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July 15 - August 11, 2020 • V19N1



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Changing the way we act our age, cont'd from front page

every year. He has also qualified and has participated in the Canada 55+ Games starting in Summerside, PEI in 2002. Jack has represented Manitoba at each Canada 55+ Games event (held every two years) since then, with the exception of 2018 when he was convalescing from his second hip replacement. "So we missed a few years in there," Jack recalls and adds, "Well at 99 I'm not too competitive now - but I still am participating."

Recollecting his many years of participation in the 55+ Games at the provincial and "Dominion Games" (as he referred to the Canada 55+ Games) Jack says, "Well at times along the way, I might have felt that I was too far along to be involved in a sport event, but it was not a factor once I got going. I guess I just forgot how old I was and that allowed me to participate and enjoy myself."

Describing their current wellbeing Jack says (with a chuckle), "We're both past our best before date, we both don't hear very good and sometimes we don't think as good as we should as well." We asked Jack & Florence to reflect on what community stood out to them throughout their years of involvement with the 55+ Games:

Jack responded emphatically, "Whitehorse (in 2004) really stands out, where we experienced a different culture. It was wonderful. Apart from the games events, we remember how wonderful the cul-





Jack (oldest male participant (95) at the 2016 Canada 55+ Games) as Manitoba Flag Bearer along with Tanis Carter & Marilyn Woods

tural events were. They did a "Snowshoe shuffle" – they actually danced with snowshoes - we tried it and had a lot of fun."

Florence recalled, "They had a parade and there was a guy running alongside, who was shouting out 'Is there anybody here from Russell?' - Well of course we said yes, we're from Russell – and here it turned out to be the boy, who was our ring bearer when we were married - isn't that something? I don't think you will get a story better than that one."

Jack's activity was golf, which he enjoyed playing over the 3 days of competition. This did not give him an opportunity to experience the other events that were happening at the same time, but he and Florence made up for that in the evenings, taking in the local talent nights and banquet.

Jack has won several medals in golfing over the years; he's got them all on a peg board displaying a total of 18 medals throughout the years of golf at both the Manitoba & Canada 55+ Games. While the medals for his personal



Jack first competed in the Canada 55+ Games in Summerside, PEI, in 2002.

when Jack revealed to him, "I can hit the ball, but I can't see where it goes." Ivan has driven Jack to and from several Manitoba & Canada 55+ Games events, as well as an international event in Houston, Texas. "We have had plenty of opportunity to chat during our travels to the 55+ Games over the years," Ivan shared. "What Jack taught me was just keep going – *Continued on next page* 

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achievements are a sense of pride, he says the enjoyment of being involved with other people with similar interests and abilities was even more rewarding.

His son-in-law, Ivan Sabeski, became Jack's chauffeur and caddy



#### Changing the way we act..., cont'd from page 2



Jack first competed in the Canada 55+ Games in Summerside, PEI, in 2002.

don't stop – don't 'retire' – just shift gears. What is remarkable is that Jack only started golfing later in his life."

While Jack was on the golf course, Florence had the opportunity to explore events and activities in the Host Communities. "I liked to see the swimming," Florence remembers, "it made me wish that I had registered because I am a good swimmer. I also loved the entertainment in the evenings, the dances were good. We loved the local talent and the old time music and dance. And, Jack liked the banquet because he likes to eat."

While reminiscing about the past two decades Jack said, "I participated in a lot of Manitoba 55+ Games and they all seem to run together, but some that stand out are Morden in 2002 and Neepawa in 2014, - but they all were a lot of fun." Jack added, "I was given the honour of being the Manitoba flag bearer at the Canada 55+ Games in Brampton in 2016, where I was the oldest male participant at 95, and that was special. That was quite an honour for me."

What do they do now to stay active? Jack says, "Not much" – Florence cuts in "Oh man, he never stops working – mowing the lawn – doing things around the house." Jack adds, "Well I'm a survivor. They tell me that I am the last survivor of the WWII Lancaster Pilots. I don't know if that is right or not, but..."

