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# Senior Scope

Vol. 24 No. 11 | May 10 - June 9/26

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Newspaper

**Leaving a Legacy**  
Feature  
Pages 11-18

## Zaida (Grandfather) Louis's Thunderbird

Louis outside of the Thunderbird Restaurant on McPhillips Street in Winnipeg.



Louis and his fellow soldiers during WWII.



Older Louis.



Young Louis.



Louis and his wife Cassie.



**TALES FROM THE NORTH END**

Myles Shane

My Zaida Louis was born December 25, 1914. At the time Winnipeg was still being shaped by rail lines, immigration, and the hard geometry of survival. During this era the North End of Winnipeg was dense and working-class, a place where families from across Europe, Jewish, Ukrainian, Polish, Russian, built lives in crowded homes and shared streets filled with multiple languages and overlapping histories. Louis grew up in that world, where work was constant; winters were unforgiving, and identity was something

forged quietly through routine, loyalty, and endurance. Later, he was drafted into the Canadian Army during the Second World War, serving as Private Ostrov on Vancouver Island with other enlisted men tasked with guarding Canada's western coast from the fear of a possible Japanese or German strike. It was not a place of glory, but of waiting, discipline, and distance from home.

But Louis's real legacy was never military. It was family, it was his three daughters, their children, and the grandchildren who came after them. He was a gentle man in a hard century, someone who carried himself without noise or demand. When his working life was done, he didn't disappear into retirement in any formal sense. Instead, he had a place where

his life continued, the Thunderbird on McPhillips Street. If you were looking for him, you didn't need to ask around the city. You didn't need directions. You simply went there.

The **Thunderbird** on McPhillips Street, became Louis's second home. It was where he met his brother Murph for coffee, where he sat with friends he had known since younger days, and where silence could exist without awkwardness. For him, it was not just a restaurant but a kind of informal meeting ground for memory itself. Like Louis, the Thunderbird was built on continuity rather than a spectacle. It didn't need to announce itself, it simply endured. It welcomed repetition, regular tables, regular orders, and regular conversations that stretched

Continued on page 4

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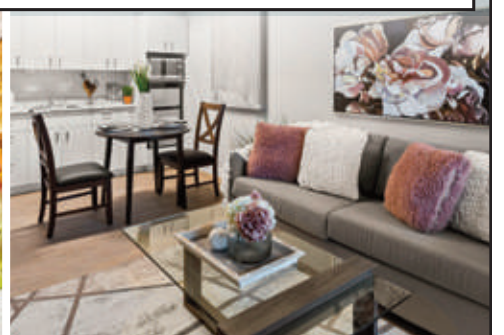
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**Senior Scope** is available for **FREE** at many locations in Winnipeg and rural Manitoba, by [email subscription](mailto:kelly_goodman@shaw.ca), [online](http://www.seniorscope.com) at [www.seniorscope.com](http://www.seniorscope.com), and by [mail subscription](mailto:kelly_goodman@shaw.ca) for a fee.

**Mail Subscriptions:**

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Pay by cheque or e-transfer payable to:

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Stonewall, MB R0C 2Z0**

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Send your Letters or Community Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)



## Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown, Executive Director, AAIM

The 43rd edition of the annual Manitoba 55+ Games is just a few weeks away and there is still time to register if you are interested in participating – **registration closes May 16, 2026!**

Like a fine wine the **Manitoba 55+ Games** get better with age! Over the years the games have been in 20 different communities which means that several communities have hosted more than once. It is that spirit of giving that each host community brings to the Games that make this such a unique event for Manitobans 55 years and over!

This year we are very excited to have two communities and a municipality come together to host the **Manitoba 55+ Games June 9 – 11th. Morden, R. M. of Stanley, and Winkler** offer top notch indoor and outdoor facilities, and many other attractions in the area. Working together since last fall a dedicated group of volunteers have been planning, working with sponsors and various local groups to ensure every detail is accounted for and that participants will be impressed!

Golfers in this year's Games will get a chance to experience the Winkler Centennial and the Minnewasta Golf courses. The Morden Access Centre will be home to opening ceremonies, and three days of pickleball during the 55+ Games. This

facility also houses the Manitoba Baseball Hall of Fame and Museum, and the Canadian Fossil Discovery Centre.

The Meridian Exhibition Centre in Winkler will host 3 days of pickleball and a day of Bocce on an indoor turf surface. Nearby are the Winkler ball diamonds where slo-pitch will be in full swing for three days. The Winkler Arts and Cultural center will host the Arts and Crafts section of the Manitoba 55+ Games. This year Games participants will be competing outdoors at the Winkler Aquatic Centre.

Track events have been expanded to include Shot Put and Standing Long Jump. Our Predicted walks will also be on the new track at the Discovery Trails School.

If you have ever wanted to try Disc Golf – here is a chance to play at the course located in Stanley Park. That is where you will also find horseshoes being pitched.

Other facilities include the Winkler Senior Centre, the Morden Active Living Centre, and the Morden Legion. Again, the community organizations that answer the call to host an event are an integral part of the success of the Games each year.

If you live in Winnipeg and you are looking for something a little closer to home - 5 pin bowling will be hosted at the Carman Bowling Alley. Come and check out the Mb. 55+ Games Equestrian events being held at Birds Hill Park.

For the first time ever – Active Aging in Manitoba is excited to be partnering with the Manitoba Horse Council to add some

Equestrian events to this year's 55+ Games.

Lawn Bowling, a staple of the Mb. 55+ Games, is being hosted at the Dakota Lawn Bowling Center, Winnipeg, on June 16 – 18.

By expanding the Games this year, we hope to encourage more people to get active – consider participating, volunteering or cheering on your peers.

Our goal is to keep the Games accessible and part of that is to keep entry fees reasonable. This would not be possible without our many sponsors including our presenting Sponsor **Manitoba Liquor and Lotteries – Play Now**. Other generous support from Credit Union Central of Manitoba, Manitoba Blue Cross, Travel Manitoba, Victoria Lifeline, Retired Teachers Association of Manitoba, Ashams, and the Kinsmen is greatly appreciated. Many local sponsors from Morden, Winkler and the R. M. of Stanley have also stepped up the plate to ensure the Games are successful and to make sure everyone will have a memorable experience! A huge thank you to the Cities of Morden and Winkler and the R. M. of Stanley for their generous support!

For more information, please go to our website at [www.activeagingmb.ca](http://www.activeagingmb.ca)

Registration closes May 16 – but you can sign up to volunteer at any time prior to May 28th.

Questions? Contact us at 204-632-3947.

**Remember – move more and sit less!**



Track (2025 55+ Games)



Cards (2025 55+ Games)



Predicted Walk (2025 55+ Games)

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

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## “The Governor’s Garden: The role of the King’s Representative in Treaty” *With Nathan Tidridge*

~ In Partnership with the Treaty Relations Commission of Manitoba (TRCM)

In honour of **Treaty Week 2026** and the **20th Anniversary of the Treaty Relations Commission of Manitoba**, Lt.-Gov. Anita R. Neville invites Manitobans to attend a very special edition of Evenings at Government House.

Nathan Tidridge, MSM, vice president of the Institute for the Study of the Crown and associate of the Niagara Academy for Indigenous Relations, will explore the historic and evolving relationship between the Crown and Indigenous Nations, using

the metaphor of gardens as Treaty spaces. Centered on the Governor’s Garden at Upper Fort Garry in Winnipeg, the talk will situate the site within Treaty relationships such as the Silver Covenant Chain - frameworks rooted in ceremony and kinship. He will trace how industrialization, Confederation, and constitutional changes disrupted these relationships, distancing the King and his representatives from their Treaty responsibilities. In the 21st century, renewed Treaty awareness has

revived recognition of the Crown’s enduring spiritual, ceremonial, and convening role. He will argue that the Crown has never been merely political, and that vice-regal initiatives such as ceremonial spaces can rekindle Treaty relationships today.

The event will be held on **Tues., May 19, at Government House**. Please note: this special edition of Evenings at Government House will **begin at 5:30 p.m. Doors will open at 5:00 p.m.** Parking is available on both sides of the Government House

driveway - light refreshments to follow. Those wishing to attend **must register** in advance with the Office of the Lieutenant-Governor by calling **204-945-2753**. Guests may reserve a maximum of two seats per registration. Please note: hats, large bags and backpacks will not be permitted. Registration is now open. Seating is limited. There is no cost to attend.

*Please consider bringing a non-perishable food item for the Lieutenant Governor’s Sharing Hope Initiative.* ■



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## Louis's Thunderbird... cont'd from front page

across decades. In that way, it shared something essential with him.

**Louis and the Thunderbird** were alike in what they offered, steadiness in a changing city. Both were shaped by immigrant life in Winnipeg's North End, both carried the imprint of work and endurance, and both became places where people returned not for novelty, but for recognition. Just as Louis remained a constant presence for his family, quiet, dependable, always there, the Thunderbird remained a constant presence for him. Neither was about grandeur; both were about belonging.

### John Ginakes

The story of the Thunderbird is really a story about time, immigration, and a kind of accidental Canadian institution built out of grit and instinct rather than planning. It began in a small Greek village called Niata, where John Ginakes grew up as one of five children. His older brother Jimmy left for Winnipeg in 1950, part of the postwar wave of immigrants who arrived with little money but a strong work ethic and a willingness to start over. John followed four years later, at 18, joining Jimmy in a cramped one-room apartment on Vaughan Street in the heart of the North End. Life was tight but already connected to food, shoe-shining by day, restaurant work close by, learning the rhythm of a city that ran on long hours and late meals.

### Louis became the man of the house

Long before the Thunderbird, before the routines and the booths and the quiet familiarity of it all, Louis's life had already taken on the shape of something harder. At fourteen, after his father Louis's sudden death, he went to work. Today most doctors would say he suffered an aneurysm but back then they may have said it was a heart attack. Responsibility arrived early for Louis, and it stayed.

He became a kid who didn't stay still. Train-hopping across the country, drifting through small towns, picking up whatever work he could find, manual, temporary, necessary, and sending money back home to his mother. It wasn't romantic, not really. Somewhere in those years, between the motion and the discipline, he met Cassie.

By the time he was old enough, he was conscripted into the army. He was based in B.C. and served there until the end of the war.



Louis leaning on a coke machine.

### Denny's Quick Lunch

The brothers slowly built their way into the restaurant business. First came Denny's Quick Lunch in 1960, a downtown diner that did steady business serving workers and night crowds, but the real leap came when they embraced a new North American obsession, the drive-in. They moved operations to a vacant stretch of McPhillips Street, then still mostly empty, and opened the Thunderbird. The name came almost casually, borrowed from a magazine, but it stuck, mythological, bold, slightly larger than life. In those early years there was "absolutely nothing else" nearby, but that isolation became part of the draw. Cars began to gather in the glow of the sign, turning the place into an unexpected destination on the edge of the city.

### Baby Lois

He (Louis?) didn't return to Winnipeg until my mother, Lois, was already two, yet somehow, he managed to leave behind a lifetime of memories with her. She would recall those winters most vividly, the cold so sharp it felt like it might crack the air, riding beside him as he delivered milk, sometimes meat, the city still half-asleep in the early hours. "I used to go with him," she'd say, as if the simplicity of it carried everything.

Then there were the fragments, half-remembered, half-assembled over time. She knew he drove a yellow cab for years, navigating the long, quiet stretches of Winnipeg streets. She remembered, too, that he worked for a smallware business, Sea Coast Productions, tucked along Bannatyne Avenue. From her sister Shelly came another piece of the story, passed down through his brother Murph, that he once made leather belts and gloves by hand, selling them wherever he could, building a life out of whatever work presented itself.

Individually, the details feel ordinary. Together, they form the outline of a man who was always moving, always working, always finding a way forward.

### Horses and -20C

At its peak, the Thunderbird had space for about 80 cars and could be overflowing on weekends, with carhops running food out through Winnipeg winters that dropped to -20°C without hesitation. It wasn't unusual to see entire scenes unfold there, families, teenagers, workers coming off shifts, even horseback riders from a nearby riding academy tying up outside before heading in for burgers, hot dogs, or the house specialties like spaghetti, wieners, beans, and chili sauce. Over time, the drive-in era faded, and in 1979 the Thunderbird shifted into a sit-down restaurant as the family moved into new ventures like the Pony Corral and Rib Shack, but the core remained the same, a place built on habit, memory, and repetition.



Cassie and Louis.

### The Great Train Set

Later in life, he built something that felt less like a hobby and more like a private world, an intricate miniature train station inspired by the Rocky Mountains, created alongside my Aunt Shelly and Nelson. He brought in a professional painter to transform the walls into sweeping landscapes, mountains rising in soft blues and greys, streams cutting through valleys, farmland stretching out in careful, deliberate detail. Every train was handpicked from hobby shops, each one part of a larger vision he seemed to carry fully formed in his head.

But it wasn't really about the trains. Not entirely, it was, in its own quiet way a gift to his grandchildren, who would lose themselves there for hours, running tracks, inventing stories, watching tiny worlds move exactly the way he had imagined they would.

### The Man Cave

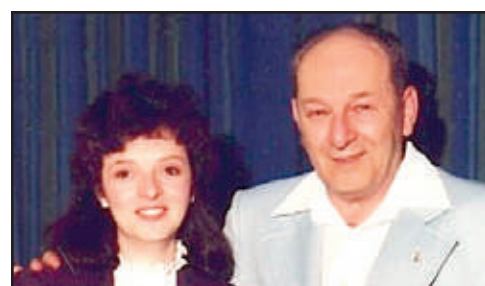
His other sanctuary was the basement, his man cave. Down there, Louis built something that felt both personal and carefully curated: a full bar, always stocked, paired with a surprisingly sophisticated stereo system, complete with surround sound speakers. The irony was never lost on anyone, neither he nor my Baba drank, but the bar wasn't really about alcohol. It was about the atmosphere, about hosting, about creating a space where people could gather and stay awhile.

Lining the room were hundreds of records, spanning genres and decades, each one part of a collection he took real pride in. Music mattered to him, not just as background, but as a way to set a mood, to shape a moment. And if you were invited into that space, there was a ritual to it. Louis would pull out his slide projector, dim the lights, and take you through his world, image by image, memory by memory.

The slides were everything: family, trips, moments frozen in time. Paired with carefully chosen music, they became something more than just pictures, they were stories, told his way. There was nothing he enjoyed more than sitting back, watching those images flicker to life, and sharing them with the people around him. In that room, surrounded by sound and memory, Louis wasn't just reminiscing; he was reliving it all, and bringing everyone else along with him.

### Community

What makes the Thunderbird endure in people's minds isn't just the food, it's the continuity. John Ginakes still meets customers who claim they've been coming for 50 years, something he says feels impossible because, to him, it still feels like they just opened. Some families span generations of loyalty, returning whenever they come back to Winnipeg, sometimes even



Louis and his daughter Shelly.

ordering takeout across continents. Parents insist their kids stop there first before anything else. In that way, the Thunderbird isn't just a restaurant; it's a living archive of migration, work, and belonging, where the past doesn't feel distant so much as constantly present, reheated in booths, parking lots, and shared meals that refuse to disappear.

