female leadership. A Jewish businesswoman, she, along with her husband Elliott Handler, introduced the iconic Barbie doll in 1959, a momentous achievement that would reshape the very foundations of the toy industry. Prior to this pivotal juncture, Ruth Handler's career had been carved as a secretary at Paramount Studios. Yet, fate wove a different path as she nurtured her husband's interest in crafting plastic giftware, which burgeoned into a thriving entrepreneurial endeavor. This remarkable journey ultimately culminated in the birth of the cherished Barbie doll. Ruth Handler epitomized business acumen. Tanya Lee Stone, the author of *The Good, the Bad, and the Barbie*, emphasized Ruth's role, stating, "She was the chutzpah, she was the driving force behind the company." This indomitable spirit propelled their venture from a humble garage operation to a fully-fledged enterprise with a tangible presence. The name "Barbie" swiftly metamorphosed into a synonym for transformation, encapsulating notions of grace, empowerment, and audacious panache. It etched itself indelibly into the fabric

of global pop culture, embodying a vividly pink-hued revolution that materialized in the form of plastic and dreams.

Woman Can Be Anything

In her role as the company's president, Ruth personified the very essence of her creation, the belief that "women can be anything," as emphasized by Robin Gerber, the author of *Barbie and Ruth: The Story of the World's Most Famous Doll and the Woman Who Created Her*. Ruth Handler emerged as an entrepreneur and corporate trailblazer, defying conventions of her era. She occupied a leadership position in an industry where women were rarely found at such levels, during a time when societal norms dictated otherwise.

Inspiration For Barbie

Inspiration struck when Ruth Handler observed her daughter, Barbara, engrossed in playing with paper dolls. Motivated to encourage children to envision their aspirations, Handler aimed to innovate beyond the ordinary plastic baby dolls prevalent at the time. The spark for Barbie's design ignited within Handler during a family excursion to Lucerne, Switzerland. While perusing a toy store with her daughter Barbara, they encountered a doll named Bild Lilli, an embodiment of a gold-digging cartoon character from a nearby newspaper. Enthralled by the concept, Handler acquired three of these dolls, laying the foundation for her vision. This experience prompted her to imagine a doll of her own, and she swiftly recognized the potential of crafting separate clothing for this creation. This creative spark sowed the seeds for what would soon evolve into a worldwide phenomenon.

German Tabloid Bild

Lilli emerged as a German cartoon character crafted by Reinhard Beuthien for the German tabloid Bild. In a pivotal turn of events, the newspaper decided to venture into the doll market, leading them to collaborate with Max Weissbrodt of the toy company O&M Hausser in



Margot Robbie (aka Barbie), and Ryan Gosling (aka Ken)

Neustadt bei Coburg in 1953. Weissbrodt, fueled by Beuthien's imaginative cartoons, conceptualized a prototype doll that eventually made its way into the market from 1955 to 1964.

The Bild Lilli Doll

The Bild Lilli doll head and neck were ingeniously separated mid neck rather than attached at the shoulders, while the hair featured a unique cut-out scalp secured by a concealed metal screw. Notably, the doll's legs retained a natural sitting position, defying the traditional open-legged stance. Fashioned from plastic, Lilli's distinct characteristics included molded eyelashes, pale complexion, and a painted face with alluring side-glancing eyes, delicate brows, and vibrant red lips. Even her nails were adorned with a passionate red hue. Lilli's signature ponytail, crowned by a single curl on the forehead, lent her an unmistakable charm. Molded-on shoes and earrings adorned her, and rubber bands discreetly secured her limbs. This blonde cartoon Lilli doll was packaged with a miniature copy of Bild in a transparent plastic tube. The creative packaging, designed by E. Martha Maar, featured a stand labeled "Bild-Lilli" that formed the base.

Handler acquires Lilli

It was Ruth Handler's acquisition of Bild Lilli dolls that provided the foundation for Barbie's creation. While the earliest Barbie dolls sported distinct differences – vinyl material, rooted hair with curly bangs, separate shoes, and detachable earrings – they shared a striking resemblance to Lilli in terms of overall shape and appearance.

Continued on page 18

Senior Scope

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It's a Barbie World, cont'd from page 17

What Happened To Ruth Handling?