When asked how long they had

Photo Courtesy: Penny Menzies (daughter)

and they were having a great time – That actually helped me – it made me soften up a little bit – and helped me to enjoy myself."

What would you tell the people who may say, "I'm too old for that sort of thing?"

What would you tell the people who may say, "I'm too old for that sort of thing?"

Jack: "Well (chuckling), I guess I used to say that myself. But, it was not a factor once I got going, because everybody around me was the same and I just forgot

I was old and just tried doing the best I could – and it worked! So, I guess you don't always have to act your age!"

How has your involvement in the Manitoba 55+ Games & the Canada 55+ Games influenced your health and well-being?

"Hmmm," Jack pauses to think, "Well it gave me a goal to strive for. If I hadn't had the goal of the Games, I wouldn't have been on the golf course as much and working with it. Then that working has helped me." Florence adds, "Well I didn't have anything to do with games (directly) I don't think, because I was just an observer, but I don't know, I am hanging in there; I don't understand it, I'm Norwegian – so I'm putting it down to being a Viking!"

When asked about this year and next year's games, Jack replies, "Oh yes we are missing the Games this year. We don't know whether or not we will be able to participate

## A Message from the Alzheimer Society of Manitoba - Wendy Schettler, CEO - Alzheimer Society



Wendy Schettler, CEO

This is a tough time for everyone, but the Covid-19 pandemic is especially trying for people with dementia and their caregivers.

If you are affected by dementia, the **Alzheimer Society of Manitoba** wants you to know that you are not alone. While the social distancing measures of the past two months are beginning to ease – we can now meet with you in person on a oneto-one basis – it has been necessary to cancel our face-to-face programs. But we are still here to help!

If you feel isolated and alone with your worries, or just need someone to talk to – we know what you are going through. We hear people's stories every single day.

We can help you to problem

solve if you are in a challenging situation at home with a family member with dementia. We can brainstorm with you about ways to keep in touch with someone you miss – or is missing you – who lives in a care facility. If you are feeling overwhelmed, we are a safe place for you to talk about your situation, and we'll work with you to identify the community and health resources that best fit your needs.

One of our clients recently told us, "When my wife and I needed help, we received warm, non-judgmental acceptance. We were treated like family."

We want to be that support for you, too. We see ourselves as a community of help for all those Manitobans affected by dementia, pandemic or no pandemic.

All of us at the Alzheimer Society are anxious to see you in person again at our support groups, our community and family education sessions and our Minds in Motion<sup>®</sup> program – as soon as it is safe to do so.

Until then, you can book a oneon-one appointment, reach a comforting ear by phone, get a quick response by email and access our virtual programming. You can also check our website **www.alzheimer.mb.ca** - for opportunities to stimulate your mind, be creative and stay connected.

Call us – we're here for you.

Wednesday, July 15, 2020 Sirens for Life -July 2020

Emergency services workers often see the need for blood firsthand—just one patient with internal bleeding may need up to eight blood donors to help save their life.

The **Winnipeg Police Service** will be adopting the **Winnipeg Donor Centre** from **July 20-25** to ensure patients receive the blood they To limit the potential spread of COVID-19, currently, only those with appointments will be allowed to enter the donor centres. Donors are now being screened for potential exposure to COVID-19 before entering, along with a new set of screening questions, and temperature reading prior to donation. Once donors pass this additional screening, a mask will be supplied and must be worn through the remainder of the donation process.

been married, Florence replies "72 years", and Jack adds, "I was going to say forever!", which starts both of them laughing affectionately. What has inspired Jack & Florence about the 55+ Games?

Florence: "Oh well – I just admire all these people – you know – I watch these people swimming and I am thinking – what kind of dummy am I for not doing anything – what else – oh they were just the greatest – good communicators all of them – all happy and healthy and enjoying each other's company – seeing people healthy and involved – getting the most out of life."