### Ninety-two

Even at ninety-two, when his heart finally gave out, he didn't call for help. He sat in his La-Z-Boy, convinced he could hear Cassie calling him. And maybe, in a way that doesn't need to be explained.

### My Zaida

For me, Zaida Louis was always there, driving me to my hockey games, sitting quietly in the stands. Showing up without needing recognition, walking into the house, unannounced, settling into a chair with a newspaper.

He always knew things, gas prices, grocery costs, the weather, the state of the world. On Sunday nights, around the dinner table, those things turned into arguments. Communism versus free markets, old-world ideals clashing with new-world realities, voices rising, then settling. Nothing ever fully resolved.

Somewhere in all of that, those dinners, those drives, those quiet routines, was the Thunderbird.

Not just as a place, but as an extension of everything Louis represented.

It outlived him for a while, kept serving, kept showing up, until, like so many institutions tied to a specific time and place, it didn't.

It closed. Quietly. The way these things often do. Not with ceremony, but with absence. Lights off, doors locked. Another piece of the North End slipping into memory.

And for a moment, it felt like that was it.

But the thing about places like the Thunderbird, and people like Louis, is that they don't disappear so easily.

Nearly a year after closing, the restaurant is coming back.

Same address, same bones, but renewed, renovated, rebuilt with intention.

### The New Thunderbird

Peter Ginakes, son of founder John Ginakes, is helping lead the revival, bringing his father, now 87, back into the fold. A man who, by all accounts, never quite adjusted to retirement anyway. The kind of person who, like Louis, understood that purpose doesn't just switch off.

The menu will look familiar, the feeling they hope, will too.

The response has already started. Phone calls from across the city, even beyond it, people reaching out not just to congratulate, but to reconnect, because in Winnipeg, places like this aren't just businesses.

They're markers of who we were, of where we came from, of the people who sat across from us, drank the same coffee, ordered the same meals, and quietly shaped the rhythm of our lives.

The Thunderbird is coming back.

And in a way, so is Louis. ■

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**SPORTS**

# A Life in the Game, A Legacy in the Hall



**MANITOBA SPORTS**

By Scott Taylor / Photos courtesy Manitoba Basketball Hall of Fame and Museum

When Bryan Kornberger stood at the podium during a recent news conference to announce the 2026 Class of Manitoba Basketball Hall of Fame Class of 2026 announcement, he admits he didn't actually hear a word.

"I was just looking at the crowd," Kornberger said. "And I was so thankful. It felt like my life was flashing before my eyes."

For a man who spent nearly five decades shaping young athletes and building one of the province's most respected high school basketball programs, the moment wasn't about wins, banners or titles. It was about people.

That sense of gratitude — for players, colleagues, mentors and even custodians — defines both Kornberger's career and the spirit of a Hall of Fame class that will be formally inducted Sept. 26 at the Victoria Inn in Winnipeg.

The 2026 inductees also include stand-out players Uzoma Asagwara, Chad Posthumus and Anne Schimnowski-Boyko, each of whom left a lasting mark at the university, provincial and national level. Posthumus, who passed away in 2025, is remembered not only for leading the NCAA in rebounding but for representing Manitoba and Canada on the international stage.

Other builders being honoured include Ted Fardoe, whose work with the Winnipeg Minor Basketball Association helped



Bryan Kornberger with friend and former player Emily Potter.



Anne Schimnowski-Boyko.

expand grassroots participation and promote respect and fair play, and the legendary Earl Barish, the founder, president and majority owner of the Winnipeg Cyclone professional team (1995-2001); President of the IBA and league liaison to the NBA; and a member of Canada's National Board for the MACCABI Games.

Two teams round out the class: the Brandon University Bobcats men's program, which captured multiple national championships in the early 1980s, and the Glenboro School Panthers varsity girls, a dynasty that claimed five provincial championships between 2004 and 2009.

Together, they represent generations of excellence — from grassroots development to elite competition — and the many ways basketball has grown across Manitoba.

Among the builders being honoured is the hard-working, ultra-friendly and gregarious Barish, whose work in the 1990s helped bring professional basketball to Winnipeg. Now 82, and still working, Barish still speaks with the same enthusiasm that drove the project more than 30 years ago.

"I'm a lucky guy," Barish said. "A fortunate guy and a happy guy for sure."

Barish's induction is recognition not just of a team, but of an ambitious effort to create something new for the city — affordable, family-friendly entertainment built around a growing game.

"We worked very hard to duplicate an event night," he said. "Something like what you'd see in the NBA — the dance teams, the mascot, the halftime competitions. We wanted people to come out and have fun."

Tickets were priced to be accessible, and fans were encouraged to be part of the experience, even stepping onto the court during halftime promotions. It was basketball as community gathering — something Barish believed Winnipeg needed.

"We provided a product that people enjoyed," he said. "That was the goal."

The Cyclone years were also notable for their connections to the broader basketball world. Barish recalls working with larger-than-life figures like Darryl Dawkins and Alex English, and even discussing league models with NBA officials.

But like many pioneering efforts, timing proved to be a challenge.

"The only thing I didn't think about is timing," Barish said. "It wasn't the right time then."

Today, with the rise of Canadian basketball and the success of teams like the Winnipeg Sea Bears, he sees a different landscape.

"Now the timing is right," he said. "Back then, there weren't NBA players from Canada like there are now. That makes a difference."

Still, Barish views the Hall of Fame honour as a recognition of a collective effort.

"I get the glory," he said, "but there were a lot of young people who did a lot of work. It was a whole process."

That sense of shared accomplishment is a thread running through the entire class.

Take Kornberger, for instance. After 47 years of coaching, including 40 seasons leading the Glenlawn Collegiate varsity girls team, Kornberger's resume is staggering: 19 Final Four appearances, 12 trips to the provincial championship game and eight titles. But for him, numbers have never been the point.

Instead, he recalls the people who shaped him — including the coach who hired him in 1983 and the high school mentor who nominated him for the Hall of Fame.

"Dale Bradshaw nominated me and he's the man who taught me loyalty," Kornberger said. "Even when he wasn't feeling well, he tried to get ready for two hours

*Continued on next page*

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# A Life in the Game..., cont'd from page 6



Uzoma Asagwara.

just to come support me. That's what it's all about."

Now 67 and still teaching part-time, Kornberger says it took decades to truly understand the teaching profession.

"I finally learned how to handle the kids," he said with a laugh. "It took me this long to learn the tricks of the trade. I'm not going to stop now."

His influence extends well beyond the



Chad Posthumus.

hardwood. Kornberger is quick to point to former players who carried those lessons into life, including professional and national team star Emily Potter, whose advocacy for mental health left a lasting impression.

"She's the kind of person who would pick up the phone from China in the middle of the night to help one of my students," Kornberger said. "That's what matters."

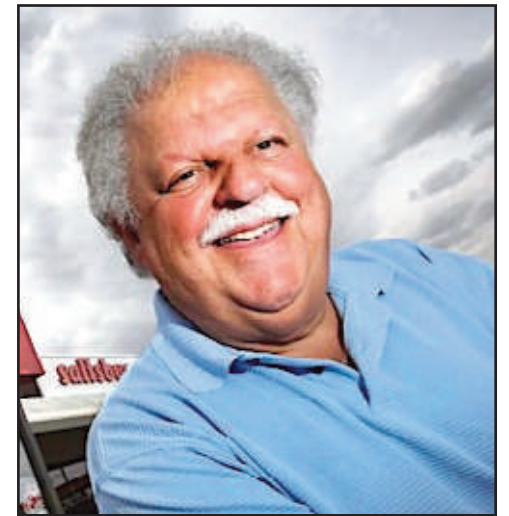


Ted Fardoe.

That perspective — that success is measured in people, not points — is shared across the Class of 2026.

For Kornberger, though, the Hall of Fame isn't about legacy in the traditional sense. It's about moments.

The players who came through his program. The colleagues who stood beside him. The mentors who shaped his path.



Earl Barish.

And the realization, standing in that room, that it all added up to something bigger.

"You just realize how fortunate you are," he said.

In the end, that may be the defining characteristic of this class — not just what they achieved, but how they remember it.

With gratitude. ■

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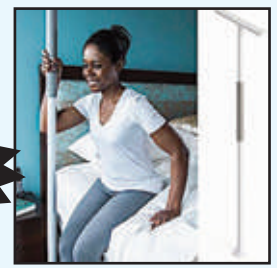
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# Wellness Wonders - All about antioxidants and how they boost senior health

- Heart to Home Meals - Fred Pennell

Many of us have heard the word antioxidants, but it can sometimes sound like something reserved for health magazines or complicated nutrition discussions. In reality, antioxidants are part of everyday foods and play a simple but powerful role in supporting our health, especially as we age.

Our bodies naturally face daily stress from the environment, from normal body processes, and from illness. Over time, this stress can affect cells and tissues. Antioxidants help protect the body from this kind of wear and tear. They support the immune system, help maintain healthy aging, and contribute to overall wellbeing.

The good news is that antioxidants are easy to include in everyday meals. Small choices made consistently can make a meaningful difference.

## What Are Antioxidants and What Do They Do

Antioxidants are natural compounds found in many foods, particularly fruits, vegetables, nuts, and certain plant-based ingredients. Their main job is to protect the body's cells from damage caused by unstable molecules often called free radicals. Free radicals form naturally as part of normal bodily processes and increase with exposure to pollution, sunlight, illness, and stress.

When free radicals build up faster than the body can manage them, they may contribute to inflammation, weakened immunity, and faster aging of tissues. Antioxidants help neutralize these molecules and support the body in maintaining balance and repair.

As we grow older, the body's ability to



recover and repair slows slightly. Including antioxidant rich foods regularly becomes even more valuable for maintaining strength, clarity, and resilience.

## How Antioxidants Support Senior Health

Antioxidants benefit several important areas of health that matter to seniors.

They help support the immune system by strengthening the body's ability to respond to illness and recover from infections. This can be especially helpful during winter months when colds and flu circulate more easily.

They also support heart health by helping reduce inflammation and supporting healthy blood vessels. This contributes to circulation and overall cardiovascular wellbeing.

Brain health benefits as well. Antioxidants support cognitive function and help protect brain cells from oxidative stress, which may support memory and focus over time.

They also contribute to skin health, eye health, and joint comfort, supporting overall quality of life and comfort as we age.

## Everyday Foods That Contain Antioxidants

Many everyday foods naturally contain antioxidants. Including a mix of colours and textures in meals helps provide a wide range of nutrients that support overall health. Some easy options to look for include:

- **Berries** such as blueberries, strawberries, and raspberries. These provide natural sweetness along with fibre and important vitamins.
- **Leafy greens** like spinach, kale, and Swiss chard. These support circulation, immune health, and overall vitality.
- **Bright vegetables** including bell peppers, carrots, and tomatoes. These contain antioxidants that support vision and skin health.
- **Nuts, seeds, beans, and whole grains** which provide protective nutrients and lasting energy.
- **Dark chocolate**, enjoyed in moderation, which offers antioxidants and a satisfying treat.
- **Herbs and spices** such as turmeric, cinnamon, and garlic that add flavour and gentle health benefits.

Many of these ingredients appear in balanced meal planning and are naturally included in **Heart to Home Meals'** senior friendly menu.

## Small Changes That Add Up

Adding more antioxidants does not require major changes or special products. Simple habits make a difference over time.

Choosing fruit as a snack instead of sweets. Adding an extra serving of vegetables to lunch or dinner. Enjoying a handful of berries with breakfast. Selecting meals that include colourful vegetables. These small choices gradually strengthen nutritional quality without feeling restrictive or overwhelming.

Consistency matters more than perfection. The body benefits from regular intake rather than occasional large amounts.

## Making Healthy Eating Easier and More Accessible

As with many aspects of nutrition, accessibility plays a large role in consistency.

Shopping, food preparation, and cleanup can become physically demanding with age. Fatigue, mobility challenges, or winter weather can make it harder to keep fresh produce on hand regularly.

We at **Heart to Home Meals** help bridge this gap by delivering nutritious meals directly to the home. Meals are thoughtfully prepared and frozen at peak freshness, helping preserve the vitamins and nutrients found in vegetables, fruits, and other antioxidant rich ingredients. This allows seniors to maintain steady access to nourishing meals without the physical strain of frequent shopping or cooking.

Knowing that balanced meals are readily available supports regular eating habits and reduces the temptation to rely on less nutritious convenience foods.

## Supporting the Immune System Through Daily Nutrition

The immune system relies on consistent nourishment to function well. Antioxidants play a role in supporting immune response and recovery. When paired with adequate protein, hydration, and overall balanced nutrition, they help the body remain resilient.

This becomes especially important during seasonal changes and colder months when immune challenges are more common. Maintaining steady nutrition supports energy, comfort, and peace of mind.

## Food as Part of Holistic Wellness

Nutrition is not only about physical health. Meals bring comfort, routine, and enjoyment. A familiar flavour can lift mood. A nourishing meal can provide a sense of care and stability.

Antioxidant rich foods support the body quietly in the background while seniors continue enjoying daily life, hobbies, relationships, and rest.

## Choosing Nourishment That Fits Real Life

Healthy aging is built through steady habits that feel manageable and supportive. Antioxidants are one part of a broader picture that includes movement, rest, connection, and balanced meals.

Small daily choices create long term benefits. By including antioxidant rich foods regularly and choosing meals that support overall wellbeing, seniors can continue nourishing their bodies in ways that feel comforting, empowering, and sustainable.

Wellness does not need to be complicated. It grows from simple, thoughtful habits that support health and enjoyment at every stage of life. ■

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**SPORTS**

# ROSS PARKE - A Prolific Goal Scorer



**A MANITOBA  
MOMENT**

By Bud Ulrich

At age 94, Ross Parke just loves to talk about hockey, hockey, and hockey! His career in this game goes back to the minor leagues all the way up to Junior A with the Winnipeg Monarchs. He led his team many times in scoring goals. He had that unique ability to put the puck in the net with his uncanny instinct to be at the right place on the ice at the right time. "There's a big difference in today's game of hockey. Players don't know what it's like to play in the wind. We played outdoors and the wind played a big factor in the outcome of the game. Sometimes we played through a snowstorm," said Ross.

Ross attended Queenston School, and the hockey team went to the city finals at the Amphitheatre which was located on the riverbank of the Assiniboine River west of Osborne Street next to the Granite Curling Club. His team lost the City Championship by one goal losing 2-1. It was Aggie Kukulowicz, a North End kid who later played for a bit in the National Hockey League, who scored the winning goal.

The Western Memorial Cup (Abbott Cup - Junior A, 2013-2017) was a seven game series which pitted the powerful Winnipeg Monarchs against the Regina Pats. After the seventh game was tied, the series went to a sudden death eighth game with the Monarchs emerging victorious with an 8-4 win. Ross scored three goals during that game.

We chatted for a good hour bringing up names such as Bill Mosienko and Fred Shero, all from my neck of the woods in the North End of Winnipeg when I was a youngster. Ross was proud of his decision to refuse an offer from Jack Adams, President of the Detroit Red Wings who sent a letter to him on March 28, 1952. Adams offered Ross a chance to turn pro when he was ready, with a salary of \$6,000 a year. It boggles my mind some 74 years later that the top salary in the National Hockey League is \$19,100,000 per year. Ross had other plans to accept a National Collegiate Athletic Association (NCAA) scholarship with Michigan State University, where he enjoyed success in gaining a degree in Business Administration and a place on the Michigan Spartans hockey team. His stickhandling and scoring skills led the way as top point-getter for three consecutive years.

