

of COVID-19 and how it changed our lives in so many ways. We learned about social/physical distancing and how important it is right now. "Finding the silver lining" in such a dire set of affairs is sometimes difficult, but if you look hard enough, you'll find it.

I just happened to run into a neighbour from down the street the day we were told that we could no ipate in yoga because the recreation centre was closing. She is my age, has a positive, lovely attitude about life, and we decided then and there to make lemonade out of lemons! We read each other's thought bubble and said out loud, "Let's walk, not just once, but every day now that we have this extra time". We made a pact and just started walking.

So since the second week of March, coming up to 3 months, we

have been walking 4 to 5 kms a day through our rural neighbourhood. My husband joined us when he retired which is the day his office closed. The last couple of years the staff challenged each other every day to how many steps they could fit in and it was a great way for him to keep meeting the challenge.

It was quiet back in March and not very spring-like, so we broke up a long day by meeting at 2 pm. We *Continued on page 2*

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Memorable Manitoba 55+ Games Moments - Reliving the Fun & Games!

Karyn Heidrick (Manitoba 55+ Games Coordinator)

This is the second in a series of memorable moments of the MB 55+ Games through the eyes and in the words of past participants. This story is enthusiastically shared by Mike Baziuk, who remains an avid participant and eager to get back in the Games.

A Story of Striking GOLD! -

I got introduced to the Manitoba 55 + Games in 2011. That June, Steinbach hosted the Manitoba 55 + Games & I was approached to be the Chairperson for the 5-pin bowling event. I accepted the job & as they say: the rest is history!

Before this, I did not know these Manitoba 55+ Games existed. I started bowling in 2003 after I retired & moved back to Manitoba from Alberta. I have been bowling in a men's league since 2008 & also joined the local Seniors League (Thursdays) that year – and I am still bowling in both of these leagues to this day. Then in 2012, I became the Co-ordinator for the Senior League in Steinbach. I have also provided direction for the bowling events for past 55+ Games Host Communities across Manitoba.

Now, onto the story and a bit of a glimpse back through time:

In 2012, the Manitoba 55+ Games were held in Arborg, MB. I participated in the bowling event which was held in Gimli. The next year (2013), the Games were hosted in Morris MB & bowling was held in Carmen - our team (myself, George & Esther Wiebe and Peter & Nettie Klippenstein) won silver in the 75 +group. The following year the games were hosted by Neepawa (2014) & again our region won silver in the

Now, that same year, the Manitoba 55 + Games were also the qualifying games to represent team Manitoba in the Canada 55 + Games which took place in August in Strathcona County, Alberta. That was my first introduction to Canada 55+ Games and we took home silver in the 75 +age group. Our team that year consisted of me, George & Esther Wiebe and Peter & Nettie Klippenstein.

Skipping forward, this brings me to our most successful year as far as medals go. In 2016, I had a brand-new team & we were bowling in the (youngsters) 55 + age category because we had some younger players. The team consisted of myself, Taras & Shirley Chubey, Edna Reimer & Abe Penner.

The 2016 Manitoba 55+ Games were hosted by Brandon MB. & again, these games were the qualifying games for the Canada 55 + Games (Brampton, ON). Our team members were about to win BIG this year - Gold in Brandon and 3 of our 5 players also won medals in the singles competition in our respective age groups.

This was the first year bowling in a league for some of my teammates and they were a little nervous competing as they didn't know how they would fare. Another player was not initially keen about continuing onto Brampton, however was eventually convinced to go by their children. Yet another member was dealing with a sore knee & wasn't sure that they could compete in Canada 55+ Games.

But all hesitation aside, we all went - and had a very successful outing in Ontario and...we struck gold! We had 3 teams from our (Steinbach) Deluxe Bowl participating in the Canada 55 + Games - 1 team in each age group representing the province of Manitoba. All three teams came home with gold! This was the first time that one province won gold in the bowling events in all 3 age divisions & also came out of one bowling alley!

Since that lucky year, our success in medaling has wavered with a 2 year drought, but we won silver last year at the MB 55+ Games in Swan River.

Looking back and looking ahead, the point is this....regardless of whether we win or not, every year is special and we continue to make new friends, get physically active & socialize with people from different parts of the Province that otherwise, we would not have the opportunity to.

Every June, I look forward to spending 3 days as both a holiday & also the excitement of participating in the game of bowling as well as exploring these towns all over Manitoba - each one with their own unique history.

Since my first year of participating in these Games, I have participated every year & will sadly be missing the 2020 Games in Selkirk like all the rest of my fellow participants due to the Covid-19 pandemic.

I would encourage everyone (that is able) to participate. There are all kinds of events to participate in: Pickleball, carpet bowling, floor curling, swimming, track, 3km walk, as

Always Seek the Silver Lining ... cont'd from front page

walked through wind, snow, sleet, rain, lovely days and more wind. We pushed through the strong winds. asked ourselves why in heck we were walking through snow in March, laughed and kept walking, and hunkered down through the rain. We have worn everything in the last few weeks from parkas to t-shirts and sunglasses. We changed up our time to mornings as spring weather approached so we could spend more time getting our yards in shape. In March, like so many others, we exchanged puzzles, and boy did my neighbour have some challenging

puzzles! We exchanged muffins and cookies and walked it off!

But what a difference that spontaneous decision to meet every day for a walk has made! We felt better each day we were out there and after a couple of weeks we were walking a steady pace. We met new neighbours and caught up with old neighbours, (social distancing of course), welcomed a new baby, got introduced to friendly, well-behaved puppies and dogs walking with their owners and saw how much the kids in the neighbourhood have grown. We learned

which car belonged to which neighbour as we waved to each other in passing. We have shared ideas about projects and yard care with neighbours and kept up to date on the happenings of people we know. We have talked about the news and our changing world.

We even like to think that we toned up our muscles and we feel energized. We are not stopping any time soon. We change it up, we walk on the trail, we walk past the golf course and the small flowing creek and see lots of birds, ducks and some geese. We saw a baby deer

come out of the bush today. We have big yards so will keep getting exercise maintaining them but our walk is the best part of our day! Just chatting, enjoying the scenery and feeling the flow! Committing every day to meet for a walk was the "Silver Lining" of being confined to our homes and social distancing actually kept the connections going.