Jack recalls, "I was surprised when we first started going to them – to see how everyone was happy and the enjoyment they got from being involved in the Games – They would forget that they were old in the Games next year – at our age we don't plan that far ahead." Florence adds with a chuckle, "Not when you're 99."

Truly an inspiration and living example of active aging! Thank you Jack and Florence for sharing your delightful memories of the Manitoba & Canada 55+ Games over the past two decades.

If you have participated in the Manitoba 55+ Games and have a story you would like to share, 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** 

For ideas on how you can stay active and healthy in and around your home visit the **Active Aging in Manitoba** website at

www.activeagingmb.ca

need through the **Sirens for Life** summer blood donor drive.

Across Canada, an average of only 4% of Canadians donate blood, and in Winnipeg, that number is even lower, at 2.6%.

**L** Across Canada, an average of only 4% of Canadians donate blood, and in Winnipeg, that number is even lower, at 2.6%. **1** 

With the help of community members, emergency services workers hope to top up Canada's blood supply.

Winnipeg Fire Paramedic Service and STARS Air Ambulance are also adopting the Winnipeg Donor Center during the Sirens for Life campaign, which runs for the month of July 2020. Anyone wishing to participate in the Blood Challenge is requested to contact

Canadian Blood Services at (1-888-2-DONATE) 1-838-236-6283 or at https://www.blood.ca to book your appointment.

When you donate at the donor centre, please indicate that you are participating in the 2020 Sirens for Life Blood Challenge to be counted. Every minute of every day, someone in Canada needs blood. Let's do our part in ensuring an adequate supply of blood is available to all citizens by donating today.



**Advertising Feature** 

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## Miscellaneous Facts: Wills, Estates & Powers of Attorney

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

#### **DID YOU KNOW THAT:**

Page 4

a will prior to marriage is invalid unless it says "made in contemplation of marriage".

#### **DID YOU KNOW THAT:**

there is a presumption that a joint account with your adult child does not belong to that child after you die? This presumption can be rebutted, for example, by writing your intentions into your will or a memorandum.

#### **DID YOU KNOW THAT:**

lawyer's fees for probate matters are set by the Court of Queen's Bench Rules and apply to cases "of average complexity". QB Rule 74.14 says lawyers' fees are.

- 3% on the first \$100,000 of the total value of the estate, subject to a minimum fee of \$1,500;
- 1.25% on the next \$400,000 of the total value of the estate;
- 1% on the next \$500,000 of the total value of the estate; and
- 0.5% on the total value of the estate over \$1,000,000.

#### **DID YOU KNOW THAT:**

if you die without a will someone has to

apply for Articles of Administration before anything can be done with your property. The Court of Queen's Bench Rules and the Intestate Successions Act determine who can apply to be an Administrator and who your heirs are. The Administrator has to post a bond. If you have underage children they may end up being raised by people whom you would not have chosen for the job.

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. IF YOU NEED A WILL AND/OR POWER OF ATTORNEY, I CAN DO THEM. I will travel to your home or community including Winnipeg and surrounding locations, as well as in the Interlake, Selkirk, the Whiteshell and South-Eastern Manitoba. I can provide service in French and German. Call (204) 228-7063 or 1 (855-933-5454) or send me an email at rkhnatiuk@rosemaryhnatiuk.ca for

.....

an appointment.

(see advertisement on page 5)

# Music and the Moonlight Special By Barbara Lange

Wally Mazur was born 1914 in Canada to a Ukrainian mother and a Polish father, and grew up in Winnipeg's north end. As a boy he took lessons on an old Stradivarius violin. As an adult with a natural musical ability, he learned to play the piano, organ, accordion, trumpet, and trombone. His parents' social circle was full of friends from the old country and one girl in particular, Nell, caught Wally's eye.