In 1957, Ross joined the Winnipeg Maroons Senior hockey team participating in international competition. In 1964, this team won the Allan Cup (Canadian



Ross Parke.

Championship - Senior Men's Hockey) with Ross leading the way scoring 26 points.

Ross and several other players from the Winnipeg Maroons represented Canada during the 1962-63 season in an international tournament in Geneva, Switzerland. The team only won three games,



Barbara and Ross Parke.

but Ross scored six goals in one game and players even at a professional level can boast this accomplishment. He capped off his wonderful career playing on Canada's National Hockey Team during the 1964-65 season.



Ross Parke modeling sweaters with Bobby Hull.

The Michigan State University "mistake" is worthy of a brief story here. Long before GPS or Google Maps, in 1954 Ross headed off to college with his skates and a folded-up road map. His mom packed him a lunch and off he went in his 1950

*Continued on page 10*



Ross Parke (94) and his friend/team-mate Reg Abbott (96).

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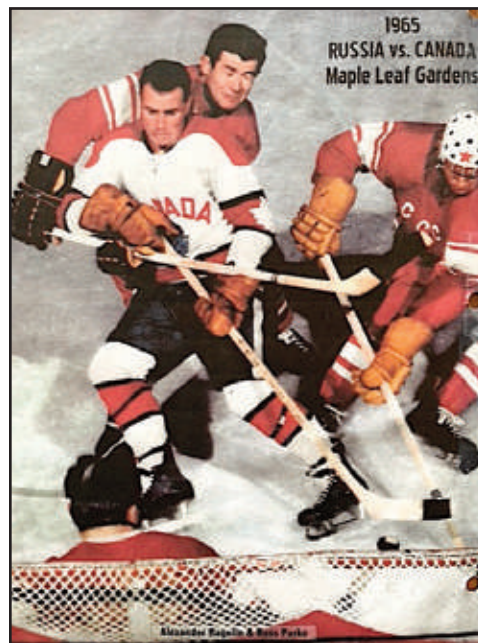
## Ross Parke, *cont'd from page 9*

Chevy heading to Michigan. It was late in the evening when he arrived in East Lansing which is located close to the centre of the state. Unfortunately, Ross left his contact list at home and asked who coached the hockey team. He was given the name - Amo Bessone. He looked up his number in the phone book (remember those!) and was greeted shortly after spending the night at Amo's home. Early the next morning, Ross registered at Michigan State with the help of Amo. Ross asked Amo about the whereabouts of his friend Tom Rendall and quite surprisingly found out that his friend was enrolled at the University of Michigan. Oops! It was then Ross realized he registered at the wrong university!

Ross graduated from Michigan State and returned home to Winnipeg looking for

a job. He wanted to start up his own company and called on National School Studios. It was a very busy time of his life with 20 employees working for him. Working 12-14 hours a day along with providing for the needs of his family was a challenge. After 30 years with this company, Jostens bought them out. Of course, hockey was still on his mind and during the evenings at the River Heights arena, he along with friends such as Ab McDonald, Murray Wilkie, Chuck Arnason, and a few others just played for the fun of the game.

Ross shared an interesting story involving Winnipegger George Smith who owned a cartage company. He heard that Alan Eagleson, a Canadian lawyer (later disbarred), hockey agent and promoter, entered the Russian hockey team's dressing room grabbing the "CUP" that the Russians



Alexander Ragulin and Ross Parke.

went. They played two games and lost both by a large margin. Admittedly, this group of seniors was not anywhere near the physical shape of the Russians.

Ross has two daughters from his previous marriage. Sadly, his eldest daughter died of cancer. He and his wife Barbara have a son 38 years of age.

Despite a mini stroke, officially called a transient ischemic attack (TIA), Ross always looks forward to enjoying a cup of coffee with his buddies. Years back he spent his summers at their cottage in Clearwater Bay puttering around with whatever needed attention. Ross has some good advice for hockey players aspiring to play professional hockey – education first is important and pursuing a scholarship is a good option.

In 2017, Ross was inducted into the Manitoba Hockey Hall of Fame in the Player category. His accomplishments in minor hockey, including his participation in college hockey, Winnipeg Maroons Senior team, and Canada's National team are significant and fittingly he was recognized for this honour.

Ross Parke stands as a remarkable example of dedication, sportsmanship, and enduring spirit. His distinguished hockey career reflects not only on his skill and passion for the game, but also a lifetime of perseverance and character. His contributions to hockey and his community deserve admiration and heartfelt recognition. ■

won and ran out of the room. The Russians questioned this move, but Eagleson was quick to respond, "Oh no, this trophy stays in Canada." Smith was disturbed by Eagleson's brazen actions and placed an order for another trophy. He sent this replica to the Russian Hockey Association. They were overwhelmed with Smith's thoughtfulness. An invitation was extended to George to come to Russia between Christmas and New Years for a game with senior hockey players. Ross organized a group of his friends and off to Russia they

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# Stories of generosity, inspiration, and hope

# Leaving a Legacy

“... I have no hesitation leaving a Legacy Gift to the Reh-Fit Centre with the hope of continuing to make it a healthy, engaging, and satisfying journey for future generations.”

~ D. Pollard

## Reh-Fit LEGACY SOCIETY

### Shaping Tomorrow's Health Legacy Month Begins - Submitted

Legacy Month is a time to reflect on the power of generosity and its lasting impact on community well-being. The Legacy Society was founded in 2009 to aid the Reh-Fit Centre through planned giving. Members' generosity supports community well-being by funding innovative programs, backing research to improve program efficiency, and renewing facilities and equipment with the latest health and fitness technology.

#### Why Legacy Society Members Give

“The Reh-Fit, to me, is a vital contributor to life as we move through it. I have no hesitation leaving a Legacy Gift to the Reh-Fit Centre with the hope of continuing to make it a healthy, engaging, and satisfying journey for future generations.”

- D. Pollard

“My wife and I have been Reh-Fit members for over 20 years. We value its variety of equipment, programs, and professional advice on maximizing fitness and reducing injury. We've built relationships with people we knew, met through programs, or encountered in the field house or Café. I believe Reh-Fit's work should continue indefinitely, and I support it through my Legacy Society gift. I invite others to do the same.”

- Dan Torbiak

“Reh-Fit is important to us because we want to stay fit as we age, and it is a wonderful facility with great programs, equipment, and staff. We see the benefit it brings to adults of all ages. It is a great community where we have made many friends, and where everyone is friendly and welcoming.”

- Joanna Knowlton & Jim Tokarchuk



Dan Torbiak, Legacy Society Member.

#### Planned Gifts of All Sizes Make a Difference

Anyone with a Will can plan a legacy gift that will support the Reh-Fit for years to come. Your support can take several forms, such as:

- **Cash Gift**, where the Reh-Fit Foundation is named as the beneficiary of a specific dollar amount or a percentage of your estate
- **Life Insurance**, where the Reh-Fit Foundation is named as the beneficiary of a current or new policy

- **Publicly Traded Securities**, where your donation is through stocks, bonds, mutual funds or segregated funds

**Join the Legacy Society today and make a difference that lasts.**

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# Leaving a Legacy

"Legacy gifts—those made through a will or estate plan—are acts of profound foresight and compassion. They reflect a donor's values, life experiences, and hopes for the future."

~ Children's Hospital Foundation of Manitoba

## A lifetime of caring continues

- Submitted by Children's Hospital Foundation of Manitoba

At the Children's Hospital Foundation of Manitoba, we have the privilege of witnessing extraordinary generosity every day. Families, health care teams, volunteers, and community members come together to support the best care possible for our kids.

There are many ways donors help continue caring for kids in our community including legacy gifts. May is *Leave a Legacy Month* – a time to reflect and plan how you can make an impact in our community.

**Legacy gifts**—those made through a will or estate plan—are acts of profound foresight and compassion. They reflect a donor's values, life experiences, and hopes for the future. They are often deeply personal, and they ensure care continues not just today or tomorrow but for generations to come.

One such gift came from Sharon Torgerson, a devoted mother, wife, daughter, and nurse, and a proud

graduate at our very own School of Nursing. Sharon believed strongly in sharing what she had. Her decision to leave a legacy gift to support child health care reflects her character and her belief in a hospital dedicated entirely to children. Through her generosity, Sharon's compassion continues every day at Manitoba's only children's hospital.

Legacy gifts like Sharon's provide stability by supporting leading-edge equipment and technology, programs that provide comfort during difficult times, innovative spaces to provide comfort during healing and world-class research at Children's Hospital Research Institute of Manitoba (CHRIM).

These gifts help ensure when a child in Manitoba needs specialized care, it is available—right here, close to home. They also send a powerful message: our children matter, now and always. Children are our future.



Sharon Torgerson

Every legacy gift, regardless of amount, contributes to a future where children receive the best care possible thanks to our compassionate community. For many donors, it is a way to align their life story with a cause that reflects their deepest values.

Sharon's husband, Glen, has shared with us how much joy it would bring

her to know that her gift continues to help children and families in the city she loved. It reminds us that legacy gifts are not about the past—they are about the future.

Including Children's Hospital Foundation of Manitoba to your estate planning is a powerful way to reflect your belief in hope and healing. These gifts can also offer tax benefits, so now is a great time to start a discussion with your financial planner about what's right for you.

Thanks to donors like Sharon, care continues. Hope continues. And the circle of compassion remains unbroken.

Together, we are building a future where every child has the chance to heal, grow, and thrive.

To explore how your legacy can **#ContinueCaringForKids**, contact Lindsay Rayter at **204-594-5323**.

See advertisement on front page

## Providing relief and food on the table

- Submitted by Harvest Manitoba

Sarah left Montreal in 2022 with a simple dream of a better life for her family in Winnipeg. The road has been harder than she imagined, and the gap between that dream and daily reality has tested her in ways she didn't anticipate when she made the move.

Her partner struggled to find steady work after they arrived, and even now that he's employed, the rising cost of food and rent keeps pulling the ground out from under them. Wages haven't kept pace with the cost of groceries and housing, and for a young family still finding its footing, that gap is felt every single day. "We came here for a better life," Sarah says, "but everything keeps getting more expensive."

Sarah's days are stretched thin with young children depending on her. Early morning drop-offs, sleepless nights, and the constant demands of caring for small children fill every hour. She gives everything she has to her kids, and when asked how she gets through the hardest days, she doesn't hesitate. "My babies," she says. Her children are her reason, and that love is what keeps her moving forward even when the circumstances are exhausting.

When Sarah found her local food bank through **Harvest Manitoba**, something shifted. For the first time in months, there was relief and food on the table, and a sense that she wasn't facing this alone. The pressure that had been building quietly

for months, the worry about whether there would be enough, the mental load of stretching every dollar, eased in a way that let her breathe again. Being able to walk out with groceries meant she could focus her energy on her children rather than on the anxiety of scarcity. It meant her kids were fed, and that she could show up for them more fully. Knowing that support existed and allowing herself to ask for help changed her daily calculus of survival.

When you donate to Harvest Manitoba, you're putting food on Sarah's table and telling a mother who is doing everything right, in a situation that is anything but easy, that she is not invisible and she is not alone. Your gift goes directly toward

making sure no family in our community has to choose between feeding their children and keeping a roof over their heads.

Please make your donation to Harvest today to help ensure that no Manitoban goes hungry.

### Ways to Donate

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**Thank you for your support!**



**Rising costs have stretched Sarah's family to the limit. When money runs out, food banks help her family get through the month.**

Donate today at [HarvestManitoba.ca](http://HarvestManitoba.ca) or call **204-982-3581** to help feed families like Sarah's.

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# Leaving a Legacy

## “We were given so much”

*Onanole couple adds the HSC Foundation to their wills*

- Submitted by HSC Foundation



A very grateful Rust family.

While recovering in his Health Sciences Centre bed after emergency brain surgery in 2006, Len Rust asked his surgeon: “When you saw me in the operating room, if you could’ve put a percentage on my chances of surviving like this, what percentage would that have been?”

“Single digits,” the surgeon said.

Len and his wife Brenda knew just how fortunate they were that Len survived his bleeding brain aneurysm with no serious long-term effects, and they have expressed their gratitude for HSC ever since: first as monthly donors to the HSC Foundation, and more recently by naming the Foundation in their wills, thereby becoming members of the Bannatyne Legacy Circle.

Their story begins in March 2006, just outside of Brandon where they were living. Len, now a retired optometrist, woke up with a blinding headache. He’d heard about migraine symptoms from his patients and figured that’s what he was experiencing. Not so.

He soon collapsed. “After that, I just have kind of vague memories of ambulances and emergency rooms. I was in and out, mostly out,” Len recalls.

After initial diagnosis at the closest hospital, he was taken by ambulance

to HSC where doctors were waiting for him. Len continued to drift in and out of consciousness, but when the issue of consent for surgery came up, he was alert: “His hand shot up from the stretcher. He said ‘I’ll sign it. Show me where!’” Brenda recalls. “I never dreamt for a moment that he wasn’t going to be okay. I just knew it would work out.”

But it almost didn’t.

During the procedure the bleeding unexpectedly intensified. A “code blue” was called and medical staff leapt into action to save Len’s life by drilling a burr hole and performing a craniotomy (the temporary removal of a small piece of skull) to successfully address the aneurysm and drain the blood from the brain. Len was discharged after 12 days and was able to return to work in six weeks. Now, 20 years later, Len and Brenda are living a very full and very grateful retirement.

“Once you realize the importance of HSC and the impact they have, you just want to support it,” says Brenda. “Adding the Foundation to our wills just made sense.”

“We were given so much,” Len adds. “This is just one way to give something back.” ■

“Once you realize the importance of HSC and the impact they have, you just want to support it. Adding the Foundation to our wills just made sense.”

~ Brenda Rust



Health Sciences Centre  
FOUNDATION



## Leave a Lasting Mark

**A planned gift to the HSC Foundation helps shape the future of health care in Manitoba.**

Leaving a gift to the HSC Foundation in your will is a meaningful way to support the people and the province you love for years to come.

Legacy gifts help bring new technology to HSC—Manitoba’s hospital, improve the spaces where patients are treated, and advance research. These gifts play a powerful role in shaping the future of health care.

Legacy donors come from all walks of life, but they share one thing in common: a desire to make a difference.

As Irma McKenzie, Director of Gift Planning, shares: “Legacy gifts are incredibly meaningful. They’re a way for people to care for others—today and for generations to come.”

Your gift, no matter the size—helps ensure exceptional care is there when it’s needed most.



For more information about the HSC Foundation Bannatyne Legacy Circle, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or 1-800-679-8493 (toll-free).



# Leaving a Legacy

“The War Amps receives no government grants; its programs are made possible through the public’s support of the Key Tag Service. When you use a War Amps key tag, you protect your keys and support amputees.”

## The War Amps begins its 80th annual key tag mailing

- Submitted by The War Amps

The War Amps has started mailing 2026 key tags across the country, marking 80 years of providing this service to residents. When you use a War Amps key tag, you protect your keys and support amputees.