Louise Hutton is currently a Director on the Active Aging in Manitoba Board of Directors and is a member of the Manitoba Age Friendly Resource Team.

Mike Baziuk Cont'd from page 2



Mike Baziuk (centre) - Brandon 2016 Manitoba 55+ Games.

well as card games like cribbage and bridge just to name a few. Plan to come and enjoy the social interaction plus exercise for both your body & mind & just a heck of a lot of fun - See you next year!

I am looking forward with great anticipation to Selkirk 2021 and getting back in the Games "groove".

Thank you Mike for sharing some of your Memorable Manitoba 55+ Games

Moments. Stay tuned for the next instalment of Memorable Manitoba 55+ Games Moments, presented by Active Aging in Manitoba (AAIM) in the next issue of *Senior Scope*.

For updates on the MB 55+ Games and ideas on how you can stay active and healthy in and around your home visit the *Active Aging in Manitoba* website: www.activeagingmb.ca



Mike Baziuk (centre) - Brampton Canada Games in 2016.

If you have participated in the Manitoba 55+ Games and have a story you would like to share please contact the AAIM office at **204-632-3947** or toll-free at **1-866-202-6663** or drop us a line at **info@activeagingmb.ca** ■



Commentary prepared by Rosemary Hnatiuk, barrister, solicitor & notary public

In these uncertain times, making arrangements for the inevitable can become a priority. Waiting until you are at death's door before making a will is a sure path to mega stress and illthought out decisions. If you die without a will Section 2(3) of the Intestate Successions Act would apply to your estate http://web2.gov.mb.ca/ Iaws/statutes/ccsm/i085e.php. If you have children from a previous relationship, your spouse will only get half of your estate and half of the second half. While this would protect your children from being disinherited by your current spouse, it can also put your spouse in a huge financial crunch after your death. For example, if your home is in your name only, and your spouse can't afford to buy out your children's share the property would be sold and your spouse would have to move out. Other rules would also apply to complicate matters, such as the requirement for the administrator of the estate to obtain a bond, which is not necessary if there is a will. A well-crafted will could avoid that. It is also advisable to make an Enduring Power of Attorney at the same time as you make your will. A Power of Attorney gives authority to another trusted person, such as a spouse or adult child, to manage your affairs. If you become mentally incompetent, then it is too late to do a power of attorney. You would have to get a commiteeship through the court, at a cost of thousands of dollars. Loss of a loved-one or loss of one's competence is stressful enough without having to sort out legal issues at the same time. Taking care of these things before a real crisis hits is a very good idea. These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature and legal professionals should be consulted for best results.

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TAX and ESTATE PLANNING:

Page 4

Dementia: The importance of financial planning in advance

- Treena Nault, CFP, RRC, Executive Financial Consultant

As many of you are aware, **Nault Group Private Wealth Management** sponsored the **IG Walk for Alzheimer's** on May 31st. We're very proud of the strength of the national and local support for this cause which affects so many families. Our office alone has raised over \$15,000 so far, with donations still coming in. Nationally, IG has raised more than \$300,000 to date.

I read the article in the May issue done by Betty Barkman – *Living with Dementia* – where she speaks about the worst-case scenario that started slowly at first. We also recently had the Alzheimer's society of Manitoba in one of our virtual meetings talking about how their support systems have had to change recently due to COVID-19.

Clients with dementia have been top of mind lately, given our current situation. Now, more than ever, proactive financial planning before any onset of dementia is critically important. Dementia among clients is an ongoing and growing problem for advisors, clients, and their families. We need to take gradual steps to get ahead of this problem in case any evidence of dementia in clients begins to arise.

Although difficult, our role as a Financial Consultant is to start conversations around this important issue to protect you and to ensure that your interests are cared for whatever the eventuality. This is not something that we talked about many years ago in our industry. Times have changed a lot since I started with IG Wealth Management in 1992. Now, we have a dedicated communication line and support staff to assist us and clients on tackling this issue. We have also introduced an option for clients to officially name a next of kin who will be the main point of contact in the event of an emergency. This provides clients with a great deal of comfort, knowing that I can always call upon their dedicated resource if needed. Dementia is a sensitive and gradual issue. And the local chapter of the Alzheimer's Society is an amazing resource for you if need support. Decision-making capacity is not governed by an on-off switch. Because it manifests in gradual changes, it's important for us to watch closely for signs of diminishing capacity. This could manifest as late or missed appointments, repeating questions, forgetting simple things or agonizing longer over decisions.

We use our existing long-term relationships with clients as a baseline to notice any strange behaviour that could indicate dementia. Typically, social graces and small talk are the last things to go. More complex conversations around investment decisions, though, can test a client's capacity and show emerging cracks in a way that a conversation at a cocktail party might not. This is why it's crucial to have relationships that inspire confidence and options like an emergency contact set up. Not only do I ask each client for their emergency contact, I encourage setting up a family meeting so I can get to know other family members, especially Powers of Attorney and next of kin. My goal is to get to

Financial abuse is a serious risk for clients with dementia. Most major financial institutions have financial abuse protocols in place to ensure clients are protected. For example, at IG Wealth Management, our protocols do not allow someone with Power of Attorney to designate themselves as a sole or joint owner of assets or add or change beneficiary designations.

know these important members of the client's 'team' gradually and not have the first interaction be in an emergency situation.

If there is a need we have to son

tionship is always with the client. Our focus is on their best interests.

Financial abuse is a serious risk for clients with dementia. It can often come from family members who have any number of justifications for their actions. Most major financial institutions have financial abuse protocols in place to ensure clients are protected. For example, at IG Wealth Management, our protocols do not allow someone with Power of Attorney to designate themselves as a sole or joint owner of assets or add or change beneficiary designations. Often, people in the role of Power of Attorney believe they're acting in the client's best interests and don't realize this can be financial abuse until it's explained to them.

As clients get older, we need to treat them with respect, and try and include them as much as possible, knowing that their decision-making capacity may alter over time. Someone who was used to making very complex decisions, may no longer be capable of making such decisions, but that doesn't mean they can't make any decisions.