Ruth Handler passed away on April 27, 2002, at the age of 85. Her contributions to the world of toys and beyond were profound, leaving an indelible mark on both industries and society as a whole.

Ruth Mosko

Born Ruth Mosko, she was the youngest of 10 children of Polish immigrants who settled in Denver. Her father was a blacksmith who deserted the Russian army. Her mother was an illiterate woman who arrived in the United States in the steerage section of a steamship. Her mother's health was so frail that Mrs. Handler was raised by an older sister.

Mattel

In 1942, Ruth and Elliot teamed up with industrial designer Harold "Matt" Mattson to establish a venture that manufactured picture frames. This venture evolved into what we know today as Mattel, a name derived from the amalgamation of "Matt" and "El" from Mattson and Elliot's names. As the toy industry expanded, so did Mattel's focus, which led to the creation of the iconic Barbie doll in the late 1950s.

Ruthon Corp.

Beyond her role in transforming the toy industry, Ruth Handler's legacy extended to her advocacy for breast cancer survivors. As a survivor herself, she channeled her experience into Ruthon Corp., a company she founded to manufacture and market artificial breasts for mastectomy patients. The Nearly Me prosthetic breast, designed to provide a realistic and empowering solution, found success under her leadership. Ruth Handler's dedication led her to personally fit and sell these prostheses while raising awareness about early detection of breast cancer.

Dolls Should Be Mothers

In the early stages of developing the Barbie doll, Ruth Handler faced resistance and skepticism from her partners at Mattel. The prevailing sentiment at the time was that dolls were typically representations of infants or toddlers, and the idea of creating a teenage fashion doll was met with doubt. Ruth Handler's vision to create a doll that allowed girls to imagine themselves in various roles and aspirations was a departure from the conventional toy market. Additionally, there was a prevailing belief that dolls should be static and unchanging, whereas Ruth Handler's concept of a doll with interchangeable outfits and accessories was groundbreaking. Despite the initial resistance, Ruth Handler's unwavering conviction in her vision and her persuasive arguments eventually convinced her partners to support the creation of Barbie. Her tenacity and foresight proved pivotal in transforming the toy industry and reshaping the concept of dolls and play for generations to come.

Naming Barbie

Ruth's decision to name the Barbie doll after her daughter Barbara carried a touch of personal sentiment, as revealed in a candid 1994

interview with Connie Chung on CBS. Reflecting on this choice, Ruth shared that her daughter Barbara experienced a blend of emotions about the doll bearing her name, ranging from a degree of pride to occasional embarrassment. This glimpse into the relationship between mother and daughter adds a layer of familial connection to the iconic doll's origin story.

Ruth's Son Ken

However, the familial naming didn't end there. Ruth's son, Ken, would also be brought into the fold. In 1961, Ruth introduced another doll to the world, this time named after her son. This decision stemmed from a blend of creativity and personal connection, a testament to Ruth's knack for infusing her family life into her entrepreneurial pursuits.

As the Ken doll made its entrance onto the scene, Ruth found herself facing a twist of fate that only added to the family anecdotes. She humorously recounted, "The Ken doll which came out two years later had no balls in the appropriate place and the kids teased my son." This playful yet candid statement highlights the manner in which Ruth's innovative choices intertwined with the everyday dynamics of her family, adding a uniquely relatable dimension to the Barbie and Ken saga.

No Contest

"In the Sixties, if you were a holder of Mattel stock, you were enjoying consistent double-digit returns," Gerber remarks. However, the following decade brought about challenges for the Handlers. Ruth, grappling with a breast cancer diagnosis, stepped down from her position in 1975. This departure preceded a tumultuous period as she and various former Mattel executives faced accusations from the Securities and Exchange Commission for fabricating inaccurate financial declarations. Ultimately, she chose to enter a plea of no contest in response to these allegations.

The Merchandise

Starting from the mid-to-late 1980s, the realm of Barbie expanded far beyond dolls and their associated clothing and accessories. The brand incorporated a vast array of merchandise, encompassing books, clothing, cosmetics, video games, and audiovisual content. An intriguing facet of Barbie's identity is her presence as a virtual actress in a series of computer-animated feature films, commencing with "Barbie in the Nutcracker" in 2001. These films found their way onto home video formats and were broadcasted on Nickelodeon in the United States and worldwide until 2017. The trajectory shifted in 2017, transforming these films into streaming television productions, characterized as animated "specials" available primarily through streaming platforms, especially Netflix.

