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Senior Scope

Season's Greetings • Merry Christmas • Happy New Year!

Vol. 22 No. 6 Dec 10/23 - Jan 15/24

Age doesn't matter... when it comes to saving a life.

There is no greater gift than the gift of life.
- Senior Scope

Just ask Roberta Koscielny how precious a second chance at life is to anyone needing an organ transplant.

Roberta is the Communications Specialist for Transplant Manitoba – Gift of Life, HSC Winnipeg. She was invited to speak about organ and tissue donation to a group of curious 55+ and seniors at the Sargeant Tommy Prince Place in Winnipeg's North End on November 22nd.

One question that arose after the presentation was how old one can be to donate their organs.

Most people think that when you reach those golden years, your body is too worn out to be any good to anyone. That is a myth. Almost anyone at any age can be a donor. Health is the determining factor. The oldest deceased donor in Canada was 92 years old, donating a liver. A 102-year-old from Manitoba was able to donate corneas giving the gift of sight.

Other information Roberta provided was:
• More than 68,000 Manitobans have registered using Manitoba's online organ and tissue donor registry, www.signupforlife.ca.
- The registry launched in 2012.

• One donor has the potential to save the lives of eight people and enhance the lives of another 75 through the gift of tissue donation.

• There are approximately 4,000 Canadians waiting for a life-saving transplant. Each year about 250 will die because the needed transplant will not come in time.

- About 200 Manitobans are currently waiting for a kidney transplant. Another 30 are waiting for a heart, lung or liver transplant.

• According to Canadian Blood Services, 90% of Canadian support organ donation, yet only 30% are registered.

• Adult kidney transplants have taken place in Manitoba since 1969.

- The Living Kidney Donor Program started in 1971.

As equally important as signing up to be a donor on the website www.signupforlife.ca is discussing your wishes with your family. Often they will have to make ultimate heart-wrenching decisions on your behalf.

For more information, contact Roberta Koscielny - 204-787-1897 or email info@signupforlife.ca



Roberta Koscielny - Communications Specialist for Transplant Manitoba - Gift of Life, HSC Winnipeg



This group listened to the presentation on organ donation and shared a few stories of their own.

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



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

December, 2023 -

Adding years to life is something we all want, and we also want to enjoy those years in good health.

Recently the UN Decade of Healthy Aging recognized a Brandon, Manitoba woman for doing her part to improve the quality of life for her community.

In 2020 the United Nations launched a global initiative to improve the quality of life for older adults, their families, and their communities. The goal of this global initiative is to collaborate and extend life expectancy globally.

The UN Decade of Healthy Ageing (2021 – 2030) aims to give everyone the opportunity to add life to years, no matter where in the world we live.

This initiative includes organizations, stakeholders, governments and sectors of the global population who have come together to address four areas that are important to healthy aging. These four key areas are: creating age-friendly environments, combatting ageism, developing integrated healthcare systems, and ensuring access to long-term care. The Decade of Healthy Ageing provides opportunities for collaboration by believing that everyone has something to contribute.

One of the many contributors is right here in Brandon, Manitoba! In 2019 Meryl Orth recognized that there was a knowledge gap in her community of older adults. She realized that as they aged many people did not know where to find services that they needed. She also found that many of the service providers didn't know how to reach the older adults and caregivers living in Brandon and surrounding area. In 2019 "**Brandon Health Checks. There is a Whole Lot of Living Left to Do**" was born. That first year included ten vendors who were organizations and businesses that were key to older adults ageing in the right place and adding quality to their life. Over the years Brandon Health Checks has grown to fifty vendors! These vendors include non-profit organizations, businesses who serve older adults, and key health care providers from Prairie Mountain Health. When I spoke to Meryl to congratulate her – she insisted that this successful health fair would not happen without the help of her daughter and the event steering committee.

Always wanting to improve this event, in 2021 Meryl sought the help of the University of Manitoba Centre on Aging and a Geriatric Specialist practicing in Brandon, to assist with a community wide survey to see what services older adults were looking for. The information from the survey continues to inform many of the decisions about Brandon Health Checks.

In January of 2023, Meryl received the support of the steering committee to apply to the UN Decade of Ageing to tell the story of the successful Brandon Health Checks events. Late in November, Meryl received word that her submission had been selected by the UN Decade of Ageing to be part of their case studies. Meryl feels truly honoured to contribute to this global movement.

Congratulations! Meryl - you are proof "there is a whole lot of living left to do!"

Happy Holidays and best wishes for an Active New Year! ■

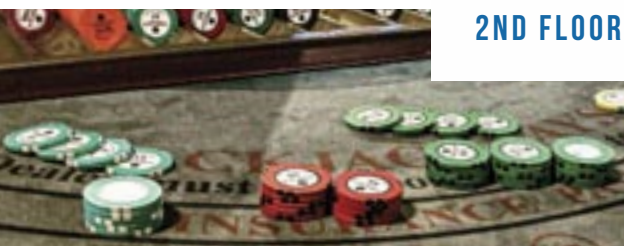
At Active Aging in Manitoba, we are excited to announce that we kick off the **2024 Manitoba 55+ Games with a Winter Curling Event, March 5-7/24** at the Brandon Curling Club. For more details visit: www.activeagingmb.ca or call 204-632-3947.

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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SCAN ME

ADVERTISING FEATURE

Do only what you can reasonably manage this holiday season

- Alzheimer Society of Manitoba

The holidays can be an enjoyable time for many people, but they can also bring feelings of stress, disappointment or sadness for many, including families living with dementia.

Someone living with dementia may feel lost or confused during the bustle of the holidays or they may feel a special sense of loss because of the changes they have experienced. For care partners, trying to maintain holiday traditions can add extra pressure on top of the caregiving responsibilities you already have – causing an increase in stress or overwhelm.

This holiday season, the Alzheimer Society wants to remind you to give yourself permission to do only what you can reasonably manage. This could mean simplifying celebrations, like having smaller or more casual social gatherings or cutting down on a few holiday tasks, like baking, shopping or decorating. Make a decision to enjoy the festivities without succumbing to the obligations and expectations that can come with the holiday season.

Feelings of grief or loss can also arise over the holidays, including a sense of sadness when you've decided to let go of certain traditions, especially if it means less time with family or friends. Care partners may also experience ambiguous loss – a type of loss you feel when a person living with dementia is physically there but may not be mentally or emotionally present in the same way they were before.

Recognizing the complexity of your feelings and talking about them with others is



a step in the right direction. It is sometimes difficult for others to understand what you are going through because they aren't knee-deep in the situation like you are. It might help to call the Society and speak with someone on their **First Link**® Client Support team – they will understand at a level that others may not. They can help you work through the tough emotions you may experience this holiday season and throughout the year.

The Society also have support groups available for people living with dementia and for care partners. They are safe spaces where you can share openly with others who are experiencing similar situations. Relating to others who are going through the same thing can help you feel like you're not alone. They can help guide you with ideas of how they

are handling these situations and in turn, you can do the same for them.

Speaking with the staff from the Society through their one-on-one counselling sessions or joining one of their support groups are acts of self-care – and they can help you build coping strategies and feel supported as a care partner.

However you celebrate this year, and whatever feelings come up for you throughout the season, taking care of your own well-being is important and the Society is here to support you.

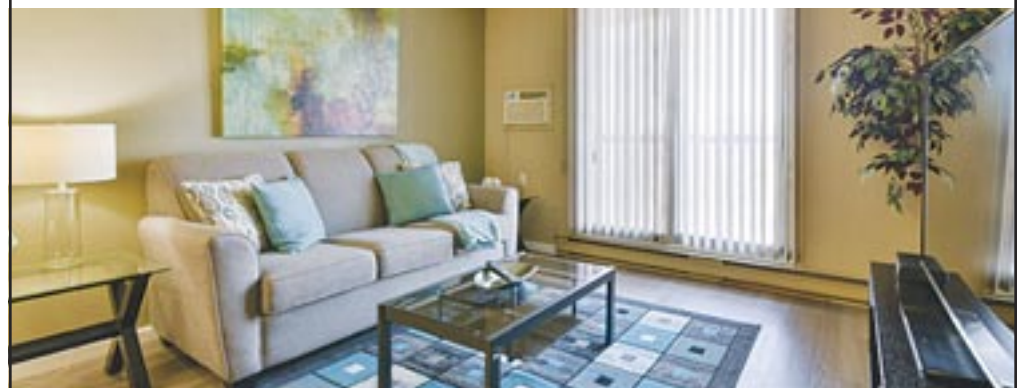
You are not alone this holiday season.

For more information or support, connect with the **Alzheimer Society** by calling **204-943-6622** (Winnipeg) or **1-800-378-6699** (toll-free in Manitoba) or emailing alzmb@alzheimer.mb.ca.

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Read Online at www.seniorscope.com

"A Merry Manitoba Moment"

Billie Schibler – A Woman Who Makes a Difference

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

My partner and I received a very warm welcome from the time we rang the doorbell at Billie Schibler's residence. I sensed Billie was happy to tell us her stories and we were eager to listen. For the next three hours, we were captivated by her experiences over the past years. I wanted to know about her life and the plight and customs of Indigenous people in Manitoba.

Our chat started with Billie's family history. She states they're a Métis family with Métis citizenship cards - her husband, herself, and her children. When she was growing up, being Métis was never something she thought about, because she didn't know what it meant. It was never discussed. Billie now recognizes it wasn't easy being Métis. "We were considered 'half-breed', as that was the word used back then." They had Indian and French backgrounds, often referred to as Michif, a language they spoke.