The best approach is to prepare for the future, and ensure you have the right relationships and protocols in place. If you have any questions, please do reach out. I'd be happy to have a discussion on this important issue. ■

Treena L. Nault, RRC Executive Financial Consultant Nault Group Private Wealth Management

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If there is a need, we begin to gently broach the conversation around including the Power of Attorney and emergency contact, as well as beginning to ratchet down the risk tolerance in clients' portfolios to avoid dramatic changes at the wrong time. The goal is that those early decisions will protect the client should the onset of dementia start to come more rapidly.

For all the proactive moves we can make, we cannot expect the onset of dementia to come without contention and serious difficulty. As the family gets more involved, the interests of the client are the first priority. We try to incorporate simple changes, such as holding meetings in the morning when clients typically feel more alert.

I want to emphasize that although other individuals may be added with Power of Attorney, my primary rela-

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Remembering Harold Bruce Casselman

We at Senior Scope were saddened with the news that Harold Casselman, dear departed family member and friend to many, passed at the age of 97 on May 23, 2020.

Senior Scope had the honour of interviewing Harold and publishing his 'Spotlight' story in the January 25, 2010 issue.

It started off like this:



Harold at 87 with his 60-year Member certificate from the Barbershop Harmony Society.

Where does someone at the age of 87 find the motivation and energy to sing regularly with the Good Neighbours Choristers, the Winnipeg Golden Chordsmen Barbershop Chorus, as Baritone with the Generations of Sound Quartet, with the Oakbank United Church Choir and then, volunteer at the Oakbank Dinner Theatre? Not to mention, travel to various Barbershop conventions and meetings? And then, drive a combine for a friend through harvest season, which he has been doing since 1992? And all this after having major heart surgery less than a year ago? Ask Harold Casselman, as he is this 87-year-old who is young at heart, and soul, and busier than a bee. He also has family near and far

that he is devoted to, and often travels by train to visit the distant one's.

What seems to motivate Harold is his zest for life and his love of singing, especially the Barbershop style. Harold just received his 60 Year Member certificate from the Barbershop Harmony Society, a worldwide organization also known as the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America, Inc. (SPEBSQSA), for his involvement and dedication within the Society and with the Winnipeg Golden



Harold (right) with the Generations of Sound quartet.

Chordsmen, the local chapter of the Society in the Land of the Lakes District.

There are many 60-year members but not all have been active in the organization for the duration of their membership. But, Harold has been active in it for all 60 of them.

There will be a link on the www.seniorscope.com website for Harold's whole 'Spotlight' story published in 2010.

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Harold's full obituary is available on the Glen Eden Funeral Home & Cemetery website and in the Winnipeg Free Press Passages:

Surrounded by the love of family, Harold Bruce Casselman, 97, peacefully left us Saturday, May 23rd, 2020 at 7:35 a.m. We know he is once again singing with our mother Dorothy, who predeceased him 19 years ago. Harold was the youngest of eleven, born to Stephen and Tillie, September 23, 1922, in Hartney, MB. He

RACISM

By Metro Hnytka

important problems in our world is racism and discrimination. It takes on many forms, including race, colour, sex preferences, and lifestyles, and each one

person to person. Someone might have a different view point or tolerance and this could trigger racism and discrimination.

I think every one of us is born without racism but as we get older we find differences in what we like. Without this being controlled, it becomes a hot bed for hatred.

The fundamental of racism is the control of the greatest powers of mankind – love and hate.

We are born free from this struggle but soon we learn that there is something different about someone or something. We are soon led to believe that we should like these differences or hate them, which is the start of racism.

Young children can play with each other and don't care about colour, language, nationality, or customs

One of our most their playmate may have. It's okay, but as time progresses, and others making them aware of the differences, leads to the start of racism. Only with tolerance and without bias can a person see that there is good in differences in all people. To love someone is often a lot harder

can be different from

is needed to overcome racism. In real life, we are bombarded by our political leaders that we must hate these people or those people. The American president suggests we

should hate the Chinese, North Koreans, Russians, Cubans, and Mexicans, and he's always at war with the Arab Nations. Most people hear what is being said and unfortunately some will listen to their leaders.

My belief is that we can get along much better if we would take our time to learn about the differences of others and be more tolerant. We should enjoy what we have to offer each other and not say things without thinking them through.

than to hate someone. Love is what

Hopefully, mankind can overcome its faults and build a more peaceful world for our children and grandchildren.

was predeceased by 6 sisters and 3 brothers and is survived by his 109-year-old sister Mime, who will miss their phone conversations.

Harold grew up and enjoyed life on the family farm in Lauder, MB and always attributed good healthy living to the longevity experienced by siblings, some of whom lived into their 90's and 100's. He enlisted in the RCAF in 1942 and was trained as a signalman, traveling across Canada, but never overseas. He was very proud to be a veteran. He worked in the medical field, including administrative positions in hospitals and personal care homes. He retired from the Manitoba Government at age 67. After retirement he kept busy working at Tredwells. Always a farmer he drove a combine during the harvest for the James Farms, finally retiring at age 91.

Music was a big part of the Casselman family. He sang in many church and community choirs. Harold and Dorothy were very involved in the Oakbank Dinner Theatre prior to her passing and he remained involved over the years, but his true passion was barbershop singing. Known as "Cass", he was a dedicated member of the Harmony Society for 70 years, singing baritone with the Winnipeg Chapter, many quartets

and was always involved in the annual shows.

A celebration of his life, which he so richly deserves, is tentatively planned for the one year anniversary of his passing, Sunday, May 23, 2021. Stay tuned - there's always a pitch pipe somewhere! ■





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Advertising Feature

Team Oak Lake in 2019 SMALL WALK, BIG IMPACT! - Alzheimer Society

Shannon Kinnaird's sons, Jay and Kris, never miss the IG Wealth Management Walk for Alzheimer's in Oak Lake. And that's saying something, considering the boys were in strollers when the Walk began 30 years ago.

Although Covid-19 meant the Society hosted its Walk online this year, the Kinnaird brothers still took part. Make no mistake: the presence of a pandemic did not undermine the dedication of this town's walkers and the amazing history of their event.