Barbie in Pink Shoes

As of the release of "Barbie in the Pink Shoes" on February 26, 2013, this film series achieved remarkable success, boasting sales of over 110



million units globally. Before these cinematic ventures, the brand initiated its exploration into digital media with two television specials in 1987: "Barbie and the Rockers: Out of This World" and its subsequent installment. Since 2012, Barbie has stepped into the realm of television and web series, including "Barbie: Life in the Dreamhouse," "Barbie: Dreamtopia," "Barbie: Dreamhouse Adventures," and "Barbie: It Takes Two." Additionally, she has played a supporting role in Pixar's Toy Story films and the My Scene media franchise. In 2015, Barbie made her debut as a vlogger on YouTube under the moniker "Barbie Vlogger," using the platform to discuss her fictional life, fashion, relationships, family, and even delve into weighty subjects like mental health and racism.

Barbara Millicent Roberts

Within her fictional biography, Barbie's full name is Barbara Millicent Roberts. In the series of novels published by Random House in the 1960s, her parents are George and Margaret Roberts from the fictitious town of Willows, Wisconsin. She attended Willows High School in these novels. However, in the Generation Girl books from 1999, published by Golden Books, she attended the fictional Manhattan International High School in New York City, based on Stuyvesant High School.

The Barbie Universe

The extensive Barbie universe also includes companions and family members crafted by Mattel. Barbie has three younger sisters: Skipper, Stacie, and Chelsea. Her sisters have shared the spotlight in numerous Barbie films, starting with "Barbie & Her Sisters in A Pony Tale" in 2013. Other members of her fictional family include Todd (Stacie's twin brother), Krissy (a baby sister), and Francie (a cousin). Barbie's friends comprise Teresa (Hispanic), Midge, Christie (African American), and Steven (Christie's boyfriend). She also formed a friendship with Blaine, an Australian surfer, during her split with Ken in 2004.

Astronaut Barbie & Doctor Barbie

Throughout her journey, Barbie has nurtured an extensive collection of over 40 pets, ranging from cats and dogs to horses, a panda,

a lion cub, and even a zebra. She possesses a diverse fleet of vehicles, including pink Beetle and Corvette convertibles, trailers, and Jeeps. Her versatility extends to piloting, as she holds a pilot's license and operates commercial airliners alongside her role as a flight attendant. The diverse careers Barbie has embraced serve as a testament to her message that women can excel in various roles. She has been released with a wide array of titles, including Miss Astronaut Barbie (1965), Doctor Barbie (1988), and Nascar Barbie (1998).

Barbie Doll Syndrome

Barbie's physical proportions deviate significantly from those of healthy women, posing potential concerns. Envisioning a standard 11.5-inch tall Barbie doll at an adult height of 5 feet, 9 inches, would result in an unrealistic waist circumference of about 18 inches. To put this in perspective, accomplished tennis player Serena Williams boasts a waist of around 28 inches, and singer Lady Gaga measures approximately 26 inches. This spurred the term "Barbie doll syndrome" marked by the pursuit of unattainable physical standards resembling those of the Barbie doll.

Some Controversial Barbies include:

"Colored Francie" made her entrance in 1967, often noted as one of the earliest African-American Barbie dolls. However, she shared molds with the white Francie doll, lacking distinct African features aside from her dark skin. The true pioneering African-American doll in the Barbie lineup emerged with Christie in 1968. Even the 1980 release of "Black Barbie" maintained Caucasian characteristics. A pivotal moment arrived in 1990 when Mattel convened a focus group involving African-American children, parents, specialists, and psychologist Darlene Powell Hudson. This led to the creation of new molds, encompassing altered facial features, skin tones, hair textures, and names.