Billie's grandmother was raised in the Catholic faith in a small French Métis community in Richer, Manitoba. She only knew her religion when she went into the "spirit world". She had her rosary and a Bible. Her grandmother never received any information about her culture. It was something that wasn't discussed.

When some of Billie's relatives came on horseback for visits, they were unknown to the younger family members. Sometimes the men had red bandanas tied around their heads and long flowing hair. Billie said, "They just came, visited, traded if they came for that purpose, then left. That was just something that happened. Nobody asked about it when they came, it wasn't spoken of...it just was." They brought gifts of meat for trade. Eggs became a trade item in exchange. We enjoyed Billie's reference to the Cree word "wawa" which means eggs. With a chuckle in her voice, she said, "I will never forget it because of the reference to the town

Continued on page 6



Billie Schibler



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Billie's grandmother's sister (great aunt), and cousins at her great aunt's old log house near Deerhorn, MB. Late 1950's.

of Wawa, Ontario." Sitting on a large blanket on the floor in the living room of the main house, the adult family members smoked a pipe. "The pipe was shared amongst my great-great-grandmother and the visitors as they sat together. I don't know if my great-great-grandmother had her own pipe. I was just never given those details." Billie wished she knew more about the history of her family. Family dynamics didn't include an abundance of information during those days.

There are several Indigenous languages to which Billie was exposed. She found the easiest way to learn some words was through song. By singing she got to know a few words that stayed with her. In "ceremony", words were repeated several times which helped her commit them to memory.

Over the years there were several descriptors used for the identity of the first people

of Canada. Some provinces were saying 'Native'. Ontario was saying 'Aboriginal'. "Indigenous wasn't even a word used back then," Billie said. "We didn't use that word. We were called Indian, or Native, which was big during the 60s, 70s and into the 80s. Then we were called Aboriginal, and I don't know where that came from. We are still shaking our heads over that one. I had a link with the American Indian movement – they are proud to say they are American Indians."

"While I was working for President Chartrand, one day the government suggested 'Indigenous', and they asked how I felt about that. It was important to understand the meaning of this new term. It was defined as the first peoples of the land which included First Nations, Métis, and Inuit people, regardless of tribal affiliation."



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Billie Schibler

Cynthia Trylinski was a student of mine. Her relationship with Billie started off many years ago when she was her papergirl. When Cynthia delivered the paper, she opened Billie's front porch door and threw the newspaper across the shiny painted floor. The sections separated making it difficult for Billie to pick up, which she didn't appreciate. Billie was in the latter stages of pregnancy with her eldest daughter: Later, Cynthia came to collect for the paper. Billie greeted her and politely but emphatically asked her "Why do you whip the paper into the porch?" Cynthia replied, "I'm afraid of your big dog!" Billie assured Cynthia it was okay and brought Alfie out so they could become familiar with each other. Then Billie asked her if she could gently place the paper into the porch because it was difficult for her to bend down to pick up all the sections. That was how they left it – there was no en-

dearment in any of their conversations. Fast forward a few months – Billie needed a babysitter. She didn't know any young people in the community. Billie, in her other "sweet voice", asked Cynthia if she knew anyone who babysat. Cynthia said, "Ya, I babysit and so do my sisters." She became Billie's premier babysitter, and when she wasn't available, her sisters, Rosalie or Janice, stepped in to help. Cynthia's parents periodically looked after Billie's two children, which brought both families closer.

As the years went by Billie and Cynthia's friendship grew. They not only travelled together but also worked on special events, and Cynthia became an important part of the Schibler family gatherings. Their lives became intertwined.

The "Opening Prayers and Blessing" was led by Billie at the Province of Manitoba,

Continued on page 7



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Rick Roschuk
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More Reflection! Well, he's back at it. Yup, this character can't stop thinking about how we can be better as a community and a better caring society. In the last four years we have seen, endured, coped, stressed and fought to save our old ways of life. Covid-19 and those who think they know better were constantly in our faces. Some of it helped, the rest was just garbage in and garbage out. But if there was one major thing I learned during this time, is that I needed to be better. Better life-style changes, better societal behaviors and better healthcare choices were needed if I wanted to not just survive Covid-19, but thrive during and after Covid-19. Now don't get me wrong here, I'm not going to preach on what's or how to's. No the big picture we speak of today is that by looking after myself better, right across the board, I would be less in need of using our Health-Care system at a time when it was breaking into a ton of

little pieces. If I took the time to do what was right for my physical and mental healths, I would be in less of a need for use of our system. This included a million little things I never dreamt of or considered in the past. Yes, I masked, vaccinated, social distanced and everything that made sense to keep myself safe and for the most part it worked like a charm. Eventually, I did home-test positive for that dang bug. On the bright side, my symptoms were easy to deal with and my biggest obstacle was that isolating thing. It drove me nuts, just saying. But I did it. In the end, my improved efforts to be a better, healthier human paid off big time. I have been able to stay healthy, to be available to help others who struggled and most importantly; **I stayed out of the Healthcare system.** Everybody should have the right to choose their course of action, my choices including doing the things others needed me to do

as well. Stepping up my personal health program if you can call that, not only made things easier for me, but I may have prevented others around me from getting ill. I helped the Healthcare system. Sweet! Covid-19 is still around, sub-variants are everywhere. The Flu has come back with a vengeance and the other bugs that have appeared are complicating things even more. I can only say to you, think about what you can do to protect yourself, your family, your community and our Healthcare system. Those who are truly vulnerable and can't do what we can to be better, need us, plain and simple. Do your research, ask the questions of your Doctors and be proactive. Make the holiday season better for all by not having to be in hospital or in public spreading bugs that can sicken and yes, kill others. It may be the best Christmas gift you ever give someone else... Merry Christmas, Happy Holidays, Hugs and Happiness...**Rick & Trish!**

Won't You Be My Neighbour?

By Trish Bennett

Nothing can get you in the spirit of giving like a Christmas and Craft Sale. This past November 25th, **Good Neighbours Active Living Centre** held their annual sale that hosted over 45 vendors and saw 500+ shoppers throughout the day. To say the least, the building was full of holiday spirit.

The moment you walked through the doors, you were greeted by volunteers at the welcome table, could buy tickets for a chance to win raffle prizes or half of the 50/50 pot, and most obviously, you felt overcome with the feeling of Christmas. A stroll down Candy Cane Lane taunted you to buy homemade baked goods, cookies, jams, pies, honey, or much more!



Trish Bennett

If you managed to pull yourself away from those treats, you could enter the main room filled with vendors showcasing their talents. Homemade gifts ranged from little crocheted animals, barbie doll clothes, glass blown jewelry to ornaments and holiday themed wooden signs. There was definitely something for everyone!

While the shoppers strolled through the event, they were serenaded with beautiful holiday music and may have been lucky enough to be around when the emcee, Rick, belted out a tune or two!

Thanks to the 4-page pullout insert in *Senior Scope's* November issue, many of our neighbours were reminded how many organizations and businesses support Good Neighbours Active Living Centre throughout the year.

It was also a way to celebrate and thank the volunteers that make up the core of the Centre's heart. It takes many volunteers, a neighbourhood you might say, to organize these events, run The Bookstore, and prepare the food for Hobnobs Café on a regular basis.

Another big thank you must go to Kelly Goodman, publisher of the *Senior Scope* newspaper for her role in assisting to make this day a success. During the sale, we took a

moment to capture a photo of the generous donation made by Kelly (*Senior Scope*) to Susan Sader, Executive Director (GNALC) in the amount of \$1000. This donation, along with other offerings, combine to help keep their doors open to the community. Although hopeful they will meet their goal of \$30,000 for 30 years, they still need your help to move the marker from 63% to 100% of the target. If you have thought about donating or volunteering but haven't made the leap, it's not too late to jump in and be part of the Neighbourhood. Visit gnalc.ca for more information. ■

Giving back to the senior community!



We at *Senior Scope* were privileged to play a role in supporting **Good Neighbours Active Living Centre** that helped raise awareness and much needed funds for the Centre. Susan Sader, Executive Director of Good Neighbours was presented a cheque for \$1000.00.



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“A Merry Manitoba Moment”

Ken Dryden – A Class Act

By Bud Ulrich



A MANITOBA
MOMENT

Bud Ulrich

I attended a delightful book signing event at McNally's bookstore last month. Paul Samyn (Editor of Winnipeg Free Press) was chatting with Ken Dryden, the legendary Montreal Canadiens goaltender, an all-star for six seasons, who won six Stanley Cups. Samyn started the evening by mentioning Dryden was his childhood hero, as are many “hockey types” in Canada. Dryden was in Winnipeg to promote his recent book, *The Class*. The attentive audience of a few hundred focussed on every word coming from Dryden.

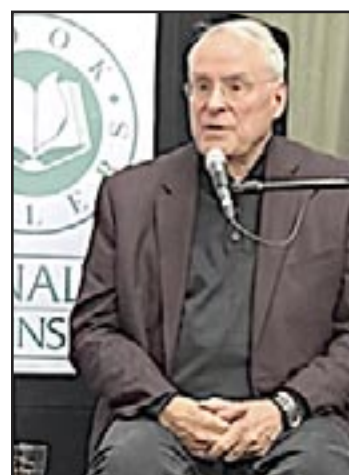
Some hockey players are good at their game, but Dryden was not only good at this sport, he was well-educated, a lawyer, a politician (Member of Parliament 2004 to 2011), a television hockey commentator, a teacher, and an author of twelve books. He is an Officer of the Order of Canada, became a member of the Hockey Hall of Fame in 1983, and was inducted into the Ontario Sports Hall of Fame in 2011. Not many hockey players can boast these credentials. While Dryden is a very accomplished and distinguished person, he came across as a down-to-earth sort of guy with a good message.

