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Vol. 25 No. 4 | Oct 10 - Nov 9/26

Newspaper



Senior Scope online

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Senior Scope SALUTE to Notable Manitobans

"Seniors Celebrating Seniors"





A MANITOBA MOMENT

By Bud Ulrich
Photos by Brook Jones and Gordon Bachinsky

Back in January of this year, an idea came to mind from conducting several interviews of seniors over a three-year period and publishing their stories in the *Senior Scope* newspaper. These seniors have made significant contributions to the province and beyond. I felt it was time to celebrate and recognize these remarkable people, and what better way to carry this out than with a group of people (seniors) who were eager to make this happen.

I approached Kelly Goodman, owner and publisher of the *Senior Scope* newspaper, and ran this rather ambitious idea by her. Her immediate response was, "Go for it!" A planning and organizing committee included Don Kuryk, Kirk Koppers, Donna Eastoe, Laureen and Ken Schellenberg, Kelly Goodman, and yours truly. Our committee operated at "arm's length" from the *Senior Scope* newspaper, with the caption – *Senior Scope Salute to Notable Manitobans*. We raised funds by obtaining sponsorship of tables and advertisements in our program. Unlike most other events, there was



Hon. Ed Schreyer.



Peter Grant.

no cost to attend. We required all guests to register, although that didn't happen as much as we would have liked which created a few anxious moments on the day of the event.

The other important part of our program included raising funds for Myeloma Canada (cancer) research. Jean 'JP' Parenty donated a large stunning photo print of the northern



Bud Ulrich & Donna Eastoe.



Susan Thompson, Scott Gillingham.



Al Simmons.



Laurie Sutherland (Patsy Cline).

lights; Wayne Ritchot donated two framed art pieces, a Blake Wheeler (Winnipeg Jets) autographed jersey, and a Connor Hellebucyk, (Winnipeg Jets) autographed Vezina Trophy Certificate; Jackie Glowacki donated a Ray Neufeld (Winnipeg Jets) autographed jersey; Colleen Wilson donated a Henrik Zetterberg

Continued on page 6



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Copies are concentrated in Winnipeg and in larger rural centres.

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



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown, Executive Director, AAIM

As summer turns to fall – what are your plans to continue the active lifestyle you lead during the summer months?

Knowing what lies ahead in this Manitoba climate – we need to plan those activities that will replace gardening, cutting the grass, bike riding, hiking, playing slo-pitch, outdoor bocce, golfing, and walking in the park. Granted some of these activities can be done year around but for many people that means changing locations or additional equipment that might not be possible.

In a recent study conducted by Harvard T. H. Chan School of Public Health to improve longevity it is important to do a variety of activities. Sources that support these findings included the British Medical Journal which found that people who participated in a wide variety of physical activities had a significantly lower risk of premature death. Two of the longest running American studies – the Nurses’ Health Study and Health

Professionals Follow- up Study - where participants have been followed for more than 30 years, showed an association between the amount of variety of activities and the reduced risk of death. This greater variety of activities was associated with the reduce risk of developing some cancers, respiratory disease, cardiovascular disease and other causes. The researchers all cautioned that the reduced risk they saw was not associated with any one type of activity but with the variety of activities.

In these studies, they also found that over time people naturally chose different activities for a variety of reasons including changing health conditions. In Manitoba those choices are often made because of our climate, transportation and economics.

Consider too that as older adults we need to maintain strength, improve our balance in addition to raising our heart rates during cardiovascular activities. So not just one type of activity can do it all. We need to maintain muscle, bone density, balance, and mobility to continue to live independently and enjoy each day.

This doesn’t mean you need to add sev-

eral new activities to your current regular routine. What it does indicate is that in addition to how much we move, the type of movement maybe just as important to our overall health.

So back to making plans – what will replace your walking the golf course, playing bocce outdoors, working in the garden, and bike riding this winter? For example, if you can continue to walk outside all winter, then consider adding a Tai Chi or Yoga class for balance and strength and to add variety.

Lastly, I must give a shout out to Premier Kinew for promoting daily physical activity in our Manitoba school system. There is a greater chance that active children grow into active adults which can result in improved physical and mental health, improved mobility and greater independence in later life. Thank you to everyone in the schools who are helping to execute this plan!

Remember - Move more and sit less!

Questions? - Contact:
Active Aging in Manitoba
204-632-3947 | www.activeagingmb.ca

LINDA BROWN-

“Move More and Sit Less”



By Bud Ulrich

Linda and I connected via Zoom, and I discovered she is passionate about active aging. It was clear she believes that growing old should be a time of continued purpose, engagement and opportunity.

For the past three years, Linda has been preparing articles for the *Senior Scope* newspaper on Active Aging in Manitoba. Through her column she encourages seniors to remain physically active and socially connected in their communities. Her caption “Move More and Sit Less” is symbolic of who she is. Linda receives several calls

about her column, questioning where things are being held, et cetera. She feels very good about these calls as it’s an indicator people are reading her column.

Linda grew up in the town of Balmoral, just north of Winnipeg. She attended her early grades in Balmoral, and high school in Stonewall. She worked for a few years prior to going to the University of Manitoba studying kinesiology and recreation management. Her degree is recognized as a Bachelor of Recreational Studies. Linda lived for a few years in British Columbia and Northwestern Ontario. Although she did move around, she came back to Manitoba.

For twenty years Linda was in pharmaceutical sales. “Working in that industry is like having a whole library of university

Continued on next page



Linda Brown

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Linda Brown... , cont'd

Peer Leadership Training - Linda Brown (far right)

degrees. There are huge amounts of education and requirements because you must have the most up-to-date information - not only what your company is doing, but what your competitors are doing. When talking to a physician, it is necessary to have a fair and balanced conversation when comparing products from other companies," Linda said. During the course of her sales calls, there was difficulty in seeing doctors. Booking appointments had to be done months in advance and at times you're waiting for an hour or two. "After working in the industry, you build up a relationship with the physi-

cian. The doctor may see you in the waiting room and will see you for five minutes," said Linda. Obviously, relationship-building plays a large role in sales. Linda developed strong connections with her clients which led to a very successful career in this industry. Currently, Linda is the Executive Director of Active Aging in Manitoba (AAIM). She has been in that role for just over three years. Prior to that she did some consulting work for AAIM. This experience helped her secure the Executive Director role as she had previous involvement with the com-

pany. "It's very busy, but it's good. I really enjoy the work," said Linda. She does a lot of community outreach, several presentations about healthy aging and how important it is to stay active. AAIM has an exercise program where they train peer leaders to teach Step exercise programs. Training of volunteers is free. Linda went to Virden to train seniors from around that town to start up programs in rural areas. The 55+ games operated through AAIM is a constant year-round planning and organizing activity. Minnedosa is the location for the 2027 games. Even as of this date, Linda is discussing the 2028 games with counterparts. These games are a great way for Manitobans to stay active. "About four years ago we shared in an active research project with Western University doing an intergenerational program (older adults and young students) called

GrandPals, and that has just exploded. It's unbelievable. I'm getting two or three requests per week from either schools or older adult groups – they heard about it, they want to know more, how do they get involved – that kind of thing. We have links on our website as well. So, there's a lot of interest which is great. This program was developed about ten years ago by a teacher in southern Ontario. This is his company, called GrandPals, which has spread across the country. I have one full-time person for this program, and a part-time person in communication. For a rather small group we get lots done!" Schools are engaging in the GrandPals program with students asking questions of seniors. This interaction provides positive social skills in listening and waiting for the proper time to ask questions. With so much

Continued on page 4

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A & O: Support Services for Older Adults: System Navigation

Finding the right support should not be complicated. Yet for many older adults and family members, friends, neighbours and service providers who care about them the path to help can involve unfamiliar systems, multiple phone calls and uncertainty about where to begin. System Navigation is designed to make that path clearer, faster, and more connected.

Since 2024, **211 Manitoba** has worked in partnership with **A & O: Support Services for Older Adults** to strengthen access to community, social, health, and government resources. This existing partnership brings together 211 Manitoba's broad information and referral expertise with A & O's long-standing knowledge and social service delivery expertise regarding the needs and experiences of older Manitobans.

At the heart of System Navigation is a simple goal: streamline access to resources and connect older adults and those who care about them with the right basket of programs and services, when and where they need

them. Instead of asking people to sort through complex information on their own, trained navigators listen, clarify what is needed and help identify appropriate next steps.

A call to 211 can open the door to supports related to safety, housing, food, transportation, health, social connection, financial assistance and other everyday needs. When A & O's specialized services are the best fit, the partnership creates a more direct connection. When another provider is better positioned to help, the navigator can point the caller toward relevant local options.

This approach reduces the time and effort

involved in contacting multiple organizations. It also recognizes that needs are often connected: a question about transportation may reveal concerns about isolation, access to appointments or food security. Looking at the whole situation helps people find a practical mix of supports rather than a single, one-size-fits-all answer.

Accessibility is central to the service. 211 Manitoba is available 24 hours a day, seven days a week, at no cost and in confidence. Language support is available in more than 240 languages, helping more people explain their circumstances and understand

the options available to them.

System Navigation strengthens the network around older adults. It supports choices, connections and smoother referrals. By strengthening coordination among organizations, the partnership helps reduce confusion, avoid unnecessary referrals, and make every contact a useful starting point. Through the partnership between 211 Manitoba and A & O: Support Services for Older Adults, help begins with a conversation and leads toward the resources that fit. For older adults and those who care about them, the right support can be found at 211. ■

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Manitoba moves to permanent daylight saving time

Manitoba will permanently adopt daylight saving time, eliminating seasonal clock changes beginning November 1, 2026.

Premier Wab Kinew announced the decision following public consultation, with 92 per cent supporting an end to clock changes and 58 per cent favouring permanent daylight saving time.

The change aims to improve health, family routines and business stability. ■

Special Olympics curling team, Linda Brown (far right)

Linda Brown... , cont'd from page 3

education online, the opportunity for face-to-face communication becomes available. Holding a conversation with someone is valuable. Students will visit assisted living complexes, some of which are close to their schools. During the summer months, a few students went to see their GrandPals in an assisted living complex and ended up volunteering at this location for the summer months. The experience gained is mutually beneficial.

For the past 17 years, Linda has been a volunteer coach in curling and golf in the Special Olympics. "We coaches have a saying – once you get in, you never get out," Linda chuckled. There always something to do and it's very rewarding. "To see someone curl who has never done so before, or someone who has improved is gratifying, or it just gives them the opportunity to try," said Linda.

Linda's goal is to enjoy every day and stay active. It's a way for her to stay independent and that's huge. For her these traits are very important. Staying engaged is vital as well – make that your plan for life. "At the stage when young parents' kids are in different activities and they are going in twenty different directions at once, finding time for yourself to be active is key! And to be socially engaged is huge no matter what age," Linda said.

"The opportunity to live in BC and Thunder Bay were moments to really appreciate Manitoba, not that there is anything wrong with those areas, but I realized Manitoba is where I belong and where I fit."