A bid to appeal to a broader racial audience, Mattel partnered with Nabisco Oreo Cookies to launch **Oreo Fun Barbie** (1977). Other controversial Barbies include: **Pregnant Midge Hadley (aka Pregnant Barbie)** (1963) was deemed too controversial by parents due to its age. **Teen Talk Barbie** (1992) uttered phrases such as "I love shopping!" and "Math class is tough." **Totally Stylin' Tattoos Barbie** (2009) with her temporary lower back tattoo was seen as an inspiration for kids to get real tattoos. **Growing Up Skipper** (1975) portrayed puberty by having her breasts grow as her arm was rotated. Following criticism, the doll was reintroduced in 1979 with smaller, permanent breasts. **Slumber Party Barbie** (1965). The 1965 **Slumber Party Barbie** faced criticism for including a scale set at 110 lbs., an unrealistic weight given Barbie's translated real-life height. The doll also came with a book titled "How To Lose Weight." **Handicapped Becky Barbie**, Mattel's release of its first handicapped doll, aimed at inclusiveness, but it faced backlash for features like long hair prone to entangling in her wheelchair's wheels. **Black Canary Barbie** (2008) featured fishnet stockings and darker makeup which was deemed too mature for children. **Video Girl Barbie** (2010) in the digital age, was equipped with a chest camera for recording videos. Despite concerns from the FBI about potential misuse, the doll garnered commercial success. **Sports Illustrated Swimsuit Edition Barbie** (2014) appeared on the cover of Sports Illustrated Swimsuit Edition igniting debates about body image and media influence.

The Barbie Tribute Dolls are a collection of Barbie dolls that pay homage to and celebrate the achievements, contributions, and legacies of various historical figures, cultural icons, and trailblazers. Some notable Barbie Tribute dolls are: **Laverne Cox** doll - actress, LGBTQ+ advocate, and transgender activist; **Eleanor Roosevelt** doll pays tribute to the former First Lady of the United States; **Lucille Ball** doll commemorates the legendary comedian, actress, and producer; **Vera Wang** doll celebrates the renowned fashion designer; **Queen Elizabeth II Tribute doll** honours her as the longest-reigning monarch in British history; **Gloria Estefan** doll recognizes the achievements of the Grammy-winning singer, songwriter; **Ella Fitzgerald** doll pays homage to the legendary jazz singer; **Billie Jean King** doll for the tennis champion, advocate for gender equality in sports; and the **Rosa Parks** doll celebrates the civil rights activist. ■

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SEPTEMBER 2023

Garry Moir—the curator of the CJNU History Vault, and so much more!



Garry Moir at the CJNU Office

I grew up on a farm near Snowflake in southern Manitoba. Outside my family, I have three main interests: Radio (which I've worked in all my life); athletics (I try to play every sport I can); and history. I majored in history at university and never lost interest. I've produced the CJNU History Vault ever

since I started volunteering. I truly enjoy writing about broadcasting history and have penned numerous articles, as well as a book called *On the Air: The Golden Age of Manitoba Radio*.

My entire working life has been in media – mostly radio and television broadcasting. My first job was at CFAM Altona in 1969. I also worked at CKY Winnipeg, CKRM Regina, CKND Television Winnipeg and CBC Radio Winnipeg. As well, I freelanced for CKO and CKEY Toronto and served as a correspondent for Maclean's magazine. For a time, I was also a contributor to Time magazine.

Growing up in the 60s, I was like most teenagers – I listened to music on a transistor radio. Hearing the rock disc jockeys of the 60s, and play-by-play sports, is what got me hooked on the broadcasting business.

I like CJNU's music, but what I particularly like is the way the station is programmed. They play music that isn't "canned". It's wonderful to hear on-air people, who know something about the music they're playing and can relate that to their audience. Radio is about storytelling. That's how you attract and hold an audience.

I like volunteering because it gives me a chance to keep my finger in the business I've been part of all my working life—and I recently completed the 500th History Vault feature for CJNU. Besides that, it's fun!

Hear The History Vault with Garry Moir every weekday at 8:53am and 4:53pm on CJNU!

Timeless Classics...

Have you seen our bus benches around Winnipeg?

A big thank you to the Manitoba Street Rod Association — and in particular to MSRA member Don Blowett who "lent" us his stunning 1957 Chevrolet Bel Air for our grassroots campaign. The car beautifully exemplifies the classic, timeless sound of CJNU.

We're proud to continue our ongoing affiliation with such a generous community partner in the MSRA!



Our September Host Sponsor—The Concordia Foundation

We are delighted to welcome The Concordia Foundation as our Host Sponsor for September—as we broadcast on-site from Concordia Village!

Concordia Hospital and our multi-level campus are growing. We have had sustained and strategic growth all year, which is possible only because of you – our supporters, donors and hardworking boards and committees. And thanks to listeners and members of CJNU!

