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Alzheimer Society
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STORY INSIDE

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Vol. 22 No. 7 | Jan 16 - Feb 9/24

Senior Scope

READ MORE ONLINE at www.seniorscope.com

January is National Alzheimer's Awareness Month

- Alzheimer Society of Manitoba

Support changes everything for families living with dementia.



Ken and Brenda Krulicki

This January, during National Alzheimer's Awareness Month, the Alzheimer Society of Manitoba hopes to help Manitobans understand dementia and the resources available to those navigating the disease by sharing stories from individuals who experience dementia day-to-day.

More than 19,600 Manitobans currently live with dementia – a number expected to reach 39,100 by 2050. Creating awareness around dementia and the resources available to families through the Society is crucial for ensuring Manitobans can recognize signs of dementia and know where to turn when faced with the disease.

With the Society's **First Link**® program offering a community of support including one-to-one counselling, support groups, education sessions, dementia-friendly programs and more, there is something available for everyone so they don't have to face dementia alone.

When Ken Krulicki's wife Brenda was diagnosed with early-onset dementia, he felt lost and alone. He and his children turned to the Alzheimer Society for guidance and information. The **First Link**® Client Support team connected Ken with resources including a care partner support group where he met and received support from others going through similar situations.

"I had so many mixed emotions after I learned about my wife's diagnosis. I really struggled and didn't want to face it," says Krulicki. "The Society helped me move forward and encouraged me to join a support group. This was a game changer and every time I walk into my group, I'm met by a community of people who understand exactly what I'm going through. They're like family to me."

Take the first step no matter where you are in your dementia diagnosis and reach

out today. We have caring and knowledgeable staff who are ready to listen and to help you walk through this new season of your life.

Here are some ways to connect:

- Call us at **204-943-6622** or **1-800-378-6699**

- Visit Alzheimer.mb.ca

- Follow the Alzheimer Society throughout January on Facebook, Instagram, X and LinkedIn to hear stories of Manitobans impacted by dementia as well as up-to-date news on our programming and resources.

See advertisement at top of page.

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30.00 + 1.50 gst (31.50 total) 12 issues/1 yr.
Pay by cheque or e-transfer payable to:

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Stonewall, MB R0C 2Z0**

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Distributed in Winnipeg and 100+ rural Manitoba communities: Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Clandeboye, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Eriksdale, Fisher Branch, Flin Flon, Fraserwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killarney, Komarno, La Broquerie, La Salle, Lac du Bonnet, Leaf Rapids, Letellier, Lockport, Lorette, Lundar, Lynn Lake, Mariapolis, Marchand, Marquette, Melita, Middlechurch, Minnedosa, Montcalm, Morden, Morris, Neepawa, Niverville, Notre Dame de Lourdes, Oak Bank, Pilot Mound, Pinawa, Pine Falls, Poplarfield, Portage la Prairie, Plumus, Richer, Ritchot, Riverton, Roblin, Roseau River, Russell, St. Norbert, St. Adolphe, St. Agathe, St. Anne, St. Eustache, Ste-Genevieve, St-Jean Baptiste, St. Laurent, St. Malo, Selkirk, Snow Lake, Starbuck, Steinbach, Stonewall, Stony Mountain, Swan Lake, Teulon, Inwood, The Pas, Thompson, Tolstoi, Treherne, Victoria Beach, Virden, Warren, Winkler, Winnipeg Beach, Woodlands, Shoal Lake, Oakburn, Strathclair, Elphinstone.

Copies are concentrated in Winnipeg and in larger rural centres.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations. Available online at www.seniorscope.com, by mail subscription, or email subscription (FREE). e-Subscribe at: kelly_goodman@shaw.ca.

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Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

January, 2024 -

January is a time for renewal and can be the perfect time to start being more active. Scheduling physical activity into one's daily routine, helps it become a habit. Research varies, but typically we need to do something for about 3 weeks form a habit. It is important to listen to your body, start off slowly and gradually increase your active time and intensity. Gradually adapting to being more active will help ensure you stick with this new routine.

Walking can be an easy way to start being active or increase your physical activity minutes. Walking outdoors in the winter helps to improve one's physical health and reduce stress. Getting outside on our sunny Manitoba days can do wonders for our mood. Research has shown us that being active outdoors is most beneficial to our health. Whether you are walking alone, with a friend or a group – embrace winter and your surroundings.

Before you venture out consider some safety tips:

- Be sure to warm up , start off slowly and as you feel your muscles getting warmer you can gradually increase your pace. Warming up especially important in the cooler temperatures to prevent muscle injury.

- Stay hydrated - cold air is dryer than warm air. On longer outings it is important to have water with you.
- Monitor the weather forecast and dress in layers to ensure feet, hands and head stay warm.
- Wear bright or reflective clothing so you can be seen!
- Wear warm stable footwear with non-slip treads and use ice grippers if needed.
- Be sure to check with your health care provider if you have any medical conditions that might be affected by cold weather.

Embrace the winter weather, and enjoy the different activities that become available with colder weather. If you love to walk, consider adding urban poles (also known as Nordic poles) for added stability on snowy paths and sidewalks. Check out your local park for cleared pathways or trails.

Snow shoeing can add some variety and

is an excellent exercise that will allow you to explore areas that might be inaccessible any other time of year. Adding variety to your exercise routine helps with adherence and improve your level of fitness.

Local organizations such as Fort Whyte Alive and your local community center offer winter activities including, snowshoeing, cross country skiing, ice fishing, and trail walking.

On days when the temperature drops, and the wind chill increases consider walking indoors. Local malls, halls, museums, and hallways are warm safe places to walk.

Recently a report from Health Canada indicated that physical activity is decreasing with age. Less than 30% of older adults meet the minimum movement guidelines of 150 minutes per week. The Canadian Physical Activity Guidelines indicate that at 150 minutes per week, or 30 minutes five times per week, we start to see health benefits that include helping to manage chronic disease. It is never too late to get active. So, it is time to get moving, reduce sitting time each day, and enjoy the benefits of an active lifestyle! ■

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.

Nominations for the Annual Historical Award Open

Lt.-Gov. Anita R. Neville is encouraging the public to nominate worthy Manitobans who have provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with

the Manitoba Historical Society (MHS).

“I am pleased to continue this award started in 2011 to recognize community-minded individuals who devote their time and expertise to preserving documents, creating historical

studies, restoring or maintaining historical buildings and artifacts, bringing the past to life in schools, museums and historic sites, and advocating for historical understanding,” said Neville. “I encourage you to nominate an outstanding volunteer

in your community, for the role they play in ensuring the memory of the community remains intact for future generations.”

The Lieutenant Governor's Awards for Historical Preservation and Promotion are pre-

Continued on next page

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



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Nominations Open,

cont'd from page 2

sented to those with experience in such endeavours as:

- writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy and awareness;
- committee or community service;
- preservation of historic sites/buildings; and
- art and media.

As the oldest historical organization in Western Canada, founded in 1879, the MHS presents awards to businesses, farms and organizations that have operated for over 100 years, and recognizes important historical books with its annual Margaret McWilliams Awards. It publishes the journal *Prairie History* and operates a comprehensive website of historical information.

The MHS will receive nominations from the public and will recommend up to five individuals to receive awards this year. Two awards will be reserved for emerging historians (mid-30s and younger). Paid professionals in the field of history and heritage will not be considered. **Nominations must be received by Friday, March 1, 2024.** The awards will be presented at Government House later in the spring.

Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba (www.manitobalg.ca) and the Manitoba Historical Society (www.mhs.mb.ca).

Free Tax Preparation Services

As Tax Season is quickly approaching, remember that filing taxes is the doorway to Benefits such as prescriptions through the Pharmacare program, the Canadian Dental Care Plan, Manitoba Seniors Hearing Aid Program, rental assistance, and more.