Along with another Oak Lake family, Shannon was instrumental in starting this community Walk back in 1990 to raise money for the Society. Today their Walk is still going strong in its small but impactful way.

We get anywhere between six and 20 people, but it doesn't matter how many or how few come - we still manage to raise money - some years as much as \$5,000!"

Shannon's reason for becoming involved was her father. Lyman Smith, who had young onset dementia and was in his mid-fifties when the signs started in the 1990s.

Back then, the Society didn't have as many resources as it does today, but a support group was available for her parents to attend. Now,



Team Oak Lake

Shannon knows many people who get a lot of support from the Society.

Two years ago, the Walk moved from the town site to Oak Lake Beach, where the Kinnaird family has a cabin. After walking, participants enjoy hotdogs barbecued

by Shannon's husband, Lyle, and brother, Kerry.

Thank you for participating in the 2020 IG Wealth Management Walk for Alzheimer's Online! You can still donate throughout the month of June at: alzheimer.mb.ca/donate

Thank you for participating in the 2020 IG Wealth Management Walk for Alzheimer's Online! You can still donate throughout the month of June at: alzheimer.mb.ca/donate

Thank you, Team Oak Lake!



Manitoba's Personal Care Homes and Supportive Housing Residences receive donations from Manitoba Blue Cross, Telus, United Way and PowerLand Computers of more than 200 iPads, Tablets and Smart Phones

The Long Term & Continuing Care Association of Manitoba (LTCAM) launched an appeal on behalf of 12,000 socially isolated Manitoba seniors and YOU responded!

Realizing the urgent need for socialization, in the early days of pandemic Jan Legeros, Executive Director of The Long Term & Continuing Care Association of Manitoba (LTCAM) launched an appeal. Her goal: as many devices as possible that would make face to face contact with the outside world achievable ... for every socially isolated Manitoba senior in care.

In her many media interviews, and letters of appeal, Jan consistently stated "The hours can seem like days for Manitoba's seniors who are alone and

isolated from family and friends." With unprecedented visitor restrictions in place to keep Manitoba's seniors safe from Covid19, the Long Term & Continuing Care Association of Manitoba hoped to gather enough donations for all seniors' care residences in the Province. "We can now confirm that every residence has been contacted and has



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received a device, if needed, with larger residences receiving more. Now they can literally "reach out and touch" family and friends through real-time video chats. These acts of kindness are evidence that we are truly all in this together. It is a very humbling experience* Jan said.



Mac Davidson - Surviving Cancer - PART 2

By Tanya Elrick, daughter of Mac Davidson

2017 will be a year my family will never forget. It was the year my father, Mac, was diagnosed with cancer, had a heart attack, and received a stem cell transplant, all within the span of 8 months. It was quite the journey through our health care system, and one many people don't get to see.

PART II Continued from

MAY 10 - JUNE 9 issue of Senior Scope. Or read the whole story at www.seniorscope.com/newsbits.html

Shortly after, my parents told my sister, my husband and I all the news from the Dr. Paulson. That was again a very hard day for us. We all agreed, however, that it sounded like the best option. As a family, we decided that the stem cell transplant was the best route to go.

Around this time as well, my dad woke up one morning with swelling and pain in his left arm. It was off to the doctor to get that checked out, and he apparently had an infection. He was on IV antibiotics every day for this, and the infection eventually cleared up.

We asked though that the procedure be delayed until after October 14th as one of my dad's niece's daughter was getting married and all my dad's brothers and sisters would be there. He wanted to make sure to see them, just in case.

They always say though that life is what happens while you're busy making plans. Thanksgiving weekend was coming up, we had plans for a family dinner on the Monday. The Friday before Thanksgiving, my dad wasn't feeling "right" so he drove himself to the Victoria Hospital, where his cancer team was based. On the way there he felt better so he went back home. This happened a few more times that weekend, once with my mom driving him there and back when he felt better halfway there.

Finally, around 4 pm on the Sunday, my dad said enough was enough, he was going, and he was staying at the hospital until he got checked out. His left arm was feeling weird, so he thought the infection might be back, or it could be a weird side effect from the medication he was given for the stem cell procedure. My mom dropped him off at Urgent Čare at the Vic, and headed

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home. It was probably nothing to worry about, who knows how long the wait would be, and they only lived 10 minutes away. My mom had important Thanksgiving prep to do.

It wasn't long after arriving at the Vic that my dad was back in a room getting checked out. They did blood-

work and they decided to do an EKG "just in case". Well they took one look at the EKG, eyes went wide, big gasp, and ran out of the room. Several doctors came running in, hooking him up to an IV, and asking if he had ever been in an ambulance before. He hadn't so it was going to

be a first for him. He was

having a heart attack and needed to get to St. Boniface Hospital as soon as possible. We're so lucky to have one of the best cardiac hospitals in the country so close.

The doctors of course called my mom and told her to meet my dad at the St. B. hospital. She knew she couldn't face this alone, so she called my husband and I, said it's probably not anything serious, but my dad was at St. B, and she wanted us to be there with her. We dropped everything and headed out. The hospital seemed so empty on a Sunday evening. My mother, husband and I waited in an empty, closed waiting room for what felt like hours, with no news.

Finally, we were able to see my dad. They had just finished with him. His left anterior ventricle was almost completely blocked. They "roto rootered" it and placed a stent in, and he then went to the cardiac



Mac Davidson

ICU for observation. For having just been treated for a major heart attack. my dad was doing VERY well. He was moved out of the ICU quickly into the regular cardiac ward. Now the big worry was would he be able to get out of the hospital for the wedding next weekend? What would this mean

for the stem cell transplant? Our whole family had

planned on going to a family wedding in Brandon, my sister even flew in from Thunder Bay, as planned, so we would all be there. Friday morning came, and my dad was still in the hospital, waiting to find out if he would be let out

or not. My mom headed to Brandon early, so that at least she could make it to the wedding even if my dad didn't get out. My husband and I offered to go on Saturday morning at the latest, just in case. My dad was feeling great and was eventually able to convince the doctors to release him on Friday afternoon. My sister, dad, husband and I headed off to Brandon for the wedding.