The birthplace of Dryden's father is Domain, Manitoba. Dryden took the Stanley Cup to Domain following one of their victories, but he never skated in this town's rink. Samyn proudly stated he got to skate in the Domain arena, and said, “One for me. I get to skate, and Dryden gets the Cup.”

Dryden gave a brief account of his new book. He explained he was looking for coherence with the stories from his classmates. He didn't start with the idea of coherence, because with conversations with almost all the 35 former classmates or family members of those deceased, he came to feel that he really wasn't going to know people's stories. He felt that he would receive only versions



Bud Ulrich had a discussion with Ken Dryden (left) at McNally's bookstore after a book signing for Ken's book, *The Class*.



Ken Dryden promoting his book, *The Class* at McNally's.

of their stories because what they remember may be different from what happened. He says, “What all of us are looking for is a coherence to our own story. All those things that have happened to us, good, bad, twists and turns, the things that seem to make no sense – is to find a sense in them. To go one step beyond that, there's a story in ourselves that we can live with.” Dryden's explanation left me thinking about his genuine approach to writing meaningful, consistent stories of his classmates. It is this quality which makes his latest book, *The Class* – a must read!

Dryden recalled wanting to write a biography of a former classmate who was an average guy, forty years old, married with at least one kid, having an average income, living in the suburb of a big city, and having a high school education. One of the interesting things about this person, it wasn't about the grades he got, but the fact he graduated – it just took him two extra years. Because of his low grades and the extra time spent, he left high school with a feeling that he was a poor learner – or he couldn't learn. Learning, to him, had to do with book learning. The good story is that he moved on to working with Imperial Oil as a credit card debt collector, and he was good at his job. He was offered promotions, but he thought taking promo-

tions involved added responsibility, and he would have to take extra courses which was back to “schoolbooks”. He felt, “That's not me, I'm a terrible learner,” so he never took the promotion and continued as a credit card debt collector. As time went on, he developed an understanding of himself that came partly from school and partly from life experiences. Dryden mentioned it's very important to understand yourself.

During Dryden's days as a teacher, he felt it was equally important for students to understand themselves. He said, “They kind of write their own stories. It's so important that they have the right understandings, because if they have the wrong ones, they get stuck and they're so hard to get rid of.” He related a story of questioning a student about the subject of math. The student responded saying, “I hate math. I always hated math. I can't do math. I'm never good at it. I don't want to be good at it. I'm never going to use math in my life. I'm not going to have a job that requires math.” Dryden said if you're a teacher – good luck! The only chance a teacher has is to spend the extra time, if you can find it, helping that kid to write a new story about himself/herself. The teacher can provide alternative stories that just may change things for the student.

At the time Dryden grew up, the “model kids” were the all-around kids. It wasn't the superstar athletes, it wasn't the super nerd successful students, it was the all-rounder. “There were so many of us who could do all sorts of things. It was the belief of our parents that we as kids should be involved in all kinds of activities, the notion in the way of which post-war communities were being built, as well as the growth of the suburbs, new schools, new churches, new playgrounds, et cetera. That was the understanding.” Dryden and his brother had the freedom to do whatever they wanted to do, so long as their grades were good. They lost their freedom if they weren't. “You learn a lot in the classroom, you learn a lot in the playground, in the band, and in many other fields,” Dryden said. The whole community was a learning environment.

In summing up Dryden's most informative presentation, his message gave the audience a positive feeling of optimism. His book is contemplative, thoughtful and revealing. It's a reflection of what happened in the school in Etobicoke, Ontario. He had a lot of good learning experiences in his life. “Learning is not just of what you come to know, but it's what you come to feel that you might be able to learn at some point. Fate is something you don't know.”

Dryden started his hockey career with the Montreal Canadiens. He was thrust into the Stanley Cup playoffs, with only six games under his belt, against the mighty Boston Bruins who were favoured to win Cup. The Canadiens won the series and the Cup. He says, “In sports there's always a way to win and always a way to lose, and it's up to you to find a way to win.” Dryden feels very strongly that he's not somebody who can't. “You just do it – you find a way,” he said.

I can't is not part of Dryden's character.

A closing comment from Dryden – “If you are a kid, and most every kid is young enough to be hopeful, adults have no right to question or put doubt into that kind of hope.” ■

bulrich50@mymts.net

Billie Schibler, *cont'd from page 5*

Status of Women initiative on violence against women. Transporting the Eagle Fan to ceremonies was a challenge. Billie carefully wrapped it in her shawl and carried it in her bag. Cynthia noticed this, and after many hours designing and finding traditional items such as sweet grass, beads, elk hide, et cetera, she created a special carrying case for the Eagle Fan. A few months later she presented the case to Billie who was totally amazed at this beautiful gift. I did some research on the Eagle Fan and discovered it represents respect, honour, strength, courage, and wisdom.

Billie spoke about the president of Manitoba Metis Federation, David Chartrand, who she says has fought to put the Métis on the map

in a big way. When he was vice president to the Metis National Council, he was their spokesperson. Candidly, Billie states, “While he and I don't always agree on all points, and while there is some contention between the Métis of other provinces, I respect and believe that President Chartrand has done more for the Red River Métis people than anyone historically, outside of Louis Riel.” She emphatically says, “If president Chartrand sees something wrong towards the Metis people, he's relentless, and will deal with the problem and see it through!”

A few months back, Billie lost her firstborn son, Grayson, at the young age of 43. His sudden and tragic death was unbearable for

all her family. Billie thanks family and friends who have been supportive during this very devastating time of grief. On her way back to Winnipeg from Kelowna where Grayson lived, she then had to deal with the recent passing of her mother. Life can be most difficult in so many ways, yet beautiful in others.

Billie worked for the Manitoba Métis Federation, but she has been retired for the past three years. At times she interacts with the government in an advisory capacity. She is also a Clan Mother. Her previous roles involved Chief Executive Officer for Manitoba's Métis Child & Family Services Authority. She has served as the Children's Advocate of Manitoba, reporting to the Manitoba Legis-

lature. She has lobbied to influence the family services system (CFS) for the support of children outside the system. Billie told us about an Indigenous led healing village near Victoria Beach, supported by Clan Mothers. This will be very beneficial to Indigenous women who have experienced trauma and addictions and are in need of mid to long-term supports.

Our time with Billie went by too fast with many delightful tales, and some heartbreaking stories. This was an opportunity to explore Métis history and to chat with a wonderful woman who is proud of her heritage and her family. Time well spent! ■

bulrich50@mymts.net

Women of Note Founding Director to Retire in 2024, Local Choir Searching for Co-Directors

For 30 years, Winnipeg's **Women of Note – a Sisterhood in Joyful Song** – auditioned choir has created beautiful music around town under the direction of its founder Pat Rabson. The well-known singer, music educator and conductor plans to retire in June, 2024 but the choir will sing on.

Rabson admits that guiding the talented members of the WoN Sisterhood for 30 years has been both a blessing and a privilege. She is confident that she is handing over a dynamic and committed choral organization that will continue to bring joy to new leadership.

Women of Note includes three performance ensembles: WoN Chorale, WoN Chamber Singers, and WoN Massed Choir. Realizing that conducting all three is a big commitment for one person, the WoN Board of Directors is looking for two co-directors to work together to lead this dynamic choral group into

another 30 years of “making a joyful noise.”

Choral Conductors, interested in becoming a part of the new leadership team should contact Coleen Anderson, chair of the Succession & Search Committee for Women of Note at ch.anderson@shaw.ca or go to the Women of Note website at www.womenofnote.ca.

Vivian Silver - An Activist For Peace Between Israel & Palestine

By Myles Shane



Myles Shane

As a seasoned member of Kibbutz Be'eri, located just a stone's throw from the volatile Gaza Strip border in southern Israel, Vivian Silver, a Canadian-Israeli peace activist and advocate for women's rights, found herself thrust into a nightmarish scenario in the early hours of October 7 when Hamas terrorists infiltrated the kibbutz. Taking refuge behind a closet in her safe room, she engaged in a bone chilling exchange with members of a *WhatsApp* group, connected with her during that ominous moment.

According to Time magazine that morning, Yonatan, Vivian's Silver's eldest son, was jolted awake by sirens. He was supposed to be in Be'eri for Simchat Torah with his mother, but his family remained in their central country home. When he called his mother, she was in her safe room. Despite the grim updates from Be'eri's WhatsApp group, her bright spirit persisted as she bantered with him. "She maintained her sense of humour, but there was a sudden realization that this could be the end," Silver texted her son. "I'm letting everyone know how much I love you and how blessed I am to have you in my life," she told him that day. "I'm with you," he texted back, and she replied, "I feel you." A bit before 11 a.m., the messages abruptly ceased.

Later that day Yonatan was informed his mother's house had been obliterated. Almost nothing remained except for some old pottery on ashen ground. Her phone remained in the kibbutz. Despite the text exchange, Yonatan was convinced it was all over, yet there



Vivian Silver

was still no sign of her body. Yonatan expressed profound uncertainty, stating, "We remain in the dark about her whereabouts. I can only cling to the hope that she is being held in Gaza. It's a dreadful hope, but even in its terribleness, it is preferable to the despair of having no hope at all."