You are eligible for FREE tax preparation services if you have a simple tax situation and low income.

Since 2009, in partnership with Canada Revenue Agency (CRA), **Community Financial Counselling Services (CFCS)** provides free income tax preparation and access to benefits support for low income individuals and families through the **Community Volunteer Income Tax Program (CVitP)**. This service operates year-round and works in partnership with dozens of local organizations to provide accessible tax filing services to our communities.

The CVitP Virtual Tax Clinic is open 10 am-4 pm Monday-Thursday. Call **204-989-1913** to book an appointment over the phone. Visit: <https://cfcstaxes.com> for more information. Or call Toll Free: **1-888-573-2383**, or **(204) 989-1900**.

For more information, and to find a free tax clinic in your area, go to www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html or call the CRA general inquiries line at **1-800-959-8281**.

Additional free tax clinics and information can be found by searching: **211 Manitoba - mb.211.ca** (see financial)

Over-the-Phone Virtual Taxes:

We can also help you get your taxes filed over the phone. Visit:

<https://cfcstaxes.com/virtual-taxes> or call **204-989-1913**.

Other CFCS Services:

Manitoba Pharmacare is a drug benefit program for any Manitoban whose income is seriously affected by high prescription drug costs. You qualify for the program if: you are eligible for Manitoba Health coverage and your prescriptions are not covered by other provincial or federal programs.

For information call **204-786-7141** or Toll-free at **1-800-297-8099** or gov.mb.ca/health/pharmacare/ Email: pharmacare@gov.mb.ca

The Manitoba Seniors Hearing Aid Program

https://www.gov.mb.ca/seniors/hearing_aid_program.html
Local calls: **204-945-5588**
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Email: mbhear@gov.mb.ca
- for inquiries only.

This program provides eligible Manitobans with financial support up to \$2000 towards the purchase of hearing aids.

Eligibility requirements are:

- Must be a resident of Manitoba, and be a Canadian citizen, or a permanent resident of Canada
- Be age 65 or over
- Have a household net income below \$80,000 in the previous year
- Require hearing aids as prescribed by a certified hearing aid dealer licensed in Manitoba

Seniors Resource finders is a service provided through **A & O: Support Services for Older Adults** at various locations in Winnipeg, offering information and referral to community resources.

Visit: www.aosupportservices.ca/resources/seniors-resource-finders
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Sharon Matte – Spirited, Determined, and Resilient

By Bud Ulrich



A MANITOBA **MOMENT**

Bud Ulrich

Listening to Sharon over a cup of coffee, she provided several interesting stories of her nursing background, her travels, being a book club member, and her love for Connie, her horse.

Sharon was born in Winnipeg, but her parents grew up near Baldur, Manitoba. In 1945, when Sharon was three, they moved back to the farm. They had a half-section of land with mixed farming – cattle, chickens, et cetera. They lived there until 1957 and then moved to Portage la Prairie. She went to a typical one room country school up to Grade 8. It never ceases to amaze me how one teacher can teach multiple grades in one classroom! The school was located about one mile from Sharon's home. When asked if she was bused to school, her answer was, "Are you kidding – there was no such thing as buses". During the nice weather she walked to school, and in the winter her dad drove her to school in their Model A car.

There was competition at school between Sharon and her sister and brother. Even though Sharon liked school, her sister got higher marks, so the challenge was on. Her brother got lower marks than Sharon, and he had a similar challenge. It seemed like a good motivator for all of them.

While in high school in Baldur, Sharon felt nursing was her thing. Her aunt was a nurse which seemed to influence Sharon to follow that path. She took her training at St. Boniface Hospital and studied "like mad". Sharon mentioned if she had done as much work in high school as she did in nurse's training, better marks would have followed. When asked if she lived in residence, Sharon emphatically stated, "Oh God – Yes!" Nothing more was said. There was a close-knit group of nurses located on the same floor in residence. To this day they keep in touch, except for one gal who passed on.

In 1964, Sharon graduated from nursing and worked in the Premature Nursery for about three years, then taught the LPN students on Pediatrics. She did that for fifteen years but felt that things were changing and approached her former boss asking if there was a position open. Luckily, she got a job in NICU (Neonatal Intensive Care Unit) and after two months' notice from her teaching position, made the move. Sharon retired from St. Boniface Hospital in March 2000.

Sharon was married twice. Her first husband was Paul Gladstone. She claimed their first meeting was sort of a blind date even though she already knew of him. Paul and Sharon became an item in 1967. Paul passed away in 1987. Sharon then met



Sharon Matte

Sharon's horse, Connie.



Leonard in 1993 through a friend of hers. Sadly, Leonard passed away from cancer in 1996.

Years back Sharon curled four times a week, golfed in the summer, and rode her horse. Doing these activities, as well as being a nurse, more than occupied her time. During a curling game, Sharon fell backwards hitting her head on the ice resulting in a concussion, and on another occasion, she did a "face-plant". While golfing she fell and broke her hip. These injuries didn't seem to bother her much. Each time she'd bounce back – not missing a beat.

Sharon loved her horse, Connie. Riding was a way for her to solve problems encountered at work. Heading out on weekends to the stable on St. Anne's Road, she rode her horse for three to four hours. It was a peaceful time. She became very attached to Connie and eventually wrote a book about her. She was bucked off her horse three times. No broken bones, just a bruised ego. On August 26, 1988, her pal died leaving a huge gap in her life. It was a very difficult day for her. She booked off her night shift at work.

Travelling was a big part of Sharon's life. She attended a craft show at the Winnipeg Convention Centre where she met Robert Taylor, a photographer. A trip with Bob to Africa was soon on her agenda. After informing her mother about the trip, her mother said, "I'll worry about you." That didn't faze Sharon as she was determined

to go on the three-week trek. During her travels her interest in photography became ignited once again. Sharon recalled at the young age of twelve, her mother bought her a small camera – a Brownie Hawkeye. Her mom and dad had a vintage camera with "accordion-like bellows". Taking pictures was prominent in her family.

During one of Sharon's hiking excursions at Pinawa with the Prairie Pathfinders, she overheard another group who belonged to The Women's Travel Club planning a trip to Iceland. Sharon asked if she could join them, eventually travelling there twice. One of the women from the Iceland trip joined Sharon on another venture to experience a different culture in Peru. Peru was her favourite spot and they ended up visiting this country three times. Sharon could have lived there. She loved the atmosphere and the people and was able to volunteer at a local school for one week. She and her friend Lois each had

Continued on page 6

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January 10, 2024

Manitoba Government adds 36 new beds at St. Boniface Hospital

The Manitoba government is adding 36 new acute care beds at St. Boniface Hospital as part of a broader plan to reduce wait times in emergency departments and stabilize health-care capacity across Manitoba, Premier Wab Kinew and Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

“Job number one for our government is to fix the staffing shortages – that means every investment we make to increase capacity in health care is done with staffing in mind,” said Kinew. “We’re adding more beds to help reduce wait times in the emergency room and we’ll work with health-care professionals every step of the way. After years of cuts and chaos, patients are

waiting longer than ever for care but our government has a plan that’s focused on helping patients get seen more quickly and stay healthy.”

St. Boniface Hospital will open the new staffed medicine beds starting in late March as a way to help transition emergency department patients into other areas of care.

“After seven years of health-care cuts, Manitobans are waiting longer than ever for care in crowded in emergency rooms,” said Asagwara. “Our government has moved quickly to add more capacity to our hospitals so patients can get the care they need, faster. We’re focused on smart investments driven by what we’ve heard from front-line staff to add beds throughout the

system so that we can relieve pressure in emergency rooms.”