The dances at Grand Beach, touted far and wide, were enjoyed by the local communities and city crowds alike. Many revellers of this era were descendants of parents and grandparents who had met the love of their life at Grand Beach. The words "Let's take the Moonlight Special" had stirred than paying for every dance), or just strolled along the beach. As no liquor was sold on the boardwalk or in the dance pavilion, young people would grab a "hot lips" ginger beer and run through the sand hills with it. People sat on scattered benches or at a makeshift table built around a huge tree near a popular hotdog and fries stand on the boardwalk to eat and listen to the band. Bathing suits could be rented from the nearby park office.

On long weekends, the season's band played past the last train's routine departure time. Wally often filled vacant spots in various season's bands. However, on the September long weekend 1945 he was thrilled when the resident band leader approached him to take over for the following season. A friend suggested Wally Mazur change his name as businesses prospered more if they weren't ethnic. And so Wally Meyers the musician was born. The band's contract commenced May long weekend, and required them to play Friday, Saturday and Sunday nights until the end of June. In July and August, the height of the season, the bands played nightly seven nights a week. Their contract expired after the Monday night dance of the September Labour Day weekend. On the May long weekend of 1946, Wally and Nell headed out to Grand Beach on the Friday in Wally's car for the first night's performance. The other band members and their mates drove up in their own vehicles. Nell remembered it

took a long time to travel even with good weather but the dirt road turned to muck when it rained.

Although the composition of the band may have varied at times, some of the other player's names were Joe Siwek, Cam Christie, Horrie Russell, Ted Shaman, Ed Peterson, Ed Murray and Roy Jenner.

The band and their mates liked to cool off after the midnight dance with a dip in the inky black lake. One time Nell heard screams and laughter but on a moonless night with the boardwalk lights turned off she wasn't sure if swimming was the only thing going on. The first time Nell went for a midnight swim she became disoriented in the darkness and almost drowned. Luckily Wally grabbed her hand just in time and plucked her out. The thought of a midnight swim lost its appeal after that. Some bands that played at Grand Beach prior to the Wally Meyers' Orchestra were the Country Club Orchestra (1934), Claude Turner Orchestra (1937-40), and Don Wight and His Band (1941). (Source: Musical Ghosts, Owen Clarke, 2007, Clark Productions Limited.) Little did Wally Meyers know as he and his orchestra entertained the crowds at Grand Beach with hits like Twelfth Street Rag that they would make history as the last of a string of bands to play in the beloved dance pavilion. On Monday of the September Labour Day weekend in 1950, Wally and Nell and the other band members were in the Grand Beach hotel when someone came yelling

that the dance hall was on fire. "You'd better hurry if you want to save your instruments and music," urged the messenger. Later, Wally hugged his music close to his chest as he and Nell stood helplessly among the crowd while authorities tried to put out the fire.

Despite all efforts, the dance hall burned to the ground. It was never rebuilt.

As the last Moonlight Special train slowly pulled out of Grand Beach station later that night past pine and poplar, the whistle moaned long and low as if mourning its last waltz with the dance pavilion.

The day the music died at Grand Beach heralded the end of a historic era. The bands are silent now but their musical legacy still plays on in the hearts and minds of those who experienced it.

hearts young and old for decades.

The Canadian National Railway added extra trains on a daily basis as needed to transport passengers to its money-making summer location. CNR contracted the day-to-day management of Grand Beach and amenities to the Canada Railway News Company. It seemed as though the fun would go on forever.

Wally and Nell were among the younger generation who took the train to Grand Beach. It always surprised Nell to see how many people came from the cottage, the beach or campsite to meet the train whether they knew anyone or not. "People travelled to Grand Beach especially for the Saturday night dances or just to listen to the band from the boardwalk," recalled Nell. Some preferred to sit on the outside deck to listen to the music (rather Winnipeg author **Barbara Lange** gathered memories from people such as Nell Mazur and weaved them into a collection of 60 short stories and photographs, titled, *Memories of the Moonlight* 



**Special and Grand Beach Train Era** (Borealis Press, 2018).

Barbara will read more short stories at **Resto Gare & Train Bar**, 630 Des Meurons in St. Boniface, **August 18** from 2:30 to 3:30 p.m. To reserve seating: **204-237-7072** by August 14.