There was a party at the hotel the night before, all my dad's siblings were there. When he showed up, there were so many tears. We didn't tell anyone that he had made it out of the hospital, so it was a bit of a surprise that he showed up. It also meant so much to the bride and groom that my dad was able to make it.

With the heart attack, the stem cell transplant was delayed. The doctors wanted to give my dad some time to recover before putting him through such a strenuous treatment. They also wanted to do some testing on his heart to make sure it was strong enough.

Late October, medication was started that would force my dad's bone marrow to produce extra stem cells. He said this was a bit painful process, like bad growing pains. Once the drugs worked and his body was creating enough extra stem cells it was time for the harvest.

A stem cell harvest is very interesting, blood is taken out from one arm and fed into a machine that extracts the stem cells, then the blood without the stem cells is put back into the other arm. He said it was a pretty painless procedure. (Pictures available if you'd like)

The stem cells then get treated, frozen and stored for later when they would be put back into him. And now all we had to do was wait until a bed was available in the stem cell transplant ward and confirmation.

Late November, my dad got an Echocardiogram, and a few days later, we got the green light. Dad would be admitted on December 8th for the stem cell transplant.

The stem cell transplant process is interesting. First, you're given an extremely high amount of chemotherapy, to kill all the cancer cells. Unfortunately, this also kills a bunch of other cells and decimates your immune system. The stem cells are given several days later in order to build your immune system back up.

Dad was in the isolation ward, just for patients getting stem cell transplants. Visitors had to be healthy in order to come in. You had Continued on page 8





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Mac Davidson - Surviving Cancer, cont'd from page 7 to make sure to wash or sanitize time swallowing. His white blood cell tem had started to recor-

to make sure to wash or sanitize your hands often. There was also a lot of things my dad wasn't allowed to do. Drop something on the floor? Nope, can't pick it up on your own. But one nice thing was that he could wear his own clothes, so long as someone would take them and wash them regularly.

After just under a week at the hospital, it was transplant day. Everyone made a big deal about it, it was a new birthday. After all, he was getting a whole new immune system! My mother and I got to be there for the transplant itself, with my sister watching via facetime.

We had been warned that because the stem cells were treated with DMSO that they would smell funny, and they warned my dad that he might even taste it, that it would likely be a strong garlic taste. The best way to make the taste less bad? Suck on orange slices. They must have had 3 or 4 oranges all sliced and ready on a plate for him to eat while he was getting his stem cells back! The stem cells went via a tube into his PICC line and the cells are surprisingly large. If you looked closely at the tube you could see little flecks in the fluid, those were the stem cells.

My dad was still feeling great at this point. No real side effects from the strong chemotherapy he was given. Now it was just wait and see what his body did, how his various blood counts did. He had to be in the ward until his immune system recovered enough and the doctor's said he'd likely be there until the new year.

The next few days the effects of the chemo really started to hit. This chemo also caused mouth sores, and throat sores, which were bad for my dad, to the point that he had a hard count, and his platelets dropped, and he needed a platelet transfusion. He also received antibiotics, and eventually needed supplemental oxygen because his oxygen levels were so low. Since his mouth and throat were so sore, he was having a hard time eating. His nutrients mainly came from special high calorie shakes. He also needed a few chest x-rays to make sure there was no infection in his lungs. On December 23rd he called and said if all went well overnight though, that they would let him out on Christmas Eve. and he'd be home for Christmas!

Christmas Eve morning came, and his eye felt funny, he called the nurse and yep, not good. He had burst a blood vessel in his eye, and it was bad. The whites of his one eye were almost black. They decided to keep him, possibly for a couple more days.

So that my mom didn't have to spend Christmas morning alone, we picked her up on Christmas Eve and brought her out to our place in the country. Christmas morning, we got up, had breakfast, opened presents. And just as we were finishing up, my dad called. It was a Christmas "miracle", they were letting him out of the hospital!

It was a little chaotic. Being at our place, my mom didn't have my dad's winter coat with him, or any suitcases, so she borrowed ours to pack up anything my dad had at the hospital, and we took my husband's extra winter coat for my dad. I mean it is Winnipeg, after all, it was cold out!

The next few weeks were filled with tests to make sure my dad was doing well, in terms of his heart, his cancer and his immune system. Eventually, when his immune system had started to recover, he had to start getting all his vaccines again. The whole process kills any immunity he had. He had that scar on his arm that some of you reading this may have, from the smallpox vaccine, his immunity from that was gone. He had the chicken pox as a kid, his immunity to that was gone. So, over the next two years he had to be vaccinated all over again. And because he had no immunity to the chicken pox, he had to get that vaccine too, especially since chicken pox can be much worse the older you get.

And that brings us to now. All the tests come up saying NED, no evidence of disease. He's up to date on all his vaccines again. And life can continue as normal. Or at least as normal as possible! Right now, who knows what normal is anyways with the pandemic.

I think I can speak for my entire family when we say how eternally grateful we are to the staff at CancerCare Manitoba, to the doctors and nurses and pharmacists and health care aids, and all the other staff at the Health Science Centre (where the stem cell ward is), the Victoria Hospital (where most of my dad's chemotherapy was done) and the St. Boniface Hospital. We're thankful every day that so many have dedicated their lives to being health care professionals, that people have researched treatments for cancer and heart attacks, and that my dad's life was saved twice in one year due to the dedication of so many people. And of course, none of it could be done without the generosity of so many people who have donated their time and volunteer hours to the many organizations behind all of this. \blacksquare



A wise teacher once brought balloons to school, told her pupils to blow them up and write their name on one. After the children tossed their balloons into the hall, the teacher moved through the hall mixing them all up. The kids were given five minutes to find the balloon with their name on it, but though they searched frantically, no one found their own balloon.

Then the teacher told them to take the balloon closest to them and give it to the person whose name was on it. In less than two minutes, everyone was holding their own balloon.

The teacher said to the children, "These balloons are like happiness. We won't find it when we're only searching for our own. But if we care about someone else's happiness... it will ultimately help us find our own."