“Working in the emergency department at St. Boniface Hospital, our staff, nurses and physicians know that the inability to move previously seen and admitted patients into the hospital is the number one reason wait times for emergency patients are unacceptably long,” said Dr. Paul Ratana, emergency department medical director, St. Boniface Hospital, and provincial specialty lead for emergency medicine. “More inpatient capacity is a vital part of any effort to reduce waiting room times because it immediately frees up emergency department beds so that we can see and treat more incoming patients sooner.”

“At St. Boniface Hospital we are all about compassionate patient care, so we are very supportive of initiatives that prioritize our patients and enhance the patient experience,” said Nicole Aminot, president and CEO, St. Boniface Hospital.

The expansion at St. Boniface Hospital is part of a wider plan to add new acute care beds and staffing at major hospitals in the province. In November 2023, the minister announced Grace Hospital will receive 31 new beds by the end of the 2024-25 fiscal year including 10 as part of a new family medicine program being established there. The Manitoba government will continue to roll out more investments targeted at stabilizing over-stretched hospitals, noted the minister. ■

ADVERTISING FEATURE

ORMKRAFT – It Will Keep You in Stitches

By Bud Ulrich



A MANITOBA
MOMENT

Bud Ulrich

In late 2014 Ormkraft commenced operations. This is a unique business which appeals greatly to seniors, female or male. Ormkraft provide tools for the art of quilting. Preston Molloy, owner of Ormkraft says, “It’s a skill that can be acquired over a period of time and it improves with every quilting piece.” Part of your day can be spent quilting which provides creative enjoyment at a reasonable cost.

Quilting gained popularity dating back to the 18th and 19th centuries. Many hours were spent piecing scraps of fabric together providing warmth and beauty. Certain styles emerged and techniques developed.

Usually, a quilt or bed cover is crafted with fabric and a layer of padding in between. The traditional method is “block

piecing” which involves several pieces of fabric sewn together forming a square block. These blocks are stitched together forming a quilt.

Preston’s wife Heather is very much into quilting. It’s her hobby. I was dazzled by the patterns and colours – and every quilt is exclusive. Depending on quilting techniques, piecing can be accomplished on machines or by hand. Heather mentioned glue can be used as a tool. Templates are sometimes glued down and then removed before a piece is put together and quilted. She also mentioned handbags can be quilted as well.

Quilting requires a sharp blade for cutting fabric. Rotary blades are most often the choice of people involved in this craft. It’s the most accurate way of cutting pieces. Although the rotary blades are used for quilting, they are also suitable for other crafts. Preston felt the purchase price of a rotary knife blade was excessively high. This didn’t seem right and so he did some research. Not many businesses produce



PRESTON and HEATHER’S QUILT
“A Beautiful Masterpiece”

this type of product. It was a little bit tricky. He contacted a few manufacturers and then placed an order to determine the quality of the blades and decide if they were resalable. That did it. He was on his way fulfilling the needs of quilters at reasonable prices. Other products include cutting mats, wool ironing pads, Bohin double point fork pins, extra-long quilt pins, folding seam rippers, glue pens and refills, and iron cleaner.

Branding is valuable. The Ormkraft symbol is placed on their tools distinguishing them from their competitors. Once a customer begins to recognize and buy a product with an Ormkraft brand it will keep them coming back for more. Preston is very careful when ordering merchandise with the Ormkraft brand to ensure quality is maintained.

Preston stated his blades are similar to his competitors, but Ormkraft sells them at a much lower price. When marketing a product at a low price, there is a danger that consumers may think it’s an inferior item

Continued on page 8

Sharon Matte, *cont’d from page 4*

separate morning classes of 25 four-year-old kids, and 25 five-year-old kids. In the afternoon they took Spanish lessons. Other places of travel for Sharon included Egypt, Jordan, England, and Costa Rica, plus several places in North America, including Yukon and Northwest Territories.

The formation of a book club by Sharon and Joyce Meyer (former nurse and co-worker at St. Boniface Hospital) was on her agenda. One day, plans were jotted down

on a serviette while they were working in the Nursery. They made a list of four other friends whom they thought would be interested. The book club is now in its twenty-sixth year. Sharon’s mother’s family were from Iceland, and rather fittingly she became a member of an Icelandic book club for many years, but it has since folded.

There’s much more to Sharon’s life. She volunteers with Jon Sigurdsson IODE (Imperial Order Daughters of the Empire).

This national women’s charitable organization was founded in Canada in 1900. The group’s mission is to enhance the quality of life for individuals through education support, community service, and citizenship programs. Additionally, Sharon belongs to the Winnipeg chapter of Grans ‘N’ More which fundraises to help African grandmothers provide care for their grandchildren who are orphaned by the AIDS epidemic. Funds are obtained by the sell-

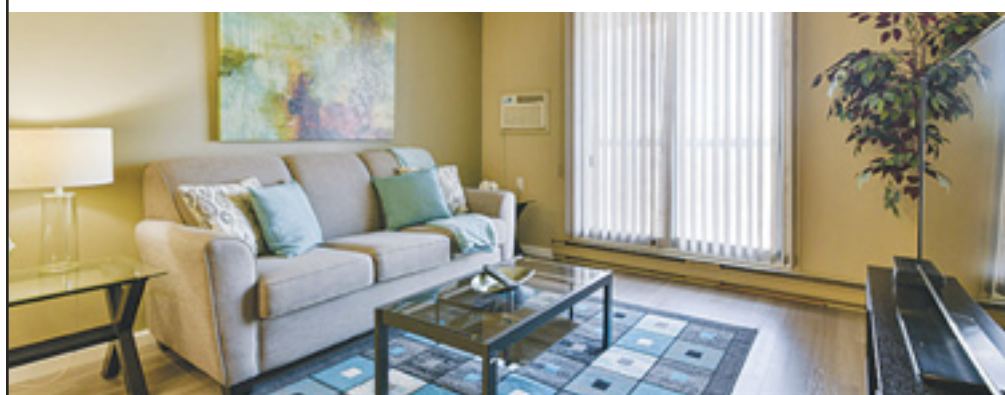
ing of donated art. Volunteers collect the art and organize art sales. These funds are sent to the Stephen Lewis Foundation and the “Grandmothers to Grandmothers Campaign”.

It’s no secret she is a senior and I sensed she’s proud to be there, and I might add, still a very active one. Although Sharon is small in stature, she has a big heart. ■

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Was I A Jew?

By Myles Shane



The New York Times Obituaries

Recently, while perusing my regular *New York Times*, I came across Lear's obituary, well written but notably omitting a significant aspect of his identity, his Jewish heritage. This led me to explore obituaries from various mainstream publications, such as *Rolling Stone Magazine*, *People Magazine*, *Rogerebert.com*, *The Globe & Mail*, *cnm.com*, *The AP*, *NWI.COM*, *Indiewire*, *Politico*, *The Seattle Times*, *CTV NEWS.com*, and *USA Today*, all of which surprisingly neglected to mention Lear's Jewish background. This omission raised questions and concerns about why these well-known outlets chose not to acknowledge a vital aspect of Lear's life story.

A Robust Jewish Identity

The exclusion becomes particularly disheartening when considering Norman Lear's background. Rooted deeply in his Russian and Ukrainian Jewish heritage, Lear's family had origins on both sides in Russia. At the age of six, Lear's mother was brought to the United States by her parents, driven by the harsh conditions of a pogrom in Russia, seeking refuge in America. Lear's early life unfolded far from the glitz of Hollywood, beginning in New Haven, Connecticut.

Lear described his early life to the JFK library, "I was born in New Haven, raised in Hartford. So there wasn't a holiday where the family didn't get together, extended family, where there wasn't one big fight, some of them going back 30 years ... Why didn't Gert get to that wedding? [Laughter] Going back a great many years. I have images of my mother crawling on her knees, pleading with my grandfather to stop whatever it was he was saying about my father. And I always looked at it as a kind of celebration of life. Not that it didn't scare me a little."