Linda's enthusiasm is infectious, coupled with her determination to challenge stereotypes about aging. She is dedicated to inspiring others to embrace aging with confidence including a positive outlook on the future. ■

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204-353-2470
cartierseniors55@outlook.com

ERICKSON

Services to Seniors Erickson, Onanole, Sandy Lake & Area Inc.
31 Main Street / 204-636-7895
areas@mymts.net

FLIN FLON

Flin Flon Seniors
2 North Avenue / 204-687-7308

GILBERT PLAINS

Gilbert Plains and District Community Resource Council Inc.
204-548 4131 / gpdrcr@mymts.net
www.gpseniors.ca

Gilbert Plains Drop In Centre
22 Main Street North
204-548-2210

GIMLI

Gimli New Horizons 55+ Activity Centre
17 Loni Beach Road
204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.org

GLADSTONE

Gladstone Senior Support
36 Morris St N / 204-385-3026
info@gladstoneseniorsupport.com

GRAND MARAIS

Grand Marais & District Seniors
36058 PTH 12 / gmdseniors@gmail.com
www.gmdseniors.ca

GRANDVIEW

Grandview Seniors Drop In
432 Main Street
204-546-2272

HAMIOTA

Hamiota 55+ Centre & R Store
44 Maple Avenue
55centrehamiota@gmail.com

KILLARNEY

Municipality of Killarney-Turtle Mountain Service for Seniors
520 Mountain Ave.
www.killarneymbseniors.ca

Killarney New Horizons Centre
415 Broadway Ave. / 204-440-0096
seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE

Club De L'Amitie de La Broquerie Inc.
15 Charrière Road, Town of Ste-Anne
204-424-5522

Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

LUNDAR

Lundar Community Resources Council Inc.
35 Main Street
204-762-5378 / mylcrcc@outlook.com

MANITOU

Pembina Community Resource Council
315 Main Street
204-242-2241 / pembinacrc@gmail.com

MINNEDOSA

Minnedosa Senior Citizens Assoc.
31 Main Street S
204-867-1956 / mdsasca@gmail.com

MORDEN

Morden Activity Centre
306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca

NEEPAWA

Neepawa & District Drop-In Centre
310 Davidson Street / 204-476-5103
Neepawa-dropin@outlook.com
www.neepawa.ca/district-drop-in-center

NOTRE DAME DE LOURDES

Club D'age Dor Notre Dame
204-248-7291
ndslchezsoi@gmail.com

ONANOLE

Municipality of Harrison Park Age Friendly Committee
43 Gateway Street, Onanole
204-848-7614 / admin@harrisonpark.ca

PINAWA

Two Rivers Senior Resource Council Inc.
40 Burrows Road / 204-753-8397
ldbtworivers@gmail.com

PINE FALLS

Winnipeg River Senior Services
37 Maple Street
204-367-9128

PILOT MOUND

Pilot Mound Fellowship Club Inc.
203 Broadway Avenue
204-825-2873 / pmfclub7@gmail.com

PLUMAS

Plumas Seniors Citizens Club Inc.
102 White Street
204-386-2029

PORTAGE LA PRAIRIE

Herman Prior Activity Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

Portage Service for Seniors
40A Royal Road N.
204-239-6312 / psfsmeals@shaw.ca
<https://portageservicefors.wixsite.com/psfs>

RIVERTON

Riverton Seniors Activity Centre
24 Main Street / 204-378-5155
rdfc@mymts.net
www.rivertonfc.com

ROSSBURN

Rossburn Community Resource Council
71 Main Street / 204-859-3386
rosscomm@outlook.com

SANDY LAKE

Sandy Lake Drop In Centre
100 Main St. / 204-585-2411
sandylakedropin@gmail.com

SELKIRK

Gordon Howard Active Living Centre
384 Eveline Street / 204-785-2092
info@gordonhoward.ca
www.gordonhoward.ca

SNOW LAKE

Snow Lake Senior Centre
71 Balsam Street
204-358-2151 / snowsrs@mymts.net

ST. LAURENT

Age Friendly Committee of St. Laurent
204-906-9607

STE. ANNE

Villa Youville
15 Charriere Road
204-422-5624 / yannb@villayouville.ca
www.villayouville.ca

SOUTH JUNCTION

Piney Regional Senior Services
15 Prevost Street / 204-437-2604
lgdseniors@gmail.com

STARBUCK

Macdonald Services to Seniors
204-736-2255
info@macdonaldseniors.ca
www.macdonaldseniors.ca

STEINBACH

Pat Porter Active Living Centre
10 Chrysler Gate / 204-320-4600
ed@patportercalc.com
www.patportercalc.com

STONEWALL

South Interlake 55 Plus
374 1st Street West - Oddfellows Hall
204-467-2582 / si55plus@mts.net
www.si55plus.org

SWAN RIVER

Swan River & District Community Resource Council
126 6th Ave N / 204-734-5707
resourcecouncil@srseniorservices.com

Swan River Senior Citizens Centre
702 1st Street North
204-734-2212

THE PAS

The Pas Golden Agers
324 Ross Avenue
204-623-5557
seniorsthepas@gmail.com

THOMPSON

Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
thompsonseniors.ca

TREHERNE

Treherne Friendship Centre
190 Broadway Street
204-723-2559
jstate1066@gmail.com

VICTORIA BEACH

East Beaches Social Scene
3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

East Beaches Resource Centre
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

VIRDEN

Seniors Access to Independent Living
204-748-2323
sail.cao.2023@gmail.com

WINKLER

Winkler & District MP Senior Centre
102-650 South Railway Avenue
204-325-8964
director@winklerseniorcentre.com
www.winklerseniorcentre.com

Salute to Notable Manitobans, cont'd from front page



Bud Ulrich, Al Simmons. Photo: Brook Jones



Kelly Ryback, city council electoral candidate, with former mayor Susan Thompson. Photo: Brook Jones



Al Simmons with members of the Four Tuned Cookies all-women quartet band. Photo: Brook Jones



Publisher of Senior Scope. Photo: Brook Jones



Laurie Sutherland, Donna Eastoe, Bud Ulrich. Photo: Brook Jones



Hon. Philip Lee Photo: Brook Jones



Anita Lee Photo: Brook Jones



Volunteers Carole Kuryk (L), Amy Schellenberg (R) at the registration desk. Photo: Brook Jones

(Detroit Red Wings) autographed jersey; and Glen Urbanski (artist) donated two beautiful original paintings. A bid auction of these items was included in our program.

We were very fortunate to have several young adults who helped set up our tables with various fundraising items, programs, et cetera. We located some large bowls to accept cash donations from the audience, with Pat Braun handling the credit donations through SQUARE POS system.

It was showtime and our ambitious program was upon us. On Thursday evening, September 17th, 2026, a large crowd of approximately 400 people (mostly seniors) entered a beautifully decorated hall for the first *Senior Scope Salute to Notable Manitobans* event. The ballroom at the Viscount Gort Hotel included 40 tables elegantly displayed with white tablecloths, gold runners, and black-skirted chairs with gold sashes. The ambience of the room was delightful.

Peter Grant, former CJOB personality, was the Master of Ceremonies. We were most fortunate to have Elder Billie Schibler providing a special meaningful blessing. The

program included warm welcomes from our province by Tracy Schmidt, Minister of Education, and our city by Scott Gillingham, Mayor of Winnipeg.

We were fortunate to hear insightful and informative keynote messages from former Manitoba Premier, and former Governor General of Canada, Rt. Hon. Ed Schreyer, and former Mayor of Winnipeg – Susan Thompson. Children’s entertainer and Juno Award winner, Al Simmons, provided a grand entrance in his inimitable style entertaining the audience in Al Simmons fashion.

A PowerPoint presentation of all Notable Manitobans had a few hiccups, but emcee, Peter Grant, quickly filled in to keep it moving. Towards the end of the program, we honoured owner and publisher of the *Senior Scope* newspaper, Kelly Goodman, with a dozen roses. Laurie Sutherland’s entertaining tribute to Patsy Cline was a fitting wind-up with her lively and lovely rendition of well-known tunes.

The following post event emails provided heartwarming comments about an evening of celebration:

Teresa Tomko Beauregard – “It was wonderful to hear all the speaker’s comments; their words were very meaningful for me. The highlight of the evening for me was being entertained by Al Simmons. He was a Notable Manitoban in my daughter’s younger years.”

Gord Bachinsky – “You did a great job in planning the *Senior Scope* Thursday evening event. We were very impressed with the number of well-known personalities you had in attendance, as well as the large number of attendees!”

Lois Dudgeon – “First of all, I was absolutely honored and humbled to be part of the ‘2026 Class of Notable Manitobans’ on Thursday night. My guests and I enjoyed the evening - everyone was so entertaining, especially Al Simmons.”

Joan Atamanchuk – “I just want to thank you and your fabulous committee for a wonderful evening. I certainly enjoyed all the speeches, jokes and entertainment. Congratulations for a job well done!”

Rick Roschuk – “The effort put in, the energy the night of, and the joy of watching people so excited to be there, was top shelf – being human at its best.”

Peter Grant – “It was a pleasure meeting your committee and working with them. Everyone worked together to make the evening a resounding success – beyond my wildest dreams.”

Donna Eastoe – “I felt excitement in the air at this special event celebrating seniors, and I received a little gem from each and every speech.”

Thanks to a hard-working committee, the event was a tremendous success. To celebrate the remarkable accomplishments, contributions, and life achievements of seniors provided an evening filled with inspiring stories and an appreciation for those being recognized. The raising of funds to support myeloma cancer research and treatment demonstrated the generosity of a community that is willing to support a worthy cause. We are pleased to report total donations of more than \$7,500. Confirmation from Myeloma Canada will be published in the November 2026 issue of the *Senior Scope* newspaper when all funds have been received. ■
(See more photos on page 8)

ON OCTOBER 28
VOTE FOR
**KELLY
RYBACK**
FOR CITY
COUNCILLOR
ST. JAMES

“At 62, I know firsthand what it means to be a Winnipeg senior. I’ve shared in the frustrations, questioned the delays and decisions, and felt the challenges many seniors face every day.

I have been a strong advocate for seniors in St. James by pushing for improvements in care homes, better snow clearing, and more reliable transit service. I have always believed in showing up and making a difference.”

ENDORSEMENTS:

**The Honourable Pearl McGonigal,
C.M., O.M.**

- 19th Lieutenant-Governor of Manitoba

James ‘Jim’ Ernst

- former Government of Manitoba MLA cabinet minister and Winnipeg City Councillor

Peter DeSmedt

- former Winnipeg City Councillor

Paul Robson

- former GM of the Winnipeg Blue Bombers

Early Voting Options:

Polo Park Shopping Centre
Friday October 16, 10am-6pm
Saturday October 17, 10am-6pm
Sunday October 18, 11am-5pm

Heritage Victoria Community Centre ~ 950 Sturgeon Road
October 19 to October 22, 4-8pm

431-441-2555

Campaign Website: ryback.ca



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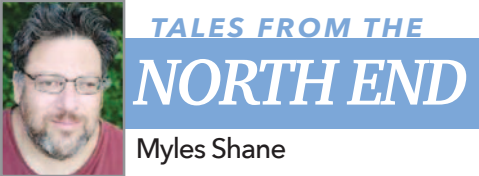
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This is the story of 18-year-old Leslie Satran, a North End Winnipeg teenager who boarded a plane for Israel as part of the Joseph Wolinsky grade 12 trip expecting the kind of vacation that lives in photo albums and inside jokes, and instead found herself fighting for her life.

Jerusalem, 1994
The Ron Hotel, sometimes called the Jaffa Hotel, sometimes just the Jerusalem Hostel depending on who is remembering it, dates back to the early 1920s, with its completion often placed around 1928. It carries that unmistakable Mediterranean architecture of its time: thick stone walls, arched windows, a design that feels less constructed than carved out of the city itself but from the street, none of that announces itself immediately.

Couches sagging inward as if they've been carrying too many stories for too long. A ceiling fan turning with mechanical indifference clicking every few rotations like it might decide to stop. In the corner a cassette player loops a tape that no one seems responsible for anymore, Tracy Chapman, then R.E.M.,

Leslie Satran, an Unfinished Life

- PART ONE



L-R: Cari, Gwen (Mom), Leslie.

then a warped Peter Gabriel track that dips slightly out of pitch at the same moment every time it plays, like it's remembering something it would rather forget.

It was too loud in the afternoon. It's too quiet at night.

Leslie Satran notices all of it. She always notices details when she's tired. She is tired now in a way that doesn't belong to anything she recognizes. Not jet lag. Not dehydrated. Not the soft disorientation of too many hours

in transit or too many nights on rooftops talking about futures that still feel optional.

This is something else.