We launched our Concordia 2028 campaign that will culminate in celebrating our 100th anniversary with the Centennial Fund Campaign.

In January, we reopened our newly renovated Bergen Family Day Surgery, in memory of Martin, Ruth and Miriam Bergen, made possible because of our generous community donors. Special thanks to the Winnipeg Foundation for their significant gift to this project.

In June, we reopened our newly renovated OR #5 – now in full use – which allows us to increase our surgeries by at least 1,000 patients requiring arthroplasty surgery. Special thanks to people like the Kothari Family and over 200 community donors.

In August, the long-awaited groundbreaking ceremony occurred at the corner of Molson and Concordia for the long-awaited "CV5" at Concordia Village. Within two years, the community will be looking up at a seven-story, 175-unit dwelling in this spot, and we will welcome new residents. This will be more than just a place to live – it will be a



Dr. Tom Turgeon at the opening of the new OR #5.

real community where people from all walks of life can thrive in their new homes. We have seen firsthand how this type of support can impact people's health and well-being.

Our sold-out annual golf tournament, also in August, raised a record number of funds, enabling the foundation to purchase specialized, patient seating for Urgent Care.

A 2.5-year, bilateral knee study to develop guidelines on whether to operate on one or two knees simultaneously, and another study at Concordia's Arthroplasty Research program aims to assess CT scans' benefits when monitoring the slightest microscopic movement in a joint implant. Still another far-reaching project is planned to create a first-in-Canada orthopedic analytic hub (national database on why joints fail) at the Concordia Hip and Knee Institute.

These are just some of the exciting projects underway or being planned at the research program that that may well contribute to the gift of movement for over 2,800 hip and knee patients at the Concordia Hospital alone – in addition to others in operating rooms across Canada and beyond.

Research at the centre, which opened in 2009, is guided by Dr. Thomas Turgeon, arthroplasty research chair, Concordia Foundation, and, at various times, may also include participation by doctors David Hedden, Eric Bohm, Colin Burnell, and Bryan Flynn (part of the Concordia Joint Replacement Group); research staff including engineers; administrators and other essential health care professionals.

Together, they conduct various projects in two distinct categories: clinical research, like those mentioned above, and projects led by engineers who do research for medical device companies that want to improve their joint implants, among other engineering investigations. A newly formed endowment fund, through the Concordia Foundation, will support this program that has exciting projects to be announced this fall.

We also want to thank CJNU and our listeners for their ongoing support through listening, programming, and interacting with us via this medium. CJNU is truly part of our community family!

Sue Barkman is the Executive Director of the Concordia Foundation.



Find us @CJNU937 on Social Media | Visit CJNU.ca to learn more!

Things To Do - WINNIPEG

Luncheons / Shows / Sales

Manitoba Canary & Finch Club - 2023 Fall Display, Sat. Sept. 23, 12-4 pm, Shelmerdine Garden Centre, 7800 Roblin Blvd. Headingley

St. James Assiniboia 55+ Centre - Book Sale fundraiser for the Centre, Sat. Oct. 14, 10 am-3 pm, at 2055 Ness Ave. Kid's Corner, a bake sale and fill your tummies at our canteen. Accepting cash, debit & credit.

Manitoba Mega Train Show - Sept. 30 & Oct. 1, Sat. 9-5 & Sun. 9-4, at Red River Exhibition Park, 3977 Portage Ave. Indoor Train ride (free with adm). Manitoba's Largest Lego Display, Train Layouts of every scale. RC Boats, Geotrax, Meccano, Military Miniatures, and more. 13 and up \$10, 4-12 \$5, Infants 3 & under Free. Free Parking. Handicap and stroller access. A portion of Club's proceeds donated to St. Amant Center.