Lear's Bar Mitzvah, a significant event in his Jewish upbringing, transcended personal milestones, evolving into a celebration for his parents and their friends. Set in the confines of a three-bedroom apartment in New York, the ceremony took place shortly after his father's release from incarceration. With the modest funds from the bar mitzvah, Lear treated four friends to an afternoon at Coney Island.

A homemade radio became a conduit to the troubling broadcasts of Father Charles Coughlin, a highly popular and antisemitic radio personality in the 1920s and 1930s, intensifying Lear's sense of being a despised minority. In an interview with the Jewish Journal he discussed the impact Coughlin had on his life, "That was a big deal in my life. I learned there were people who had it



Norman Lear

in for me because I was Jewish. And I was in shock. That was really a major moment. I don't know at what point it was, it couldn't have been all that long after that I realized that these Black kids — there weren't that many in those schools I went to — had it far worse than I because I was Jewish. So I was empathetic at an early age."

During his father's incarceration, Lear resided with his bubbe and zayde (grandmother and grandfather) It was a period of solace and connection, particularly during the weekly observance of Shabbat, where Lear found peace, playing card games, and relishing the company of his grandparents. Central to Lear's cherished childhood memories was his beloved grandmother, Bubbe Lizzie, a Yiddish-speaking matriarch with a warm smile and a boundless capacity for love. Her influence is evident in Lear's portrayal of middle-aged women as complex characters in his shows. While culturally Jewish and not religious, Lear maintained a connection to his roots, attending High Holiday services with his son.

Bombing Berlin

The hatred toward Jews played a crucial role in Lear dropping out of University and joining the airforce. He participated in over 50 bombing missions over Berlin, as a radio operator. Looking back, he expressed regret over his involvement in the bombing raids. Lear describes the bombing mission in his interview with the Jewish journal, "As a radio operator, I was closest to the bomb bay doors. So when we dropped our bombs, I was the one who got up and looked into the bomb bay, and I was the one who let the pilots know when all the bombs had landed. At some point I wondered — and I don't know whether it was in the years when I was flying these missions or years after, I don't know when — I wondered, would I have signed a piece of paper that said, OK, I don't give a sh— if it hits a farmhouse?" I wanted to serve in battle; I wanted to be 50 years old and Jewish and be able to say, I was in battle. I served in the war; in that war. And that was as a result of the need to prove myself as a full American and as a minority."



Carl Reiner

During an interview with the magazine *MOMEN* in 1981 Lear recalls his time after the war. "I was in Palestine when it was still Palestine. I volunteered to stay over after the war. I'll never forget getting off a plane and getting into Tel Aviv, and realizing that every native was a Jew. I've never felt a greater sense of elation. What a sense of security, to know that I was in what would be a nation of Jews!"

Tablet

The magazine "*Tablet*," focusing on Jewish perspectives, has observed the *New York Times* omitting Jewish identity in the past. Gabriela Geselowitz, in an article for *Tablet*, highlighted instances where the *Times* neglected to mention the ethnic and religious background of notable figures, such as Shelia Michaels, a pioneering feminist. Geselowitz suggests that the *Times* tends to acknowledge Jewish identity only when the individual's work is explicitly Jewish, noting that this practice is not unique to the *Times* but is particularly noteworthy given its audience in a predominantly Jewish region. Geselowitz also mentions Nora Ephron, a figure deeply invested in her Jewish identity, receiving no recognition of her background in her *Times* obituary. The article implies a pattern of oversight by the *Times* in acknowledging the Jewish heritage of individuals in their obituaries.

The Jewish Herald-Voice

Houston's newspaper, *The Jewish Herald-Voice*, called out the *New York Times* obituary of Carl Reiner for not including that he was Jewish. The Herald revealed throughout the extensive obituary, there is a notable absence of any mention of his Jewish background. Reiner is portrayed simply as a tall, humorous white individual, born in the Bronx on March 20, 1922, to Irving Reiner, a watchmaker, and Bessie (Mathias) Reiner.

The Editor

After reading the various obituaries pointed out by *The Jewish Herald-Voice*, and the *Tablet*, I decided to email the editor of the *NY Times* obituary column and ask him directly why they didn't mention Norman



Nora Ephron

Lear was Jewish and what criteria was needed to be mentioned as a Jew. Mr. Bill McDonald, the editor, explained via email, "We mention a person's Jewish background if it's relevant to his or her life story, if it had some demonstrable impact on the life. If a person's parents or grandparents had escaped Nazi persecution, for example, that would be relevant to the story. If someone participated in Jewish organizations or gave prominently to Jewish causes, that would be relevant. However, if someone made no issue of his or her Jewishness in any public way, we don't go out of our way to point out to the reader: By the way, he (Norman Lear) was Jewish. Incidentally, we get complaints from both sides of the issue: Some Jewish readers feel we should always mention if a person was Jewish, out of cultural pride, it seems. Other Jews say mentioning it gratuitously may only arouse antisemitism."

There Are No Rules

Writing an obituary is a delicate task, and surprisingly, there are no strict rules or universally established guidelines that writers must adhere to. The process is often guided by individual preferences, editorial policies, and the specific requirements of the publication. Each obituary is a unique reflection of a person's life, achievements, and contributions.

In the realm of obituary writing, the only consistent directive tends to be the editorial guidelines provided by the publication itself. These guidelines may offer insight into preferred formatting, word limits, and style preferences. However, beyond these editorial considerations, there is a considerable degree of freedom in how an obituary is crafted.

Nevertheless, when contemplating the inclusion of cultural background, especially if it significantly influenced the individual's professional career, a nuanced approach is warranted. While there is no strict rule that mandates mentioning cultural background, there is a growing acknowledgment of its rel-

Continued on page 11

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BACK TO TV SHOW PRODUCTION OF Manitoba Connections

By Barry Kopulos

It was in the Spring of 2023 I discovered a Facebook group - *Shaw Spotlight Volunteers* - that would get me back into TV show production. It was a volunteer group for those that wanted to gain experience in local access TV production. Since I had 7 years experience previously working on two TV shows back in the 90's I took a strong interest in this opportunity.

Shaw Spotlight staged an open house in the Spring to welcome anyone that might want to learn about TV production and I attended. When I met Cassie, Ron and Lizzy I mentioned I had previously produced two shows on friendship and the other on computers for 7 years.

I showed them a list of potential story ideas and guests I could interview on a show if I got approved to produce one. Few weeks later I received an application from Cassie Garbutt one of the TV show producers at Shaw Spotlight and filled it out with my concept of a TV show I could produce.

I sent it back to Cassie which then a few weeks later called me stating I was ap-

proved to be a volunteer TV show producer. I also sent her the 8 page list of potential people I could invite on as guests from the charitable, non-profit, multicultural and small business community. She called me on the phone and immediately said I was approved to go ahead and start the production process of a new TV show which at the time I was calling it SHOWCASE WINNIPEG.

The concept of the show would be to offer inspirational, educational and entertaining stories and I will interview performers, artists, LGBTQI, disability, film professionals, musicians, authors and special talent.

I then put out a call for a graphic designer to create a logo for the show and found Yue, a local Red River grad in this program, to design one.

I then found a fellow, Nick, off of LinkedIn to produce a short intro and outro for the show where credits could be listed to all who were involved in the shows production.

I then designed a business card; listing



my position as TV producer and started to network stating the shows concept and handing out cards who might be potential guests.

In October I then reached out to a guest I knew very well and invited him to be on the show.

Stefano Grande, CEO of The Childrens Hospital Foundation, would be the perfect guest to launch the show. So on the morning of November 20, 2023 we got together and taped the interview for about 25 min.

When it was over he even invited me to the Teddy Bears Picnic in September and also to visit the scientists in the research lab.