37 Days Later - November 13

In the harrowing chronicle of Silver's disappearance, the initial thread of hope tightly clung to by friends and family was cruelly unraveled. The prevailing belief, rooted in desperation, was that she had fallen victim to a sinister abduction. Yet, on that fateful November 13, the crushing reality shattered their fragile illusions. The haunting confirmation arrived - Vivian Silver had been ruthlessly murdered by Hamas terrorists on October 7, 2023. Michael Mitchell, an old friend from Winnipeg, speaking to CP24, recounted the tumultuous descent into a vortex of hope, only for it to violently crash down. The torturous wait for closure extended over 37 excruciating days, the span it took to identify Silver's re-



Vivian Silver speaking for peace.
Photo courtesy of Women Wage Peace.

mains, a grim testament to the enduring anguish of those who loved her.

Roslyn Weisman (Vivian's mother)

Roslyn, Vivian's mother, played a pivotal role in inspiring her daughter's path as a peace activist. Raised on Flora Avenue in Winnipeg's North End, surrounded by the Talmud Torah School and Chief Rabbi Kahanovitch, Roslyn developed a profound connection to Judaism. Her educational journey led her through David Livingstone, William Whyte Schools, and St. John's Tech. In her late 50s, she pursued further education at the University of Manitoba through Judaic evening courses.

For four decades, her commitment extended beyond, including active participation on the boards of the Winnipeg Jewish Community Council and the Jewish Heritage Museum and Historical Society. Throughout her life, Roslyn's dedication to community service left a lasting impact on various organizations and contributed to her legacy as a respected and influential figure in the Winnipeg Jewish community.

Meyer Silver (Vivian's father)

Meyer Silver's life in Elmwood, a suburb of Winnipeg, was shaped by the hard work and dedication of his parents, Abraham and Sarah Silver. They ran a grocery store for 15 years, weathering the Great Depression before Meyer's father joined the Bell Bottling Co.

Meyer's educational journey took him through Elmwood Elementary, Lord Selkirk Jr. High, and St. John's High School. In 1941 he joined the Armed Forces, serving in Europe until his discharge in 1945. During the war, he maintained a connection with Roslyn Weisman (Vivian's mother), and they married in December 1945.

Winnipeg

Vivian Silver entered the world in Winnipeg, as the city embraced the arrival of a new decade-the 1950's. Her formative years unfolded in the North End on Burrin Street. Reminiscing about their shared childhood, her old friend Raquel Zucker recalls their time together at IL Peretz School and Edmund Partridge School, "I remember Vivian taking elocution lessons and being quite adept at reciting poems and other pieces. She even made appearances on a kids' talent show on television."

Classmate Allan Rathbone also has fond memories of a close friendship. He vividly recalls many wonderfully ponderous noon-hour conversations; both cared deeply about



Vivian and her friend Jeff Parness
Founder, Board Member, Executive
Director Emeritus New York Says Thank
You Foundation, Stars of HOPE Program.

'unpacking' the life issues familiar to all on their journey through adolescence. "Faith was often at the heart of it: faith in ourselves, faith in the unknown, faith in progress, faith in our futures, faith (or the lack thereof) in all of the assurances we were being offered about the meaning and purpose of our lives." In those discussions Allan realized that "Vivian needed the certainty of hope realized through action". She shared her parents' determination to make a difference, even as a young teen.

Lynne & Michael Mitchell

Brother and sister Lynne and Michael Mitchell crossed paths with Silver during their teenage years through the youth group B'nai B'rith Youth Organization (BBYO). Lynne reflected on Silver's enduring qualities, stating, "What I remember about Vivian and what stayed with her all of her life is she knew how to connect with people. She knew how to listen to people. She knew how to understand situations and listen to different points of view." Their friendship spanned over sixty years, marked by shared experiences in navigating life's pivotal moments, from dating and boyfriends to marriage, children, and grandchildren. Lynne's memories of Silver are filled with the ordinary yet profound aspects of life, a testament to their enduring connection.

The Rose's & Judaic Studies

Rabbi Neal and Carol Rose stood as influential figures in Winnipeg's Jewish community, with Rabbi Rose leading his congregation at Rosh Pina in the North End. Beyond his pastoral duties, he provided counseling services. Notably, Rabbi Rose also served as a professor of Judaic studies at the University of Manitoba during the tumultuous sixties.

Reflecting on those times, Carol recalls Silver's active engagement as a student in Rabbi Rose's classes. Silver, as Neal's student in the Department of Judaic Studies, extended genuine efforts to befriend some of the most enthusiastic students, including the Sisters of Zion- a group of nuns committed to fostering greater understanding between Catholics and Jews. Even as a student, Silver's innate curiosity and interest in diversity and ecumenism were evident.

The Funeral

In the heart of Gezer Kibbutz, 1,500 individuals congregated to pay tribute to the life of the Israeli-Canadian peace activist, Vivian

Continued on next page

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Vivian Silver, *cont'd from page 8*

Silver. The entrance to Kibbutz Gezer bore witness to a sea of cars, parked in every conceivable configuration along the road's shoulder. This automotive cascade persisted toward the dining hall, where a ceaseless caravan of vehicles edged toward available spaces, guided by dedicated volunteers. The typically serene, green kibbutz, nestled in central Israel, rarely witnessed such a massive gathering, its population numbering only a few hundred. Yet, the influx of people showed no sign of abating.

Hebrew University 1968

In the turbulent year of 1968, Silver embarked on a transformative journey, spending her junior year abroad at Hebrew University in Jerusalem, immersing herself in the realms of psychology and English literature. A mere three weeks after returning to Canada, a life-altering decision took root within her - she resolved to make Israel her permanent home. The echoes of her commitment resonated during her final college year, where she stood among the founders of the Student Zionist Alliance, earning an invitation to its national conference in Montreal. It was there that she crossed paths with activists from the Habonim youth movement, kindred spirits dedicated to making aliyah and re-establishing Kibbutz Gezer.

The pivotal day arrived when Silver, on the cusp of completing her university journey, wrote her last exam. Without hesitation, she boarded a flight to New York, propelled by an unwavering determination to join the group and contribute to its growth.

The late 60s unfurled as a canvas of ambition for Silver, where she believed she could change the world. Her sojourn in New York spanned 3 1/2 years, marked by fervent involvement in Jewish and Zionist causes. Notably, she played a pivotal role in the launch of the Jewish Feminist Movement in America.

In the midst of these endeavors, a profound realization dawned upon her— she was destined to be a catalyst for social change and a fervent advocate for peace. The threads of her destiny wove into the fabric of those transformative years, shaping Silver's trajectory as a relentless force for positive transformation.

In 1974, Silver arrived in Israel as a member of the founding group of Kibbutz Gezer, located in central Israel. Breaking gender norms of the era, she assumed the roles of kibbutz secretary and overseer of construction and development activities.

Yonatan Silver

Yonatan, accompanied by his brother Chen and their wives, stood before a vast sea of mourners gathered to bid farewell to a woman whose impact reverberated through thousands of lives. Amidst the throng, Yonatan gazed out, his voice wavering through mumbled tears, as he spoke of his mother's idealism. "It's not just me who's been orphaned," he declared. "The community you nurtured, your friends, the country you embraced in your youth, all orphaned. And your movement, the movement of peace, left bereft." Suppressing his tears, he continued, "Your once strong clear voice is silenced now, leaving ears ringing with an unsettling quiet. But fear not, for we will rise again and usher in the tomorrow you always spoke of."

Neil Silver

Silver's brother, Neil, seized the opportunity to speak at the funeral, grappling with the profound loss. "I can't believe Vivian won't personally witness her advocacy for a better world. I will miss hearing her voice and above all, hearing her wonderful laugh. She touched so many lives, and it was true to her nature that this was really who she was, looking for opportunities for cooperation, seeking the best in people, and truly believing

that there was a better way. I just hope, I hope that she was right and that peace can come to this region, and that everyone can live there."

Rochelle Gamliel

Silver's sister, Rochelle Gamliel, who still resides in Winnipeg, struggled to speak through tears at the funeral. "She was unbelievable. She was a star in my eyes. She worked constantly for what she believed in. She was the most important person in my life, and now she's gone."

Be'eri, A Kibbutz On The Gaza Border

In 1981, Silver took the lead in establishing the Department Promoting Gender Equality within the Kibbutz Movement. Beyond her official duties, her dedication to social justice spurred her involvement as a board member of the New Israel Fund (NIF). The NIF earned accolades for its proactive backing of diverse social justice causes and organizations, encompassing religious pluralism, civil rights, shared society initiatives between Jews and Arabs, gender equality, and more. As well, Silver sustained her active participation by serving on the Steering Committee of Shatil.

In a dramatic turn of fate, Silver, alongside her husband Lewis Zeigen and their two sons, made a pivotal move to Be'eri, a kibbutz on the Gaza border. Here, she delved deeper into the intricacies of the local Bedouin community and connected with Gazans on a profound level. By 1998, she assumed the formidable role of Executive Director at the Negev Institute for Strategies of Peace and Development (NISPED) in Beer Sheva, propelling herself into the heart of efforts dedicated to sustainable human development, fostering a shared society between Jews and Arabs, and championing peace in the volatile Middle East.