~Author Unknown



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Putting Life on Pause: Unfortunately, due to COVID-19, most or many activities are put on hold and we are all asked to exercise safe distancing. Some activities are resuming. You may inquire about volunteering, but be aware that these may be put on hold as well, however, there are some opportunities below that don't require personal contact. WE WILL GET THROUGH THIS! In the meantime, stay safe!

MISC EVENTS

McClure Place - Yard Sale/Hot Dog Sale, Sat. July 18, 9 am-1 pm, 533 Greenwood Place, Wpg

St George's Anglican Transcona plans to have their annual Jumble Sale on Sat. July 25, 10 am-2 pm in their parking lot at 321 Pandora Ave. West. If interested in either donating items, renting a table or attending please confirm details with office, email: stgeo321@gmail.com, 204-222-1942, or by checking website. www.stgeorgesanglicantranscona.ca

SPORTS/FITNESS/GAMES

Garden City Senior Golfers Club looking for Men, 55+ to golf in fun league, weekly, May-Sept. 75 members play in dif-ferent foursome ea. month at various clubs within 1 hr of Wpg. Special green fees (each golfer is responsible for) at certain Wpg clubs. Brian Ridley **204-669-4795**, pritchardfarm@shaw.ca, gcsgwpg.com

VOLUNTEERING

WINNIPEG

WENPHC (West End Non-Profit Housing Co-operative) - Volunteer needed for maintaining Minutes for our meetings. We are creating a multi-income and multi-suite living co-operative complex in the West End. Sue McKenzie: **204-**

453-1139 or sjwinnipeg@yahoo.ca Victoria Lifeline - Melissa: 204-01

956-6773 or msitter@victorialifeline.ca Winnipeg Lost Dog Alert (WLDA) Volunteers needed for: Events Director, and Page Administrators to monitor, receive and post info pertaining to lost dogs. Minimum

commitment 6-8 hours/mo along with com-puter and internet access. **board@win**nipeglostdogalert.com or president@winnipeglostdogalert.com

Charleswood Long Term Care

Volunteers needed to assist with garden maintenance, 1 hr, 2-3 times/wk. Exp. in garden maint. Melanie: 204-833-3663 Caregiving with Confidence - Volunteer

Drivers, Telephone Support Volunteers to

support caregivers wanted. 204-452-9491 or jnybakken@aosupportservices.ca

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. 204-831-2503 or visit www.deerlodge.mb.ca/volunteers.html

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

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

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

The Bereavement Care Program of Concordia Hospital - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Bob: **204-**661-7402 bmilks@concordiahospital.mb.ca Southeast Personal Care Home Volunteers needed at 1265 Lee Blvd - days, eve's, wknd's. Call 204-269-7111 Ext. 2225

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

PROGRAMS/SERVICES

Pembina Active Living (PAL) 55+ The Board of Directors of PAL (55+) has postponed all its current programming until further notice. They hope that PAL 55+ members are keeping safe and well. Info: www.pal55plus.com, 204-946-0839 or office@pal55plus.com

Dufferin Senior Centre - Due to the cononavirus, the Centre is closed to all its activities until Sept 23rd,2020. Sorry for the inconvenience. Info, Al: 204-771-3325

A&O: Support Services for Older Adults -Senior Centre Without Walls (SCWW). Phone Group Activities providing fun, free, educational and recreational programming by calling into toll-free line. Info: 204-956-6400

Email ready-to-print electronic PSAs to: kelly goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by July 8 for July 15 issue.

South Winnipeg Seniors Slow-Pitch (SWSSP) gearing up for a new season with COVID-19 distancing protocols

By Metro Hnytka

Often referred to as "Winnipeg South", we are a community-based group of 'mature" adults in Winnipeg, Manitoba, who have joined together to enjoy the physical and social benefits of slo-pitch softball. We offer men (over 55) and women (over 40) opportunities for non-competitive and/or competitive recreation through playing slo-pitch softball with and against others of similar ages and experience. Every interested senior can participate according to his or her interests, skills, and scheduling needs; you just need to bring a softball glove and comfortable clothing.

Based in South Winnipeg, our "House League" games are played twice weekly at Moffat Field, located behind the Century Arena at 1377 Claren e Avenue in T ort Garry games are scheduled on Tuesdays and Thursdays from May to October (weather permitting). Our House League games are intended primarily for exercise and social interaction.

teams, who play against teams from both within Winnipeg and rural Manitoba. These traveling teams play their games at the John Blumberg (Headingley) and Buhler (Transcona) Recreational Complexes on Mondays and Wednesdays, and also play in a variety of tournaments around Southern Manitoba. Both in-house and travelling team games are played on weekdays during normal working hours, but one of our teams does compete regularly in evening games against other nearby teams.

Each year, we hold two mini-tournaments (four teams made up of all members play 3 three-inning games) with a BBQ afterwards.

Note that game scheduling may change due to COVID-19. Distancing anitizing protocols will be i and effect. Play safe, stay safe!

Manitoba Churches -

More listings available at www.seniorscope.com (Events page)

Cardinal - Ste. Therese Chapel - Catholic - 1929 Manitoba Municipal Heritage Site No. 345

Written by Min Yook Kim - Photo by Tyrrell Mendis in 1990

The town of Cardinal began in 1905 with two land speculators named Mackenzie and Mann who purchased 80 acres of land which they would eventually sell to the Canadian Northern Railway Group for the construction of a railway line. The arrival of the railway brought with it the construction of a station and a stopping place for the surrounding community.

In 1906, a general store was constructed by Louis Moreau, followed by a hardware store, and a restaurant built by Joseph Poncelet and Pierre Chateau, respectively Many more businesses were built by 1908, such as a hotel, three more general stores, a blacksmith's shop, and cobbler's shop. A grain elevator was built by Fermiers Unis, a group formed by Phillipe Cardinal, Galipeault and Azaris Labossiere. It was later replaced by the United Grain Growers Company, then purchased by the Western Canada Flour Mills Company in 1909. It operated until 1929.