Barbara can be emailed at writealong@hotmail.com





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Page 5





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Communication in **ENGLISH • FRENCH • GERMAN** 

Another title for this column could easily be 'Before and After'. What a differ-By Roger Currie ent world it was 12 months ago, in July

of 2019. And we really do not have much insight into what the 'After' will look like, assuming that the word 'normal' will ever be applicable once more.

The story is also very personal for me because it includes the death in early June of 2020 of my beloved wife Janice Chance. It is often difficult for me to separate the 'personal' from the saga of Covid-19, but I shall try.

By early March of this year the pandemic was taking over as the story that bumped all others off the news pages and the airwaves. By the end of that month it even wiped out sports in a manner that was difficult to comprehend. Most aspects of our comfortable daily life disappeared in the interests of 'flattening the curve'. With no effective treatment and no vaccine to prevent the spread of the virus, Canada and other countries accepted the advice of the World Health Organization that we must shut down most regular commercial and social activity in an effort to avoid having our hospitals swamped with cases of Covid-19.

Among the notable exceptions was the United States where President Donald Trump was tragically slow to accept the scientific advice of both the W H O and his own advisers like Dr. Anthony Fauci. There are fears that the death toll from the Coronavirus in the U.S. may exceed 200,000 by the fall and many more may die when a second wave hits North America. Seven people have died of the virus in Manitoba, but our story here is amazingly positive com-

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Mad, and



Dr. Brent Rousin



gift from his wife Janice.

pared to many other parts of Canada. Most Manitobans appear to have heeded the advice of Dr. Brent Rousin, the province's Chief Medical Health Officer (pictured). There has been a remarkably high rate of compliance to guidelines for social distancing and other safety measures. The result has been just about the lowest infection rate in North America. The caseload has been low even in personal care homes which have been such horrible hot spots of death in other provinces, especially Quebec.

most visiting of loved ones in hospitals and care homes. Covid-19 has taken away so much of the social interaction that we have taken for granted for so long. This summer we are having to go without music festivals and other events that make life so enjoyable.

Our hospitals have not been swamped and frontline workers are deserving of huge praise for their efforts. Because of my preoccupation with Janice's situation, I can personally testify to the dedication and professionalism of doctors, nurses and others who toil in health care. Bless them all.

The positive story has continued as we moved into re-opening as well. Workers in grocery stores and restaurants have seen their duties expanded to include frequent cleaning of all surfaces where the public comes in contact.

The use of masks has been a source of some controversy. Wearing of masks is now mandatory in many public places in eastern Canada, but not here in Manitoba. A few days after my wife Janice died at Riverview Health Centre in Winnipeg, I received a very special final gift from her. It was a package containing three very colourful face coverings (pictured). She ordered them shortly before her passing, and I shall wear mine with pride. Janice's death resulted from a form of blood cancer. It really had almost nothing to do with *Covid-19*. I have written previously about what we came to call the Janice Miracle.

I was honoured to care for her during the wonderful 'bonus' time we had at home, most of which fol-





levels of interferon which is crucial for a healthy immune system.

Contact Gerry (Shaklee independent distributor) at 204-990-4341 or email gerrynormandin@gmail.com



Perhaps the greatest personal challenge was the shutdown of lowed the Covid shutdown.

Stay safe everyone, and don't ever hesitate to say "I love you" to those who matter most.

.. Roger Currie



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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!