Vivian Silver (centre, back). Photo courtesy of Women Wage Peace.



Memorial for Vivian.

Silver's commitment manifested in tangible initiatives as she orchestrated programs to aid Gazans, providing crucial education and training. Her unwavering dedication ensured equitable pay for Gazan construction workers laboring on the kibbutz. In a dynamic turn of events, she forged a potent partnership with Amal Elsana Alh'jooj, co-directing AJECC-NISPED and garnering the esteemed 2011 Victor J. Goldberg Peace Prize from the Institute for International Education.

Their collaborative journey initially focused on joint projects with Palestinian organizations, laying the groundwork for subsequent endeavors that shifted the spotlight to empowerment projects within the Bedouin community in the Negev. While their reach extended to Gaza initially, Silver's direct involvement faced disruption with the eruption

Continued on page 14

Working Hard for Seniors

					
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Vitamins – What Exactly Do They Do (and which foods are they in?)

- Heart to Home Meals

As we age, paying attention to nutritional needs becomes increasingly crucial for maintaining optimal health. But with the wealth of information on vitamins online and in the media, deciphering what each does and determining the appropriate dosage can feel like navigating a complex maze.

First and foremost, it's important to talk to your doctor to understand what vitamins you should be particularly concerned about. But in this piece, we'll look at the major vitamins your body needs, where you get them from, and how to make sure you're getting enough.

Vitamins from Food: Nature's Perfect Package

Consuming a diverse array of nutrient-dense foods provides a complex array of vitamins, minerals, and other essential compounds. Whole foods offer a spectrum of nutrients that work together, enhancing absorption and bioavailability (the amount of a nutrient your body can use, as opposed to what gets filtered out).

Bioavailability: Nutrients in food are often more bioavailable than those in supplements. The body is adept at recognizing and utilizing vitamins in their natural form, promoting optimal absorption.

Nutrients that work together: Foods contain a complex matrix of compounds that work synergistically. For example, the combination of vitamin C and iron in foods enhances iron absorption, a great example of how nutrients in food work together.

Fiber and Phytonutrients: Whole foods provide fiber and phytonutrients, contributing to overall health. Fiber supports digestive health, while phytonutrients exert protective effects against chronic diseases.

Supplements can be a great ally that can help us get the vitamins and nutrients we



need, but they shouldn't be a replacement for a good diet. Make sure to check with your Doctor about your vitamin needs before relying on supplements.

Meeting Your Vitamins: Who Are They and What do They Do?

Vitamin A: Supporting Vision and Immunity

Vitamin A is a fat-soluble vitamin known for the many important roles it plays in your body. It helps maintain healthy vision, supporting the integrity of skin tissues, and fortifying your immune system.

Two types of vitamin A exist in our diets – preformed vitamin A (found in animal products) and provitamin A (found in colorful

fruits and vegetables). For seniors, incorporating carrots, sweet potatoes, spinach, and kale into your diet helps make sure you're getting enough of this important vitamin.

B Vitamins: Energizing the Body

The B vitamin complex comprises B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin),

B9 (folate), and B12 (cobalamin). Together, these vitamins are important for turning food into energy, supporting brain function, and maintaining a healthy nervous system.

Whole grains, lean meats, dairy products, nuts, and legumes are rich sources of B vitamins. Seniors benefit from including these nu-

trient-dense foods in their diet to boost energy levels and maintain cognitive well-being.

Vitamin C: Boosting the Immune System

Vitamin C plays a vital role in supporting the immune system and protecting against illnesses. Found in citrus fruits, strawberries, and bell peppers, you can boost immune resilience by incorporating these colorful and nutrient-packed foods into your meals.

Vitamin D: Essential for Bone Health

Vitamin D, known as the "sunshine vitamin," is critical for bone health. It aids in calcium absorption and promotes bone mineralization. Exposure to sunlight, along with fortified dairy products and fatty fish, makes sure you'll get enough Vitamin D. But don't forget your sunscreen if you're going to take your vitamins outdoors!

Vitamin E: Antioxidant for Cell Protection

With antioxidant properties, Vitamin E helps protect cells from damage and supports skin health. Nuts, seeds, and vegetable oils are good sources of Vitamin E that seniors can include in their diet.

Vitamin K: Crucial for Blood Clotting and Bone Health

Vitamin K plays a crucial role in blood clotting and bone health. Leafy greens like kale and spinach are rich sources of Vitamin K that contribute to maintaining bone density in seniors.

Understanding Macronutrients and Micronutrients

Beyond vitamins, it's essential to know the difference between macronutrients and micronutrients. Macronutrients include carbohydrates, proteins, and fats, which are required in larger amounts to provide energy. Micronutrients, on the other hand, encompass vitamins and minerals, needed in smaller quantities to support the functions we discussed above.

In other words, a complete diet is about more than just getting enough vitamins – it's important to consider all your nutritional requirements. Luckily, eating a diverse diet is often enough to make sure you're getting all you need.

Striking the Right Balance for Senior Nutrition

While obtaining essential vitamins through a balanced diet is ideal, it's important to strike the right balance. Consulting with a healthcare professional is an important step to tailor vitamin intake based on your individual health needs, considering factors such as your existing health conditions, medications, and dietary preferences.

Understanding the role of vitamins in senior health is important for maintaining your overall well-being. Whether supporting vision, energy, immunity, or bone strength, each vitamin contributes uniquely to the symphony of good health.

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Staying connected after a summer of cycling fun with Sarah

- Sarah Gravelle-MacKenzie



Sarah (left) and a friend enjoying the outdoors!

Winter, here we come!



As Cycling with Sarah wrapped up their summer cycling events in September many of the women wanted to stay connected. We had built such a positive community of senior women over the summer months. Hence our fall hiking series was born. This also allowed us to also reach out to women who had not cycled with us in the summer. As of today our membership for our fall and winter activities is at 53. We have had hikes every Monday and Thursday at 1:00 pm since October 2. Our last fall hike will be on December 14th. Starting in January our winter activities will begin. We will continue with our hikes including some night time hikes but add in snow shoeing, XC skiing, a fat bike rental event, an afternoon in one of the Forest Rooms at Pine Ridge Hollow for socializing after a hike and tobogganing for the young at heart. The goal stays the same; to support and encourage each other to stay as active as possible. We know this can be more challenging in the winter months but having each other really helps with the motivation to get outside and face the cold.

We have formed partnerships with several organizations and businesses to enhance our service delivery and tap into the expertise of

others. It's part of building a broader community for senior women to tap into. Our first partnership was with the Recreation Services Department of East St Paul. They have offered us the use of their equipment and facility for our activities. This is the starting point for people to register with us. For the XC skiing events we have partnered with the Winnipeg Trails Association. They will provide the skis and instruction through their mobile ski library on 4 events between January and February. On January 6 at 1:00 pm we will be hosting a joint information session with them at the Kildonan Park Golf Course. Following the information session there will be a chance to go for a ski; weather permitting. Women can join in on any of their many winter activities. People can go to winterpeg.org to find out about everything they will offer this winter. The Selkirk Park Happy Trails group will be leading snow

shoeing adventures for our group in their park. People can follow them on Facebook to learn about all of the events they plan during the winter months. Manitoba Parks has agreed to host 4 events in Birds Hill Park for our group; 2 interpretive snow shoe activities and 2 interpretive hikes on the trails. We have also partnered with Pineridge Hollow who are excited by the community for women 55+ that we are building. We will be hiking there during the winter months and enjoying one of their Forest Rooms in February. Their partnership will continue through to our cycling activities in 2024.

In August our cycling group did their first fundraiser for the Ecuador Challenge for Shelter. All monies raised by our cyclists went to support Willow Place in Winnipeg a program that helps women and children leaving domestic violence situations. In October we joined the Main Street Project in their Socktober fundraiser. In November we participated in the Manitoba Shoebox Project put-

ting together shoeboxes for women who are homeless and in December we will be doing 4 shifts at Kildonan Place Mall for Wrap for the Cure which supports Cystic Fibrosis research. Cycling with Sarah's mission is to support and encourage women and all of us a group feel strongly about sharing that support and encouragement to our community.

The interest and support from women 55+ and the community as a whole has been amazing and speaks to the need that was clearly there for senior women to find a place where they could build a community together and make the most of this special time in their lives. I read an article where Jane Fonda referred to our senior years as our third act in life and this really spoke to me. We should all strive to make it our best act!

~ Sarah

Contact Sarah at cyclingwithsarah@gmail.com or Instagram - [@cyclingwithsarah](https://www.instagram.com/cyclingwithsarah) for more information.

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Merry Christmas! Happy Holidays!

Wishing you all Good Health and Happiness, and most of all - Peace - in the New Year!

To my amazing team at **Senior Scope** - Thank You!

Each and every month you all contribute your skills and hard work to help produce each issue of *Senior Scope* from start to finish. I am forever grateful for your dedication and commitment.

To my printers, columnists, contributing writers, sales personnel, distributors, and the volunteers that also help distribute copies, **Thank You!** And to our advertisers, loyal readers, venues that carry *Senior Scope* on their premises for their clients to pick up, and also to those businesses that personally deliver copies to their clients (namely Heart to Home Meals), **Thank You! You are all THE BEST!**

~ From the publisher,
Kelly Goodman



E-Watch: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

How to shop online safely

- See link for more info at www.seniorscope.com

Online shopping is convenient. You can purchase items through your mobile device and get next-day delivery to your front door. However, you should be aware of the threats associated with online shopping. These threats pose many risks to not only your personal information, but your organization's assets, like email and shipping addresses, phone numbers, and credit card numbers. Whether shopping for personal reasons or to make company purchases, protective practices for shopping online will help you and your organization keep sensitive information and assets private.