Until 1912 the children of Cardinal went to school at l'école Lafontaine. The need for their own school became very important to the residents of Cardinal. In 1908 Charles Toutant petitioned to have a school in Cardinal. The petition was denied, together with many other petitions. It wasn't until 1912 when John Moreau's petition was granted for two schools known as the Saint-Louis schools. The town of Cardinal began to flourish. The sudden boom of economic growth in Cardinal alarmed the neighbours in Notre-Dame de Lourdes, who were afraid that their town would be lost to Cardinal

residents of Cardinal were not discouraged. The Société St. Louis was formed in 1926 with the sole goal to build a church in Cardinal. The original directors of the group were Cyprien Cardinal, Jean-Baptiste Chateau, Joseph Schumacher, Theophile Toutant, and Lucien Vigier.

Construction of the church began in 1927 and was completed in 1929. The church would be dedicated to Sainte Thérèse de l'enfant Jésus. The chapel was yet to be blessed and it had no priest. After failed appeals to the parishioners and priest of Notre-Dame, the Ste. Thérèse Chapel finally



235-2111, service@actionmarguerite.ca

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The residents of Cardinal had to conduct all their religious activities in Notre-Dame de Lourdes. A church was needed in Cardinal so they could practise their religion more fervently. The residents of Cardinal approached the Chanoines priests in Notre-Dame with their desire to build a church. The priest opposed the idea. However, the



got blessed on November 17, 1935. The chapel was closed in 1960, but was declared a Municipal Heritage Site in 1989 and newly renovated in 1991.

In 1959, the Canadian Northern Railway Group left Cardinal, dealing a massive blow to the village. Many of the residents moved away to find work

Though being a very small community today, the residents are proud of their heritage and history. The Ste. Thérèse Church reflects the hopes and dreams as well as the disappointments of the people who worshipped there. It stands as a reminder of the dedication and pride of the early settlers, and with it a history which affirms their place in the world.

Tyrrell Mendis, assisted and encouraged by his wife Doreen, has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, *Testaments of Faith,* Manitoba's Heritage Churches.

is now available for booking.

If you would like to make a booking. If you would like to make a booking for his exhibition, contact Tyrrell Mendis at:tymendis@shaw.ca / (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca.ManitobaChurches/ (Testaments of Faith)



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50 ml	brown sugar	1/4 cup
30 ml	milk	3 tbsp
40 ml	butter, melted	3 tbsp
10 ml	lemon juice	2 tsp
1 ml	salt	1/4 tsp
.5 ml	pepper	1/8 tsp
2	large onions, sliced	2
2	large apples, peeled & sliced	2
125 ml	dry bread crumbs	1/2 cup
250 ml	cheddar cheese, grated	1 cup
5 ml	sage	1 tsp
15 ml	butter, melted	1 tbsp

In a large bowl; add brown sugar, milk, butter, lemon juice, salt and pepper. Mix well. Add onion and apples. Stir to coat. Pour into 2 quart (2 L) casserole. Cover and bake in preheated 350 F (180 C) oven for 1 hour.

Meanwhile in a medium bowl; mix bread crumbs, cheese, sage and butter. Sprinkle onion and apples with topping. Bake an additonal 30 minutes, uncovered, until brown and apples and onions are tender.

Serves 5

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Broom Erica lxia Cactus Festoon Lily Catmint Flag Lobelia Cherry Flora Malope

Traveller's joy SOLUTION ON NEXT PAGE

Yucca

Yulan

d & Memory A to Z Trivia

Peony

Petal

Pink

Adams - Mind and Memory Presentations - Helping to Keep Brains Young

answers begin with the letter "B"

- as the nickname "The Boss":
- he most popular game in Las Vegas: find these beautiful winged creatures in
- rvatory: yed the lead role in the movie "The Rose":
- he capital of Belgium:
- 10 yards of fabric:



Tansy

Thyme

ongs included "At the Copa" and "Mandy": he main veggie in borscht: This is a copyright publication, rect name for a sand trap in golf: you have our permission to PRINT or FORWARD this Quiz hosted "Cheers": ress was Mrs. Robinson in "The Graduate": Challenge to Tenants, Retirement noppers agree this is the best buy at the Residents, Members, Friends, store: Staff, Retirement Homes, Naurice and Robin, The: Hospitals, Clubs, Families and se all seven tiles in Scrabble you have a: Associations. ve five eyes but no ears: It is free created specifically ctor performed the first heart transplant: to improve the lives of those ertainer is "The Piano Man": in self-isolation during the aracter suggests the stock market is rising: COVID19 period. mer Fudd's friend: To request direct e-mail sends to ked these birds in a pie: friends or family, forward address to **trivia@shaw.ca** t or confuse: ot their start in Liverpool: he capital of Barbados: ~ Author, Gary Adams ner owns 5% of the state of New Mexico ne raises: ened these banks in Chicago in 1937: Also visit www.seniorscope.com/fun.html unit of memory in a computer: lish name for sausages: for more A-Z Trivia and lots re these ... carpus, tibia, and sternum: more fun such as 'Greetings he name for the film industry in India: From Winnipeg' with 'Funnies' n have been chosen twice as the sexiest the year, George Clooney and which other: SOLUTION ON NEXT PAGE

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Read more of The VIRUS DIARIES at www.seniorscope.com

During the early onset of this COVID-19, Bea and I were watching TV when our Prime Minister came on and did a speech on what the federal government was doing to help us common people through these trying times. Before getting into it he took the time to stress the importance of social distancing. His wife was practicing it. Up in cottage country with the kids. And a security detail. And, for all I know, a private physician. He, of course was self isolating at home, where the media had easier access to him.

There was quite an impressive list of programs to help small business and wage earners and their families weather the economic havoc this virus is wreaking on our economy. Tax breaks, easier access to employment insurance, short term income tax deferral. The list went on.

My favorite was a 9 million dollar program designed to aid seniors in need. A google search showed around six and a half million Canadians are over age 65. If the Feds were to lose complete control of the purse strings and spread this around to every senior in the country we could all expect a cheque for around \$1.38 each. Taxable, and before administration costs. Of course that's just silly and they aren't going to do that. The plan is to assist seniors in need.