St. Mary Magdalene Anglican Church - Fall Garage Sale, Fri. Oct. 6, 9-5:30, Sat. Oct. 7, 9-12 noon, 3 St. Vital Rd. Cathy: **204-256-6157** or stmariamag.garagesale@gmail.com

The Women's Canadian Club of Winnipeg - Luncheon, Sept. 21, 12 noon, at RBC Convention Centre. Speaker: Dr. Philipp Schott, Veterinarian and author, presenting on "What you Probably Don't Know About Veterinarians". Cost \$35. Reservations and info: **204-488-8750** or rochelplin@mymts.net

ALS Society of MB - 2023 Cornflower Ball, Sat. Oct. 14, 6 pm-1 am, Canad Inns, Polo Park, 1405 St. Matthews Ave. Auction, live band, dancing, photo booth, 3-course dinner. Tickets \$200 avail at: <https://alsmb.ca/cornflowerball-2023>, HOPE@alsmb.ca or **204-831-1510**

Friendship Force Winnipeg - Dinner and fellowship. Friendship Force is an international organization which provides opportunities to explore new countries and cultures. Dinner reservations/info, Elizabeth: **204-452-5299** or www.friendshipforcewinnipeg.org

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 <http://www.manitobacoinclub.org>

Misc.

GriefShare, Grief Support Group - Loss of a Spouse Seminar, Tue. Sep. 19, 7-9 pm; Find help and encouragement after the death of a loved one, Tue, Oct 10/23-Jan 9/24, 7-9 pm. Register online: griefshare.org. Info: Jean Renouf, Kilcona Park Alliance Church GriefShare Coordinator: **204-612-8436**

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)

RURAL MB

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 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

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**

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - Gentle yet invigorating morning YOGA for women and men 55+ in Ile des Chenes and Lorette. Contact Juliette: yogaforyoumanitoba@outlook.com

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

McNally Robinson Booksellers - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. mcrnallyrobinson.com/classes.

Music / Dancing

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. Info Gary: ghornung@mymts.net or visit www.winnipegmalechorus.org

Forever Young Club - Monthly Saturday dances will resume Sept. 30th and will continue on Oct. 28, Nov. 25, Dec. 30/23, Jan. 27, Feb. 24, Mar. 30, Apr. 27 and May 25/24. fycwpg@gmail.com or **204-261-4442**

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

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@nelsonfinancial.ca, **204-256-5562**, (retired), or Harvey: **204-888-6306**, hshmidt7@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**

Paws N Taws - Non-profit square dance club invites you to join us. Do you enjoy walking to music, socializing and have 2 left feet? That is perfect for modern square dancing. No partner required. Sept 7, 7-9: pm. 211 Kimberly Avenue. 3 FREE LESSONS. ronbeth02@gmail.com

Whirlaway Westerners - Learn Modern Square Dancing! Open House, Fri. Sept. 15, 7-9:30 pm, Kirkfield Westwood CC, 165 Sansome Ave. or ph Carole: **204-831-8954**.

You2 can dance - Modern Square Dancing - Accepting dancers (partner not required) Sept. 18 & 25, starting at 7 pm, at St. Mary Magdalene Church, 3 St. Vital Rd. Wpg. Contact Pam: **204-914-9209** for info.

Sports / Fitness / Games

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 provided. 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.

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

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

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 organizations) - 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.

Women's 18 Hole golf league - May 2023 at Windsor Park golf course. All abilities welcome. Tee time 3:45 Wednesdays. Contact Louise Flood: **204-257-4588** or winsrputters@mymts.net.

Volunteering

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

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

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services held in the Centre. **204-831-2503** or visit 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@swwsrc.ca

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

Misericordia Health Centre and Misericordia 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, 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.

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

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

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

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

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**.

Continued on next page

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 | www.aosupportservices.ca

Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource **204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** & District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**; **Selkirk** & District Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **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

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

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

meal program; and much more. Info: **204-388-9945** or 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.

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 programs, volunteer opportunities, special events (outings, seasonal meals and presentations). 384 Eveline St. Info: 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

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.

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

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, 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

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

Things To Do - WINNIPEG

Assiniboia Wood Carvers Association - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@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.

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 - 377 Dufferin Ave. 1st Dance - Sept. 16; 1st Bingo - Sept. 18; Chair Exercise - Sept. 21. Come and get a schedule. Perogies for sale. 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**.

The Happy Gang - Welcome back for an afternoon of fun - conversation, card games, table games or bridge, complimentary light refreshments. Thur. Sept. 21, 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.

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, ncseniors.ca

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Fall 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, Still Bloomin' Garden 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, <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.