What are the possible threats?

Online shopping puts you and your organization at risk for identity theft, hacking, and financial loss. Some ways in which threat actors can steal sensitive information and hack accounts include the following examples:

- Fake e-commerce sites that collect your information after you've followed through with a fake purchase
- Fraudulent payment processing sites, such as a third-party financial arrangement, that collect your money for fake transactions
- Websites that are not encrypted, leaving your information open to anyone

- Websites that are not secure and don't have reputable sellers, like individual sellers or private citizens

As stores and retailers increase their online presence, threat actors are finding more ways to steal information and commit fraud.

What are the warning signs?

What to look for to decide if a website is trustworthy or not:

- The site looks poorly designed and unprofessional
- The links and the back button are broken or deactivated
- The website displays no contact information

- The return policies or privacy policies are either unclear or not stated
- Your credit card credentials are being requested for reasons other than your purchase
- The item prices are incredibly low or there are deals that seem too good to be true
- The shipping, duties, and extra charges seem abnormal

If you see something, say something!

- Emergency or crime in progress, call: **9-1-1**
- Non-emergency calls: **204-986-6222**

ADVERTISING FEATURE

Welcome to the Misericordia Terrace



tenants into their new homes. This beautifully designed and decorated building boasts 97 apartments (one- and two-bedrooms apartments are still available), elegant common areas, a well-appointed dining room, and an outdoor terrace.

This secure building is located between Sherbrook and Maryland St in the heart of Wolesey, next to the Misericordia Health Centre and close to shops, cafes, library, and medical facilities.

The facility features a dedicated, on-site

team offering reception and housekeeping services, welcoming dining room servers and a professional chef in the kitchen, plus an on-site manager and caretaker.

New tenants describe feeling at home and well cared for, as indicated by some of their comments:

"I was living on my own, and cooking for one is just not enjoyable. My diabetes was at recorded at 16, and now after a couple of months of delicious, tasty meals, my number has dropped to a steady 6." ~ LS

"[I am] delighted with Misericordia Terrace. It is an exemplary 55+ community with striking quality and loveliness in its newness." ~ LS

Monthly rent for a one-bedroom suite starts at \$2250 per month (two-bedroom apartments available from \$3175 per month) and includes:

- Daily 3 course lunch and dinner served in the bright and airy Rosalie Dining Room,
- Weekly housekeeping and regular garbage collection from your suite,
- Utilities including water, electricity, heating, and air conditioning,
- Enrolment in the personal medical alert system by Victoria Lifeline,
- In suite washer and dryer, compact refrigerator/freezer, microwave and window blinds provided
- Activities and more...

Now is the time to plan for a more comfortable and sustainable lifestyle.

Suites are available to rent as soon as your mover is arranged! Call Cliff or Sarah at **204-788-8020** for more information or to arrange a viewing. ■

After many years of planning and three years of construction, Misericordia Terrace, a non-profit, independent assisted-living residence, is now open.

Misericordia Terrace opened at the end of August and has been steadily moving its 55+

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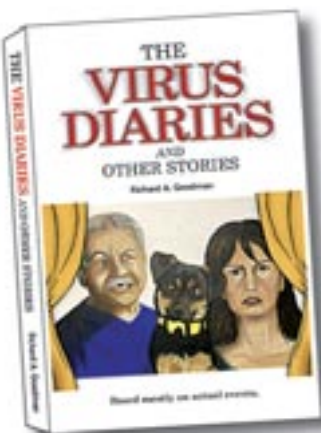
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December 7, 2023

MANITOBA GOVERNMENT DELIVERS ON HEALTH CARE, AFFORDABILITY, RECONCILIATION DURING FIRST SESSION

Manitoba's new provincial government enacted key pieces of legislation for Manitobans during the first session of the 43rd Manitoba legislature, passing three major bills that include a gas tax holiday starting Jan. 1, 2024, Premier Wab Kinew announced today.

"Manitobans gave our government a strong mandate to right the course of our province," said Kinew. "We've taken this message of unity and collaboration in stride. In our first legislative session, our team worked together to pass important laws, to take steps forward on reconciliation and deliver on lowering costs for Manitoba families."

The premier noted the bills passed by the government during this legislative session are:

- the Fuel Tax Amendment Act, which will lower costs for Manitoba families, farmers and businesses, taking 14 cents off per litre every time they head to the pump;
- the Orange Shirt Day Act, which will allow more Manitobans, including those who work in provincially regulated workplaces, to take time to recognize the stories and resilience of residential school survivors. This new law is grounded in the work of residential school survivors and fulfils the

Truth and Reconciliation Commission's Call to Action #80; and

- the Louis Riel Act, which recognizes Riel as the honorary first premier of Manitoba and provides more tools to educators to include his legacy in the curriculum for students across the province.

The government also acted to immediately address emergency department wait times, strengthen public health-care services and add 31 new beds at the Grace Hospital, said Kinew.

"Our government has made critical investments to repair the public health-care system and we are looking forward to hearing from front-line health-care professionals during our upcoming listening tour," said Health Minister Uzoma Asagwara.

Another highlight of the session was welcoming the public back to the Manitoba Legislative Building for the Holiday Open House on Dec. 2, noted Kinew.

The legislative session is scheduled to resume on March 7, 2024. ■

ADVERTISING FEATURE

The Ethical Will: For passing on values, not valuables

By Alan Bergman

It is fairly incredible how many times in my work as a personal historian I have heard, "I wish I had ..." and "I should have." These comments are made by adult children who have lost one or both parents and now tremendously regret not learning more about their parents' lives when they had the opportunity. Countless important questions about our loved ones go unasked.

I share this woe, having never asked my dad what it was like being in battle during his World War II U.S. Navy service or inquiring why my great-grandmother got divorced in an era when it was scandalous to do so. That ship has long sailed.

While we may have failed to capture part of our parents' history, we can still preserve a piece of ourselves for our loved ones. This is accomplished with an ethical will.

The ethical will is a tool available to communicate "down" to our children and grandchildren, a spouse, or friends how much we love them, and pass on our beliefs, life lessons, legacy, wishes, and personal philosophy. The ethical will is a vehicle for passing forward our values rather than our valuables. Unlike a legal will, it does not involve any tangible assets, nor is it a legal document.

In fact, the ethical will can take many forms. Also known as a legacy letter, it is most often created as a written document, but it can be manifested as an audio or audio-visual file, too. Some individuals draft it as a single side of one sheet of paper, while others may write the equivalent of a short book. The ethical will sometimes constitutes the final chapter of the life stories I author. The rule is there are no rules.

The ethical will reflects the voice of the heart and the sage wisdom attained from years of experience.

Some examples of ethical will prompts include:

- The most important things I learned from my parents...
- Why I fell in love with your mother/father...
- My world changed with your birth because...
- The most valuable life lessons I can pass on...
- It is essential always to remember...
- I am most grateful for and most proud of...
- I would like to ask forgiveness from...
- If you encounter difficult times, I hope you will...
- If I could live my life over...

Not surprisingly, for many of us, communicating these items via the ethical will is far

easier than doing it verbally in person. The original ethical wills, said to date back some 800 years, were transmitted only orally.

Notably, the ethical will does not necessarily need to be opened or shared following death. Since it has no legal ramifications, it can be viewed while the writer is very much alive and well. Some people update their ethical will on an annual basis.

The ethical will may be the perfect vehicle to bequeath your love, values, wisdom, and guidance. Do not let this opportunity go unfulfilled.

Alan Bergman is a personal historian-biographer. He is a senior and the founder of Life Stories Preserved LLC. Alan can be reached via email at ab@LifeStoriesPreserved.net

Vivian Silver, cont'd from page 9

of the second intifada. Undeterred by challenges, she persisted in her work, redirecting her efforts toward organizations in the West Bank.

Visiting Winnipeg

When, in 1981, Allan and Silver, each returning to Winnipeg to visit family, happened to meet, the reconnection was "deep and true". "I was amazed by all that she had accomplished, all that she felt sure would soon be within reach. She spoke of her life upon the kibbutz she called home, the sense of community she had found there. And she spoke of her greater sense of purpose: Her belief that openings would soon appear that would allow the light of hope to resolve the intractable differences between Jews and Palestinians. She described how her efforts were beginning to garner international recognition. How she was diligently drawing attention to the practicality of mutual regard; the possibility of peace."

Silver in 1981 was essentially unchanged by the passage of years. "The same sweet smile, intense gaze and charismatic presence that had so charmed me in junior high." In that summer of '81 Allan realized "Vivian's determination now defined her. Her commitment to an Israel at peace with its neighbours was unquestioning and unquestionable. When I expressed concern for her safety, she assured me that it was only a necessary risk."

Jewish Federation of Winnipeg

Jeff Lieberman, CEO of the Jewish Federation of Winnipeg and cousin-in-law to Silver, told Global News, she was well known in the city even decades after moving to Israel.

"They're such a good family and it's so devastating for our community and you know for everyone," Lieberman said. "It's hard to imagine what she went through. And for such a good person who worked all of her life to do so much good for people. It's really hard to imagine how she suffered at the end."