Something heavier.

"I had chills," she remembers later. "I wasn't making sense. I had a fever. I couldn't pee. My kidneys were starting to fail, but we didn't know that yet."

Andrea
Andrea Dill, one of Leslie's close friends who was staying at the hostel with her, remembers

how ordinary it all seemed at first and how easily it could be explained away. They were staying at the hostel and Leslie wasn't feeling well, but nothing about it immediately signaled danger. The night before maybe they had a little too much to drink, too much heat, too much energy, too much of everything and so the assumption settled in quickly. It was just a hangover that hadn't quite passed.

Aaron – 1989 – Fall
Aaron Cohen had taken the Grade 12 JWC trip a year earlier and was already living in Israel when his life was fractured in a way that felt almost unreal. The call he received was the kind no one is ever prepared for. His sister Lisa, who had been struggling with depression, had decided she could not go on. That night, she died by suicide. The loss rippled through the Winnipeg Jewish community but for Aaron it was something deeper, more isolating grief in its most personal and disorienting form, the kind only a brother could fully carry.

In the years that followed, Aaron didn't so much process the loss as he tried to outrun it. For a long time he avoided feeling alto-

Continued on next page

Salute to Notable Manitobans,

cont'd from page 6

COMMITTEE MEMBERS:



Bud Ulrich



Donna Eastoe



Don Kuryk



Ken Schellenberg



Laureen Schellenberg



Kirk Kuppers



Kelly Goodman

VOTE FOR A SAFER COMMUNITY

ON OCTOBER 28TH ELECT

TYLER CRICHTON

COUNCILLOR FOR ST. JAMES

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AUTHORIZED BY THE OFFICIAL AGENT

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STRONGER

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Senior Scope Salute

CONGRATULATIONS TO BUD ULRICH, DONNA EASTOE, AND ALL OF THE COMMITTEE MEMBERS FOR A MEMORABLE AND SUCCESSFUL FIRST-TIME 'SALUTE TO NOTABLE MANITOBBANS' EVENT!

AN AMAZING JOB EVERYONE!

SO HAPPY TO BE A PART OF IT ALL!

- Senior Scope

Willard Reaves, David Hykaway.
Photo: Brook Jones

Georgina Fenning, former student of Bud Ulrich. Photo: Brook Jones

Terry Lees (centre) and nearly 400 guests enjoying the evening. Photo: Brook Jones

Tracy Schmidt, MLA for Rossmere
Photo: Brook Jones

Visit www.seniorscope.com to read up on all of the Notable Manitobans that were featured in *Senior Scope*. Click on the cover images on the home page or the links on the Archives page.

Leslie Satran..., cont'd

gether. Grief meant memory, and memory meant confronting a life that no longer existed. So he dulled it, through distraction, through substances, through anything that could quiet the intensity of what he was carrying. It wasn't a solution, just a pause, a way of keeping distance from something that felt too overwhelming to face directly. A way to keep intrusive and ruminating thoughts at bay.

But distance has limits. Over time, Aaron began to shift. He turned inward instead, toward meditation, toward spiritual reading, toward the slow, uneven work of trying to understand himself and his grief and in 1994, he made a decision that was less about closure and more about confrontation. He returned to Jerusalem, not as a visitor but as a guide for the next Grade 12 trip, choosing to stand again in the place where his sister had died. It wasn't about erasing the past, it was about facing it, fully, and continuing forward anyway.

Jerusalem, 1994

It was a weekend off for everyone on the trip. Students went to see friends and family. Aaron had left the group briefly, heading north to visit friends before deciding almost by destiny, almost on instinct, to return to Jerusalem to be with family. It was a small decision, casual at the time. Later, it would feel like something else entirely.

He was out with his cousins, Yuli and Gidi, when Leslie's friends found him. Not through the seamless immediacy we take for granted now, but through the clunky, uncertain early days of communication. One of the girls tracked him down, a rare flip phone in hand, Israel already slightly ahead of the curve. The message was simple, but it carried weight, Leslie was very sick and no one knew what to do.

Arriving at the Ron Hotel

Leslie was helped in to the car. Aaron's foot hit the gas. He rushed through the streets toward the hospital. She didn't look right. Not just sick but something else, fading. Aaron tried to steady things in the only way he could, encouraging her to drink water, passing a bottle back and forth as the city blurred past them. It was instinct, care, urgency, but later, in the shadow of a diagnosis, even that small act would take on a different meaning.

Jerusalem, 1994 — Shaare Zedek Medical Center

Aaron's car pulled up to the Shaare Zedek emergency parking lot. He rushed Leslie into the ER.

The nurses saw what they thought they recognized, another group of young North Americans, another case of dehydration, maybe too much sun, maybe too much freedom. They treated it casually. Fluids. Minimal concern. A kind of practiced indifference, but Leslie wasn't stabilizing. She was slipping.

Aaron remembers the exact moment it changed, not medically, but viscerally. He looked into her eyes and saw something he had never seen before, something final. For a split second he saw his dead sister's face.

No, this wouldn't happen again. He had to stop it. He ran to find the nurses, who were on break. One of them started to get up. The head nurse stopped her. It could wait.

It couldn't.

Whatever Aaron said next broke through. Loud enough, urgent enough, raw enough to cut through hierarchy and habit. The nurses returned. This time they saw it too. The shift was immediate. Doctors were called. Tests accelerated.

The word came down, Meningitis.

Leslie slipped into a coma soon after. For over a month suspended between presence and absence.

Meningitis

The doctors ordered, IV lines, left arm, right arm. Fluids rushing in. Then medications, one after another, spoken quickly, almost rhythmically, ceftriaxone, vancomycin. and ampicillin.

Broad. Immediate. No waiting. Then dexamethasone pushed in fast, ahead of everything else that might already be happening inside her brain. Another layer, uncertainty still in play, acyclovir.

Monitors lit up. Green lines jittering. Numbers shifting in real time. Her breathing changed. It became shallow and uneven. A ventilator was brought in.

Jerusalem/Winnipeg 1994

In a small room down the hall, Aaron picked up a phone.

He dialed Leslie's mother, Gwen, in Winnipeg.

The line rang. Gwen answered., just Aaron's voice delivering facts that didn't feel like facts. Leslie is critically ill. The infection is severe. You need to come as soon as possible. The Doctors don't know if she'll survive.

And somewhere between Jerusalem and Winnipeg's North End across distance and static and time, this was no ordinary Shabbat.

Winnipeg – 1994

After she hung up the phone, the world didn't feel real anymore. Aaron's words just sat there, heavy and unmoving. Gwen was devastated in a way that didn't leave room for anything else.

Continued on page 17

WORKING HARD FOR SENIORS



NELLIE KENNEDY

YOUR MLA FOR ASSINIBOIA

Nellie.Kennedy@yourmanitoba.ca

(204) 888-3188



MATT WIEBE

YOUR MLA FOR CONCORDIA

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YOUR MLA FOR ELMWOOD

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YOUR MLA FOR NOTRE DAME

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YOUR MLA FOR RIEL

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UZOMA ASAGWARA

YOUR MLA FOR UNION STATION

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(204) 306-8581

More Senior Scope Salute photos



An eager bidder for a CD package offered by Al Simmons. Photo: Brook Jones



Ken Schellenberg joins Laurie Sutherland on stage to help hype up the crowd. Photo: Brook Jones

Finding a community of support at Care4u

- Alzheimer Society of Manitoba

When Alberto “Bogs” Sangalang walked into the Care4u Family Conference back in October 2025, he carried a mix of curiosity, hope and fear. He knew the day would have a big impact for both him and his wife, Sonia, who had been diagnosed with Alzheimer’s disease just weeks earlier.

Sonia’s diagnosis brought some clarity about the changes Bogs had been noticing in his wife’s personality, mood and behaviours. Dementia was new to both of them, and Bogs began looking for more information right away.

“Living with dementia is not a choice, but it becomes a part of many of our earthly journeys,” he says. “It is tough for the whole family, especially for the care partner. Acceptance is an important step to try to make early on.”

As Bogs began researching dementia to learn more about the disease, he came across the Alzheimer Society of Manitoba and its upcoming conference. He decided to attend, hopeful it would help him and his wife feel more prepared for the road ahead.

“The conference provided so much information and guidance, shared through the speakers, Alzheimer Society staff and many resource booths,” Bogs says. “It really felt like an atmosphere of care and support — like the community was coming together as one. I realized that I wasn’t alone.”

By the end of the day, Bogs felt a sense of relief. He’d gained a deeper understanding of dementia, how differently it can affect each person, and what the future might hold as the disease progresses.

“Care4u helped me realize that understanding and learning more about this disease will assist me a lot as a care partner,” he says. “When I’m accepting of dementia



myself, I can approach caregiving and the challenges and changes we may face as a couple in a more accepting way too.”

This year’s Care4u Family Conference takes place on **Saturday, Oct. 17 at the Victoria Inn Hotel & Convention Centre** in Winnipeg. Registration is \$50 and includes a buffet lunch and access to a full day of education and support for care partners. Sessions will cover everything from daily care strategies and responsive behaviours to legal matters and end-of-life care.

“There’s not always a solution to every problem you’ll encounter with dementia, but being with a group of other care partners who truly understand what you’re going through helps a lot,” Bogs says. “Care4u gives you the chance to experience that sense of togetherness and community.”

Learn more about the Care4u conference and register today at alzheimer.mb.ca/care4u.

THINGS TO DO - OCTOBER 2026

Dementia Research: Back to Basics
Thursday, September 17, 6:30 – 8 pm,
Live via ZOOM

Care4u Family Conference 2026
Stronger Together: Finding Support & Community
Saturday, October 17 | 8 am – 3:30 pm
Victoria Inn Hotel & Convention Centre
(1808 Wellington Ave, Winnipeg)
Cost: \$50 (includes buffet lunch and resources)

A day of education and support, where you will gain practical tools to help you work through day-to-day challenges, plan for the future and build your confidence as a care partner. Learn more and register at alzheimer.mb.ca/care4u.

Free online education sessions:

Living with Dementia: First Steps - Part 2
Saturday, October 24, 10 – 11:45 am,
Virtual via ZOOM

The second session of a three-part information series for people supporting someone recently diagnosed with dementia. Dementia is progressive and affects decision-making capacity. Learn about the importance of future planning, including having a will, power of attorney and health care directive in place. Be informed about resources that can be useful when addressing your legal and financial decisions. Register today at alzheimer.mb.ca.

Community Partner Programs
October 2026 program schedule available now

Enjoy a variety of activities in dementia-friendly spaces with our community programs. Geared to those living with early to moderate signs of dementia and their care partners, you can discover history at the Dalnavert Museum, sing familiar and new songs with Vivace Voices Choir, grow your table tennis skills with the Manitoba Table Tennis Association and so much more. To learn more about available programs and to register, visit alzheimer.mb.ca/community-programs

Minds in Motion
October 2026, locations across the province

Join the Alzheimer Society this fall at the Minds in Motion® program! Designed for people living with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness followed by activities and conversation. Learn more about available locations, dates and times at alzheimer.mb.ca/community-programs

Support Groups
Various dates, times and locations across the province.

The Society offers in-person and virtual support groups across the province for people living with dementia and for care partners. 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.

Applications open for 2027 Community and Neighbourhood Grant Program

\$2.5 million in grants available for non-profit organizations

Winnipeg, MB - Applications are now open for the **2027 Community and Neighbourhood Grant Program**.

The program provides an accessible only portal to apply for operating budget grants. \$2.5 million is available for the 2027 intake. Eligible projects can receive up to \$150,000 per year.