Seven-year-old Kenzie Stronks was born without her left arm below the elbow and was enrolled in The War Amps Child Amputee (CHAMP) Program shortly after she was born. In the letter accompanying the key tags, her parents, Shannon and Josh, describe how The War Amps has supported their family. As a Champ, Kenzie receives financial assistance for artificial limbs, peer connections through CHAMP events and so much more.

“When she walks into a room, her amputation often makes her different from everybody else, so being able to meet kids just like her at CHAMP seminars is very special,” say Shannon and Josh. “Thanks to The War Amps, Kenzie has the artificial limbs and devices she needs for the hobbies she loves. She has a bike device that attaches to her artificial arm and allows her to keep a safe grip on the handlebar while riding. She also has a tumbler device that fits onto her artificial arm to help with balance and floor exercises during karate.”

The Key Tag Service is a free key return service for Canadians that generates funds for The War Amps many programs, including CHAMP. Since amputee veterans started the



Kenzie is benefiting from The War Amps CHAMP Program thanks to the public’s generosity.

service in 1946, it continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants; its programs are made possible through the public’s support of the Key Tag Service. For more information, or to order key tags, visit [waramps.ca](http://waramps.ca) or call 1-800-250-3030. ■

“Your legacy can help others find strength in difficult moments—and the chance to keep going.”

~ Manitoba Lung Association

## A Second Chance to Breathe

- Submitted by the Manitoba Lung Association

Dennis still remembers the moment something wasn’t right.

In 1990, while riding his bicycle with his son, he realized he couldn’t keep up. Soon after, a persistent cough appeared. Tests and appointments followed, leading to a diagnosis: pulmonary fibrosis—a disease with no cure and an average life expectancy of five years.

“When you hear something like that,” Dennis reflects, “it changes how you think about time.”

Over the years, his condition worsened. Breathing became harder, and he began relying on oxygen. In the fall of 2010, Dennis was placed on the transplant list.

In 2011, on Good Friday, he received the call—a pair of lungs had become available.

### Finding Strength in Community

After his transplant, Dennis was introduced to the **Manitoba Lung Association** through the Lung Transplant Support Group. There, he connected with others who truly understood what he had been through.

“It helped immensely to listen to them and realize we can keep going,” Dennis says. “Even now, I still attend—just to hear the stories and support others when I can.”

That sense of connection became an important part of his recovery, reminding him he wasn’t alone.

### Looking Ahead

Today, more than a decade later, Dennis’ lungs are remarkably healthy.



Dennis

What has stayed with him most is a deep appreciation for every breath—and for the people and programs that supported him.

“Experiences like this stay with you,” he says. “You start thinking about how important it is that others have the same chance.”

### Your Legacy Can Help Others Breathe Easier

For people like Dennis, support, education, and community can be life-changing.

By including a gift to the Manitoba Lung Association in your will, you can help ensure future generations have access to the same care, connection, and hope—when they need it most.

Your legacy can help others find strength in difficult moments—and the chance to keep going.

To learn about leaving a legacy gift, contact Juliette at 204-774-5501 or [juliette.mucho@mb.lung.ca](mailto:juliette.mucho@mb.lung.ca).



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Manitoba Lung Association


B R E A T H E

## He Couldn't Keep Up With His Son

That was the first sign. Years later, a lung transplant gave Dennis a second chance at life—and a new perspective.

“You don't take a single breath for granted.”

Help others get that chance. Leave a legacy gift.



mb.lung.ca | 204-774-5501

“As a longtime volunteer at Victoria Hospital, I have always enjoyed helping people – especially when they need it most. By remembering Victoria Hospital in my Will, I am able to continue making a meaningful difference in the lives of patients in the future.”  
~ Andrea

# Leaving a Legacy

May 1, 2026

## Newly Formed Manitoba Group of dual citizens encouraged to vote in November 2026 midterm elections.

American-Canadian Expats in Manitoba (ACEs-MB) is a newly formed group of dual US-Canadian citizens in Winnipeg with shared concerns over the unconstitutional actions taken by the current US administration, the lack of Congressional

response, and the effects on people on both sides of our shared border.

Today, our group’s goal is to encourage citizens of the United States who are living in Winnipeg and rural Manitoba to register to vote by absentee ballot for

the November 2026 midterm elections in the United States.

We are hosting a ‘meet and greet’, Saturday, June 6th, 1-4 pm at the Bill and Helen Norrie Library, 15 Poseidon Bay. US Citizens over 18 years of age are invited to

attend. Resources on absentee voting will be available. Please bring your questions and/or share your own knowledge with others about voting from abroad.

Info: Barbara Coombs, Events Coordinator: [info@aces-mb.ca](mailto:info@aces-mb.ca), 204-229-0537.

## A Legacy of Helping Others at Victoria Hospital

- Submitted by Victoria Hospital Foundation

Healthcare has always played a central role in Andrea’s family. Her grandmother was a nurse and her son went into medicine.

Andrea has always loved science and has long held a passion for helping others in their time of need, which led her to begin volunteering at Victoria Hospital. More than 20 years later, Andrea’s appreciation for the hospital is as strong as ever.

When Andrea and her husband began planning their estate, they saw an opportunity to continue helping others at the place they love so dearly.

“I have always thought hospitals serve the greater good and admire the way they care for everyone equally,” said Andrea. “As a longtime volunteer at Victoria Hospital, I have always enjoyed helping people – especially when they need it most. By remembering Victoria Hospital in my Will, I am able to continue making a meaningful difference in the lives of patients in the future.”

May is **Leave a Legacy Month** in Canada, a time when people across



Andrea is a longtime volunteer at Victoria Hospital.

the country like Andrea are reflecting on how they want to be remembered and the causes they care about most.

By remembering Victoria Hospital Foundation in your Will alongside your family and friends, you are making a difference in the lives of people

in our community. The gift you make today creates an enduring legacy for tomorrow and ensures high quality healthcare is available here in our community for generations to come.

Planning your gift requires careful consideration and discussion with those you trust. You may wish to

consult with a lawyer, tax advisor, accountant, or financial planner.

You can also contact **Victoria Hospital Foundation** to learn more about how your gift will enhance patient care at Victoria Hospital and improve the health and well-being of our community. Your gift can be directed to an area of your choice or left unrestricted for Victoria Hospital Foundation to allocate to the area of greatest need.

Tune in to **CJNU 93.7 FM** this month to hear reflections from those who have made a legacy gift to Victoria Hospital Foundation and for more information about the *Foundation’s Visionary Circle*.

For more information on gift planning opportunities at **Victoria Hospital Foundation**, please call **204-477-3513** or email [foundation@vgh.mb.ca](mailto:foundation@vgh.mb.ca).



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Barrister - Solicitor - Notary Public



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**FOUNDATION**  
HEALTHIER FUTURES



# Leave a Legacy

The gift you leave today will be your legacy tomorrow.

For more information on legacy planning options, please call us at 204-477-3513 or visit us online at [TheVicFoundation.ca/Legacy](http://TheVicFoundation.ca/Legacy).

# Leaving a Legacy

"Imagine knowing that your farewell didn't just reduce emissions, it actually created new life," Till explains. "Families are planting forests. They're giving back to the land and the communities we all share."  
 ~ Tillwell Inc.

## A new home for Manitoba Possible, led by accessibility and belonging. - Submitted by Manitoba Possible

It's ten-to-six on Tuesday evening. Supper Club hasn't started, but the kitchen at Manitoba Possible's 825 Sherbrook Street location is already alive. Recreation Facilitator McKenna is on a mission, searching for the hand mixer. She finds the whisk attachments, but not the handle. She pauses the search to greet everyone with excitement and details about tonight's meal.

By 6:00, the room is packed, and everyone is helping search for the missing hand mixer. The solution, eventually, is to use the blender. The meal comes together the way Supper Club does—imperfectly, but with a lot of conversation and fun.

For Bill, Supper Club has been part of his social calendar for three years. From the beginning, he felt a sense of belonging.

"It's given me a lot of opportunity to connect with people like myself," he says. "This place also helped me

with my confidence and feeling like a normal human being. I would be lost without a community like this."

Manitoba Possible's 825 Sherbrook Street location was built 60 years ago. At the time, it stood as a leader in accessible design. Today, time shows itself in the small space, outdated accessibility, and missing appliances.

There is again an opportunity to build a new home for Manitoba Possible. One that shows what's possible when accessibility is built into the design from the very start.

Manitoba Possible's Breaking Barriers Campaign will transform 1680 Notre Dame Avenue into a model of inclusion. At the heart of it will be a space built for programs like Supper Club to thrive: a 1,800-square-foot kitchen with accessibility woven into every detail.

"Every Manitoban should have the common human right to access



Manitoba Possible community kitchen.

spaces that include them, respect them, and value them," says Lindsey Cooke, CEO of Manitoba Possible. "An inclusive and accessible society is possible. The Breaking Barriers Campaign is an exciting opportunity to work together towards that goal through thoughtful, community-informed design."

The new space will also host independent disability-serving organizations through shared office space and coordinated support. It will include a first-of-its-kind

wheelchair terrain park where more than 12,000 Manitoba Wheelchair Program clients can test equipment, along with classrooms for financial literacy, disability education, and American Sign Language learning for Deaf newcomers.

The redevelopment of 1680 Notre Dame Avenue is not simply a capital project; it is a visible demonstration of what's possible when community works together to remove barriers.

For more information: [ManitobaPossible.ca](http://ManitobaPossible.ca)

**Your legacy will help ensure an inclusive & accessible society for all Manitobans**

**Plan your gift today**

Get in touch at (204) 975-3025 or [foundation@manitobapossible.ca](mailto:foundation@manitobapossible.ca)



Manitoba Possible.  
 Formerly Society for Manitobans with Disabilities

## From Goodbye to Growth: How One Farewell Plants Trees for Generations

- Submitted by Tillwell Inc.

*We don't inherit the earth from our ancestors; we borrow it from our children. At Tillwell, every farewell becomes a gift to the future.*

Canadians share something special: a deep connection to the

land, water, and air that define our home. Whether our families have been here for generations or we chose to make Canada our home more recently, we understand that caring for this place matters.

*Continued on next page*



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# Leaving a Legacy

"In addition to the donation of artifacts, the Armelle Evoy Memorial Fund was established through her estate and with the generosity of her closest friends. The proceeds from this endowment will help sustain the ongoing work of the Heritage Collection."

~ Misericordia Health Centre

## Tillwell Inc. - Continued from page 16

When Dwayne Till founded **Tillwell Inc.** in Headingley, he brought together ancient wisdom and modern innovation to create Manitoba's first aquamation facility. As a Métis entrepreneur, Till draws from diverse traditions: Indigenous teachings about water as sacred, European scientific advancement, and a uniquely Canadian commitment to environmental stewardship.

"This isn't about choosing between old ways and new ways," says Till. "It's about finding the best way forward. Water gives life, water cleanses, water renews. Using water to gently return our loved ones to the earth honours both tradition and progress."

Aquamation, or water cremation, uses a solution of 95% water and 5% alkali to accelerate the natural process that would occur over time in the earth. No flames. No fossil fuels. No emissions will be released into the air our grandchildren will breathe. Just Manitoba's clean hydroelectric power and the gentle work of water.

But environmental responsibility at Tillwell goes beyond the process itself. It's about the legacy families leave behind.

Through partnerships with **Tree Canada** and the **City of Winnipeg**, Tillwell dedicates 5% of its net revenue to urban reforestation. Every service helps plant trees in Manitoba communities. Real, living memorials that will provide shade, clean air, and beauty for generations to come.

"Imagine knowing that your farewell didn't just reduce emissions, it actually created new life," Till explains. "Families are planting forests. They're giving back to the land and the communities we all share."

The numbers tell a powerful story. If all of Manitoba's annual cremations switched to aquamation, we would save over 950,000 litres of fossil fuel

and prevent nearly 2 million kilograms of CO2 emissions. This is equivalent to planting 100,000 trees or removing 475 cars from our roads each year.

At \$1,295, Tillwell is also Manitoba's most affordable end-of-life option, proving that caring for the environment doesn't have to come at a premium price. Access is key.

"I meet families from every background imaginable," says Till. "What they share is this: they care about the world they're leaving behind. Some tell me about their grandparents' farms, others about parks where their children play. Everyone understands that clean air and healthy forests matter."

Tillwell is Canada's first B Corp certified funeral service provider, meeting the highest standards of social and environmental performance. The Headingley facility was designed to serve all Manitobans, regardless of their background or beliefs.

"Our bodies come from the earth, and to the earth we return," Till reflects. "Aquamation lets us return gently, without scarring the sky with emissions and consuming fewer of the resources future generations will need. That's something everyone can understand."

For the growing number of Manitobans thinking about pre-planning, Tillwell offers not just affordability and environmental responsibility, but something deeper: the chance to leave a living legacy.

"Traditional cremation takes from the earth—fossil fuels, clean air, energy," says Till. "Aquamation gives back. And through our tree planting commitment, every farewell becomes a gift to the future. That's the kind of legacy worth leaving."

*For those interested in learning more about how their end-of-life choices can benefit future generations, Tillwell welcomes questions and facility tours by appointment. ■*

## Preserving the Heart of Misericordia - Misericordia Health Centre

Tucked inside **Misericordia Health Centre** lies a remarkable treasure — the Misericordia Heritage Collection, home to more than 127 years of history. This extensive collection, and the dedicated volunteer team behind it, help ensure that Misericordia's story will continue to be told for generations to come.

The roots of this effort stretch back to the 1960s, when a small group of Misericordia School of Nursing alumni began collecting and preserving items that reflected the hospital's legacy. Today, that tradition lives on through a volunteer group that has been caring for the collection since 2016.

Though small in number, their passion for preservation runs deep. Their mission is clear — to keep Misericordia's rich history organized, protected, and accessible to all. Each volunteer has received professional archival training to ensure every artifact and photo is properly documented and preserved. Thanks to their dedication, the Misericordia Heritage Collection has become a vibrant celebration of the history of the Misericordia Nurses' Alumni, the Misericordia General Hospital School of Nursing, and the Misericordia Health Centre and its predecessors.

Recently, in partnership with the MHC Foundation, the Heritage Collection received a meaningful donation of historical items from the estate of Armelle Evoy. MHC held a special place in Armelle's life: both she and her brother Noël were born here; her father served as a physician here after WWII; and her mother led the Women's Auxiliary for many years. Notably, during her mother's presidency, the Auxiliary's fundraising helped Misericordia to become the first hospital in Winnipeg to acquire an incubator.



Misericordia Heritage Collection

In addition to the donation of these artifacts, the **Armelle Evoy Memorial Fund** was established through her estate and with the generosity of her closest friends. The proceeds from this endowment will help sustain the ongoing work of the Heritage Collection.

Looking ahead, the volunteers have ambitious goals: to digitize the entire collection and make it accessible online and to open the doors to the Collection more often, welcoming the community to experience Misericordia's incredible history.

The Heritage Planning & Policy Committee expressed heartfelt gratitude for the legacy left by Armelle Evoy, along with her friends and family: "The support we will receive annually from the Armelle Evoy Memorial Fund will ensure that the spirit, service, and legacy of Misericordia can continue to live on — one carefully preserved story at a time. Thank you."