Hamis Is Not Gaza

"It was a shock — horrible," Jessica Montell informed the CBC. Jessica, an activist in Israel and a close friend and colleague of Silver, expressed with an air of disbelief. "It's crazy to say, but we were all hoping she was a hostage. That was the assumption we clung to these past few weeks. I wasn't even thinking that it was uncertain."

In the wake of her untimely death, Montell grappled with the profound question of what Silver would want her friends to do. Swiftly realizing the answer, Montell articulated it as a resounding call to "raise a voice for all of the civilians who are suffering."

"For her, it was very clear that Hamas is not Gaza. All the Palestinians are not Hamas. Most people in Gaza are just people who want to live their lives and are struggling like everybody else," she passionately added.

What Are You Talking About??

Silver had immersed herself entirely in the movement, with her residence on the Gaza Strip border providing a profound impetus. The immediacy of living in this volatile region fueled Silver's commitment, propelled by an ardent yearning for security and a life characterized by mutual respect and freedom for both communities. The prospect of yet another war evoked a visceral response in her, as she contended that replicating the patterns of the last three conflicts would not usher in resolution but rather amplify the toll of casualties.

When rockets struck her vicinity and media reports emphasized the absence of physical casualties, Silver was compelled to exclaim, "What are you talking about? There are thousands emotionally wounded among us — children and adults alike!" This passionate response underscored her belief that the true cost of conflict extends far beyond the visible casualties, leaving lasting scars on the emotional well-being of the affected individuals.

Samah Salaima

"Vivian was an optimistic feminist who believed in people and humanity. She left her mark in every room, group, or peace initiative she joined. For five decades, she dedicated her life to fostering shared existence in Israel, advocating for a partnership between Palestinians and Israelis to end the entrenched conflict." In dealing with this tragedy, Salaima highlighted the disheartening misuse of Silver's memory in Israel to justify the war in Gaza — an approach diametrically opposed to Silver's anti-militaristic stance. Some resorted to incitement, even putting Silver's name on a rocket destined for Gaza, contrary to her peaceful principles. The atmosphere in Israel further constrained dissent, prohibiting demonstrations against the war and stifling the call for a ceasefire. Salaima portrayed Silver as a unifying force, envisioning her rallying people in a demonstration against the war, breaking laws, and calling for an immediate ceasefire. "Vivian, with her unique voice and sense of humor, would courageously share images from Gaza and amplify the voices of Palestinian families affected by the conflict." Salaima emphasized the great loss felt by the peace movement in Israel-Palestine, acknowledging Silver's unparalleled ability to mobilize and energize people, traits sorely missed in the current challenging environment.

Ghadir Hani

Long-time friend Ghadir Hani, a Bedouin, feminist activist and devout Muslim, addressed the sobbing crowd at the funeral. "Vivian, my dearest one, if you can hear, I want you to know: Hamas did not murder your vision." Avital Brown, a leader of Women Wage Peace (WWP), promised Silver; "We will continue your path, we will be even stronger and braver. We will work with our Palestinian partners and the global community of women, and we will always remember you."

Jeff Parness - Founder, Board Member, Executive Director Emeritus at The New York Says Thank You Foundation

Jeff Parness was shocked to find out about Silver's death. "I just received and confirmed terrible news. My dear friend, inspiration, and mentor, Vivian Silver, is dead. She was among the 1,200 Israelis murdered by Hamas terrorists in the horrific attack on Israel on October 7 when 240 babies, toddlers, children, young women, young boys, men, women, and senior citizens were kidnapped and taken hostage by Hamas. Vivian dedicated her life to peace and justice between Arabs and Jews, Israelis and Palestinians. To honour her memory, we must build the world Vivian wanted to live in. If you like, please join me in making a donation to נשים עומדות לשלום - נساء يصنعن السلام - Women Wage Peace or one of the many organizations Vivian dedicated her precious life to. I love you Vivian and will never forget your smile and energy and enthusiasm you radiated when we last met. You will always be with me."

Vivian's Dream For The Future

In a future yet unseen, the strife-laden history of Israel and Palestine will take a remarkable turn as the dawn of lasting peace emerges. A two-state solution, once deemed elusive, now stands as a testament to the resilience of diplomacy. The lands that were once divided find common ground, fostering an era of peaceful coexistence where the echoes of conflict have long been silenced. In this harmonious reality, the spectre of terrorism fades into a distant memory. Silver, the tireless advocate for peace and justice, looks down from the heavens with a radiant smile, her dreams of a reconciled Israel and Palestine fulfilled. The shared vision of unity and understanding, for which she ardently fought, now flourishes as a beacon of hope, guiding generations towards a future where the pursuit of harmony triumphs over the echoes of discord. ■

Whirlaway Westerners host fundraising event for Ukrainian refugees By Carole Grier



“Some nights will be remembered for a long time. Tonight was definitely a top 3 night in my time as a square dance caller. Over 7 squares attended **Whirlaway Westerners'** Square Dancing Club annual charity dance in support of Ukrainian refugees. Included in the crowd was a group of Ukrainian dancers, a Ukrainian singer (all performing at "half-time"), 2 couples from North Dakota, one

from Neepawa, and numerous other out of towners and visitors. They were all in full-out party mode all night!! A great time was had by all... and for an awesome cause. Words can't say how much of an honor and privilege it is to be a part of such an awesome community!!! Thanks to all who attended and danced their hearts out!!!!” Quote from our caller, Trevor Grier.

The support for the cause was palpable with hall decorations and dancers' attire in Ukrainian national colours. Indeed, four car-loads of household items and a large cash donation were delivered to 935 Main Street the next morning in support of new arrivals from Ukraine!!!!

Whirlaway Westerners Square Dance Club hosts a fund raising event every year for over

ten years in gratitude for the privilege of living and dancing in a peaceful, free country. Visitors are always welcome to check out Modern Western Square Dancing at Kirkfield Westwood Community Club, 165 Sansome Ave. Wpg. every Friday evening, 7:00-10:00. New Dancers may begin dancing every September after an annual Open House. ■

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Friendship Force Winnipeg - Join us for dinner, meet new friends and enjoy an evening of fun and fellowship. A Friendship Force membership provides opportunities to explore new countries and cultures by bringing people together at the personal level. Dinner reservations, Elizabeth: **204-452-5299** or www.friendshipforcewinnipeg.org

The Women's Canadian Club of Wpg - Holiday Luncheon, Dec. 14, RBC Convention Centre. The Shoestring Players will be presenting two staged readings: "A Sunny Day" translated from Spanish and is set in the late 1800's. "Ferris Wheel" is present day in an amusement park. Both are gentle touching comedies. Lunch 12 noon. Cost \$35. Reservations and Info: **204-488-8750** or rochelpin@mymts.net

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

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

Misc.

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

Music / Dancing

Forever Young Club - Festive Frolic Dance, Sat. Dec 30. Classic Rock Music 50's/60's/70's/80's nonstop Live Band + DJ. \$30, includes late lunch. Ticket purchase required. No walk-ins.

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Programs / Services

A & O: Support Services for Older Adults - 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

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**

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

Monthly Saturday dances - Jan. 27, Feb. 24, Mar. 23, Apr. 27 and May 25/24. Email fycwpg@gmail.com or call **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**, hschmidt7@mts.net.

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

Sports / Fitness / Games

Learn to play Pickleball in the North End - Bonnie Gabbs, 76 yrs old and handicapped with severe arthritis, plays and teaches Pickleball at Sargeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic will be Wednesdays, 1-3:15 pm. Will also try for 10-12 noon instead if mornings work better. If interested, equipment will be provided. Info: gabbs1947@gmail.com.

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

Vital Seniors - Scrabble, Mon. noon-4; Cribbage, Thurs. 1:30-3:30; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yrly Membership \$10, activity \$4.50 pp, call **204-253-0555** or stmarty@mymts.net

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Elders **204-768-2187**; Brokenhead/Beausejour 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 services include: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, special outings, and much more. Info: **204-388-2188** or email sts@heritagecentre.ca

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

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

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**.

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.

Volunteering

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

Actionmarguerite St. Vital, 450 River Road - Volunteers 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

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

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

Continued on page 17

Things To Do - WINNIPEG.

Continued

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

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

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

Archwood 55 Plus Inc. (a non profit organization for seniors) - Fundraising Bingo, Dec. 27, 1 pm & Jan. 24, 1 pm, at Archwood Community Center, 565 Guilbault St. 20 games for \$10. LGCA 5635-BI-41885.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: lkehler84@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+ Lazers Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: 204-254-1010 ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre - Christmas Dinner and Dance, Sat. Dec. 16. Advance tickets, \$20 members, \$25 non-members. Roast Beef dinner, all trimmings, dessert, refreshments. Cash bar. Music by the Ambrose Bros. band. Order your perogies early for Christmas. Bingo

Mon. 1 pm, Exercise Thur. 10am. Call **204-986-2608** leave msg, Al: **204-771-3325**

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

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

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

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

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

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.) - Take 5 Monday, 9:30-2:30, Until June 19/24. Exercise, entertainment, crafts, current events, speakers, lunch, volunteer opportunities. Cost \$30 includes food and transportation. Ask about our winter programs. **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

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) - Ask about our winter programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648**, or office@windsorcc.ca or Rosie: rosieschau@gmail.com

Email the exact wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by Jan. 5th for the Jan. 16 issue. Please advise us of any closures for holidays.