Another google search said around 6.7 percent, or somewhat less than a half a million seniors in this country live in poverty. Now if you divvy up the pie between all those in need they are going to get a one time windfall of around \$20.67. Pre-tax. Now the thinking in Ottawa seems to be that if you give poor people that kind of money it will probably just get squandered. On food, or Gosh only knows what. So the plan seemed to

be to send people out and do home checks. With the virus as contagious as it is the plan was to throw a rock through a senior's window. If he or she has the strength to throw it back out, the protocol was to assume that they are OK and do NOT need assistance.

There's a rumour going around that if there's any money left over, they plan to build dumpster ramps to make foraging a more secure experience for the mobility impaired. Kind of a social safety net if you will.

Well done Ottawa, well done. ■

Facebook finds

What's in a name?

The pleasant smell in the air after a rain is called a petrichor.

The rumbling sound of a nauseous stomach is called a wamble.

The day after tomorrow is called overmorrow.

Note, there is no special term for the day before yesterday.

Your pinky finger or tiny toe is called minimus.

Dysania is a condition where you find it hard to get out of bed in the morning.

Messy, illegible hand-writing is called griffonage.

The dot over an 'i' or a 'j' is called a tittle.

The space between your eyebrows is called the glabella. The skin in this area can be used by doctors to measure dehydration in a patient.

CROSSWORD - Solution





Twins

I once dated a twin. A friend asked me how I could tell them apart. I said Alissa had a beauty mark on her left cheek.

And Alan had a mustache.



I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, yet here we are.

A to Z Trivia 'B' SOLUTIONS

6. Bolt16. Barnard7. Barry Manilow17. Billy Joel8. Beets18. Bull9. Bunker19. Bugs Bunny0. Boston20. Black Birds	7. Barry Manilow17. Billy Joel8. Beets18. Bull9. Bunker19. Bugs Bunny	s:
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- 26. Bit 27. Bangers
- 28. Bones
- 29. Bollywood
- 30. Brad Pitt

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca



LISTINGS HE (plus gst rox. 30 words hotos \$5 extra DOWNSIZING? Sell those unused items!!! Call for details. For personal items / private sales OR for existing paying advertisers of Senior Scope. GARAGE SALE All listings must be pre-paid: cash, cheque, money order. No credit cards. Listings and payment must be received min. 7 days prior to printing.

For details, call: 204-467-9000 or Email: kelly_good

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MISCELLANEOUS

NOTICE: Please advocate for Canadian research animals by signing and sharing an e petition through the House of Commons at: https:// petitions.ourcommons.ca/en/Petition/Details ?Petition=e-2285 or Google e petitions House of Commons and put # e 2285 in the search bar.

FOR SALE: Recently widowed. Several items for sale: Keurig Coffee Maker, 2 yrs old, ask \$35; Electrolux, power nozzle, very good cond, ask \$100; Hoover upright vacuum; Wolfgang Puck Portable Oven, amazing cond; and many more items. Call Clark, 204-222-7999, 204-227-9888.

ITEMS ACCEPTED

WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

Sell those unused items! Make some extra cash! Call for details: 204-467-9000

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Happy Canada Day!

Wishing you and your family a day full of celebration!

Manitoba PC Caucus

204.945.3709 pccaucus@leg.gov.mb.ca

SAFETY ALERT

Are your trees making you vulnerable to hazard? Time to trim?

Trees add beauty, shade and value to our homes but it's important for homeowners to keep their trees from growing too close to power lines and other electrical equipment.

Here's why:

- Tree limbs that come down during storms or high winds can bring power lines down with them. Not only does this cause a power outage, it creates a severe safety hazard by bringing live power lines to the ground.
- Tree branches that touch power lines can also cause a fire and could electrocute anyone who touches the tree.

Before trimming or removing a tree:

Check the area for power lines. Keep yourself, your equipment and all parts of the tree at least three metres away from the power line.



Child - "How old are you, Grandpa?" Grandpa - "I'm 81, déar.

- Child "So does that mean you were alive during the Coronavirus?" Grandpa - "Yes, I was.'
- Child "Wow. That must have been horrible, Grandpa. We were learning about that at school this week.

They told us about how all the schools had closed. And moms and dads couldn't go to work so didn't have as much money to do nice things.

They said that you weren't allowed to go and visit your friends and family and couldn't go out anywhere.

They told us that the shops and stores ran out of lots of things so you didn't have

- If you have a tree growing into the power lines, don't attempt to prune or remove it yourself. Trees are conductors of electricity and a shock could be fatal.
- Only qualified tree trimmers are permitted to trim trees that are near power lines. They use special tools and bucket trucks that do not conduct electricity.
- If any part of the tree or hedge is within three metres of a power line, call Manitoba Hydro.

Before planting a tree or shrub:

Tree trimming safety should actually begin during the planning stages of your landscaping. Before you plant, look up. If it appears that your tree will eventually hit an overhead power line, find a location that will not cause problems in the future. See Right Tree - Right Place at hydro.mb.ca for help to plan your yard and make good long-term landscaping decisions.

🗥 Manitoba

lydro

If you see a tree that is too close to a power line, report it to Manitoba Hydro at 204-480-5900 or toll-free 1-888-624-9376.

Safety. It's in your hands.

much bread, and flour, and toilet rolls. They said that summer holidays were cancelled. And they told us about all those thousands of people that got very sick and who died.

They explained how hard all the doctors and nurses and all essential workers worked, and that lots of them died, too.

That must have been so horrible, grandpa!"

Grandpa - "Well, that is all correct. And I know that because I read about it when I was older. But to tell you the truth I remember it differently...

I remember playing in the garden for hours with mom and dad and having picnics outside and lots of bbqs.

I remember making things and fishing with my Dad and baking with my Mom. I remember making forts and learning how to do hand stands and back flips. I remember having quality time with my family.

I remember Mom's favorite words becoming 'Hey, I've got an idea...' Rather than 'Maybe later or tomorrow I'm a bit busy'. I remember making our own bread and pastry. I remember having movie night three or four times a week instead of just one.

It was a horrible time for lots of people you are right. But I remember it differently.

Remember how our children will remember these times.

Be in control of the memories they are creating right now, so that through all the awful headlines and emotional stories for so many that they will come to read in future years, they can remember the happy times.

~ Author unknown