To learn how your legacy can positively impact Misericordia Health Centre, visit [www.misericordiafoundation.com/legacygiving](http://www.misericordiafoundation.com/legacygiving).

## From Experience to Impact: How to Leave a Legacy at MHC

Your legacy gift will make a difference as we strive to support the unique services that only Misericordia offers to Manitobans. From the **Eye Care Centre of Excellence** to **Health Links – Info Santé** to the **Sleep Disorder Centre**, your support today, and in the future, makes a tremendous impact on the lives of residents, patients, and all those who walk through Misericordia's doors.



[misericordiafoundation.com/legacygiving](http://misericordiafoundation.com/legacygiving)  
[mhcfoundation@misericordia.mb.ca](mailto:mhcfoundation@misericordia.mb.ca) | 204.788.8458



"I have had the benefit of successful eye surgery at MHC's Eye Care Centre of Excellence. The staff is highly competent and deserve the best equipment in their vital work. It is a pleasure to donate to this worthy establishment and I encourage other to do so!"

– Grateful Patient

# Leaving a Legacy

"Rob believes gifts to organizations like the Alzheimer Society – whether through a donation made today or through a gift in a Will – are especially important at a time when health care systems are under increasing pressure and dementia diagnoses in Manitoba are on the rise."

## The power of giving in your Will - Alzheimer Society of Manitoba

When Rob Kennedy and his family turned to the **Alzheimer Society of Manitoba** for support, they found guidance, understanding and a sense of community during a difficult time. The experience meant so much to Rob that he decided to leave a legacy gift to the Society in his Will – helping ensure other families living with dementia can access the same life-changing support.

Rob and his three older siblings first connected with the Society after noticing concerning changes in their mother, Marg, and later in their father, Pete. Their parents were struggling with memory loss and becoming increasingly anxious about everyday things.

"Mom's symptoms progressed slowly over many years, but we could see how difficult things were becoming for her," Rob recalls. "Dad also began getting frustrated when she couldn't remember things. We wanted to help our parents, but we didn't know where to start."

After many family conversations, Rob and his siblings decided they needed help figuring out their next steps.

"We turned to the Society to better understand, as caregivers, how we should respond to the memory loss and support our parents with patience and compassion," explains Rob. "They helped us learn how to 'go with the flow' and be patient instead of showing frustration."

The free education sessions they attended with their father were beneficial, and so was the information available on the Society's website.

"Just poking around on the website is a tremendous resource," Rob says. "The information is essential because dementia is a disease that affects the entire family."

Rob's parents passed away just six weeks apart in 2006. Since then, the Society has remained close to his



Rob Kennedy

heart. In 2015, Rob joined the Board of Directors, also serving as Chair and Past Chair.

His involvement didn't stop there. Rob also acted as a team captain in the annual IG Wealth Management Walk for Alzheimer's and is a current monthly donor.

When Rob and his wife updated their Wills a few years ago, he thought about the positive impact the Society made on his family's lives and realized he had an opportunity to give back in a powerful way.

He decided to name the Alzheimer Society of Manitoba as a beneficiary in his Will.

"I wanted to make a legacy contribution dedicated to my mother," says Rob. "In addition to providing for our daughter, we wanted to give back to our community in named bequests to those charities we have supported through our lives."

Rob believes gifts to organizations like the Society – whether through a donation made today or through a gift in a Will – are especially important at a time when health care systems are under increasing pressure and dementia diagnoses in Manitoba are on the rise.

"They play a vital role in supporting families affected by dementia," he says. "Their work benefits thousands and thousands of individuals across the province."

Making a charitable gift in your Will allows you to create a lasting difference in your community while contributing to causes that matter to you. These gifts also offer tax benefits, helping you leave more for the people you care about.

If you have questions about leaving a gift in your Will to the Alzheimer Society, call us at **204-943-6622** or **1-800-378-6699**, or email [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca).

You can also visit [willpower.ca](http://willpower.ca) to learn more about the benefits of giving through your Will.

### THINGS TO DO - MAY 2026

#### IG Wealth Management Walk for Alzheimer's

May and June, across the province

Join us across the province in May and June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you and register, visit [alzheimer.mb.ca/wfa](http://alzheimer.mb.ca/wfa).

#### Free online education sessions:

##### Understanding Dementia

Tuesday, May 19, 2 - 3 pm, Virtual via ZOOM

Currently, over 20,300 Manitobans live with dementia. In this session, you will get an overview of dementia, including signs of developing the disease and how to reduce your risk. You will also learn what steps to take if someone you know is exhibiting signs of dementia, along with an overview of the Alzheimer Society of Manitoba's programs and services. Register today at [alzheimer.mb.ca](http://alzheimer.mb.ca).

##### Minds in Motion

Locations available across the province

Join us at our *Minds in Motion*® program! Designed for people with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness class followed by engaging activities and

conversation. Learn more about available locations, dates and times at [alzheimer.mb.ca/community-programs](http://alzheimer.mb.ca/community-programs).

#### Community Partner Programs

Learn more about the following programs and register at [alzheimer.mb.ca/community-programs](http://alzheimer.mb.ca/community-programs).

#### Dalnavert Museum Dementia-Friendly Tours

Saturday, May 30, 2026, 10-11:30 am, Dalnavert Museum, Winnipeg  
Cost: \$24 +tax per pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to moderate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea and coffee and a closer look at some artifacts.

#### Tune-Up Café

Bi-weekly on Tuesdays, April 7 – June 16, 6:15-8 pm, Convalescent Home of Winnipeg  
No fee to attend, but registration required  
A program where people living with early to moderate signs of dementia and their care partners can meet, sing and sip. Tune-Up Café is an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! No prior music or singing skills are needed to join in on the fun.

#### Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. There are a variety of unique groups to choose from, so you can find the right fit for you. Learn more at [alzheimer.mb.ca](http://alzheimer.mb.ca).

## A Legacy of Care, Community, and Vision

- The Betel Heritage Foundation – Gimli, Manitoba - Submitted

Since its establishment in 1993, the **Betel Heritage Foundation** has stood as a testament to what a dedicated community can achieve when compassion, faith, and vision come together. Rooted in the heart of Gimli, Manitoba, the Foundation has grown into a trusted steward of senior care and supported housing, shaping safe, dignified, and inclusive living environments for some of the community's most vulnerable citizens.

From its earliest days, Betel Heritage Foundation has been guided by a clear purpose: to enrich lives through quality housing, meaningful support,

and long-term sustainability. Governed by a volunteer Board of Directors, the Foundation reflects a deep commitment to service, stewardship, and responsible leadership. The Board's dedication has been instrumental in transforming vision into reality over more than three decades.

#### Building a Home Along the Waterfront

A defining milestone in the Foundation's history came in 2001 with the opening of the Waterfront Centre, an independent seniors housing complex that has become a landmark

in Gimli. Thoughtfully designed and beautifully situated near the shores of Lake Winnipeg, the Waterfront Centre offers more than housing—it offers connection, comfort, and community.

The building features independent living suites for seniors, commercial office space and a cultural museum on the main floor, and a stunning event hall on the fifth floor, where panoramic views of Lake Winnipeg provide an inspiring backdrop for gatherings, celebrations, and community events. The Waterfront Centre quickly became a symbol of Betel Heritage Foundation's commitment

to blending practicality with dignity, and function with beauty.

#### Expanding Care for Changing Needs

As the needs of seniors evolved, so did the Foundation's vision. In 2024, Betel Heritage Foundation proudly opened **Stefanson Hús Assisted Living for Seniors**, marking a significant expansion of its services. This newest addition was designed to support seniors who require additional daily assistance while preserving independence, respect, and quality of life.

Continued on next page

# The Pros Know 55+ 2026 Show Dates & Locations

Active Living & Resource Expos

Four more Pros Know Expos in 2026. | Details at: [prosknowexpos.ca](http://prosknowexpos.ca) **FREE ADMISSION FREE** Yup! Free!

## SHOW TIME! Four Great 'FREE' Clinics for Seniors!

It's...Show Time!

**Happy Spring...Again!** Yup! Again, still, etc. Now I know the weather is a little wacky, but hey, haven't seen -20 in a while so we're on the right track. Speaking of which, It's May and our first two shows of the year are almost here! **Wednesday, May 20th** at Sgt. Tommy Prince Place and **Wednesday, May 27th** at Charleswood United Church. All shows are from 10:00am - 3:00pm with a ton of great help for Seniors and our families.

This year, we're got something special for everyone. Thanks to the folks from Diamond Athletic and Medical Supplies for stepping up and suggesting that they hold 'Walker Tune-Up Clinics', we then found three other outstanding members of the Pros Know family to do clinics of their own. Specsavers Winnipeg, (8 Locations), the folks at Canadian Footwear and our peeps from Prime Home Health, came up with great suggestions to round out this concept. Who knew? Well, to say the least, your

experience has just reached a new level of awesome **Seniors Friendly Care**. Specsavers will have 'Eye Glasses, Tune Ups, Cleaning and more'. Canadian Footwear will hold 'Footwear Consultation' clinics and the angels at Prime Home Health, well, a fan favorite, 'Blood Pressure' clinics. When you take into consideration all the other remarkable exhibitors and our Top Notch Sponsorship Group, there's an uncountable array of services and products at these shows in May for you to experience.

Remember: **No Admission Charge** to enter the shows at any time. We're all here for you and yours so we can engage in making lives better, period. These shows started in October 2021, and by October 1st of this year, we'll have done 31 shows in our community for you. Please share with your family and friends. Look for the full-page AD here in this edition with more details of what's to come. Hope to see you there! **Thank you to all, and stay well!**

Quality Products & Services from some of the best in the business!



Going to the Spring Shows? Times: 10:00am - 3:00pm

**North End** | Sgt. Tommy Prince Place  
90 Sinclair Street  
Wednesday, May 20th, 2026   
**Theme: Active Aging in Place**

**Charleswood** | Charleswood United Church  
4820 Roblin Blvd.  
Wednesday, May 27th, 2026   
**Theme: Community Services Access**



Show information at: [prosknowexpos.ca](http://prosknowexpos.ca)

# Leaving a Legacy

## The Betel Heritage Foundation

- Continued from previous page

Stefanson Hús stands as a modern, compassionate response to the growing demand for assisted living in the region. It reflects years of planning, collaboration, and unwavering belief in the importance of aging with dignity—close to home and surrounded by care.

### Inclusive Housing Beyond Seniors Care

Beyond senior living, Betel Heritage Foundation extends its mission to inclusivity and independence through its ownership and operation of Landmark Apartments, which provide housing for individuals with intellectual disabilities. This initiative underscores the Foundation's belief that everyone deserves a safe, supportive place to call home and the opportunity to live with dignity within the community.

### The Power of Community Support

None of these achievements would have been possible without the outstanding support of donors, partners, and community members. From the Waterfront Centre to Stefanson Hús, each project was made possible through generosity, trust, and shared belief in Betel Heritage Foundation's mission.

Equally vital has been the strength and unity of the Board—past and

present—whose collective leadership ensured that financial responsibility, long-term planning, and community values remained at the forefront of every decision.

### Looking Ahead

Today, Betel Heritage Foundation continues to look to the future with gratitude for the past and confidence in what is yet to come. With more than 30 years of service, the Foundation's legacy is not defined solely by buildings, but by lives supported, independence preserved, and community strengthened.

As Gimli grows and changes, Betel Heritage Foundation remains steadfast in its role: caring for its people, honoring its roots, and building spaces where everyone can feel at home.

This is the legacy of Betel Heritage Foundation—built by volunteers, sustained by generosity, and guided by heart.

For more information on Betel Heritage Foundation housing options please visit:

[www.gimliwaterfrontcentre.com](http://www.gimliwaterfrontcentre.com) or contact 204-642-4611

[www.stefansonhus.com](http://www.stefansonhus.com) or contact 431-304-9062



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 Email: [info@superiorcarehealth.ca](mailto:info@superiorcarehealth.ca)

## SPORTS

# KEN LAZARUK – Canada's Best CFL Referee



## A MANITOBA MOMENT

By Bud Ulrich

Ken grew up in the south end of Winnipeg and attended Kelvin High School where he played on the football team. This was his sport, and when a friend of his offered him the chance to officiate a 6-man football game, he took to this aspect of the game like a duck to water. Ken spent many years as an amateur official learning the “ropes” and was eventually recognized as a potential referee in the Canadian Football League.

We go back some 50 years when we started our respective football officiating careers in the amateur ranks. We became best friends and our families enjoyed many good summers at Echo Bay, Ontario where we were neighbours. When we were selected to officiate in the Canadian Football League (CFL), we worked many games together in almost every CFL city in Canada. Both of us were teachers, which allowed us to officiate during the weekends and the summer months.

I'm making the bold statement that Ken Lazaruk became the BEST referee in the Canadian Football League (CFL) in the history of the game. There may be an argument that referee Paul Dojack from Regina, Saskatchewan who officiated from 1941-1970 (known as the “Little General”) may give Ken a run for top spot. Dojack was known for his command of the game. Early in my career as an amateur official on the Downs Box (the guy who holds the stick on the sidelines with numbers 1, 2, or 3 indicating which down to display to the fans and officials), I was assigned to a game in Winnipeg with Paul Dojack as head referee. On one play, there were three or four infractions (flags thrown by several officials), and the officials reported the infractions to Dojack. Almost instantly, Dojack ruled all the infractions offset each other and the down would be replayed from the point of last scrimmage. When infractions occur, there is a process to determine which team was first to incur the foul and where the ball was held when the foul occurred, etc. Some fouls are minor and others are majors, such as rough play, which create dif-



Ken Lazaruk and the Grey Cup

ferent applications. Dojack wouldn't have any part of this – he made the decision quickly and kept the game moving. Most players and some coaches didn't know the rules of the game very well and accepted his ruling. After the game film came out a week later, there may have been some concerns whether Dojack's call was correct. During the game, some of the sideline amateur officials suspected Dojack's ruling was wrong. Dojack's method wouldn't “fly” in today's game. Ken knew the rules and rarely (almost never) made the wrong application.

A rather amusing incident in Regina (Taylor Field) in 1976 was Ken's first game as a sideline official. Our officiating crew deliberately did not inform Ken that when the Saskatchewan Roughriders got a touchdown, a canon would go off to celebrate the score. Ken was near the goal line when Saskatchewan scored, and unbeknownst to him, he was very close to the cannon. Well, the canon went off and Ken jumped two feet in the air like a scared jack rabbit and took off in the opposite direction. The rest of the officiating crew, along with several players, watched Ken running as fast as he could. If Ken was entered in the 100-yard dash, I'm sure he would have set a record.