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

St Norbert Community Centre (SNCC) - Tai Chi, Tue. Sept. 12, 10-11 am. 9 classes. Cost \$25; City of Winnipeg Office of Emergency Preparedness, Thur. Oct. 12, SNCC main hall, 1-3 pm. Info at Dana_Derkson@hotmail.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 Provanche Blvd. **204-942-2880**

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

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Launching Fall programming: burlesque dancing, book club, learning to strum the ukulele, 1 day road trips, Men's Coffee Club, Dinner Club, painting classes, exercise classes, pickleball, scrapbooking, card making, drawing club and more. For Fall schedule contact Gerry: **204-233-0648**, or office@windsorcc.ca or Rosie: rosieschau@gmail.com

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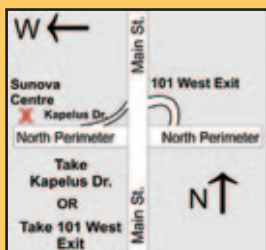
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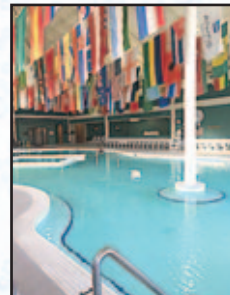
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More details coming soon

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For more information, please contact

Mélanie Brémaud

Senior Resource Coordinator
Seine River Services for Seniors Inc.

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labseinerss@gmail.com



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CROSSWORD (EASY) By Myles Mellor

ACROSS

1. Make a choice
4. Leave in the dust
8. Mouth part
11. Go a-courting
12. Neighbourhood
13. Back
14. A nightmare on ___ street
15. Subjects of Mendelian experiments
16. Green, in a way
17. Come out
19. "___ make me feel brand new" *The Stylistics*
21. Snitched
24. Assess
27. Optional with a haircut
30. Jack-o'-lantern feature
31. Insurable item
32. Dealt with bugs, in a way
34. Alligators, for some
35. ____, not heard
36. Seventh Greek letter
38. Colorado resort
42. Dodge pickup
44. Strip the bark
47. Hole in one
48. Software program, briefly

1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
17			18				19	20			
			21		22	23		24		25	26
27	28	29						30			
31					32		33				
34					35						
			36		37		38		39	40	41
42	43			44	45	46			47		
48				49					50		
51				52					53		

49. ___ of Essex
50. One of the five W's
51. Comprehend
52. "Don't go!"
53. Prince, to a king
6. Not an ocean
7. The Big ___
8. Time for resolutions
9. Cultural period
10. Bowl over
18. Greatest
20. Skin and lungs
22. Debit item
23. Blockhead
25. Backgammon im-
26. Aim
27. Fall guy
28. Shade
29. Tackle
33. "Is that right?"
37. Copies
39. Bears' hands
40. Bounce back, in a way
41. Sign gas
42. Worthless cloth
43. Gorilla
45. "Dig in!"
46. Baseball stat

DOWN

1. Due
2. John Paul II, e.g.
3. Resting place
4. Portable computer
5. Neighbour of Ida.

SOLUTION ON PAGE 23

WORDSEARCH - FAMILY - By Roni Alward & Senior Scope

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

- | | | | | |
|-----------|-------------|-----------|---------|--------------|
| Accept | Cuddle | Grow | Mother | Son |
| Adopted | Dad | Help | Nephew | Spouse |
| Advice | Defend | Heritage | Niece | Stepdaughter |
| Assist | Embrace | History | Nurture | Stepmom |
| Aunt | Empower | Household | Parents | Support |
| Baby | Family | Hug | Play | Teach |
| Blood | Feud | Include | Pranks | Tolerate |
| Bond | Forgive | Inlaws | Protect | Twins |
| Care | Foster | Kin | Respect | Uncle |
| Celebrate | Gather | Laugh | Reunion | Values |
| Cherish | Grandfather | Lineage | Reunite | Widow |
| Child | Grandma | Love | Share | Wife |
| Cousin | Grandpa | Mommy | Sister | |

SOLUTION ON PAGE 23

Facebook FUNNIES Facebook FUNNIES Facebook FUNNIES

"We could certainly slow the aging process down if it had to work its way through Congress." - Will Rogers

"Maybe it's true that life begins at fifty .. But everything else starts to wear out, fall out, or spread out." - Phyllis Diller

Be careful about reading health books. You may die of a misprint. - Mark Twain

DEAR ALGEBRA,
 Please stop asking us to find your X. She's never coming back.
 And don't ask Y. - Anonymous

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