Funding is available via four streams:

- Environmental/Green City:
 - Available to organizations that focus on:
 - ◆ Climate resiliency
 - ◆ Renewable energy
 - ◆ Waste diversion
 - ◆ Protecting and growing the urban forest
- Recreation:
 - Available to organizations that improve access to libraries and recreation services promoting active living for all ages and abilities

- Community Well-being:
 - ◆ Available to organizations that:
 - ◆ Promote safety and well-being
 - ◆ Provide accessible and affordable services to Winnipeggers who need them most
- Arts and Culture:
 - Available to organizations that:
 - ◆ Celebrate, protect and preserve culture
 - ◆ Promote community pride and the value of the arts
 - ◆ Provide opportunities for civic engagement

Applicants must meet the criteria of one stream. They must also align with the goals and objectives of **OurWinnipeg** and **Council’s Strategic Priorities Action Plan**.

Applications close on November 13.
For more information visit: winnipeg.ca/communityneighbourhoodgrant

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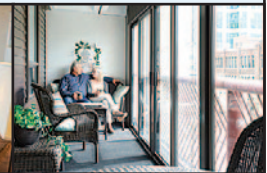


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HOUSING OPTIONS & RELATED SERVICES

The Boulton | River Heights Retirement Community - Celebrating 20 years

- Prepared by: MARWEST Group of Companies

This past January 29th, 2026, **The Boulton Retirement Residence celebrated their 20th Anniversary.** The story behind this wonderful building is part of our Winnipeg culture, here's but a snippet of that story.

"The history of The Boulton Retirement Residence traces back to the late 1970s, when Marwest built an apartment building on Boulton Bay near Kenaston Boulevard, adjacent to Joe Malone Park. The surrounding green space made the area attractive, and Marwest soon identified an unused parcel of City-owned land beside both the park and its building as a potential development opportunity.

In the early 2000s, Canadian National Railway sold sections of its nearby railway lands, and Marwest acquired a significant portion. Recognizing the broader community value of these lands, Marwest entered into a land swap agreement with the City of Winnipeg. The city received the former railway lands, enabling the creation of walking paths and improved community connectivity, while Marwest obtained the city-owned parcel beside its apartment building. This parcel would become the development site for The Boulton Retirement Residence.

Although Marwest already operated senior apartment buildings, this new project marked its first step into a more service-oriented Retirement Living community. Construction moved forward, and The Boulton officially opened in early 2006. The residence quickly established itself as a welcoming and supportive environment for seniors, setting the standard for Marwest's future developments.

What began as a single retirement residence later grew into a substantial retirement living portfolio. Marwest has since expanded to seven operating retire-

ment properties, with two more currently under construction; The Williston Oceanview (Nanaimo) and The Williston-Refinery (Winnipeg). The Boulton remains the foundation of this growth, representing a successful collaboration between thoughtful land use planning, community improvement, and a long-term commitment to enhancing senior living options."

For more information on **The Boulton Retirement Residence**, please call: **204.475.4500** during regular business hours... More to come on The Boulton in future issues. ■

(See advertisement on back page)

Dugald Place Marks a New Chapter for Seniors Seeking Comfort, Wellness, and Community

- Submitted

Dugald Place Assisted Living Residence, scheduled to open November 1, held a ribbon cutting recently to offer the community a "sneak preview" of the first floor and amenities. The event marked the beginning of a new era for seniors who want to live independently while enjoying modern amenities, lifestyle assistance, meaningful social connection, and year-round wellness opportunities.

One of the most talked-about features during the preview was the direct link to Springfield's new indoor pool. Municipal and Northern Relations Minister Glen Simard announced that the Manitoba government has invested \$1.1 million toward completing Springfield's first indoor aquatic facility — a year-round pool directly connected to Dugald Place.

It's rare for an assisted living residence to offer year-round aquatic access just steps from home, and visitors immediately understood the value. It provides daily access to warm-water therapy, aquafit classes, mobility programs, and rehabilitation opportunities just steps from home. Seniors will have free admission, dedicated swim times, and can register for a fee, paid programs provided by the RM Recreation



2 bedroom suite

Department: aquafit, mobility classes, and warm-water therapy.

Guests were greeted by bright, modern spaces that immediately conveyed a sense of calm and comfort. Wide corridors, accessible washrooms, and thoughtfully designed common areas showed how carefully Dugald Place has been planned for seniors who value independence but appreciate support when they need it, including meals and housekeeping services. The residence includes private 1- and 2-bedroom suites (only a few 2-bedrooms are still available), welcoming dining areas, activity rooms, and multiple lounges where neighbours



Springfield's new indoor pool.
Photo by Cathy Juskow

can gather for coffee, conversation, or planned programs.

For many older adults, especially those considering a move from Winnipeg or other communities, the appeal is clear: Dugald Place offers the ease of small-town living without sacrificing amenities. The building's design supports privacy, dignity, and autonomy, while its social spaces encourage connection — a balance that many seniors seek but rarely find in larger urban facilities.

Throughout the event, visitors lingered in the common areas, imagining morning coffee with neighbours or quiet evenings in a place that feels safe and familiar.

They asked about activities, programs, and the kinds of routines residents might enjoy. Many paused at the pool, picturing how easy it would be to stay active year-round without worrying about transportation, weather, or cost.

The excitement wasn't just about the building — it was about the lifestyle it makes possible.

For seniors considering their next chapter, Dugald Place offers a compelling combination: modern assisted living, built-in wellness programming, and a community that welcomes newcomers with genuine warmth. The residence provides comfort without compromise, independence supported by thoughtful design, and opportunities for connection that enrich daily life.

As the ribbon was cut, the message was clear. Dugald Place is ready to welcome residents who want a home that supports their health, independence, and desire for a life that feels both peaceful and connected. For many older adults, this may be exactly the fresh start they've been waiting for.

For more information contact Dugald Place at: dugaldplace@gmail.com; **204-853-2255** or check out our website at: www.Dugaldplace.com ■

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DUGALD PLACE

Assisted Living Residence & Community Pool

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Quiet Rural Setting Close to the City

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HOUSING OPTIONS & RELATED SERVICES

The Cost of Doing Nothing:
More Seniors Assisted Living Housing Prevents Bed Blocks

- Co-authored by Tom Simms - Manitoba Seniors Equity Action Coalition, and Jesse Hajer - an economist from the University of Manitoba

There is a severe shortage of public and non-profit rent-geared-to-income/services-geared-to-income assisted living housing for older adults in Manitoba. Seniors assisted living is a form of housing that includes rent, food, laundry and cleaning services.

Presently, the provincial government almost exclusively relies on the private market to provide assisted living housing for seniors. Monthly private market assisted living housing rent for seniors ranges from \$3,000 to \$6,000 per month. The total income for an individual older adult receiving Old Age Security (OAS) and Guaranteed Income Supplement (GIS) pensions is less than \$2,000 per month.

It is clear that low/fixed income seniors are not able to afford private market assisted living housing resulting in the pre-mature entry of these older adults into long-term care homes because seniors assisted living housing is not publicly

subsidized whereas long-term care facilities do provide income-based subsidies.

More assisted living housing for low/fixed income seniors is a strategic approach to address the growing challenge of “bed blocks” in hospitals and long-term care homes by freeing up beds that are being used by older adults that could have their needs better met in public or non-profit rent-geared-to-income/services-geared-to-income assisted living housing.

Manitoba government data indicates that in 2025/2026 there was 3,059 patients waiting in hospitals for long-term care amounting to 150,801 days resulting in a conservative annual cost estimate of \$98 million.

Based on data provided by the Department of Health, Seniors and Long-Term Care, the average cost in the province for a senior waiting in hospitals for long-term care is \$650/day. For long-term care it is \$340/day.

The estimated average cost for the provincial government to subsidize seniors assisted living housing is \$125/day.

A 2025 B.C. Senior’s Advocate report concluded that “it is time to recognize that creating more publicly subsidized senior’s living options are a practical and cost-effective option to help alleviate some of the demand for long-term care... meeting the growing demand for long-term care requires more than building additional beds. It requires strengthening community-based alternatives that delay or prevent the need for long-term care.”

Manitoba’s 2026 budget allocates \$12.8 million to create the additional 215 social and affordable housing units, along with \$267.8 million for the operating budget of Manitoba Housing and Renewal Corporation. According to MHRC’s Auditor’s Report for year ended March 31, 2025, the total revenues for the province’s

social housing provider was \$392.4 million, including rental revenue and contributions from other levels of government.

The \$98 million annually of “blocked money” caused by “bed blocks” is significant, especially within the context of Manitoba’s housing budget.

There is a compelling cost-benefit analysis case for the provincial government to address this issue of the “blocked money” tied up in the estimated annual \$98 million “bed block” cost of patients waiting in hospitals for long-term care. Greater system effectiveness, budget efficiency and appropriate care for seniors could be achieved (a public policy “hat trick”) if the provincial government expanded investment for rent-geared-to-income/services-geared-to-income public and non-profit seniors assisted living housing. The human and financial cost of doing nothing is significant. ■

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

Protect Your Garage

The Winnipeg Police Service is reminding residents to take steps to secure their garages following recent incidents where suspects gained access using garage door openers taken from vehicles parked outside homes.

In these cases, vehicles were entered first, and garage door openers found inside were used to access attached and de-

tached garages. A few simple preventative steps can go a long way in reducing risk:

- **Take your remote inside.** Treat your garage door opener like a house key; don’t leave it in a parked vehicle outside.
- **Lock home access doors.** Attached garage? Always keep your home access doors locked with a solid door and deadbolt.

- **Add motion lights.** Installing bright motion-activated lights outside garages or outbuildings can act as a great deterrent.
- **Vacation safety.** If you will be away for an extended period of time, consider manually locking and unplugging overhead doors. Some modern garage door openers may also have a vacation mode.

- **Consider video cameras.** Video surveillance is a great resource for investigators in the event a break-in occurs.

Taking a few extra moments to secure your vehicle can help protect your property and provide added peace of mind. Staying aware of these trends allows all of us to play a role in keeping our neighbourhoods safe. ■

Newly Renovated Large Suites on Wellington Crescent - Submitted

For those seeking a peaceful, low-maintenance lifestyle in one of Winnipeg’s most established neighbourhoods, **Hampton House Apartments** offers a comfortable place to call home. Located on historic Wellington Crescent, this quiet six-storey building combines classic character with modern updates, just steps from Crescentwood and the shops and restaurants of Corydon Avenue.

Renovated suites feature quartz countertops, stainless-steel appliances, upgraded bathrooms, and hardwood floors, providing modern comfort while preserving the charm of the building’s classic architecture.

For residents 55 and over, Hampton House offers the convenience and peace of mind that comes with a well-managed, easy-to-maintain home. Heat and water are included in rent, making monthly expenses more predictable. Covered parking is available, and the



ment make daily living simple and convenient. A responsive on-site team is available to help with day-to-day needs, while window coverings are already installed in every suite, making it one less detail to take care of when moving in.

Wellington Crescent is part of what makes Hampton House special. With its tree-lined boulevard, historic homes, and walking paths along the Assiniboine River, the neighbourhood offers a peaceful, established setting while remaining close to the amenities of the city.

Whether you are downsizing from a house, looking to be closer to family and everyday conveniences, or simply ready for a home that requires less maintenance, Hampton House offers a welcoming combination of comfort, convenience, and community.

To learn more or book a viewing, contact Mark at **204.475.5169** or email inquire@hamptonhouseapartments.ca ■

Hampton House Apartments

building’s location makes it easy to access groceries, pharmacies, medical clinics, restaurants, and other everyday

amenities in nearby Corydon and Crescentwood.

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Shindico Living



HOUSING OPTIONS & RELATED SERVICES

Misericordia Terrace is waiting for you - Submitted

When most people think about 55+ living, they think about personal care homes or assisted living. This is not the case. Welcome to Misericordia Terrace, a 55+ independent living community located in the heart of Wolseley.