Ken became one of the premier head referees for many years gaining the respect of the players and coaches – not an easy task for sure! His presence and knowledge of the game were key factors in his success as an official. Now here's why Ken is the BEST referee:

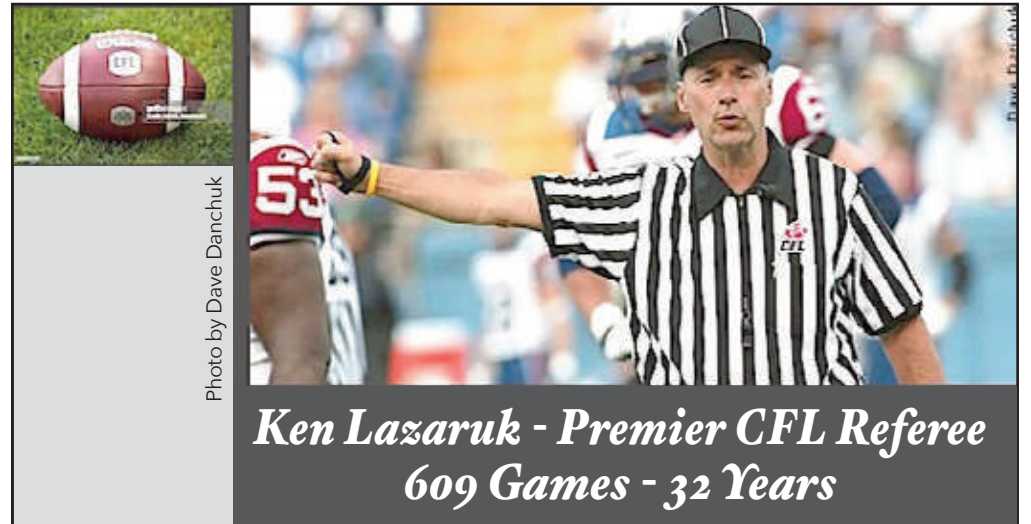


Photo by Dave Danchuk

Ken Lazaruk - Premier CFL Referee  
609 Games - 32 Years

- Officiated in 609 CFL games
- Assigned to 11 Grey Cup championship games
- Officiated in the CFL for 32 years, retired in 2008
- Appointed as Officiating Observer - 6 years
- Appointed as Officiating Supervisor - 11 years

Ken continues to share his experience and officiating skills with the local amateur group, the Manitoba Football Officials Association (MFOA) of which he has been a member for the past 58 years. In 2020 Ken was inducted into the Football Manitoba Hall of Fame in the Officiating category.

To say a referee never makes a wrong call is false. We see it more now with the “dreaded” instant replay! The key when making a call (right or wrong) is to look damn good at making the call. A referee knows if an error has been made! And if a player or coach challenges your mistake, admit you are wrong.

I got in touch with a mutual friend or ours, Neil Payne, (former CFL referee and Director of Officials for the CFL) and he offered these comments about Ken – “Both as a fellow official and later as head of officiating, I was there for Ken's journey in the CFL. Ken's integrity and dedication were never in doubt. His growth and development as an official were rewarded with his appointment as head referee in the Grey Cup, which goes to only the best.”

Winnipeg boasts the largest number of officials to have entered the ranks of the CFL during our time. Names such as Al

Dryburgh, Abe Kovants, George Eakin, Kas Vidruk, Neil Payne, Jack Ewatski, Jim Froubister, Wayne Shorten, Art McAvoy, and Gord Johnson have been part of this exclusive part of the game. This trend continues, which speaks volumes for the training of officials provided by the MFOA.

There is much to say about Ken, a husband to Charlotte, and father to two wonderful girls, Allison, and Sarah (now adults with families of their own), and an amazing son, Michael. Both Ken and Charlotte spend as much time as possible enjoying their grandchildren. The cottage at Echo Bay during the summer is their family haven.

At the young age of 79, Ken doesn't appear to be slowing down, although he recently gave up his role as a hockey referee in the Girls High School Hockey League. However, he still acts as the Referee-in Chief. Ken retired from teaching in 2001 and joined the Gateway Group where he helps young adults find employment. He's been involved in this program for 25 years.

Each January for the past several years, Ken and Charlotte have travelled to many exotic locations around the world. Plans for next January are in the making.

Our friendship remains solid, and we continue to visit, although not as frequent because of our busy schedules. The football officiating fraternity is fortunate to have had Ken Lazaruk's presence and dedication to the role of the striped shirts. ■

## Learn the art of handbell ringing



The bells have been ringing at Good Neighbours Active Living Centre since January 2007, when the handbell program was offered to participants. The centre offers programs to seniors (55+), and the handbells have been around for a long time. Starting this month (May 2026), in addition to the regular program, there will be a handbell class offered for beginners (no experience

necessary). Interested people can learn the art of handbell ringing in a supportive learning environment. Classes start on May 5th, but interested folks can also join at a later date, or choose to drop in to check it out and experience what it is like to ring the bells in a group setting. Further information on registration can be found on the centre's website at [gnalc.ca](http://gnalc.ca).

## de la Place Des Meurons receives Community Changemakers Award



Le groupe de bénévoles de la Place Des Meurons have been selected to receive this year's Manitoba Liquor & Lotteries Community Changemakers Award, at the 42nd Annual Volunteer Awards, presented by Volunteer Manitoba!

Félicitations! Congratulations!

Souper d'appréciation des bénévoles à Place Des Meurons le 23 avril 2026. Volunteer Appreciation Dinner at Place Des Meurons on April 23, 2026 C'était tellement amusant! On a passé une super soirée! So much fun! It was a great evening!





## CJNU Welcomes May Host Sponsor, the Tri-Hospital Dream Lottery

### Dream Big, Win Big – Give Back

Your Tri-Hospital Dream Lottery tickets could make you an instant millionaire – and save lives at Manitoba’s three big hospitals.

### One Ticket, Triple the Impact

Your Tri-Hospital Dream Lottery tickets serve three causes at once – and help save lives right here in Manitoba.

Every ticket sold supports St. Boniface Hospital Foundation, Health Sciences Centre (HSC) Foundation, and Children’s Hospital Foundation of Manitoba. Every year, these three hospitals treat almost 1,000,000 patients and help deliver close to 11,000 babies.

From labour and delivery to palliative care, our hospitals are here for you – for life.

### Win the biggest Grand Prize... EVER!

This year’s Dream Lottery isn’t just a Tri-Hospital record-breaker. It’s the biggest in Manitoba history!

For \$110, your tickets get you in to win a Dream Home package worth over \$1.7 million, with choices in Forest Grove (Headingley), Winnipeg, or Vancouver Island. In fact, the Winnipeg Grand Prize package features two homes! Or, become an instant millionaire with \$1,350,000 tax-free cash. Whatever your dreams – early retirement, debt-free living, a brand-new home,

endless travel with friends and family – your Tri-Hospital Dream Lottery ticket is the fast-track to a life you’ve always wanted!

There are also more than \$410,000 in Bonus and Early Bird draws, plus 50/50 PLUS and Extra Cash PLUS games – with tickets starting at just 10 for \$25.

(\*50/50 and Extra Cash PLUS tickets must be purchased in conjunction with Main Lottery tickets.)

The best part? This is the only hospital home lottery benefitting Manitoba’s ‘big three’ hospital foundations – and the province’s only children’s hospital. Every single dollar raised stays right here in Manitoba, help you, your loved ones, and your kids:



“This lottery reflects the collective impact Manitobans can have when we come together in support of health care,” says Jonathon Lyon, President & CEO of Health Sciences Centre Foundation. “Every ticket purchased

helps drive innovation and improve outcomes for patients across our province.”

“In Manitoba, community is at the heart of everything we do, and the Tri-Hospital Dream Lottery reflects the impact we can have when we come together,” says Karen Fowler, President & CEO of St. Boniface Hospital Foundation. “With every ticket, you’re helping make compassionate care and life changing research possible for people across our province.”

“Your support of the Tri-Hospital Lottery has a lasting impact on the health of families all across our province and we’re so grateful,” says Stefano Grande, President & CEO of Children’s Hospital Foundation of Manitoba. “This partnership reflects the heart of our community, and it allows us to do so much more than any of us could do alone. Every ticket sold supports essential programs, equipment, and research that Manitoba families rely on.”

### This is your chance to win big – and give back!

For more information and to purchase tickets, visit [trihospitaldream.com](http://trihospitaldream.com). You can also order by phone at 204-254-9131 (toll-free 1-844-654-4677), or in-person at London Drugs (St. Vital Centre & CF Polo Park), Red River Co-op Food Stores in Winnipeg and Selkirk (Main Street Pharmacy), and St. Boniface Hospital and the HSC Foundation office.

Let’s win together.

LICENSE NUMBERS: LGCA 1517-RF-50889, #LGCA 1517-RF-50893, #LGCA 1517-RF-50894



## Membership Has Its Perks—visit [CJNU.ca](http://CJNU.ca) to learn more and join our co-op!

## REWIND celebrates 15 years - May 15!



Top L-R: Rick Hemmerling (retired, 2022), Ken Kurtz, Chris Wheeler, Les Chalmers. Middle L-R: Kasey Kurtz, Harvey Peltz, John Wryblowsky, Wayne Lipischak. Bottom L-R: Ken Hodges, Gloria Harris, Linda Ruppel, Larry Ruppel. Photo credit: Deanna Tellier, Dan Ruppel

Yes, that’s right! Defying the odds and several difficult obstacles along the way, including COVID and the death of one of its key founding members, Winnipeg’s local band REWIND will celebrate its 15th anniversary on May 15, 2026.

Although statistics may predict the life expectancy of a band as approximately 7 to 10 years, (even The Beatles stayed together only 10), REWIND has not only outlived the average, but has grown from 5 original members to 11 and has now launched its third album – a double-disc recording *Put A Little Love In Your Heart*. Featuring 41 songs, including some recorded over 9 years ago as well as the band’s original tune, *When You Lose Somebody You Love* (written by Larry Ruppel after the passing of bandmate Gord Kudlak), the much-awaited album was launched to a sold-out crowd at the Big A Tavern on April 18th.

Every band has its fair share of obstacles these days, not the least of which is the reluctance of organizations, in the wake of the pandemic, to hold large events. At the beginning of the COVID crisis and the subsequent lockdowns in 2020, REWIND lost its cofounder Kudlak to heart disease. Shortly thereafter, band leader Ruppel found himself fighting his own health battle – cancer. Following their successful “Gig for Gord” (a fundraiser for Heart and Stroke in 2022), multi-instrumentalist Rick Hemmerling retired from the band. The



L-R: Gord Kudlak (deceased), Harvey Peltz, Larry Ruppel, Linda Ruppel, Gloria Harris. Photo credit: Dodgie Dator

future of the band looked somewhat bleak.

But if you stay optimistic and come up with creative solutions, circumstances will always change, and more often than not, for the better. Ruppel is now celebrating three years cancer-free. New musicians joined, including Ken Kurtz (bass singer/percussionist), Wayne Lipischak (multi-instrumentalist/singer), and Les Chalmers (second lead guitarist).

Ahead? After recently launching its third album, the band looks forward to celebrating its 15th anniversary with some hard-earned champagne! REWIND will then continue to perform wherever and whenever possible! Two dates during the Corydon Avenue Summer Concert Series (July 11th and August 15th, weather-permitting) are scheduled, and plans are in the works for shows that REWIND will organize itself.

Back in 2011 when its first album, *Come Go With Us*, was released, REWIND was christened “the little band that could”. Not so little now, and “so much younger than that now” with everyone wiser along with a few new, younger members, REWIND is more than alive and well. It’s rockin’ those nostalgic hit tunes from the 50s, 60s, 70s, and 80s like never before!

More information:  
Larry Ruppel: (204) 299-8507  
[llbruppel@gmail.com](mailto:llbruppel@gmail.com)  
[www.rewindharmonies.com](http://www.rewindharmonies.com)

## Sri Lankan New Year Celebrations

By Senaka Samarasinghe



Sri Lankan Seniors Manitoba (SLSM) conducted its annual Sri Lankan New Year Celebrations at the Whyte Ridge Community Centre on April 16th (THU) 2026 from 11.00 am to 2.30 pm.

This festivity comprised three main episodes: a potluck lunch, a movie screening, and a cake-cutting ceremony. Most of the participants contributed rice and curry, fruits, and desserts, followed by a

movie. For the birthday (BD) celebration, a dozen SLSM members participated. All of them were born in April. Those celebrating birthdays were: Ari (April 6), Mathu (April 29), Soma (April 14), Sheela (April 10), Dias (April 8), Kumari (April 10), Jayachandrika (April 24), Manel (April 12), Nandapala (April 28), Senaka (April 9), and Ismath (April 8). ■

## South Asian New Year Mass

By Senaka Samarasinghe



The South Asian New Year Mass (SANYM) was held at Christ the King Chapel. It was conducted at 11.00 am on April 12 (SUN) 2026, followed by a potluck reception at 12.00 noon. In South Asia, Christianity has an extended history dating back to the first century AD. As a result, the Christian community continues to grow well, maintaining a rich culture and holy beliefs.

Accordingly, for the third time, Dilantha Fernando organized this Gathering. He is the Dean of Studies and Prof., St. Paul’s College and the Faculty of Agriculture and Food Sciences. More than 50 attended this event. This is a good opportunity to commemorate the New Year for South Asians.

Last year, when I participated in SANYM, I came to know Fr. Mark Filipis, Priest Chaplain, St. Paul’s College. Up to now, I have communicated with him directly. This year, too, I met him personally. He never forgets to offer Blessings to me.