Things To Do

#### MISC EVENTS

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 different 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

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. 204-831-2503 or visit www.deerlodge.mb.ca/volunteers.html Caregiving with Confidence - Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. 204-452-9491 or jnybakken@aosupportservices.ca

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: 204-956-6773 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@winnipeglostdogalert.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**  More listings available at www.seniorscope.com (Events page)

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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. **204-235-2111, service@actionmarguerite.ca** 

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 August 7 for August 12 issue.

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#### SAFETY ALERT

#### Check for electrical hazards around the pool

As the weather heats up, swimmers are heading out to backyard, community and public pools, hot tubs and spas. When it comes to pool safety, drowning is the first concern that comes to mind, but there is another danger to swimmers: electrocution.

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#### Where is the danger?

- Faulty underwater pool lighting
- Aging electrical wiring that hasn't been inspected in years
- The use of sump pumps, power washers and vacuums that are not grounded
- Outdoor lighting, circuits and receptacles not protected by GFCIs
- Damaged cords on electrical equipment

The best protection is inspection, detection and correction of potential electrical hazards. Have a licensed electrical contractor install and maintain your pool wiring and upgrade protection equipment.

#### In addition:

# Sri Lankan Seniors -3rd AGM via ZOOM

#### By Senaka Samarasinghe

A General Meeting of the SLAM (Sri Lankan Association of Manitoba) Group was conducted on June 23rd, 2016 at Pembina Trail Library Hall with participation of 26 members. Members elected Peter as the first President of the SLAM Seniors 55+ Group. The 2nd AGM was held on June 17th, 2018 at Elwick Community Centre. Members elected Daya as the second President of the Group. The 3rd AGM was conducted on June 21st, 2020 Father's Day, via Zoom.

During this five year period the Group performed get-togethers in Parks during summer seasons and indoors during cold and winter seasons. Board Members conducted monthly meetings to start new activities and to formulate future plans. From November, 2018, the Group managed to get the Education Room and Kitchen at the Access Building (Plaza Drive) free-of-charge to conduct indoor activites.

On Nov. 22nd, 2016 this Group started to work with *South Side Seniors* of Trinity United Church (TUC) in Fort Richmond. This partnership helped Group members to participate in Exercise and Yoga on a weekly basis up to now.

At the 3rd AGM, Office Bearers elected Senaka as President, Sam Vice President, Ismath Secretary and Felix Treasurer and Board Members elected were Peter, Daya, Elian, Sumana, Upali, Hemasiri, Shrima, Zeyra and Charlotte. ■



- Never touch electrical cords, switches, or appliances when you are wet, standing in water or have wet hands.
- If an electrical cord or appliance falls into the water do not try to retrieve it until you turn off the power at the main switch.
- Never use a damaged cord.
- Read and follow the manufacturer's instructions when using a wet/dry vacuum or pressure washer.
- Use Ground Fault Circuit Interrupters (GFCIs) on all outdoor outlets. A GFCI is a type of circuit breaker that is designed to prevent serious shock. A GFCI should be used in any area where water may come in contact with electrical products.

#### Enjoy a safe summer.

For more information on safety around pools visit hydro.mb.ca

Safety. It's in your hands.

**h**Manitoba Hydro Senaka Samarasinghe (left).



Members of SLAM conducting a meeting via the ZOOM app.

99th Annual (War) Memorial Service CANCELLED

In this time of uncertainty, it's the right thing to do: Glenn Rasmussen



War Memorial

The Darlingford Memorial Park Committee had made the difficult decision to cancel the 99th annual Darlingford Memorial Service scheduled for Sunday, July 5, 2020. Given the uncertainty and restrictions surrounding the COVID-19 pandemic, this decision was made with everyone's safety in mind.

The Committee can now focus on their plans for the 100th anniversary celebration of the park's opening in 2021. The service is the main source of funding for the yearly cost of maintaining this beautiful park. Donations will be gratefully accepted towards these expenses and income tax receipts will be issued. Donations can be mailed to : **RR 1, Box 46, Darlingford, MB ROG OLO**.