What is "independent living" you ask? Think of it as a secure apartment building with added hospitality. Not only do we offer beautiful 1 and 2 bedroom suites with in-suite laundry and access to

shared areas including lounges, recreation and meeting space and a spectacular 2nd floor outdoor patio. We also offer lunch and dinner served daily in our spacious dining room with meals created by our Executive Chef and culinary team. Weekly housekeeping is also included along with regular garbage and recycling collection. To keep you occupied, regular on-site recreation and social activities are offered including Movie Nights, Coffee &

Conversation, Happy Hour, Bingo, Arts & Crafts and much more. Finally, each resident is provided with a personal medical alert system provided by Victoria Lifeline.

Being located in Wolseley offers many advantages including the close proximity to the Misericordia Health Centre's Minor Injury Clinic, numerous healthcare clinics, shops and restaurants as well as ample access to Winnipeg Transit bus stops. The beautiful neighbourhoods of

Armstrong's Point (The Gates) and Crescentwood are literally steps away from your front door and include the Cornish Library, active living routes and bike paths and many parks and green spaces.

If this sounds like the kind of life you are ready for, call us at **204-788-8020** to speak with one of our representatives about booking a tour to see what Misericordia Terrace is all about. ■

(See advertisement on front page)

Downsizing Is About More Than Just Moving - Jason Chester

Over the years, I've had the privilege of helping many seniors and their families through one of life's biggest transitions: leaving a home they've loved for many years. What I've learned is that downsizing is rarely about the house itself.

It's about the memories connected to that home. It's about deciding what to keep, what to pass on, and what comes next. For many people, the thought of moving after twenty, thirty, or even fifty years can feel overwhelming.

I often hear people say, "We know we need to move someday, but we don't know where to start."

My advice is simple: start small and start early.

You don't need to make every decision at once. Even sorting a single closet, organizing important documents, or having a conversation with family can make a big difference. The earlier you begin exploring your options, the more control you'll have over the process.

Through my real estate business, I've seen firsthand how much stress can be reduced when families have the right support. A successful transition is rarely the result of one person doing everything alone. It often involves family members,

trusted advisors, movers, organizers, cleaners, and other professionals working together toward a common goal.

Every family's situation is unique. Some people choose to move to a condominium, retirement residence, assisted living community, or a smaller home. Others discover they can remain in their current home longer with additional support services. There is no right or wrong answer, only the solution that best fits your needs and lifestyle.

The most important thing to remember is that downsizing isn't about giving things up. It's about creating a living situation that

supports your next chapter and allows you to focus on what matters most.

Whether you're simply exploring possibilities or actively preparing for a move, I offer a complimentary consultation to discuss housing options, timelines, home value, and the resources available to help make the transition easier. There's no pressure and no obligation. Sometimes the biggest relief comes from simply understanding your options and having a plan.

Jason Chester
REALTOR® | MaxWell Edge Realty
(204) 228-9336

(See advertisement on page 20)

Six Years of Comfort, Convenience & Community - Submitted

What began during the uncertainty of COVID-19 has grown into something we could never have imagined. This October, CHEF in the HOUSE is proud to celebrate six years in business. Six years of good food, wonderful customers and a community that has supported us every step of the way.

Our story began when CHEF Roger Wilton was laid off from his position at the then-MTS Centre in Winnipeg. With two borrowed pots and one of our own, a small commercial kitchen and a love of cooking, we began making homemade-style soups using simple, quality ingredients. Before long, those soups led to something more.

Today, CHEF in the HOUSE offers a wide selection of handcrafted frozen soups and Heat & Eat meals created for real life. Whether you're a senior who no longer wants to cook every day, a caregiver helping a loved one, or simply someone who appreciates having a wholesome meal ready when needed, our goal is to make mealtime easier without sacrificing flavour or quality.

Our Heat & Eat meals offer familiar, comforting choices in convenient individual portions. With a selection of hearty classics, pasta dishes, seasonal favourites and new creations, there is always

something different to enjoy. Customers can visit our Beausejour take-out storefront to choose from our selection, and our delivery runs help bring CHEF in the HOUSE meals to communities beyond our front door.

We are especially proud to be an official meal provider with Veterans Affairs Canada and Medavie Blue Cross through the Veterans Independence Program (VIP). If you or a loved one is enrolled in the VIP Program and are looking for a trusted, nutritious Heat & Eat meal delivery service, we're here to help. We also provide direct billing, making the process as simple and convenient as possible for eligible clients.

While much has changed since those early days, what matters most to us hasn't. We remain a small, local business that believes food is about more than filling a plate. It can provide comfort, independence and one less thing to worry about in a busy day.

As we celebrate our 6th Anniversary, we are incredibly grateful to everyone who has welcomed our food into their homes. From that little commercial kitchen to where we are today, every bowl of soup and every meal has been part of the journey.

At **CHEF in the HOUSE**, our kitchen is cooking so yours doesn't have to! ■

Maintaining your home and preserving its value - Submitted

Your home is your sanctuary, but maintaining its beauty and structural integrity requires regular, specialized care. Two of the most critical yet frequently overlooked aspects of home maintenance are window and eavestrough cleaning. While these tasks can be time-consuming and dangerous for homeowners to tackle on their own, we are here to deliver flawless results. We come recommended by the Transcona Council for Seniors, are on their home maintenance program, and provide before and after pictures of our work if desired.

Windows do more than just let in light; they connect you to the outside world. Over time, however, dirt, pollen, water stains, fingerprints, and seasonal debris build up on the glass, leaving a cloudy film that obscures your view and reduces your home's natural brightness. We have the right tools and eco-friendly cleaning solutions to remove even the toughest grime. We carefully clean every pane and frame, leaving behind a streak-free, crystal-clear finish that instantly enhances your property's curb appeal and fills your living spaces with vibrant sunlight. We clean interior windows, exterior windows or both; it is up to you.

While clean windows elevate your home's appearance, clean eavestroughs protect its foundation. Eavestroughs—or gutters—are designed to channel rain-

water safely away from your roof, walls, and foundation. When they become clogged with leaves, twigs, and debris, water overflows. This overflow can lead to severe and expensive issues, including roof leaks, rotted fascia boards, mold growth, and compromised foundations. Not only do we provide thorough eavestrough clearing, we also make sure downspouts are clear ensuring your drainage system flows perfectly before the next major storm hits.

Safety, reliability, and attention to detail are the cornerstones of our business. Scaling ladders and navigating roofs carries significant risk. Our fully insured, trained technicians handle the work safely and efficiently, using tools to protect your landscaping and property throughout the process. We pride ourselves on punctuality, transparent pricing, and a commitment to customer satisfaction that sets us apart.

Professional maintenance not only beautifies your home today but also preserves its long-term value. Whether you are prepping your property for a seasonal change, getting ready to sell, or simply wanting to enjoy a brighter, safer living environment, we are your trusted local experts. For both services, or if you are a Senior and want one or both services, I will take 20% off. Contact us today to schedule your comprehensive window and eavestrough cleaning. ■



CHEF in the HOUSE



tastes just like home made

- Meals made with real ingredients
- Classic comfort foods
- No hassle, no fuss
- No prep, no cleanup
- Just heat, eat & enjoy
- Convenient delivery or easy pickup
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Remember When? A Nostalgic Look Back at an Old-Fashioned Halloween

Do you remember when Halloween didn't require a trip to a specialty pop-up store or a coordinated family theme? Decades ago, October 31st was a beautifully simple, wonderfully chaotic, and entirely kid-run affair.

Back then, the neighborhood sidewalk looked like a sea of duplicates. Nearly everyone was a ghost (fashioned from an old bedsheet with unevenly snipped eyes), a witch, a princess, a cowboy, or a pirate. If you didn't have a homemade costume, you wore a store-bought plastic outfit. Those came with a brittle mask that smelled intensely of plastic, featuring eye holes so small you could barely see your own feet and a thin elastic band that always seemed to get caught in your hair.

Because Halloween on the prairies often came with colder temperatures, our parents forced us to wear heavy winter coats under our costumes. We didn't look like terrifying monsters so much as the Michelin Man trying to pass as a pirate. "Ahhhh, Mom, do I really have to wear a coat?" was heard in every home. And if it snowed, all that elaborate face paint Mom painstakingly applied would begin to melt, leaving a trail of colorful streaks down our necks before we even hit the third house.

Days before the big night, carving the pumpkin was a mandatory family ritual. Working with Mom or Dad, we scraped out gooey seeds to create a masterpiece. Our jack-o'-lanterns were strictly lit with real candles—no electric tea lights allowed. By the end of the evening,



the front porch would fill with the unmistakable aroma of roasted pumpkin as the candle slowly cooked "Jack" from the inside.

When darkness fell, (remember the time change used to be the weekend before Halloween), we traveled in packs. There were no parent escorts tracking our every move. Armed with a sturdy pillowcase, we roamed from neighborhood to neighborhood. Every single house had its lights on, ready for visitors. Some of the neighborhood elders wouldn't just hand over the goods—they made you perform or sing a seasonal song for your treat. Who among us still remembers this classic jingle?

*"Goblin, alley cats, witches on brooms...
Bats and wolves that bay at the moon
These are the sights that are heard and seen
In the dark of night on Halloween"*

Our pillowcases were soon filled with a chaotic mix of homemade popcorn balls, small bags of cookies, molasses kisses wrapped in orange and black, and the dreaded caramel or candy apples—which inevitably rolled around and crushed our cookies. But the ultimate triumph was scoring a rare, full-sized chocolate bar. Along the way, you'd hear the constant clicking of those familiar orange and black cardboard boxes worn around our necks, as we proudly collected "Pennies for UNICEF."

When we finally stumbled home, frozen and exhausted, Mom would dump our loot onto the kitchen table for inspection. We were allowed only a few choice pieces before bed. The rest was promptly hidden away to keep us from eating it all at once. Of course, we always managed to sneak a few extra pieces into our pajama pockets to eat under the covers.

Somehow, despite our best efforts, the massive haul would only last about a week. It was only years later that we realized the truth: Mom and Dad were doing far more late-night nibbling from that hidden stash than we ever did! And if you grew up with a sibling, the night always ended the same way—haggling, trading, and executing high-stakes negotiations to swap your black licorice for your absolute favorite chocolate bars.

It was simple, it was chilly, and it was absolutely magical.

Happy Halloween from all of us at CJNU 93.7fm!

Membership Has Its Perks - visit CJNU.ca to learn more and join our co-op!



ON OCTOBER 28th RE-ELECT
SANDRA SMITH
Mayor, Town of Stonewall
Hello, I'm Sandra Smith,
and I'm asking for your support
and vote in the Municipal Election
on October 28th.

I've proudly called Stonewall home for more than 30 years. Before becoming your Mayor, I spent 28 years with a leading Manitoba law firm and served in the Manitoba Legislature in key portfolios including Economic Development, Agriculture, Resource Development, and Seniors and Long-Term Care.

Over the past four years as Mayor, I have represented Stonewall with passion, professionalism and a strong commitment to our community. Under my leadership, our council have advanced initiatives and strategic investments that have successfully moved the Town of Stonewall forward in a positive direction.

We have also taken steps to protect our local autonomy by WITHDRAWING from the Capital Planning Region (WMR) and have also taken a hard line against expansion of existing quarries coming closer to our town's boundary.

As we consider important decisions such as the Regional Water Project, I remain committed to a measured, information-based approach that considers costs, alternatives and Stonewall's long-term needs.

I will continue to be an accessible, relationship-based Mayor focused on transparency, responsible spending, community safety, infrastructure, healthcare, housing, childcare, recreation and economic growth.

I have the experience, passion and proven commitment to keep Stonewall moving forward.