Women's Canadian Club of Winnipeg recognized by the Manitoba Historical Society

- Submitted



Manitoba Historical Society president, Dan Furlan with Elaine Saunders and Jacqui Blanchard of the Women's Canadian Club of Winnipeg.

On November 14, The Women's Canadian Club of Winnipeg was presented with a Centennial Organization Award by the Manitoba Historical Society. The award is made to organizations that were founded 100 or more years ago and are still active today.

The Women's Canadian Club of Winnipeg was founded on November 7, 1907 so it is significant that the award was received so close to its 116th year anniversary. The presentation was made by Dan Furlan, president of the Manitoba Historical Society. He said the award is presented in honour and recognition of organizations which have enhanced Manitoba's social, cultural and economic life for over 100 years. In his presentation he noted that the club has been active in the community over the years. He made special note of the bursary that is provided annually by the Women's Canadian Club of Winnipeg to

a student in the Clayton H. Riddell Faculty of Environment, Earth and Resources. The bursary is provided by The University of Manitoba through an endowment fund at The Winnipeg Foundation.

At the lunch on November 14, the club recognized Remembrance Day with a presentation by Bruce Tascona, who has 40 years of researching military heritage. He told the history of the renaming of Pine Street to Valour Road in 1925 in honor of the 3 men who each received a Victoria Cross during the First World War. All 3 lived in the 700 block of renamed Valour Road. He pointed out that The Women's Canadian Club had been instrumental in bringing about the change in name of the street and also that they erected a lamp post and plaque that stands at the corner of Valour Road and Portage Avenue today. ■



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CROSSWORD - Concealment (MEDIUM) By Myles Mellor

1	2	3	4	5	6	7	8	9	10	11	12	13
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58	59							60	61			62
63	64					65				66		
67						68				69		
70						71				72		

ACROSS

- Those over there
- Certain NCO's
- Mae and Jerry
- Prefix with pad
- Ankh feature
- Four Holy Roman emperors
- Responsibility
- "..._ additional cost!"
- Whopper topper
- Unobserved
- Prefix with -drome
- Half of doce
- Gym site
- Motor
- "..._ quit!"
- Part of a South American city
- Airline to Israel
- Go into a bunker perhaps
- Ariz. neighbor
- Arctic villa
- Calendar pages, abbr.
- Be absorbed slowly
- Annie Lennox hit "No More I Love ___"
- Pasty-faced
- Courageous
- So as to go unnoticed
- Sugar source
- Affectedly whimsical
- "Bulldog" Hershiser
- Pond buildup
- Long bone
- Dropped
- Show of joy, sometimes
- Attention-getter
- Too

DOWN

- You (biblical)
- Reddish brown
- Cleverly avoid
- Stephen King title
- Louvre
- One dressed in black, perhaps
- Shades
- Fungus beginning
- Of an earthy fragrance
- Sight from Taormina
- Awaken
- "_ bad!"
- Fig. in identity theft
- Broken, in French
- Stand by
- Jail
- Luxury car
- Start for "conservative" or "classical"
- Collegian
- Ranchero's hand
- __mobile
- "_ you don't!"
- Basketball hoops
- The same
- Turkey piece
- Air France destination
- Outside, in combinations
- Thick porridge description
- Not exact
- Back talks
- New York time (abbr.)
- Fried turnover
- In a lather
- Two-masters
- Upright
- Heavenly abodes
- Swenson of "Benson"
- At hand
- Telephoto, for one
- Suckling spot
- Nevada county or its seat
- Mouse catcher
- Alcoholic beverage

SOLUTION ON PAGE 19

WORDSEARCH - IT'S CHRISTMASTIME! - By Roni Alward & Senior Scope

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

- | | | | | | |
|--------------|------------|---------|----------|-----------|-----------|
| Advent | Christmas | Gifts | Lavish | Red | Tree |
| Angel | Church | Giving | Lights | Rudolph | Trimmings |
| Anticipating | Cider | Green | Mass | Santa | Turkey |
| Bells | Coal | Ham | Merry | Scrooge | White |
| Blessed | Crimson | Happy | Mirth | Sleigh | Wondrous |
| Bough | Dashing | Holly | Naughty | Snowman | Wreath |
| Bright | Elf Family | Holy | Nice | Star | Yams |
| Candy | Feast | Icicles | Noel | Stockings | Yule |
| Cards | Festive | Jolly | Peaceful | Tinsel | |
| Cheer | Fire | Joy | Pine | Toys | |
| Chestnuts | Fresh | | | | |

SOLUTION ON PAGE 19

FUNNIES FUNNIES FUNNIES

Day 1 of diet: Remove all bad food from house. It was scrumptious.

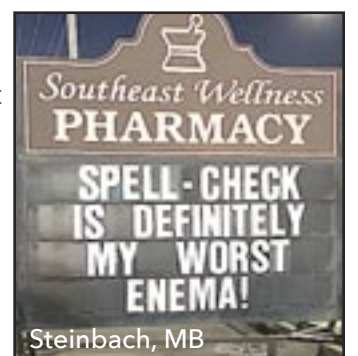
Two elderly men are golfing. Fred: My eyesight is going. Did you see where my ball went? Horace: Yep, but I can't remember.

I'm not losing my memory. I'm just really good at letting go of the past.

My therapist put a half-filled glass of water in front of me and asked if I was a pessimist or optimist. I drank it and said I was a problem solver.

**A quiet man is a thinking man.
A quiet woman is usually angry.**

Your password must contain min. 8 characters, upper & lower case letter, number, symbol, a hieroglyph, a haiku, musical note, feather of a crow, and a drop of dragon's blood.



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MIND & MEMORY: A-Z TRIVIA - By Gary Adams

- Helping to Keep Brains Young. **All answers begin with the letter 'C'** Random pick'
- This veggie is high in vitamin "C", usually found in coleslaw:
 - This "C" will live with us for many years:
 - If your are rolling the dice in Las Vegas you are playing:
 - These chaps building your new home are called:
 - This country in South America is 2,650 miles long but only 110 miles wide:
 - This rugged country borders both the Pacific and Atlantic Oceans:
 - This is a wild dangerous cat:
 - The Canadian curling finals were played in this city in 2021:
 - These usually gold accessories keep a mans shirt cuffs closed:
 - Oprah got her TV start in this city:
 - This lawyer told investigators all about Trump:
 - She is JFK's daughter:
 - She played Monica in TVs "Friends":
 - If you want to impress your lady you will need this to open the champagne:
 - This 1972 movie about the Nazis included Liza Minnelli in some lively, highly sexual scenes:
 - They say this gangster ruled Chicago in the late 1920's :
 - This legendary Canadian actor starred in a multitude of movies including *Murder by Decree* and *A Beautiful Mind*, he died in February 2021:
 - This lady has expanded her popularity on the TV "Voice" and her own afternoon fun Talk Show:
 - This 1958 award winning movie stars Paul Newman and Elizabeth Taylor:
 - The top six inventions of all time include, excluding health, The Wheel, Electricity, Light Bulb, Automobile, Telephone and what other:
 - This U.S. state now has over 40 million people:
 - This chap is now the English King:
 - This lady is his wife, and is now Queen:
 - This lady ruled Russia in 1762 to 1796, nickname included "The Great":
 - Calgary with 1.3 million people has this nickname:
 - This 6 foot 4 inch actor over 90 years young, starred in "Dirty Harry":
 - This country now has Giant mega solar farms to replace coal:
 - If you are eating at Stella's on Pembina the dessert you must have is:
 - Create a friendship with these birds and they will revisit you every year:
 - The Netherlands, Ireland, Denmark and Norway have all halted the use of this vaccine for Covid due to people having blood clots and bleeding:



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

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


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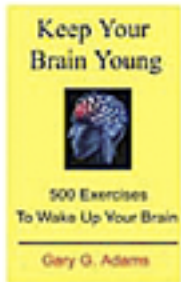
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MEGA MISSING WORD SEARCH



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1	T	H	E	M		S	G	T	S		W	E	S	T	S				
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44	N	M	E	X		45	I	G	L	O		46	M	O	S				
47	O	S	M	O		48	S	E		49	Y	O	U	S		50			
52	A	S	H	Y		53		54		55	G	A	M	E					
58	I	N	S	T	E		59	A	L	T		60	H	M	O	D	E		
63	C	A	N	E	S		64	T	W	E	E		65	O	R	E	L		
67	A	L	G	A	E		68	U	L	N	A		69	S	A	N	K		
70	T	E	A	R	S		71	P	S	S	T		72	A	L	S	O		

WORDSEARCH - Solution

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

A-Z TRIVIA "C" SOLUTIONS

- | | | | |
|---------------|----------------------|---------------------------|-------------------------|
| 1. Cabbage | 9. Cuff Links | 17. Christopher Plummer | 23. Camilla |
| 2. Covid 19 | 10. Chicago | 18. Clarkson (Kelly) | 24. Catherine the Great |
| 3. Craps | 11. Cohen (Michael) | 19. Cat On a Hot Tin Roof | 25. Cow Town |
| 4. Craftsmen | 12. Caroline Kennedy | 20. Computer | 26. Clint Eastwood |
| 5. Chile | 13. Courtney Cox | 21. California | 27. China |
| 6. Costa Rica | 14. Cork Screw | 22. Charles | 28. Carrot Cake |
| 7. Cougar | 15. Cabaret | | 29. Crows |
| 8. Calgary | 16. Capone (Al) | | 30. Covid Astra Zenica |

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