In early December, I visited the holiday open house at Manitoba Legislature and met our new Minister of Sport, Culture, Heritage and Tourism Honourable Glen Simard and mentioned I was a TV show producer of a show which would showcase Manitoba and Winnipeg citizens, companies and organizations to the world. He immediately gave his card and said we have to meet to discuss more details about your show.

We are now in 2024 and I will be booking another taping soon to produce episode 2 of *MANITOBA CONNECTIONS* with a guest speaker I met at Winnipeg Fringe 2023.

The show will air on **Rogerstv channel 9 and 105** and on social media under Manitoba Connections via my <https://linktr.ee/ManitobaConnections>.

Email us if you would like to be a guest on the this new television production - ManitobaConnections@shaw.ca

ORMKRAFT,

cont'd from page 6

and they may be reluctant to purchase. However, Ormkraft's unwavering guarantee on every product bearing their name removes any doubt. Customers are swayed by this guarantee as it generates trust of the Ormkraft brand. He wants to keep within his mission statement, "To offer a wide range of well designed, functional crafting tools at prices so low that the price wouldn't be a barrier to creativity." Once customers make the purchase and use the blades, word-of-mouth spreads quickly.

Preston's customers are "everywhere". Preston is very much aware his primary audience of quilters are seniors and for this reason there is an associated challenge of reaching out to these people.

During the first two years, Ormkraft purchases were mostly online through Facebook, and 95% of their sales were in the United States. In 2016 they attempted quilt shows in Canada. This was the quickest way people could find out about Ormkraft. Orders came in from across the country. Many quilters access Ormkraft supplies online and interact with him through social media. Additionally, Ormkraft is heavily dependent on trade shows and word of mouth.

Ormkraft have a wide variety of payment methods with several major credit card companies. This makes it convenient for the quilting customer. "Although Ormkraft is considered a small company, they operate competitively like a big company," Preston says. Economies of scale come into play - large quantities fetch a lower price.

Preston considers his business to be the tip of the iceberg with more to come. He is building up his wholesale client base. Although he doesn't believe he's a salesman, he knows his product and the market. And most importantly he knows his customers. Ten years in the business speaks for itself. Ormkraft has become a major supplier of quilting tools and related products.

Ormkraft is a family business dedicated to becoming a pillar of the community. He says, "We are trustworthy, providing maximum value."

Their slogan is "Making Things Better". Free Membership is offered with a purchase of \$20 value which provides a discount on delivery costs. Quilters can visit their website - ormkraft.com. ■

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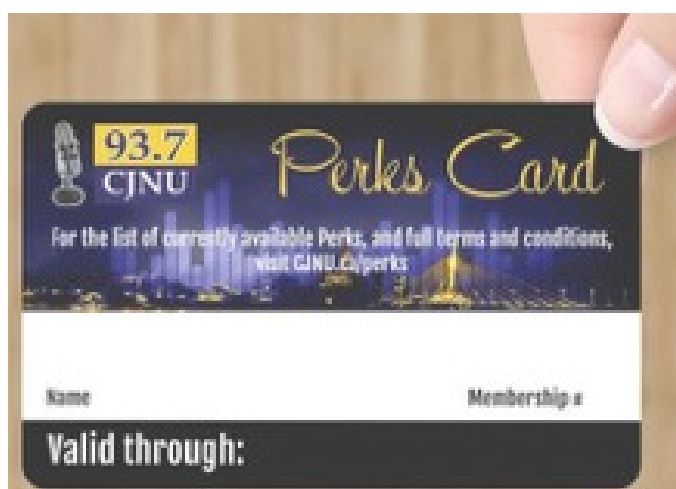
Beginning this month, all new and renewing CJNU members will receive newly-designed, plasticized wallet cards, like the ones shown here. The reason they are meant to be carried on your person is because the cards carry benefits for you that extend beyond your support of the station. And, the cards will be multi-year, with new sticker labels mailed to you with each annual renewal.

As part of our revised Corporate Membership Program, CJNU is developing partnerships with local businesses that will enable Corporate members to offer discounts or other benefits to CJNU members. Each company decides on the deal it wants to offer. We believe this will attract businesses such as restaurants, coffee shops and others, who depend on the people they serve. In return, CJNU members in good standing will enjoy getting discounts on the products they purchase. It's a win-win!

The revised Corporate Membership is built on the previous Member Discount offering. In the past, several local businesses were pleased to offer discounts to CJNU mem-



Individual membership in our co-op is just \$25 a year!



bers, as it helped bring in customers. In last year's member survey, CJNU members told us they appreciated the discounts. So we thought we'd look for ways to extend the benefits to all parties involved – members, businesses and CJNU itself.

Businesses who join the CJNU cooperative as Corporate Members will receive a custom-designed advertising and promotion package, with ongoing mentions in this newsletter and on CJNU's social media platforms. This raised awareness will add up to even more benefits for CJNU members.

We're currently working to develop the list of businesses who will take part in these discounts and other offerings. The list will be regularly updated on our website and in the monthly newsletter, as will the terms and conditions for each Corporate Member offering. Members will simply have to show the new Membership ("Perks") Card in order to claim their benefits at participating businesses.

So... if you've been thinking about becoming a member of CJNU, there's no better time than now!

On Location—CJNU's Remote Studio is at Kildonan Place this January

CJNU welcomes in 2024 by broadcasting live from Kildonan Place Mall on Regent Avenue throughout the month of January.

We're located in unit T27, near Shopper's Drug Mart—so come on in and say hello to

our wonderful teams of volunteers, share some stories, and see how community radio is made.

Happy New Year!



Throughout 2023, The Winnipeg Foundation supported more than 1,000 local charities

CJNU has worked with The Winnipeg Foundation since we first went on the air in 2006. Our Home Studio in the Richardson Concourse is only made possible thanks to their ongoing support.

Did you know The Winnipeg Foundation supports all areas of our city's needs? From recreation initiatives like the Nestaweya River Trail to housing projects like Place of Pride, an affordable housing complex for older Winnipeggers, The Foundation is committed to helping our city thrive.

As a 360-degree grant-maker, the arts are always a priority, and in April 2023, The Foundation was pleased to help a donor launch a new arts, culture, and heritage endowment fund, The Yap-Ong Family Fund.

The Yap-Ong Fund was created by Paul Ong, a Vice Principal in the Winnipeg School Division. Ong began singing as a hobby and a form of self-expression as a teenager, performing on stage and TV in the Philippines. His family moved to Canada in 2010, and after competing in the 2012 season of Canada's Got Talent, Ong went to the 2015 World Championship of Performing Arts. The competition was in Los Angeles and Ong had to fundraise to support his trip.

Upon his return to Winnipeg, Ong hosted a homecoming concert to thank the community for their support. "I thought the concert was a



Urban Stable helps youth with mental health and fosters positive connections.

one-off," says Ong about the inception of the Concert for a Cause series, "but in 2016, they wanted another one." Ong donated the proceeds from that concert to support a mo-

bile computer lab for an inner-city school. Since then, Ong has continued to organize Concert for a Cause events, contributing increasing amounts to charitable organizations like Cancer Care Manitoba, Siloam Mission, and Hands of Hope.

Although Ong loves performing, fundraising is his favorite aspect of the project, and he says, "Using the music for that purpose really brings me so much fulfillment." Ong hopes to build the Yap-Ong Fund with contributions from future concerts, creating lasting impact in the community. "It's great to know that you can leave a legacy and sustain charitable giving this way. This concert series is a prime example of what 'every little bit counts' looks like."

The Winnipeg Foundation's endowment model means all gifts are pooled together and invested. The interest earned on the investments is used for grantmaking back to community, working together to create greater impact. Some donors, like Paul Ong, have their own funds to support specific areas of interest or projects, while others contribute to responsive funds that provide agile support to emerging community needs surrounding issues like homelessness and addictions.