I WILL BE VISIBLE IN THE COMMUNITY, NOT JUST AT THE COUNCIL TABLE

C: 204-229-4000 E: tns@mymts.net
Follow me on Facebook @**Sandra Smith for Mayor of Stonewall**
Follow me on Instagram @**sandrasmithformayorofstonewall**
Voting take place on October 28th, 8 am to 8 pm
at Quarry Park Heritage Arts Centre, 166 Main Street, Stonewall.
Contact the Town of Stonewall at **204-467-7979** for mail in ballots, advance voting dates
and for further voting information.



safetyservicesmanitoba.ca
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The Mature Driver Course is free for drivers 55+. Courses in Winnipeg & rural Manitoba. Call Safety Services Manitoba or your local Seniors Centre for upcoming dates

**204-949-1085 or 1-800-661-3321**

The course highlights the importance of refreshing and enhancing your driving skills and performance.

**Learn about updated traffic laws and road safety rules**

**Brushup on defensive driving techniques**

**Learn how to compensate for changes in hearing, vision, flexibility and reaction time**

**Opportunity to address driving concerns and questions**

Protecting Your Future



Honouring the Heart of Manitoba Hockey



MANITOBA SPORTS

By Scott Taylor
Photos courtesy Manitoba Hockey Hall of Fame

There was a time when hockey in Manitoba meant outdoor rinks, frozen toes, wooden sticks, hand-me-down skates and somebody's dad flooding the ice long after everyone else had gone home.

There were no million-dollar contracts waiting at the end of the road. Women played because they loved the game, even when few people were watching. Small-town broadcasters described games that might otherwise have been forgotten. Volunteers raised money, organized practices and kept community teams alive.

And somehow, from all those rinks and all those Manitoba winters, came Stanley Cup champions, NHL captains, international stars, legendary teams and people who simply made the game better.

They are the Manitoba Hockey Hall of Fame's Class of 2026.

This year's 14 inductees represent almost every corner of the game, but perhaps most fittingly, the class is led by three pioneers who helped change hockey for women in Manitoba: journalist Patti Dawn Swansson, international star Delaney Collins and the Canadian Polish Athletic Club Women's Hockey Team.

Long before women became commonplace in NHL press boxes, Swansson was there with her notebook, knowledge and determination.

From the Winnipeg Tribune to the Winnipeg Sun and newspapers across North America, she covered generations of Manitoba hockey, including the Winnipeg Jets in both the WHA and NHL, while becoming



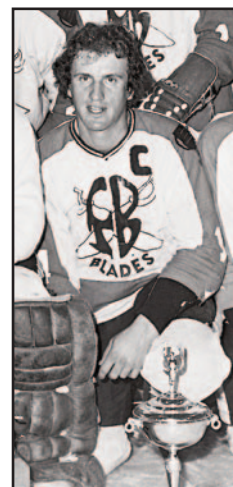
Patti Dawn Swansson.



Team Canada assistant coach Delaney Collins.



Dale Hawerchuk with Ivan Strain.



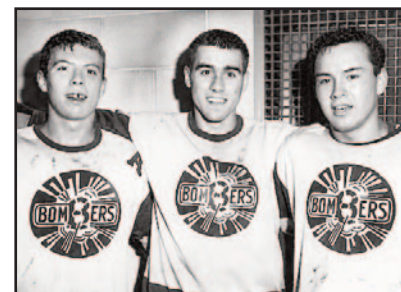
Don Bouchard.



CPAC Women's Team.



NHL Official Ryan Galloway at work.



The 1968-69 Flin Flon Bombers featured future NHL stars Bobby Clarke (right), Reggie Leach (left).

one of the province's most respected sports journalists.

Swansson, however, typically greeted her Hall of Fame selection with humour and humility.

She compared seeing her name alongside legendary writers Jack Matheson, Trent Frayne, Jim Coleman and Scott Young to the Sesame Street game, "Which One Doesn't Belong?"

"Those first four guys are the Mount Rushmore of Manitoba-born sports scribes," she said. "I'm a grassy knoll at best."

But her induction means something considerably deeper.

"There's an LGBT kid out there who'll read or hear about my induction and realize that sexual orientation and/or gender identity doesn't have to be a dream-killer, and that they don't have to hide in the closet."

Delaney Collins' journey began far from hockey's biggest arenas.

Growing up in Pilot Mound, Collins developed on the community's outdoor rinks before becoming one of Manitoba's most accomplished female players. The dependable defenceman won three IIHF world championships with Canada, starred at the university level, won multiple national club titles and later became an international coach.

"I definitely need to thank my mom and dad and thank the entire community of Pilot Mound," Collins said. "Everybody there has always been a huge supporter of mine."

Before Collins' generation had Olympic dreams, however, the Canadian Polish Athletic Club Women's Hockey Team was already demonstrating how good Manitoba women could be.

CPAC dominated the Winnipeg Women's Hockey League, won eight consecutive city championships and represented Manitoba across Western Canada. At a time when women's hockey received little attention, the club established a standard of excellence that helped build the foundation for generations that followed.

The remainder of the Class of 2026 is every bit as diverse.

Larry Brown of Brandon fashioned a 10-year NHL career as a dependable stay-at-home defenceman. With the New York Rangers, Philadelphia Flyers and Los Angeles Kings, Brown earned the respect of coaches and teammates through consistency rather than headlines.

Arron Asham brought Portage la Prairie toughness to the NHL. After developing

through the MJHL and WHL, Asham played 789 NHL games over 12 seasons. Today, he continues giving back by helping Indigenous youth in central Manitoba find opportunities through hockey.

Bryce Salvador of Brandon overcame an early career setback to become one of the NHL's premier shutdown defencemen. Eventually named captain of the New Jersey Devils, Salvador became just the third Black captain in NHL history and is now a respected television analyst.

Mike Leclerc of Winnipeg starred with Brandon's Memorial Cup teams before playing 341 NHL games with Anaheim, Phoenix and Calgary. He scored 64 NHL goals during a career built on hockey sense, positioning and a tremendous work ethic.

Ken Baumgartner, a Flin Flon product, was known as one of the NHL's toughest competitors. He played 696 NHL games while also pursuing higher education, eventually earning an MBA from Harvard and later serving as an NHL Players' Association executive.

The 1968-69 Flin Flon Bombers weren't simply champions; they became part of Manitoba hockey folklore. Led by future NHL stars Bobby Clarke and Reggie Leach, the Bombers dominated Western junior hockey and captured the national championship, cementing Flin Flon's reputation as one of Canada's great hockey towns.

Bob Caldwell spent more than four decades developing players and coaches. The retired Deloraine high school teacher coached virtually every level, from U7 through Midget AAA and eventually NCAA hockey as an assistant with Western Michigan University.

Don Bouchard was the heartbeat of hockey in Fisher Branch. He played, organized practices, raised money, served as president and helped keep senior hockey thriving — representing the thousands of Manitoba volunteers without whom community hockey simply could not exist.

Continued on next page

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LAWYERS



Sri Lankan Seniors Manitoba: Introduced the concept of President-Elect (2024)

By Senaka Samarasinghe

A yoga event organized on Sept 17th (THU) 2026 at Whyte Ridge Com. Centre. This was the last event Doreen Jayawardena attended as President of Sri Lankan Seniors Manitoba (SLSM). At an Annual General Meeting (AGM) four years ago, I proposed Doreen as President-Elect (2024). As this was new to SLSM members, I asked Dhammika Peiris to explain our member community when I proposed this new concept at the AGM, as he is a member of the Institute of Architects.

During my tenure as President of the Sri Lankan Association of Manitoba (SLAM) (2015/17), I proposed the same. But a few disagreed, arguing that SLAM is a social group, not a professional organization. Twenty years ago (2006), when I was attached to the Central Environmental Authority, I was formulating the Parliamentary Act to establish the Institute of Environmental Professionals Sri Lanka (IEPSL); the President-Elect concept existed to maintain the institutional culture. The SLSM adheres to this, and Lileena Mendis will be the next President.



About four years ago, when I proposed Doreen as president-elect, she was reluctant. But showed her capacity as an Iron Lady (දරිද්‍ර මානව). She hosted a homemade rice-and-curry lunch for the attendees.

Doreen asked me to explain the scheduled event on Oct 5th (MON) 2026, and how Colombo and Winnipeg airports help Canada-Sri Lanka friendship.

The event ended with a group sing-song and posing for a group photo. ■

Establishment of: Two Sri Lankan Human Rights Activists in CMHR

By Senaka Samarasinghe

Towards the end of 2015, as the President of the Sri Lankan Association Manitoba (SLAM), I introduced two Sri Lankan Human Rights Activists to the Canadian Museum for Human Rights (CMHR). I submitted two proposals providing basic information about the two HR activists above in consultation with the High Commissioner of Sri Lanka in Canada (office in Ottawa), His Excellency (H.E.) Mr. Ahmed A. Jawad. When he visited Winnipeg, SLAM arranged a guided tour in CMHR on April 23rd, 2016, with help from Dr. Clint Curle, Senior Advisor to the President, Stakeholder Relations. During H.E.'s tour in Winnipeg, he inquired about establishing the two HR activists.

On many occasions, when CMHR inquired about the proposed two HR Activists, I corresponded with several organizations in Colombo, including the Sri Lanka National Museum. This was cumbersome and delayed the process; I selected Dharmavijaya Foundation (DVF) in Colombo to coordinate the procedure. Additionally, I am serving as a Trustee of DVF.

Isuru Tillakawardana, President of DVF, proposed donating books to CMHR to update the staff. DVF purchased a few relevant books and sent them to me.

To donate those books to CMHR, I requested a meeting with the respective officers. Based on that, they assigned an appointment on Sept 10th (THU), 2026 at 10.30 am at CMHR.

There were three participants: (a) Lorraine Nyokong, Vice President of Exhibitions. (b) Julia Peristerakis, Director of Collections and Curations. (c) Hayden Jones, Executive Assistant to the Vice President of Exhibitions.

I volunteered to donate two books from my Home Library. The CMHR team said they can borrow them as required.

Although only half an hour was allocated, the meet-up ran for nearly one hour. In summary, the long delay in establishing two Sri Lankan HR activists is due to a long list of such requests from South Asian countries. ■

Leslie Satran..., cont'd from page 9

She found Cari and her husband Eugene and shared the news. For a moment, neither of them could quite process what was happening. Eugene said a prayer and the airline was contacted.

There was no time to fall apart.

On an El Al flight to Israel, suspended somewhere between hope and dread, holding onto the only thought that mattered, that Leslie would still be alive when they landed.

Israel 1994

Cari remembered the first walk into the hospital as something that didn't feel entirely real. The corridors of Shaare Zedek Medical Center were wide, bright, and relentless, built for urgency, not comfort. Nurses moved quickly. Machines hummed with quiet authority. Everything functioned exactly as it should, which somehow made it more terrifying.

Nothing prepares you for that moment.

Leslie didn't look like herself. Not even close. Her body had swollen beyond recognition, stretched and tight, as if it no longer belonged to her. Her face was unrecognizable, eyes protruding slightly, skin discoloured, everything distorted by what was happening inside her. Tubes ran everywhere. A ventilator breathed for her, in a slow mechanical rhythm.

It was the kind of image that doesn't leave you.

The doctors didn't soften anything. There wasn't time for that.

Thirty percent chance and pray.

Inside that ICU room, prayer existed alongside waiting, watching, enduring.

Over the next four weeks what the doctors feared would happen... did.

Not one complication, not two, ten.

Ten out of twelve possible catastrophic complications unfolded in real time, while Gwen and Cari sat there, day after day, watching a body fight something that seemed determined to take everything.

The Kidneys

Her kidneys failed at first with fluid building, nowhere to go. Dialysis began. Then the infection spread.

Skin Grafts

The bacteria, aggressive and fast-moving, began to damage her skin and soft tissue. Surgeons stepped in to perform Skin grafts.

There were moments, brief, disorienting, when Leslie surfaced. Not fully awake, not fully aware, but there. Her eyes would move. A flicker of recognition. Enough to let them know she was still somewhere inside all of it.

Cari sat beside the bed with magazines, *Soap Opera Digest*, *Cosmopolitan*, reading out loud in a voice that tried to sound normal, conversational, like this was just another afternoon. Plotlines about betrayals and romances, cliffhangers and dramatic returns, worlds where everything was exaggerated but ultimately survivable.