Glenn Rasmussen, Committee Spokesperson, is proud to report this would have been the 99th consecutive service that has taken place at the war memorial, dating back to July 5, 1921 when the park officially opened. It includes participation from local school children who place flowers on two crosses in honour of those who never made it home from the wars. Two black marble plaques inside the memorial list the names of the men who served and died in World War I and II.

The Darlingford Memorial is the only free-standing memorial building of its kind in Manitoba that honours the war dead. The park is maintained by a local volunteer committee (8) and community volunteers. ■



**Darlingford Memorial Park** 

#### **"LEST WE FORGET."**

Everyone is WELCOME to visit the Darlingford Park & Memorial Building this summer.

For more information on this Memorial Service: Facebook: www.facebook.com/DarlingfordMemorialPark

Please contact: Glenn Rasmussen, Committee Spokesperson Tel: **204-246-2275** Cell: **204-823-1987** 



www.heritagelife.ca

# Standing Up for All Manitobans



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MALAYA MARCELINO MLA for Notre Dame





LISA NAYLOR

MLA for Wolseley



ADRIEN SALA MLA for St. James



MINTU SANDHU MLA for The Maples



MATT WIEBE MLA for Concordia

#### Manitoba Churches – St. Lupicin Roman Catholic Church - 1891

#### Written and Photo by Tyrrell Mendis

There is no road to St. Lupicin shown responsible for a one-room schoolon the Official Highway Map of Manitoba. But St. Lupicin itself is.

St. Lupicin is a locality south of Provincial Road 246, 35 km (22 miles) southwest of Carman in the Rural Municipality of Lorne. It could also probably claim to be the only community in Manitoba with just two buildings.

Vehicular access to St. Lupin is possible by way of an unpaved road that runs across rolling hills and through scenic valleys, a road that could become badly rutted and flooded during wet weather.

A commemorative plaque in the village records Jean-Antoine Bourrier (1831-1917) and his family as the first settlers in the area. The Bourrier family left Lozere, France, in April 1891 and arrived in St. Lupicin in mid October. For some years thereafter the Bourrier home was the place of worship for the settlers. Some of those homesteaders included the Chaleil, Portal, Soulodre, Chabidon, Brunel, Bergeron, and other families.

The parish was named by R. P. Benoit, Superior of the Community of Notre Dame de Lourdes. St. Lupicin, once part of Notre Dame de Lourdes, became a separate parish in 1891. It was established 11 km (seven miles) southeast of its mother church.

The Faure School District was established in May 1897. It was house. The Post Office opened in 1923.

It was closed temporarily in 1975, then was closed permanently in 1977.



For many years a group of artists successfully ran the St. Lupicin Craft Gallery Co-op in the rectory beside the church. This ceased to exist, however, after the sudden passing of its owner, the carver Ken Chambers, in 2004. The rectory then became a private residence.

More information on St. Lupicin Roman Catholic Church and cemetery can be found in the publications of the Manitoba Genealogical Society.

Photograph date unknown.

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 a particular church featured in Senior Scope, or 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)

Travel / Leisure / Activities

66 Sometimes when you're in a dark place you think you've been buried, but you've actually been planted."

- Christine Caine

**Testaments of Faith, Manitoba's Heritage Churches** 

### - NOTICE -

"My exhibition, Testaments of Faith, Manitoba's Pioneer Churches, that was scheduled for display at Cardinal this month had to be cancelled due to unexpected circumstances. My Sincere Apologies."





Ste. Therese Chapel, in Cardinal, southwestern Manitoba, is now a museum.



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### Stay well!

When it's safe to travel again we look forward to welcoming you on a tour!



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Participate in a University of Manitoba survey about how banking technologies can better support caregivers!

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Accession in the

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#### We Need to Remember

To Stay Safe, Be Kind & Support One Another.