While the goals for individual donors may vary, every gift, no matter the size, makes a difference.

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

Trinity United Church: Retirement Celebration Farewell for Minister Elizabeth Brown

By Senaka Samarasinghe



Photos, left to right:
 1. Chandani Samarasinghe, Minister Elizabeth Brown, and Senaka Samarasinghe.
 2. Gathering at the luncheon.
 3. Trinity United Church.

Chandani and I attended the lunch. I invited Fermin Mendis to join with us. Lunch was followed by a showing of appreciation and gratitude comprised with a Sunday School students Choir, and six individuals conducted speeches admiring

Minister Elizabeth Brown's 14-year service. Elizabeth expressed her gratitude.

When my granddaughter was attending Montessori School (2012) of Trinity United Church (TUC) I got to know Minister Milly Malavsky. She introduced me to

Minister Elizabeth Brown. I attended a variety of events at TUC such as Bible

studies, Seniors Group and other voluntary events of TUC. Still, I am the Secretary of the TUC Seniors Group.

TUC involvements facilitated me to establish *Sri Lankan Seniors Manitoba* in 23-6-2017 during my tenure as the President of the *Sri Lankan Association Manitoba* (2016/2017). ■

Erika Dias: Who showed the path to wisdom (Kalyana Mittata)



Erika Fraulien Jayawardena was born on 15-07-1933 in Palana, Weligama in Matara District. She had four siblings Sybil, Beryll, Cyril and Artie. Erika was the third in the family. Her father was Diamond and mother was Dona. Erika completed her school education in Matara and joined University of Ceylon, Peradeniya in 1958. Her two cousin sisters namely Arundathie Ramawickrama Jayawardena and Achala Pandita Gunawardena joined her at the same university.

Her university batchmates called her Swan, because she walked gracefully like a swan. By that time, Hiran Deva Dias had completed his post graduate studies (PhD) in Cambridge University and worked as a faculty member of the same university. The newly build university located on the right bank of Mahaweli river positioned in a fantastic romantic location in Sri Lanka. Cambridge scholar Hiran met beautiful student Erika and they got married on 8-7-1959.

Agashan is the eldest son and his wife is Katherine two granddaughters namely Isabelle and Erika. Second son is Neshan and his wife is Tok. All of them are living in Sydney, Australia. In 2019, Hiran and Erika celebrated their happy 60th wedding anniversary.

I came to know Prof. Hiran D. Dias during the late 1960s when I was a graduate student in University of Ceylon, Colombo Campus as my geography lecturer. He was a kind hearted and dedicated teacher but strict disciplinarian. Mahaweli Authority of Sri Lanka offered a scholarship for me (1985) to Asian Institute of Technology (AIT), Bangkok do MSc in Human Settlements. As AIT allowed students to accompany their family members, I decided go to AIT with my wife Chandani and daughter Rowanthi. Three of us went to Chandani's Loku Achchi (Grandaunt) Derbi Pandita Gunawardena in Colombo 5. At that time, she told us that her niece, Erika got married to Hiran a faculty member in AIT and she gave us an introductory letter to her nephew Hiran.

When three of us went to Bangkok, we came to know that Erika Akka was very busy with her Buddhist meritorious work and kept com-

pany with an international group of friends. When Sri Lankan Government Servants visit Thailand for official matters most of them (mainly friends and Prof. Dias's students) always spent their last few days with the Dias family in Bangkok while attending to domestic matters such as shopping, visits to Buddhist temples and city tours. Thai husband and wife (Khun Uthai and Kanchana) were helping Erika Akka by offering services such as driving and cooking. In addition to all that, Erika was a Consultant to UN-ESCAP in Bangkok between 1978-1987.

Erika Akka published more than ten books of poetry and won international awards from Thailand, Australia, and the US, including a Hon. Doctorate from the World Academy of Arts and Culture in California, USA in 1991. She wrote poetry for Queen Sirikit of Thailand on the celebration of her 60th birthday in 1992.

In 1995, Prof Dias and Erika Akka returned after 17 years in Bangkok to settled in Mirihana, Nugegoda, Sri Lanka. Erika Akka organised a monthly Circle of Dhamma Friends with 20 to 30 participants followed by a wonderful lunch. When I went to Sri Lanka, I too stayed with them for one month. Erika Akka maintained two types of household helpers such as live-in and visiting daily. Other than paying them a fabulous salary, she helped them for day to day needs of their families.

Both of them selected a close temple for their meritorious deeds at Meditation Centre, Pagoda, Nugegoda. At that time the Chief Monk of this temple was Ven Aggamaha Pandita Davuldena Gnanissara Thera (1915-2017). In the mid 1970s a young man Rudy Hammelberg from Holland was ordained as Ven Olande Ananada as a student Monk under the Chief Monk. The Dias family closely associated with this temple and therefore both Prof Dias' and Erika Akka's funeral rights were led by Ven Olande Ananda Thera.

May her journey in Samsara be short and may she realise the ultimate truth!

~ Senaka A. Samarasinghe

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Spring Shows are on the way, Yippee!



Rick Roschuk
Trish Bennett

On Track for 2024! Well, how time does fly! Here we are, in January with so much on the go already. Here's our first three dates for 2024, the Spring edition, with three more coming in the fall as advertised.

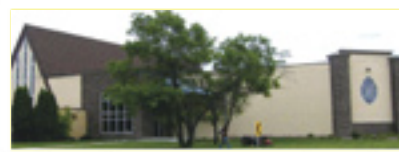
We are really excited about having so many of the regulars back and a plethora of new faces, organizations and companies as well. Lots to chat about in the next couple of months with details and a list of new 'Venue Hosts' for this year. Of course many of our friends from MASC (Manitoba Association of Senior Communities) are back. The Winnipeg Police Service 'Crime Prevention' crew, the folks from the WRHA 'Senior Resource Finders' will be here to assist you in so many ways. We thank them. Stay tuned here to Senior Scope, our 'Print Sponsor' again, or as noted, please go to our website for regular updates and resources. See you next month here and April 25th for our first show of the year! **Rick & Trish... :)**



Spring Shows 2024 **Show Times: 9:30am to 2:00pm Daily!**



Thursday, April 25th | North End
Sgt. Tommy Prince Place
90 Sinclair Street
Venue Host: TBA



Thursday, May 23rd | Charleswood
Charleswood United Church
4820 Roblin Blvd.
Venue Host: TBA



Thursday, May 30th | Fort Rouge
Fort Rouge Leisure Centre
625 Osborne Street.
Venue Host: TBA

More information at: prosknowexpos.ca

Norman Lear - Was I A Jew? cont'd from page 7

evance in certain contexts. It becomes a matter of editorial judgment and sensitivity.

Recognizing & Acknowledging

Regarding the editorial decisions made by *The New York Times*, I find it compelling to challenge the notion that the Jewish cultural background of individuals such as Carl Reiner and Nora Ephron was inconsequential to their lives. In fact, it can be argued that their formative Jewish upbringing significantly influenced the trajectory of their personal and professional journeys.

By recognizing and acknowledging the influence of their Jewish upbringing, we gain a richer understanding of Reiner and Ephron as individuals. Their contributions to entertainment and journalism were not only shaped by their talents but also by the cultural context that molded their perspectives and storytelling styles. Therefore, challenging the editorial decision to omit such cultural insights from their obituaries discourages a more comprehensive and nuanced portrayal of their legacies.

Carl Reiner

As for Carl Reiner, his artistic expression was deeply intertwined with his Jewish identity. In Reiner's production, "The Hundred Year Old Man," his collaboration with fellow Jew, Mel Brooks distinctly reflected the impact of Judaism on their comedic endeavour. *The Seattle Times*, in Reiner's obituary, highlighted the significance of his work, stating, "Carl Reiner, a gifted comic improviser who created the enduring 1960s sitcom 'The Dick Van Dyke Show' and Mel Brooks's 2,000-Year-Old Man character – a cranky Jewish rascal who claimed to have dated Joan of Arc ('what a cutie') and have 42,000 children ('and not one comes to visit me') – died June 29 at his home in Beverly Hills. He was 98."