It was something to hold onto, something familiar.

Gwen was there too, constantly. Talking. Sitting. Processing the unprocessable. The two of them existed in a strange rhythm, hospital, hotel, hospital again. Meals that didn't taste like anything. Sleep that never really came. Conversations that circled the same questions with no answers.

Leslie's eyes were closed. Maybe she was dreaming or remembering, trying to make sense of the past, the present, the future. All of it, maybe none of it.

Memories didn't drift through Leslie's mind, they rushed through her.

Madera was the street in the Maples where she grew up on. The driveway cracked in familiar places, chalk lines drawn for hopscotch, uneven squares she knew how to navigate without looking down. The sound of rubber soles hitting pavement. The rhythm of it, jump, land, turn, simple, repeatable, hers. Gwen's voice calling all the kids in for a Kool Aid break and freezies.

She remembered being in a hospital room with her Baba Zetta, sitting close as she was dying from cancer. Then it would shift, almost without warning to Shabbat dinners. Warm light, family gathered, the quiet rhythm of something repeated week after week. From there, another break, the moment she learned her father Norman had died at 41. That memory didn't stay still either, it blurred into the shiva, which in her mind wasn't only grief, but also the basement, playing with friends, childhood continuing even as everything had changed.

Other moments surfaced, brighter, almost out of place in their joy. Her father waking everyone in the middle of the night, pulling her and her friends out of sleep and into the Ford station wagon, driving them to their favorite ice cream spot. Swenson's on McPhillips, ordering something over the top, a volcano, piled high with scoops of chocolate, spoons diving in, laughter cutting through the dark. These memories didn't arrive cleanly or logically. They flickered, overlapped, reshaped themselves.

Continued in November Senior Scope

VOTE
CLIVE
HINDS

STONEWALL ELECTION • OCTOBER 28 • 2026

My name is Clive Hinds.

Since moving to Stonewall in 1972, I have shared my life with my wife Debbie and daughter Erika.

It was evident that there would never be another municipality which would garner the love that we have had for Stonewall.

This was the town that gave us the financial support to purchase our first home.

In the Town of Stonewall, we started as entrepreneurs in the food industry which lasted for 40 years.

After retirement from the food business, I decided to try a different type of

business and have been successful as a property developer/management.

In 2014 I was successful in being elected as a Councillor in Stonewall.

Four years later, I was elected as mayor of my beloved town, which lasted for four years.

I have decided to run as a mayoral candidate in the 2026 election.

I feel blessed, with a great family support and numerous friends who have encouraged and boosted my confidence.

Regardless of the outcome, I will continue to live and lend support wherever needed in Stonewall.

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Honouring the Heart of Manitoba Hockey, cont'd from page 16

Ivan Strain made sure southwestern Manitoba hockey had a voice. For decades, the broadcaster brought local games into people's homes, preserving the exploits of players and teams whose accomplishments deserved to be remembered.

Ryan Galloway went from officiating in St. James minor hockey to working 1,409 NHL games, Stanley Cup playoff contests and the Winnipeg Jets' emotional return in 2011. He now helps develop the next generation of NCAA Division I officials.

And finally, Percy "Perk" Galbraith takes the Class of 2026 back nearly a century.

Galbraith played professional hockey during

the NHL's formative years and won the Stanley Cup with the Boston Bruins in 1929.

Fourteen inductees. Fourteen remarkably different journeys.

Yet together, they tell one very familiar Manitoba story.

Some reached the NHL. Some represented Canada. Some coached, broadcast, officiated or volunteered. Some played when women's hockey existed far from the spotlight.

But all of them found their way into Manitoba hockey history the same way generations have before them — through a rink, a community and a lifelong love of the game. ■

KitchenTALK

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Where every rally starts a conversation.

PICKLEBALL NEWS & INFO

Pickleball Fun-Raiser for MAKE-A-WISH CANADA

Paddle Peels

"Pickleball for Wishes"

Many gathered on August 9th to participate in a fun-raiser social event of playing pickleball in support of Make-A-Wish Canada at the Jonathan Toews Sportsplex/Dakota Community Club.

Paddle Peels was on hand selling a variety of decorative paddle stickers (removeable) and \$3 from each sale went to **Make-A-Wish Canada**.

Make-A-Wish Canada grants wishes to critically sick children. These kids are not able to participate in sport of many forms.

Participants of 'Pickleball for Wishes' tournament.

You can see many examples of "gut-busting" peels to show a player's personality at paddle-peels.com.

Contact Yvonne at Hilary C Maxim Law Office
204-224-2600

PHOTO CREDIT: JOY MAXIM

Black Pickleball Canada Celebrated World Pickleball Day in Winnipeg

Black Pickleball Canada (BPC) celebrated World Pickleball Day on October 10, 2026, at **The Picklr Winnipeg South**, bringing together participants of all ages, backgrounds and skill levels.

The event welcomed beginners and experienced players alike. Pickleball instructor Pam Sellers provided introductory lessons, while other participants enjoyed recreational play.

Activities also included a warm-up with Flex Fitness, a cool-down

with Uncommon Performance Co., community vendors, giveaways and prize draws.

Founded by Sonia Lemoine, Black Pickleball Canada is a Manitoba-based organization dedicated to increasing pickleball participation within Black communities while promoting inclusion, friendship and active living for everyone.

The celebration highlighted pickleball's ability to bring people and generations together through sport.

THE PICKLR

The Picklr Winnipeg South: More Than a Place to Play

What Serves Are Legal in Pickleball - And Why It Depends Where You're Playing

~ Brent Bernas - GM of The PICKLR Winnipeg South

Pickleball's serve looks simple until you watch a rec player, a club tournament competitor, and a PPA Tour pro all do it slightly differently. The underlying rulebook — maintained by the International Federation of Pickleball — is the same for everyone, but how strictly it gets enforced changes a lot depending on the setting.

Start with the baseline rule: the traditional "volley serve." The paddle must be moving in a clear upward arc when it contacts the ball, the paddle head can't rise above the highest part of your wrist at contact, and the ball itself must be struck no higher than your waist. You also have to keep at least one foot behind the baseline and stay within the imaginary extension of the sideline and centerline until after you strike the ball, and the serve has to travel diagonally crosscourt into the correct service box. You get one serve attempt — no second serve like tennis — and a serve that clips the net but still lands in the right box is simply live; the old "let" replay has been removed from the rulebook entirely.

Then there's the drop serve, legalized in 2021 as a permanent alternative, not a novelty. Drop the ball from your non-paddle hand — from any height you like — and hit it off the bounce. None of the volley serve's waist-height, wrist-position, or upward-arc rules apply here, which is exactly why it caught on with players who struggled with the stricter mechanics. One thing that does apply to both serve types: you can't impart spin on the ball with your free hand as you release it. That "spin serve" or "chainsaw serve" technique, where players spun the ball before dropping or tossing it, is a fault. Spin generated by the paddle itself at contact is still completely legal — the rule targets hand manipulation before the hit, not shot-making.

So where does the serve actually differ by level of play? Not in the rulebook itself — a legal serve is a legal serve — but in enforcement. Recreational open play is self-officiated and, frankly, forgiving. Most rec players have never

heard of the paddle-head-below-wrist rule, and nobody's measuring waist height with a protractor. As long as the serve is underhand and lands in, play continues. Local club or "unsanctioned" tournaments usually expect the full rulebook to be followed, but they're often still self-officiated or run with volunteer referees, so consistency varies court to court. Sanctioned tournaments raise the bar: certified referees and line judges are watching specifically for these serve faults, and the "clearly" standard added for 2026 exists precisely because officials at this level need a firmer line to call.

Here's the one spot worth double-checking before you compete: professional tours like the PPA and APP maintain their own player handbooks, and those have occasionally diverged from rules on specifics like the drop serve. If you're heading into anything run under a tour's own rulebook, it's worth pulling that organization's current handbook rather than assuming it matches. For everyone else — rec games through most local tournaments — the standard is the same: underhand, at or below the waist, no hand-spin, and clean contact on your only attempt.

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THE PICKLR - Winnipeg South

Manitoba invests \$100,000 in new Winnipeg pickleball courts

The Manitoba government is investing \$100,000 to build two new community pickleball courts in Winnipeg's Amber Trails neighbourhood through its From the Ground Up – Safe Healthy Communities for ALL Program.

The project, led by Winnipeg-based charitable organization Platinum Jets,

will include two outdoor courts with nets, asphalt surfaces and perimeter fencing, providing free, accessible recreation for residents of all ages.

"These new pickleball courts will give families a safe, accessible place to stay active and connect with their neighbours,"

said Municipal and Northern Relations Minister Glen Simard.

Public Service Delivery Minister Mintu Sandhu emphasized the benefits of encouraging physical activity, social connections and healthy communities.

Platinum Jets executive director Mike

Cavell acknowledged the Seven Oaks School Division and community members who helped make the project possible.

The new courts will provide students, seniors and families with opportunities to enjoy one of Canada's fastest-growing sports close to home.

Stay Active. • Stay Social. • Keep Playing!

The

Pros Know55+

Active Living & Resource Expos

2026

Five Years of Serving Winnipeg Seniors Finale!

October 1st, National Seniors Day...
Well, that's a day we here at The Pros Know Expos won't forget. That, after five years and 31 events, including our Resources Shows, Mini-Conferences, & Fraud and Scam Prevention presentations, came to an end. What a remarkable ride it was.

The finale at Dakota Community Centre was all of that and more. A chance to say thank you to many of the amazing souls who helped us make this little dream a reality. Trish and I can not find the words to really convey what it's meant to us to get to know you and work with you in our common goals.

In a world where being loud and angry has overshadowed the good people doing things needing to be done, this lot chose to step up, show up and proceed to make many things right for others in our Seniors community. You are our Heros! What many didn't notice and should have, is the diversity and scope of who these people are doing this caring and giving. The age range from teens to seniors, folks of all religions, races and country of origin. A true, valued mosaic of Canadians with 'Give-A-Damn'!

Next, we need to thank two very special people, special is an understatement. Kelly Goodman, Publisher of this paper and Linda Brown, Executive Director of AAIM (Active Aging in Manitoba). These two leaders in Seniors health and well-being, worked with us on our advisory committee to help us navigate through many interesting challenges to say the least. We know for a fact, this lasted as long as it did because of their undying support and collective wisdom. Thank you so much. We love you.

To our Sponsors, who in their support, allowed us to pay for many things needed and provided financial means so we could include critical services tables who didn't have funding to participate. That's community at it's best!

To our Exhibitor family, oh my, you all are so amazing and caring. Thanks for providing the heartbeat in the room with your dedication and kindness.

And of course to you, our Seniors, who showed up, made this worth while and left us with a feeling of purpose.

Thank you to all! New things on this horizon. Be well! Trish and Rick!





Thank You

Trish and Rick

for the care and compassion you've brought to every
Pros Know 55+ Active Living & Resource Expo, enriching the lives of older adults in our communities.
Senior Scope has been honoured to help keep our readers connected and informed along the way.

She exercises not only her body, but her mind.



Melanie Bremaud
Seine River Services
for Seniors Inc.

I'll never forget my first home visit as a Senior Resource Coordinator.

Like many people, I was a little nervous. I didn't know what to expect. I pulled in, walked towards the front door, and noticed all these beautiful, handmade decorations stuck into the windows, along the ground entrance, and on the door.

It got better when I stepped inside—stories everywhere: colourful crafts, photographs, handwritten quotes, and creative projects

tucked into every corner. It felt less like walking into a house and more like stepping into someone's life's work.