Dilantha was the 16th President of the Sri Lankan Association of Manitoba (SLAM) (2011/2013). On 6-6-2015 at the Annual General Meeting (AGM), Dilantha proposed my name as President, SLAM. When I met him at the SANYM, I reminded him of the above incident. He said he is happy that I took the initiative to establish a Seniors Group for Sri Lankans (23-6-2017). This year, I attended SANYM with my wife, Chandani. ■



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## Things To Do - WINNIPEG

### COIN / STAMP COLLECTING

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

### EVENTS / SALES SHOWS

**The Saul and Claribel Simkin Centre - The Simkin Stroll, Tue. June 2, 4-8 pm, 1 Falcon Ridge Dr. A fun community event in support of programs that enrich our residents. Walk and then enjoy a BBQ & more.**

**St. John's High School - Class of 1976 50th Reunion, June 12 & 13. Contact Rob Humniski: [st.7650reunion@gmail.com](mailto:st.7650reunion@gmail.com)**

**The Herb Society of Manitoba - Celebration of all things herbal! Including: herbal baking and herbal plants for sale, workshops, vendor tables for herbal products. Sat. May 16, 10 am-3 pm, at the indoor and outdoor classrooms at The Leaf, 145 The Leaf Way, Assiniboine Park.**

### LUNCHEONS / DANCE / MUSIC

**Norwood Saint Boniface Legion Hall - Old-Time Dance Fridays, 1-3 pm, doors open at noon. 134 Marion St. Live Band (violin, accordion, guitar). \$5 cash adm. (snack at 2 o'clock). Info: 204-233-5892**

**Millennium Library - Programs & Events calendar: [winnipeg.ca/library](http://winnipeg.ca/library)**

**Friendship Force Winnipeg - Join Friendship Force, an international organization which promotes world peace through travel, cultural exchanges and home stays. Members enjoy lunch meetings and more. Info: 204-452-5299 or [www.friendshipforcewinnipeg@mymts.net](http://www.friendshipforcewinnipeg@mymts.net).**

**The Forever Young Club - "Spring Fling" dance May 30/26, 7-11 pm at ANAF #283, 3584 Portage Ave. 50's, 60's, 70's, 80's classic rock & roll music plus videos with DJ Steve. Door prizes, 50/50, cash bar, light lunch. Non-members \$15. Reserve by May 26. Text/call 204-261-4442, [fycwpg@gmail.com](mailto:fycwpg@gmail.com).**

**The Senior Choral Society of Winnipeg - 533 Greenwood Place, behind CNIB on Portage Ave. Gerda 204-669-5570**

**Winnipeg Art Gallery (WAG) - Wednesday Nights at the Gallery. WAG-Qaumajuq will offer free admission to the galleries every Wed. night (5-9 pm) for the next three years. Visit <https://www.wag.ca>**

### SPORTS / PICKLEBALL

**Court Connections 55+ non-profit Recreational Pickleball - Spring Session - Mon-Wed-Fri. (Except long wknds and stats) Apr. 1-Jun. 29. 1 hr 40 min slots - 10 am, 11:45 am, 1:30 pm, 3:15 pm, at Sturgeon Heights Community Club. Registration open. Fee \$110. Intermediate level. [ccpb2026@outlook.com](mailto:ccpb2026@outlook.com).**

**Pickleball - Seniors 55 plus are invited to learn to play Mondays and Thursdays, 1-3. No experience required. Coaching provided if needed. Club paddles provided. Intermediates play Tuesdays and Fridays, 1-3 at Sergeant Tommy Prince Place, 90 Sinclair St. Instructor Bonnie Gabbs, 78 yr old past physical education teacher who also plays Pickleball. Info: [gabbs1947@gmail.com](mailto:gabbs1947@gmail.com).**

### SPORTS / FITNESS / GAMES

**Crescent Drive Ladies Golf Group - Fridays, starting May 1 to Sept. 25. Start time 8 am, Crescent Drive Golf Course, 781 Crescent Dr. Info, Lorraine: 204-261-8413.**

**Crescent Drive Golf Course - Senior Men's Wed. am league. We golf 9 holes weekly, tee offs btw 7:15 and 8:15 am. Looking for new members, all skill levels. Info, Chuck Steele: 204 487-2043.**

**Tuxedo Lawn Bowling Club - Try Lawn Bowling, a lifetime sport. Free Open House Sat. Jun. 6, 10:30 am-2 pm, at Tuxedo and Corydon, behind Ecole Tuxedo Park. Info: 204 895-8088.**

**The 2026 Manitoba 55+ Games - Volunteers needed, June 9-11, Morden, Stanley & Winkler. Info: [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or 204-632-3947**

**Bowls/Lawn Bowling - Free Open House, Sat. June 6, 1212 Dakota Street, 10 am-3 pm. Fun for all ages. Flat soled shoes required. Info: Marilyn 204-256-6744.**

**The Greater Winnipeg Senior Golfers - looking for Men, 55 and older, who wish to golf in a fun, weekly league, May-Sep. We have about 75 members, who live in Wpg. You'll play in a different foursome ea mo. at various golf clubs within an hours drive of Wpg. Or play as a SPARE (walker or cart-rider). Info: Bryan Crandell 204-889-6577, [bcrandell1969@gmail.com](mailto:bcrandell1969@gmail.com) or [www.gwsgwpg.com](http://www.gwsgwpg.com).**

**Archwood 55 Plus Inc. - Bingo: May 27 at 820 Cottonwood Rd. Doors open noon, games begin 1 pm. Concession Available. The Progressive WILL GO as blackout. Lottery Lisc # 5635-BI-47768. Join our charitable non profit Seniors club and get reduced rates for Monthly luncheons, weekly exercise classes bi-weekly billiards and games with like minded peers.**

**Lady Bowlers - Bowl Fridays, 12:45 pm at Polo Park Lanes for fun. For ladies of all ages. Or be a spare. \$13.50 per week, includes 3 games, also a Luncheon and prize money at end of season. Off over Christmas. New bowlers welcome. Call/text for info: 204-770-3903**

**Contract Bridge in St. James - Group of Seniors of mixed skill looking for more players! 'Casual' non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: 204-888-9465.**

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

**Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: 204-297-0811**

**Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: [Norbglenn@yahoo.com](mailto:Norbglenn@yahoo.com) or call the Club: 204-256-6654 for info.**

**Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: 204-254-1408.**

**St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: 204-230-4511.**

**WHSCB contract bridge - at St. Paul's Anglican Church, 830 North Drive, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Social friendly bridge club. For further info: 204-771-6724**

### SUPPORT GROUPS & PROGRAMS

**A & O: Support Services for Older Adults - Buried in Treasure 15-session support group, aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. No cost to participate. Put your name in to be contacted for the next group. For more info, please call: 204-956-6440**

**Monthly Caregiver Support Group - Meeting (Call or email for dates), 5 pm at Lions Manor (320 Sherbrook St.) 1-hour meeting geared toward those caring for older individuals. Group members share their experiences with burnout, grief, sadness, love, what works and helps. 204-930-9632. [gmarsh@lhc.ca](mailto:gmarsh@lhc.ca)**

**Canadian Hard of Hearing Assoc. (Mb) - Support Group, monthly meetings, Fridays, Apr. 17, May 15, Jun. 19, 1-2:30 pm, St. James 55+ Centre, 3-203 Duffield St. (Next to Deer Lodge Hospital). Free, no membership required. Info: [chhamanitoba@outlook.com](mailto:chhamanitoba@outlook.com)**

**Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: 1-833-979-9779 or [friendlycallingmb@redcross.ca](mailto:friendlycallingmb@redcross.ca)**

**Canadian Mental Health Association - [cmhaacrossmb.ca](http://cmhaacrossmb.ca)**

**Thrive Community Support Circle - Art Program, Thursdays, 10-12 pm, 406 Edmonton St, 3rd flr. FREE New Horizons for Seniors Art and Wellness Program funded by the Gov. of Canada. Everyone welcome. 204-772-9091.**

**Joint Effort - A NEW, weekly, VIRTUAL support community for those living with osteoarthritis, Wednesdays, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram [@jointeffortsupport](https://www.facebook.com/jointeffortsupport) or register via Eventbrite.**

**Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. for those living with memory challenges and their family/friend care partner to sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, [tuneupcafe276@gmail.com](mailto:tuneupcafe276@gmail.com).**

**GriefShare support group - is a safe, welcoming place to help with the difficult emotions of grief if you have lost a loved one. Contact Kilcona Park Alliance Church at [info@kilcona.org](mailto:info@kilcona.org) or go to [Griefshare.com](http://Griefshare.com) to find a group in your area.**

**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 Provencher Blvd. 204-942-2880**

**St. James T.O.P.S. - Take Off Pounds Sensibly. Non-profit weight loss support group. Meet Wed's, 4:15-6, St. James Legion #4, 1755 Portage., upstairs. Shirley: 204-837-2079, Ruth: 204-488-3533, [www.tops.org](http://www.tops.org)**

**T.O.P.S., Take Off Pounds Sensibly - Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: 204-896-4807.**

**St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. is non-profit. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: 204-990-2144, [www.tops.org](http://www.tops.org).**

### VOLUNTEERING

**The 2026 Manitoba 55+ Games - Volunteers needed, June 9-11, Morden, Stanley & Winkler. Info: [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or 204-632-3947**

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

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

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

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

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

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

**North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. 204-582-0066, M-W-F, or [ncsc@shaw.ca](mailto:ncsc@shaw.ca).**

**Pembina Active Living (PAL) 55+ - Volunteers needed for enhancing social Connection, Still Bloom'n Organizer, Photographer. 933 Summer-side Ave. Info, Marsha: 204-946-0839.**

**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**

**St. James-Assiniboia School Division Swim Program - We are looking for volunteer assistants to qualified Lifesaving Society Instructors at Centennial Pool with the Grade 3 students taking lessons that increase their safe enjoyment of aquatic environments. Police Check Required. Mornings only (M-T-W). 204-837-6697**

**Victoria Lifeline - Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call 204-956-6773 or email [info@victorialifeline.ca](mailto:info@victorialifeline.ca)**

**Villa Cabrini Inc. - looking for a bible study teacher. Classes will be every week for 1 hr and can be pretty flexible as to what day. Please contact Samantha Silvester. 204-284-2881, [vcabrini@mymts.net](mailto:vcabrini@mymts.net) for info or volunteer opportunities.**

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

### 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. Share ideas. Info: 204-956-6440, Toll Free: 1-888-333-3121, [info@aosupportservices.ca](mailto:info@aosupportservices.ca), [www.aosupportservices.ca](http://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. 204-837-6708.**

**Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: [Ikehler84@gmail.com](mailto:Ikehler84@gmail.com) or Mel: 204-291-4592.**

**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 more! [ccentre.ca](http://ccentre.ca).**

**Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive.**

**Dakota Community Centre - Floor curling, painting, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Andrew: 204-254-1010 ext. 217, [andrew@dakotacc.com](mailto:andrew@dakotacc.com) <https://dakotacc.com/>**

**Dufferin Senior Centre - 377 Dufferin Ave. Chair Exercise, Thursdays 10 am; Dances every 2nd Sat. Live bands & light lunch. Members \$10 / non-members \$12.**

**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 Centre - 625 Osborne, inside Fort Rouge Leisure Centre. Drop-in tea/coffee, Painting, Floor Curling, Carpet Bowling, Lunch, Book & Games Club, Steppin' Up With Confidence Fitness, Qigong, Pickleball, etc. 204-306-1114, [goldenrule@swwsrc.ca](mailto:goldenrule@swwsrc.ca).**

# Standing Up for Seniors: Manitoba Marks World Elder Abuse Awareness Day on June 15

On June 15, 2026, communities across the globe will observe **World Elder Abuse Awareness Day (WEAAD)**, a United Nations-designated day that shines a spotlight on the mistreatment of older adults and promotes their rights, safety, and dignity.

Elder abuse can take many forms—including physical, emotional, financial, and sexual abuse, as well as neglect. It affects an estimated 8–10% of Canadian seniors each year. Warning signs may include unexplained injuries, changes in mood or behavior, and sudden withdrawal from social activities. WEAAD unites individuals, organizations, and governments in a shared commitment to end

elder abuse and ensure that aging is experienced with respect and security.

In Manitoba, Prevent Elder Abuse Manitoba (PEAM) is a key partner in this effort. The organization works closely with senior serving community organizations, law enforcement, service providers, and the public to raise awareness, deliver education, and offer resources that help protect and empower older adults.

## How Manitobans Can Support WEAAD 2026

There are several ways individuals and organizations can take part in WEAAD:

- **Wear Purple on June 15:** Show your support by wearing purple—the official color

of WEAAD. Share your photos on social media using the hashtag #WEAAD2026.

- **Host or Attend Educational Events:** Consider organizing or attending a workshop, webinar, or presentation about elder abuse prevention. PEAM can provide speakers upon request. Contact them at [coordinator@peam.ca](mailto:coordinator@peam.ca).

- **Advocate for Change:** Encourage local officials to issue proclamations recognizing WEAAD and support policies that protect the rights of older adults.

## PEAM's Role in Elder Abuse Prevention

Prevent Elder Abuse Manitoba offers a variety of supports aimed at reducing elder abuse across the province. Their work includes:

- **Training & Presentations:** PEAM provides educational sessions for professionals, caregivers, and community members to help recognize and respond to elder abuse.

- **Online Resource Hub:** Their website, [www.peam.ca](http://www.peam.ca), features a wealth of information including prevention tips, downloadable materials, and guidance on where to seek help.

To request a **presentation** on Elder Abuse Prevention, email: [coordinator@peam.ca](mailto:coordinator@peam.ca). There is no charge for presentations.

To learn more and access resources, visit [www.peam.ca](http://www.peam.ca). Together, we can help end elder abuse and promote dignity for all older adults. ■

## Things To Do - WINNIPEG Cont'd

FREE for non-profits and current advertisers. Submit PSAs by May 29 for the June 10 issue. Email wording for your PSAs (approx. 30 words) to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

**The Happy Gang Afternoon** - Thur. May 14, 1:30-3:30 pm at Prairie Spirit United Church, 207 Thompson Dr. Fun, conversation, play cards, table games, bridge. Complimentary light refreshments. **204-832-1000**

**Lions Place Adult Day Club** - 1 day/wk of socialization and wellness, snacks, lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or the Club: **204-784-1229**.

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

**Mensheds Manitoba Inc.** - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. **204-832-0629**. Find other Manitoba Men's Sheds: <https://mensshedsmanitoba.ca/find-a-shed/>

**Nature Manitoba** - We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: <https://www.naturemanitoba.ca>

**North Centennial Seniors Assoc.** - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, bingo, lunches, games, painting, aquatic. **204-582-0066**, [ncsc@shaw.ca](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+** **NEW LOCATION:** 933 Summerside Ave. [programs@pal55plus.ca](mailto:programs@pal55plus.ca) or **204-946-0839**

**Probus Club of Winnipeg** - Social group for retired / semi-retired, meets 3rd Tue. ea., 9:30 am, at 603 Wellington Cres. Guests welcome. <https://winnipegprobus85.wordpress.co>

**Prendergast Seniors Club** (Windsor Park) - CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

**Rainbow Resource Centre** - Over the Rainbow Peer-to-Peer Phone Line for 2SLGBTQ+ older adults 55+. 514 St. Mary Ave. [otr@rainbowresourcecentre.org](mailto:otr@rainbowresourcecentre.org) [www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

**Retired Women Teachers' Association (RWTA)** - Join our non-profit group for fun, food and friendship! Low membership fee. Free parking. Contact Membership Convener, Dorothy Young: [dyy@shaw.ca](mailto:dyy@shaw.ca)

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

**South Winnipeg Family Information Centre** - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level. Coffee, snacks, fun activities, Wednesdays. **204-284-9311**

**South Winnipeg Seniors Resource Council** - **204-478-6169**, [resources@swwsrc.ca](mailto:resources@swwsrc.ca)

**Stroke Recovery Assoc. MB** - Support group for Stroke Survivors: Register: B-247 Provencher Blvd. **204-942-2880**



## Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by May 29 for the June 10 issue. Email wording for your PSAs (approx. 30 words) to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

### PROGRAMS / SERVICES

**A & O: Support Services for Older Adults** - Buriel in Treasure 15-session support group, aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. No cost to participate. Put your name in to be contacted for the next group. For more info, please call: **204-956-6440**

**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](mailto:info@aosupportservices.ca), [www.aosupportservices.ca](http://www.aosupportservices.ca)

**A&O Support Services fo Older Adults** - Powerful Tools for Caregivers, 6-wk Course via ZOOM, Wednesdays, 6-7:30 pm, Apr. 15, 22, 29, May 6, 13 & 20. Register: **204-956-6440**, [intake@aosupportservices.ca](mailto:intake@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](http://www.aamanitoba.org) or **1-877-942-0126**

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

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

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

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

**Gimli - Gimli New Horizons 55+ Activity Centre** - Over 500 members participate in almost 30 weekly activities as well as special events. Check out [gimlinewhorizons.org](http://gimlinewhorizons.org) or call **204-642-7909**

**Gimli - Lakeside Quilters Quilt Show** - Fri. May 29, 10 am-6 pm, Sat. May 30, 10 am-4 pm, Gimli Recreation Centre, 45 Centennial Rd. Quilts & Fabric Art, Vendors, 10th Show Exhibit, Quilt Challenge, Fat Quarter Café, Rainbow Raffle. \$10/day. Handicap Accessible. Info: [lakesidequilters.ca](http://lakesidequilters.ca).