The obituary continued to shed light on the dynamics of Brooks and Reiner's relationship, revealing that during the 1950s, they initially performed the 2,000-Year-Old Man interviews exclusively for friends at dinner parties, hesitating to record the routine for a broader audience. Reiner's declaration in a 1999 *New York Times* interview reflected the sensitivity of the time, stating, "We can't do it for anybody but Jews."

Nora Ephron

Before Nora Ephron stepped into the director's chair for Hollywood hits like "Sleepless In Seattle" and "You've Got Mail," she made her mark as a war journalist. During the Yom Kippur war, she provided coverage for *New York Magazine*. It was in her second article where Ephron exhibited her distinctive blend of honesty and wit. Describing the indescribable life in a country persistently and tangibly scarred by war, Ephron noted the unsurprising emergence of stoicism, occasionally bordering on numbness, among the young populace. Her deepest moments of connection and emotion arose not from the tales of heroism and Spartan resolve but from witnessing the raw emotion and pervasive isolation within the country.

Ephron confessed to being particularly moved by the Jewish community. An emotional encounter at a cemetery epitomized her experience as an elderly woman, unwilling to depart, tenderly caressed her son's headstone and cried out in grief, "Lama? Lama?" (Why? Why?). Ephron's coverage of

the war in Israel held profound significance, especially given her Jewish heritage.

In some instances, *The New York Times*, as an example, has omitted cultural background that may be deemed irrelevant, and this perspective is shared by other publications. However, when an individual's cultural background has played a substantial role in shaping their professional trajectory or has been a defining aspect of their identity, there is a strong case for its inclusion.

The decision to mention cultural backgrounds in an obituary, then becomes a thoughtful consideration rather than a rigid rule. It involves weighing the impact of cultural influences on the individual's life and work. This flexible approach aligns with the understanding that each person's story is unique, and their cultural background may hold varying degrees of significance. Ultimately, the absence of strict rules in obituary writing can allow for a more personalized and respectful reflection of a person's life, honoring their individuality and the impact they had on the world. ■



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Nature Manitoba - is people sharing a passion for nature. We deliver nature-based educational programs, outdoor activities, group outings and more. <https://www.naturemanitoba.ca/> for all our programs and activities or for more info.

Probus Club of Winnipeg - Meets 10 am third Tuesday ea. month at Unitarian Universalist Church, 30 Wellington Cres. Dec. 19, Guest speaker: Karen Toole, retired United Church minister. Probus is for those who like the social aspects of retirement or semi-retirement. New members and guests always welcome. winnipegprobus85.wordpress.com

The Women's Canadian Club of Wpg - Luncheon, Jan. 24, RBC Convention Centre. We are pleased to welcome Marc Kruse, JD, who is the Director of Indigenous Legal Learning and Services at Robson Hall, University of Manitoba and is also an Associate with Rees Dyck Rogala Law Offices, where he practices criminal defence representing youth and adult clients. His topic is "Truth and Reconciliation from an Indigenous Perspective". Lunch 12 noon. Cost \$35. Reservations and Info: 204-488-8750 or rochelpin@mymts.net

Prairie Canada Carvers - Prairie Canada Carving Expo, Apr. 19, 20, 21/24, Pembina Curling Club, 1341 Pembina Hwy. Info: www.prairiecanadacarvers.com

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

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.

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

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

Music / Dancing

Forever Young Club - Monthly Saturday dances - Jan. 27, Feb. 24, Mar. 23, Apr. 27 and May 25. Beach Party Dance, Sat. Jan. 27, 7:30-11:30 pm. DJ "Rockin' Ernie" Music from 50's/60's/70's Summer Theme. Summer attire. Spot dances, Door prizes, 5/50. Members \$10, Non-members \$15. Call 204-261-4442 to reserve or email fycwpg@gmail.com

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, h.schmidt7@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 Sergeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coach-

ing 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 stmary@mymts.net

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.

WHSCB 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 Despina 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/

Continued on page 13

Things To Do - RURAL MB

Email wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by Feb. 1st for the Feb. 10 issue. Please advise us of any closures for summer or holidays.

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

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 **Whitmouth/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

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

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: 204-424-5285.

Les services rivière seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: 204-424-5285.

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

Selkirk - Gordon Howard Centre - Hobby workshops, fitness classes, recreational programs, volunteer opportunities, special events (outings, seasonal meals and presentations). 384 Eveline St. Info: www.gordonhoward.ca or call 204-785-2092

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

Springfield - Springfield Seniors - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal

program. 204-444-3139, springfieldseniors@mymts.net.

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

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

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

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

Teulon Seniors Dance - Thur. Feb. 8, Teulon Hall, Main St. Doors open at noon. Lunch 3 pm. Silent auction, 50/50, Door prizes. Adm. \$10.

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

Things To Do - WINNIPEG

Continued

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

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

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: lkehl84@gmail.com or Wayne: **204-792-3932**

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

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling,

quilting, fitness, etc. Call: 204-254-1010 ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

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

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

Golden Rule Senior Resource Centre - Programs - Jan. 23: Write Your Life Story, Floor Curling, Carpet Bowling, Shuffleboard; Jan. 24: Qigong, Reimagine Aging; Jan. 25: Qigong, Games Club, Pickleball (tentative); Jan. 26: Bingo; Jan. 30: Write Your Life Story, Floor Curling, Carpet Bowling & Shuffleboard. No fees, no membership. Fort Rouge Leisure Centre, 625 Osborne. Hours 9:45-3:30. **204-306-1114** to register or email goldenrule@swsrc.ca.

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 Feb. 1st for the Feb. 10 issue. Please advise us of any closures for holidays.

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La Broquerie

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For more information, please contact
Mélanie Brémaud
Senior Resource Coordinator
Seine River Services for Seniors Inc.
204-424-5285
labseinerss@gmail.com

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for seniors pour aînés

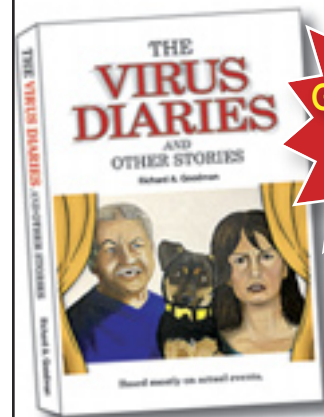
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CROSSWORD - By Myles Mellor

- ACROSS**
- Appear, with "up"
 - Certain apartment
 - Relaxation center
 - Ring bearer, maybe
 - Skilful
 - A lot
 - Expert, in slang
 - Last of the brood
 - Flower receptacle
 - Makes like
 - Footnote note
 - Experiences
 - Bear in mind
 - Parker, for one
 - Breakfast food
 - Enchilada wrap
 - Consumption
 - Device for generating light
 - Cashless deal
 - Sacred
 - Filtered for content
 - Prefer
 - Exist
 - Political division
 - Distant
 - Just produced
 - Watches
 - Succeed, as a proposal

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

- Attributes, as blame
- Double reed instrument
- Bug with its own season
- Commandment number
- Part of a stair
- Put forward
- Farm insects
- Blast
- TV support system
- Road danger
- Mire
- "... and bells on ___ toes"
- Sculptures and oils
- ___ all in a day's work...
- Ms Deer
- Important game in basketball
- Nightmarish street, in film
- Daytime refresher
- Hurting
- International courier
- Computer picture
- "The Way We ___"
- Again
- "Catch!"
- Outcome probabilities
- Be indebted
- Bit of light
- Close friend
- Put to the test

SOLUTION ON PAGE 15

WORDSEARCH - HAPPY NEW YEAR! - By Roni Alward & Senior Scope

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

- | | | | | |
|-------------|-----------|-----------|-------------|-----------|
| Annual | Dancing | Gown | New | Sparkling |
| Auld | Diet | Happy | Optimistic | Syne |
| Balloons | Dinner | Kiss | Party | Toast |
| Band | Drop | Lang | Predictions | Tuxedo |
| Bubbly | Eve | Magical | Prosperous | Twelve |
| Celebratory | Fireworks | Mask | Rejoice | Uncork |
| Change | Fun | Memorable | Remember | Vices |
| Cheers | Gala | Midnight | Resolve | Vow |
| Clock | Glasses | Morning | Ring | Winter |
| Cocktail | Goblet | Music | Sparkle | Year |

SOLUTION ON PAGE 15

FUNNIES FUNNIES FUNNIES

Money can't buy you happiness. But it does bring you a more pleasant form of misery. - Spike Milligan

Employment applications always ask who is to be called in case of an emergency. I answered, "an ambulance."