Once my duty of helping her over the phone to correct a misunderstanding with a service agency was completed, we started talking. She shared that years earlier, she had become seriously ill and lost much of her memory. Recovery wasn't easy and is ongoing—her story is about persistence in learning new skills for hobbies, collecting quotes and stories to recall family memories, and braving the world to meet new people. Instead of accepting that her mind would never improve, she made the deci-

sion to keep using it.

Now in her mid-eighties, she continues to create almost every day. She reads. She writes. She makes crafts. She surrounds herself with words that encourage her. She looks for reasons to laugh. She exercises not only her body, but her mind.

Before meeting her, I thought healthy aging was mostly about staying physically active. She taught me that our minds need exercise too. Creativity isn't something we outgrow. In many ways, it's one of the greatest gifts we can give ourselves as we age. It's a gift that I will always acknowledge and be grateful for. My first experience

with her clarified what I'd be advocating for most as a Senior Resource Coordinator: it's not about age.

Brain health isn't about never forgetting where you put your keys. It's about continuing to learn, create, solve problems, laugh, and stay curious about the world around us.

Every time I visit her, I leave reminded that growing older doesn't mean our story is finished. In fact, we can keep adding new chapters—one craft, one conversation, one idea, and one memory at a time.

Age may be part of our story, but it doesn't have to define the next chapter. What will you write next? ■

NOT SURE WHERE TO START? WE CAN HELP.

Meet your new Senior Resource Coordinators serving South West Wpg.

The Fort Garry Senior's Resource Council is your local connection to information, services and support for adults 55+ and their caregivers. Our job is to connect older adults with the people, programs, services, and opportunities that they need to live independently, safely, and meaningfully.

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Please welcome our two new Senior Resource Coordinators:



Vicki Russenholt



Susan Fletcher

Vicki and Susan bring decades of experience working with older adults, families, and community resources. They are passionate about helping older adults remain independent, connected, and living well in their community.

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Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

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

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. 204-832-0629. 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, aquacise. 204-582-0066, ncsc@shaw.ca, ncseniors.ca

The Norwood Active Living & Learning group - based out of the Norwood Community Centre, 87 Walmer, 204-986-7056, gmnorwoodcc@shaw.ca

Pembina Active Living (PAL) 55+ NEW LOCATION: 933 Summerside Ave. 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 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

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. 204-987-8850, 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 - Golden Rule Seniors Centre, 625 Osborne 204-478-6169, resources@swsrc.ca

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

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>

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Oct. 30 for the Nov. 10 issue.
Email wording for your PSAs (approx. 30 words) to: kelly_goodman@shaw.ca.

EVENTS

Steinbach - South East Artists - Show & Sale, Sat. Nov. 14, 10 am-4 pm, Clearspring Center, Steinbach

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - Senior Centre Without Walls offers free telephone programs for Manitobans 55+. Enjoy games, travelogues, interesting speakers and friendly conversation, Mon-Fri. Connect, Learn & Have Fun from Home! 204-956-6440.

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

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

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

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

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

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 or call 204-642-7909

Grande Pointe, Ile des Chênes, Landmark, Lorette, St. Adolphe - 55+ morning yoga & chair/wall yoga in Ile des Chênes & Landmark. Evening classes in Grande Pointe. Gentle yet invigorating drop-in yoga for women & men of all shapes & sizes; no experience needed. 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 204-378-2460; **St. Laurent** Senior Resource Council 204-646-2504; **Selkirk** & District Senior Resource Council 204-785-2737; **Stonewall** - South Interlake Seniors Resource Council 204-467-2719; **Springfield** Services to Seniors 204-444-3139; **Teulon** and District Seniors Resource Council 204-886-2570; **Lac du Bonnet** - Two Rivers Senior Resource Council 204-345-1227, **Pinawa** 204-753-2962 or **Whitemouth/Reynolds** 204-348-4610 or **Winnipeg River** Resource Council 204-367-9128

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

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

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. Leisure Guide - visit nivervillerec.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

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

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

RM of Tache - Services to Seniors - Info: 204-230-2131, laurie@rmtache.ca.

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 - Gordon Howard Centre - Various activities, outings, seasonal meals and presen-

tations. 384 Eveline St. Info: www.gordonhoward.ca or call 204-785-2092

Selkirk Services to Seniors - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, 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

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 <https://www.patportercalc.com>

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 (Stonewall Curling Rink: Tue. 6-8:30, Thur. 6-8:30 pm, Sat. 10 am-12:30 pm), Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur., 6:30 pm, at South Interlake 55 Plus, 374 1st St. W, Stonewall. No formal instruction. 204-467-2582

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

Thompson Seniors - 204-677-0987, thompsonseniors55@gmail.com



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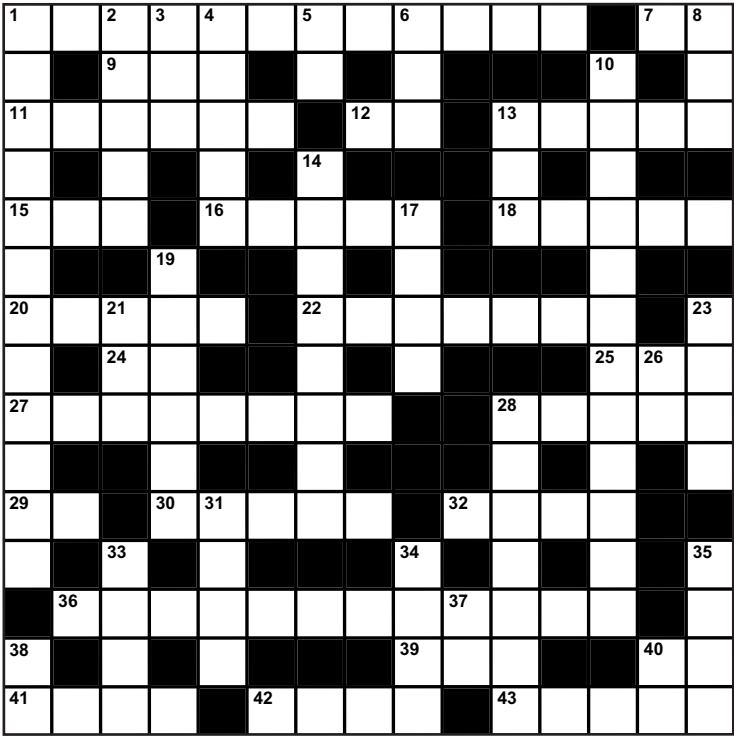
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CROSSWORD - HALLOWEEN - By Myles Mellor

- ACROSS**
- 1. Halloween shout (3 words) 7 Street, abbr.
 - 9. Moved fast
 - 11. "___ the 13th" movie
 - 12. Higher
 - 13. You have to wear a costume for this Halloween get-together
 - 15. Biblical suffix
 - 16. Black wood
 - 18. Bottled spirit
 - 20. Snake
 - 22. "Twilight" character
 - 24. Dorothy's aunt in "Oz"
 - 25. Cpl. or sgt., abbr.
 - 27. They are carved up at Halloween
 - 28. She's lazy in the kitchen?
 - 29. Former partner
 - 30. Frightening
 - 32. Vampire's attack
 - 36. Halloween lighting (3 words)
 - 39. Fjord country, briefly
 - 40. Title for Evil or No
 - 41. Nightfall
 - 42. A bad omen, when they're black
 - 43. Get scared



- DOWN**
- 1. Halloween treat (2 words)
 - 2. Lucky nationality
 - 3. Awful guy
 - 4. Jack
 - 5. Touring vehicle, abbr.
 - 6. ___ Van Winkle
 - 8. Frisbee, e.g.
 - 10. Horror movie monster
 - 13. Golden animal for the Chinese
 - 14. Keepsake
 - 17. Sweet potatoes
 - 19. Lures into evil
 - 21. Rep's opposite
 - 23. Part of a skeleton
 - 26. Golden state, abbr.
 - 28. They can cause screams at Halloween
 - 31. Angel ___ dessert
 - 33. Halloween fliers
 - 34. Night stay places
 - 35. Like the night
 - 37. Head ___ head
 - 38. Required to open a bank account
 - 40. Gala

SOLUTION ON PAGE 23

WORDSEARCH - MIGRATION - Senior Scope

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

- | | | | |
|--------------|---------------|------------|----------|
| ARRIVAL | FEET | MARSH | SONG |
| AUTUMN | FINCH | MIGRATION | SOUTH |
| BEAK | FLOCK | MIGRATORY | SPARROW |
| BLUEBIRD | FLY | NAVIGATION | STARLING |
| BREEDING | GEESE | NEST | STOP |
| CALL | GLIDE | NORTH | SWALLOW |
| CANADA GOOSE | GULL | OSPREY | SWAN |
| COMPASS | HAWK | PELICAN | TAIL |
| CRANE | HERON | POND | TERN |
| CROW | HOVER | REST | WARBLER |
| DIRECTION | HUMMINGBIRD | RIVER | WIND |
| DOVE | INSTINCT | ROBIN | WINGSPAN |
| DUCK | JOURNEY | ROOST | WINTER |
| EAGLE | LAKE | SANDPIPER | WORM |
| EGGS | LAND | SEED | WREN |
| EGRET | LARK | SHORE | |
| FEATHERS | LONG DISTANCE | SKY | |
| FEED | LOON | SOAR | |

SOLUTION ON PAGE 23

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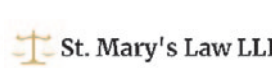
PLANNING YOUR ESTATE?

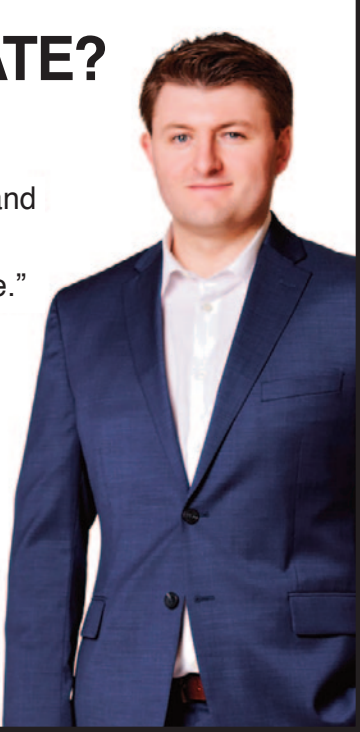
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	3		5	1		9		
7		4			6			
			9					1
	8		1	3			4	5
4						3		
	9							6
		1	6	2				
	7				4		3	

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

WORDSEARCH - Solution

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

SUDOKU - Solution

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

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CROSSWORD - Solution

1	T	R	I	3	C	K	O	R	T	R	E	A	T	7	S	8						
	O	9	R	A	N		V		I					10	F	O						
11	F	R	I	D	A	Y			12	U		P	A	R	T	Y						
	F	S		V								I	A									
15	E	T	H		E	B	O	N	Y			18	G	E	N	I	E					
	E																					
20	A	D	D	E	R		V	A	M	P	I	R	E			23	B					
	P			E	M		E	S						25	N	C	O					
27	P	U	M	P	K	I	N	S						28	S	S	A	N				
	L																					
29	E	X																				
	S		30	S	31	C	A	R	Y			32	B	I	T	E						
			33	B		A						34	I	D	I		35	D				
			36	J	A	C	K	O	L	A	N	37	T	E	R	N		A				
38	I		T		E							39	N	O	R		40	D	R			
41	D	U	S	K													43	S	P	O	O	K



There are two types of flu. The mild, harmless one that women and kids get, and the 'near death' one that men get.

If you drop a cookie on the floor and pick it up... that's a squat, right?

They say 'icy' is the easiest word to spell. 'I see why.'

IKEA job interview: Boss says, "Make a chair and take a seat."

Don't have a heart attack during a game of Charades.

The doctor prescribed a new pill to cure my procrastination. I'll take it tomorrow.

A.I. is becoming a threat to our wellbeing. However it will, one day, tell a woman she's wrong... And that will be the end of A.I.

You know, you have the right to remain silent even when you're not under arrest.





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