**Ile des Chênes/Landmark, Ste-Agathe** - Yoga & chair/wall yoga. Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+ in IDC and Landmark. Free yoga in French in Ste-Agathe. No exp. needed. Info, Juliette: [yogaforyoumanitoba@outlook.com](mailto:yogaforyoumanitoba@outlook.com)

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

**Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Beausejour/Brokenhead** Services to Seniors **204-403-8205**; **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 **204-345-1227**; **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](mailto:montcalmserviceprogram@gmail.com)

**Morden Services for Seniors** - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. **204-822-5663**, [mordensfs@gmail.com](mailto:mordensfs@gmail.com)

**Niverville Recreation** - Indoor walking track, public skating, drop-in sports and fitness classes. Leisure Guide - visit [niverville.ca](http://niverville.ca). Info: **204-388-4600** ext 3

**Niverville Services to Seniors** - Services: 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, outings, etc. Info: **204-388-2188** or [sts@heritagecentre.ca](mailto:sts@heritagecentre.ca)

**Norman region - 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](mailto:norman@moodmb.ca)

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

**RM of Tache - Services to Seniors** - Info: [cwillorette@gmail.com](mailto:cwillorette@gmail.com).

**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** <https://seineriverservicesforseniors.ca>

**Selkirk and District Horticultural Society** - 28th Annual Plant Sale, Fri. May 29, 6-8 pm, at Selkirk Memorial Hall, 368 Jemima St. Wheelchair accessible. Veggie plants, succulents, perennials, annuals, shrubs, trees and more. Cash only. Free adm. Silent auction, 50/50

**Selkirk Community Church - Grief Share** - **Grief Support Group**, Thursdays, Mar. 5-May 28, 6:30-8:30 pm; **Christian Faith Group**, Tuesdays, Mar. 10-May 19, 6:30-8:30 pm, at 6569 Provincial Trunk Hwy 9. Help and encouragement after the death of a loved one. Info: [josiah@yourscc.ca](mailto:josiah@yourscc.ca), **204-818-4429**, or [griefshare.org](http://griefshare.org)

**Selkirk - Gordon Howard Centre** - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

**Selkirk Services to Seniors** - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or City of Selkirk. Volunteer positions avail: Driver escort, Handi helper,

Friendly visitor, Delivering Meals on Wheels. **204-785-2737**, [selkirkseniors.com](http://selkirkseniors.com)

**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net)

**Steinbach - Pat Porter Active Living Ctr** - 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** (Carla Walker, Program Volunteer Coordinator). <https://www.patportercalc.com>

**Steinbach - The South East Artists** - Show and Sale, Sat. May 9, 10 am-4 pm, at the Clearspring Mall. Come and see artists at work and have the opportunity to purchase original art pieces.

**Steinbach - The South East Artists** - Paint together Tuesdays, Sep. 2-end of May, 9:30-11:30 am, Studio A or B at Steinbach Arts Council. \$3 drop in fee or \$60 for season plus cost of a membership at SAC. 1st visit free. Oils, watercolour, acrylic, pastels, etc.

**Stonewall - South Interlake 55 Plus (si55Plus)** - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Bowling, Pickleball (Stony Mtn School: Tue. 6-8:30 & Thur. 6:30-8:30 pm, & Stonewall Collegiate: Sat. 10 am-12:30 pm), Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. **204-467-2582**, [si55plus@mymts.net](mailto:si55plus@mymts.net), [www.si55plus.org](http://www.si55plus.org)

**Stonewall - Strummers Ukulele Club** - 1st & 3rd Thur., 6:30 pm, at South Interlake 55 Plus, 374 1st St. W, Stonewall. Beginners welcome, no formal instruction.

**Teulon Seniors Club** - Teulon Town Hall - Main St. Dances, 2nd Thur. of the month. Admission \$10.

**Teulon - The New Horizons Sterling Lounge Senior Centre** - We are returning to the Barefoot Ranch. Come and walk the Story Labyrinth, Sundays, 1-3. We'll be tidying and playing with the ponies. By appointment only. Contact [anne@thebarefootranch.com](mailto:anne@thebarefootranch.com).

**Thompson Seniors** - **204-677-0987**, [thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com)

# Learn the art of handbell ringing



The bells have been ringing at Good Neighbours Active Living Centre since January 2007, when the handbell program was offered to participants. The centre offers programs to seniors (55+), and the handbells have been around for a long time. Starting this month (May 2026), in addition to the regular program, there will be a handbell class offered for beginners (no experience

necessary). Interested people can learn the art of handbell ringing in a supportive learning environment. Classes start on May 5th, but interested folks can also join at a later date, or choose to drop in to check it out and experience what it is like to ring the bells in a group setting. Further information on registration can be found on the centre's website at [gnalc.ca](http://gnalc.ca).

## Travel/Leisure/Activities

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 22 Arena Street

**STE ANNE:**  
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SPRING SHOW No. 1  
**Wednesday, May 20th, 2026**  
Show Times: 10:00am - 3:00pm

SPRING SHOW No. 2  
**Wednesday, May 27th, 2026**  
Show Times: 10:00am - 3:00pm



**Show Theme:**  
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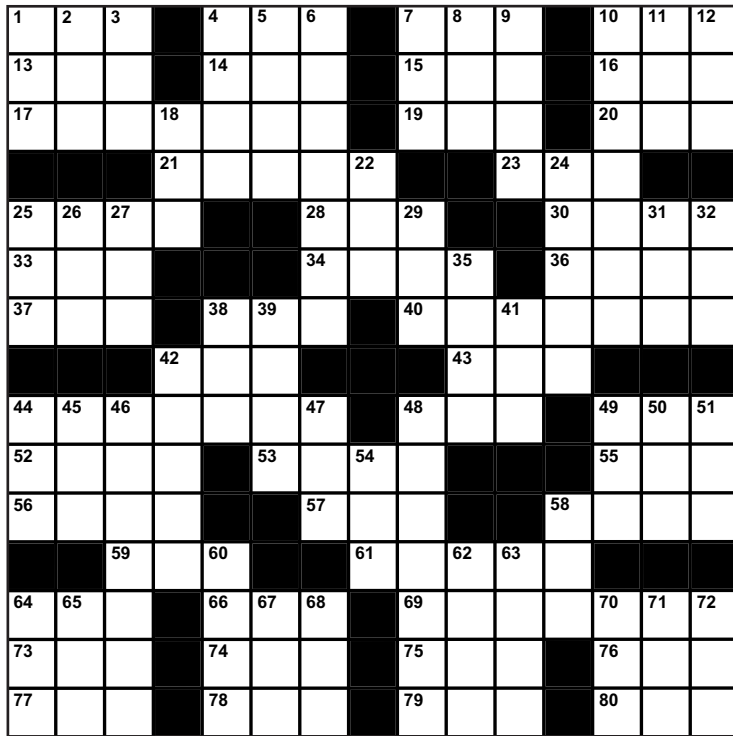
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*Kristy Stefanon-Tarasoff*  
 B.A., BC-HIS, RHAP

**CROSSWORD - Attention-getting - By Myles Mellor**

- ACROSS**
- Opera venue
  - Screened
  - Conveyance
  - Butler
  - Inexperienced
  - Had a helping
  - "It's no \_\_\_!"
  - Opposite of hence
  - Fairy tales, e.g.
  - Popular title article
  - Danger signal
  - \_\_\_ and dangerous
  - Cat's coat
  - Attention getter
  - Persian, e.g.
  - Mining locations
  - Mine output
  - Oolong, Earl Grey e.g.
  - "\_\_\_ and ye shall find"
  - To date
  - Guy's
  - In the foreseeable future
  - Prohibit
  - Do some tailoring
  - Duration
  - Car wash option
  - Wedded
  - Shared funds
  - Overpriced
  - Came out ahead
  - Toy that goes down and up
  - Stocking part
  - Group of buffalo
  - Wonder
  - An hour of prime-time TV, often
  - Wise one
  - Unexplored
  - Role model, e.g.
  - Dieter's concern
  - It could cause highlights
  - Every bit of
  - Put on TV
  - Cook an egg
  - Ready
  - Meet with
  - Assent



- DOWN**
- Woolf's "\_\_\_ Dalloway"
  - \_\_\_ up (relish)
  - It takes \_\_\_ to tango!
  - Body cover
  - Columnist's tidbit
  - Leaves alone
  - Reduce from the workforce
  - Cigarette residue
  - Meat
  - Legally joined
  - Census statistic
  - O.K.
  - Throw a red \_\_\_ to a bull!
  - Directly
  - Favorite's defeat
  - Little guy
  - Plural of exist
  - Pay that you keep
  - Neon, for one
  - Famed cargo of Boston
  - Blue yonder
  - Comfy spot
  - \_\_\_ in hand
  - Dieter's waist measurement
  - A little of this, a little of that
  - Not on deck
  - Bug someone, e.g.
  - Unduly
  - Kings and queens
  - Billboard listing
  - Considering that
  - Have a debt to
  - Goes with wester
  - Terminal
  - Pan, for one
  - Comedian
  - They may be split
  - Rod in a hot rod
  - Like a buck or boar
  - Away from duty
  - \_\_\_ of words
  - Evaluating quality
  - Rainy
  - Foot the bill
  - Fanciful story
  - Geological time span

SOLUTION ON PAGE 27

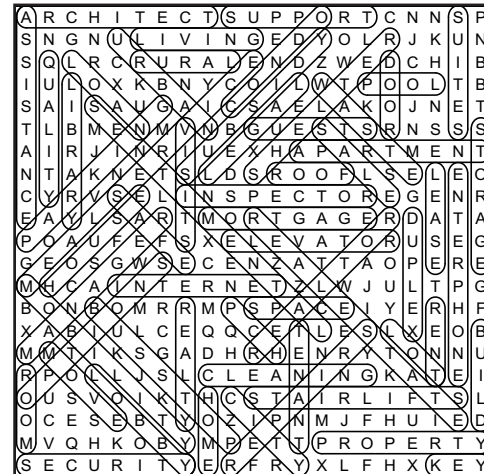
**WORDSEARCH - LEAVING A LEGACY - Senior Scope**

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

- |               |            |              |           |
|---------------|------------|--------------|-----------|
| ACTION        | DONATE     | INVEST       | PROPERTY  |
| AID           | DONOR      | KIND         | RECIPIENT |
| ALTRUISM      | EMPATHY    | LARGESSE     | RELIEF    |
| ASSET         | ENDOWMENT  | LEGACY       | SERVICE   |
| BENEVOLENCE   | ESTATE     | LEGAL MATCH  | SUPPORT   |
| BEQUEST       | EXECUTOR   | MEMORIES     | TAX       |
| CAMPAIGN      | FIDUCIARY  | MONEY        | TESTATOR  |
| CAPITAL       | GIFT       | MONTHLY      | TRANSFORM |
| CHANGE        | GIVING     | DONATION     | TRUST     |
| CHARITY       | GRANT HELP | PHILANTHROPY | VOLUNTEER |
| COLLABORATION | IMPACT     | PLANNING     | WILL      |
| DEDICATE      | IN NEED    | PLEDGE       |           |

SOLUTION ON PAGE 27

**Correction: WORDSEARCH - April 10/26 Solution**



**Word List Correction - April 10/27**

- |            |             |             |
|------------|-------------|-------------|
| Apartment  | Library     | Rent        |
| Architect  | Living      | Repairs     |
| Assistance | Loan        | Roof        |
| Build      | Lobby       | Room        |
| Bus Stop   | Lot         | Rural       |
| City       | Manager     | Safe        |
| Cleaning   | Meal        | Sale        |
| Condo      | Service     | Security    |
| Door       | Mobility    | Sentimental |
| Duplex     | Mortgage    | Shelter     |
| Elevator   | Move        | Space       |
| Enterphone | Options     | Stair Lifts |
| Guests     | Parking     | Storage     |
| Home       | PCH         | Subsidy     |
| House      | Pool        | Suites      |
| Inspector  | Property    | Support     |
| Internet   | Quality     | Tenant      |
| Key        | Real Estate | Urban       |
| Lease      | Realtor     | Visits      |
| Legal      | Realty      | Waste       |

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3	7	8			5	4		
	6							8
2		4						7
	1		2			7		
	2		1		7		4	
		5			3		6	
	3					9		7
8							2	
		7	3			1	8	4

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO THE RIGHT

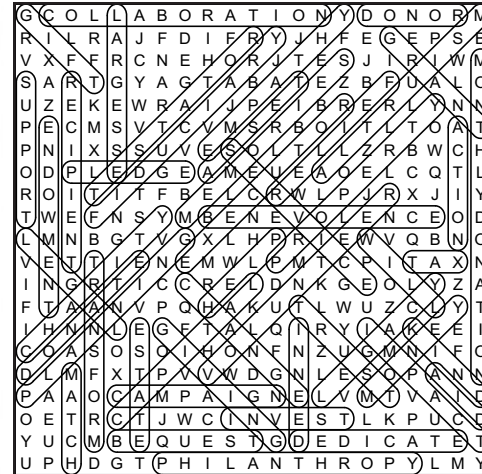


**WORLD ELDER ABUSE AWARENESS DAY 2026**  
Rights Don't Get Old

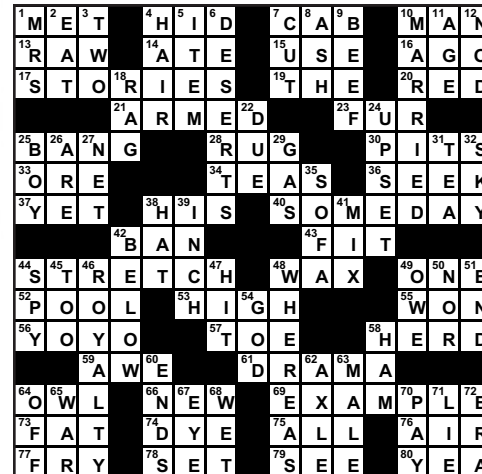
See page 23 for more information.

SOLUTIONS

**WORDSEARCH - Solution**



**CROSSWORD - Solution**



**SUDOKU - Solution**

3	7	8	6	9	5	4	1	2
1	6	9	7	2	4	5	3	8
2	5	4	8	3	1	6	7	9
4	1	3	2	8	6	7	9	5
9	2	6	1	5	7	8	4	3
7	8	5	9	4	3	2	6	1
6	3	2	4	1	8	9	5	7
8	4	1	5	7	9	3	2	6
5	9	7	3	6	2	1	8	4



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Officer pulls over a suspicious driver. "Sir, it seems you're under the influence. Can you say the alphabet starting with 'M'?"  
Driver: "Malphabet"

**Some days you eat salads and go to the gym. Some days you eat chips and cookies and refuse to get dressed. It's called 'Balance'.**

Guy to pal: "How's the new girlfriend?"  
"She said she wanted to walk down the aisle."  
"What did you do?"  
"Took her grocery shopping." OUCH!

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