I Have a Degree in Liberal Arts. Do You Want Fries With That?

Procrastinate Now!

Lord, keep your arm around my shoulder and your hand over my mouth.

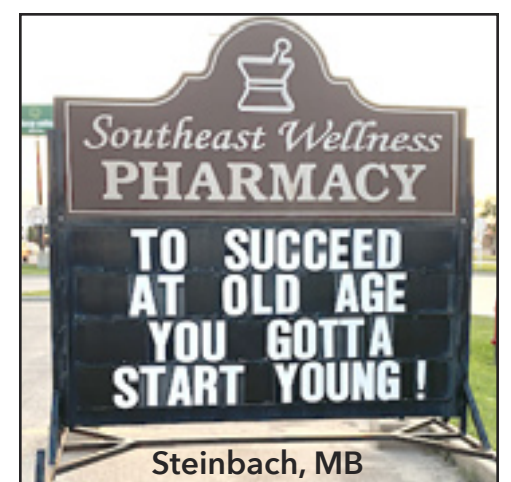
Always make sure someone in the relationship has good credit. That's why they are called a SIGNIFICANT other. SIGN-IF-I-CAN'T.

May you always have: Love to share, cash to spare, tires with air, and friends who care.

Sometimes you just have to let karma handle things, because if you don't, you're going to jail.

Girlfriend: Restaurant bills are meant to be paid by men. That's why it's called a men-u.

Boyfriend: No, it's actually me-n-u.



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

Helping to Keep Brains Young. **All answers begin with the letter 'D'** Random pick'

1. This little hamlet was home to the comic strip character "Li'l Abner":
2. This actor's films include "10", "Arthur" and "Unfaithfully Yours":
3. In 1885 he invented the motorcycle:
4. When uncle Charlie was very angry they say he got this up:
5. This is a four wheel device used to move heavy furniture:
6. This is the art of training a horse:
7. This is a hat or horse race:
8. This is the smallest and most southern Scandinavian country:
9. He was Canada's Prime Minister (1957-1963):
10. This Canadian song said "Your So Young and I'm So Old":
11. This might lead an animal to a trap:
12. This American city is known for music and cars:
13. They throw these at the Olympics:
14. This Eagle wrote "New York Minute" based on events of 9-11:
15. This branch of medicine deals with skin diseases:
16. This devise is used to create holes for plants:
17. This city in Eastern France is famous for this mustard:
18. This German actress became very famous, her first movie (1930) was "The Blue Angel":
19. This is a Baltic city and major port in Poland:
20. Merganser is the official name of a type of bird we might have on Thanksgiving:
21. This actor played a major role in the movie "The Irishman":
22. This Englishman wrote "Origin of Spices":
23. This German invented the "pneumatic tire":
24. This is turf cut out by a golfer golf club:
25. In North America this is a sofa which usually can be converted to a bed:
26. In England this is a desk with a sloping surface for writing, (the answer is the same as question #25):
27. People in this major American city were told to stay indoors due to heavy smoke caused by millions of acres of California fires (August 2021):
28. This Syrian capital city has a 1.5 million population:
29. This recently retired American beauty, (age 49) an actress who starred in "Gangs of New York" was a top rated model, has published several books, and her many movies created sales of \$3.1 billion:
30. This Actor/Director's new movie is "Stillwater". He is now Hollywood's most bankable actor. His movies have collectively earned over \$3.8 billion dollars:



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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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A-Z TRIVIA "D" SOLUTIONS

- | | | | |
|-----------------|-----------------|------------------------|--------------------|
| 1. Dogpatch | 9. Diefenbaker | 17. Dijon | 25. Davenport |
| 2. Dudley Moore | 10. Diana | 18. Dietrich (Marlene) | 26. Davenport |
| 3. Dailmer | 11. Decoy | 19. Danzig | 27. Denver |
| 4. Dander | 12. Detroit | 20. Duck | 28. Damascus |
| 5. Dolly | 13. Discus | 21. De Niro (Robert) | 29. Diaz (Cameron) |
| 6. Dressage | 14. Don Henley | 22. Darwin | 30. Damon (Matt) |
| 7. Derby | 15. Dermatology | 23. Dunlop | |
| 8. Denmark | 16. Dibbler | 24. Divot | |

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|----|---|---|---|----|----|---|---|---|----|----|---|---|----|----|---|---|----|----|
| 1 | P | 2 | O | 3 | P | 4 | L | 5 | O | 6 | F | 7 | 8 | S | 9 | P | 10 | A |
| 11 | E | A | R | 12 | A | B | L | E | 13 | T | O | N | | | | | | |
| 14 | P | R | O | 15 | Y | O | U | N | 16 | G | E | S | T | | | | | |
| | | | | 17 | V | A | S | E | 18 | | | | 19 | A | P | E | S | |
| 20 | I | B | I | D | 21 | | | | 22 | H | A | S | 23 | | | | | |
| 24 | C | O | N | S | 25 | I | D | E | R | 26 | | | 27 | P | E | N | 28 | 29 |
| 30 | E | G | G | 31 | T | O | R | T | 32 | I | L | L | A | | | | | |
| | | | | 33 | U | S | E | | | 34 | L | A | M | P | | | | |
| 35 | S | W | A | P | 36 | | | | 37 | H | O | L | Y | | | | | |
| 40 | C | E | N | S | 41 | O | R | E | D | 42 | | | | 43 | O | P | 44 | 45 |
| 46 | A | R | E | 47 | W | A | R | D | 48 | | | | | 49 | F | A | R | |
| 49 | N | E | W | 50 | E | Y | E | S | 51 | F | L | Y | | | | | | |

WORDSEARCH - Solution

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

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FOR SALE: Kenmore Special Edition upright vacuum cleaner - \$100. Feur fur coat, full length, leopard pattern, sz med, new cond. - \$150. C.D. Player, like new - \$50. **204-889-3770**.

WANTED: 8mm cassette movie camera that works; Smaller piano accordion with many bass buttons; Adapter for a VCR to play 8mm cassettes. **204-880-4926**.

FOR SALE / WANTED ITEMS

FOR SALE: Pride Pursuit SC713 Scooter. Excellent condition, good tires, large removable basket. \$1600.00 obo. Please call **204-256-2261**.

FOR SALE: Mobility scooter, brand new. Colibri travel scooter 4 wheels, 10 km range. Dis-assembles into 5 parts. \$1,000 firm. Joy: **431-373-5808**.

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

JOBS

JOB OFFER: Seven Oaks Transmissions needing parttime general help in automotive shop. Duties: general shop maint., assist technicians, shuttle customers, pick up parts... Valid MB driver's license required. 7 am-12 pm. Call **204-338-7067**.

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