We Are All In This **Together!** 

EMBASSY TOURS www.embassytours.ca July 15, 2020

# Outstanding Manitobans chosen to receive the ORDER OF MANITOBA

Twelve Manitobans, whose contributions encompass a broad range of endeavours and accomplishments, will soon receive the **Order of Manitoba**, the province's highest honour. The formal investiture ceremony will be held at a yetto-be determined date at the Manitoba Legislative Building, subject to public health guidelines.

Traditionally announced on May 12 (Manitoba Day) the announcement of the 2020 recipients was delayed due to the ongoing global pandemic. Today's message coincides with both the 150th anniversary of The Manitoba Act coming into effect on July 15, 1870, and the 100th anniversary of the opening of the Manitoba Legislative Building on July 15, 1920.

The Order of Manitoba was established in 1999 to honour Manitobans who have demonstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents.

"This year, as Manitobans have been tested and have responded with courage, creativity and hope, we are even more aware of the importance of commitment to community," said Lt.-Gov. Janice C. Filmon, chancellor of the order, who will preside over the ceremony. "The community leaders to be invested into the Order of Manitoba in this, the 150th anniversary of the province, will continue to inspire their fellow Manitobans through their personal achievements and their dedication to our province, our country and our world."

Appointments to the order are made by the chancellor, based on the recommendations of an advisory council. Order members are entitled to use the initials O.M. after their names for life. The list of all Order of Manitoba members is on permanent display in the Legislative Building. serves on national museum association boards where he has advanced a meaningful dialogue on the role of culture in society today.

#### Mr. Mitch Bourbonniere

An educator and community activist, Bourbonniere has long been inspired to help others find their voices. A founding member of the original Bear Clan Patrol, he also volunteers with Ogijiita Pimatswin Kinamatwin (OPK) the Mama Bear Clan, Drag the Red and many other organizations. He has received two Governor General awards for bravery and meritorious service as well as the Canadian Humane Association's Bronze Medal for Bravery for jumping into a Winnipeg river to save a young woman's life in December 2016.

#### **Elder Mary Courchene**

Courchene is an Indigenous leader and role model in the field of public education, sharing her guidance and experience on the journey toward truth and reconciliation for all Manitobans. Drawing on the strength of her family and culture along with her own painful experiences as a residential school survivor, she seeks to build understanding that brings both Indigenous and non-Indigenous communities together to learn, heal and grow.

#### Dr. Krishnamurti Dakshinamurti

An emeritus professor in the University of Manitoba faculty of medicine, Dakshinamurti is a senior advisor to the St. Boniface Hospital Research Centre and an innovator in the epigenetics of vitamins, metabolic syndrome disorders and the pharmacology of vitamins. His biography was included in the Cambridge University Press's Outstanding Scientists of the 21st Century.

#### Mr. Richard Frost

As CEO of The Winnipeg Foundation (TWF), Canada's first community foundation, Frost has become a leader in encouraging the growth of this influential movement. During his tenure, TWF has experienced unprecedented growth and development, multiplying its net worth and

increasing its social and cultural influence in Winnipeg and surrounding communities.

#### **Ms. Tina Jones**

Chair of the Health Sciences Centre (HSC) Foundation board, Jones is a successful entrepreneur, community contributor and philanthropist. Her work with HSC Foundation has raised record funds, impacting the lives of many Manitobans. Jones is owner of the Banville & Jones group of companies and partner in The Rink Training Centre, both groundbreaking enterprises. She has recently been recognized with the University of Manitoba Distinguished Alumni Award and the Women's Executive Network as one of Canada's 100 most powerful women.

#### **Dr. Marion Lewis**

A pioneer in medical genetics, Lewis co-founded the Winnipeg Rh Laboratory to study and eradicate hemolytic disease of the newborn (HDN). Prior to her work, HDN was a major cause of morbidity and death in the newborn period. The Rh Laboratory has the distinction of being one of the earliest genetics laboratories in Canada. Lewis developed and perfected the methodology to detect all forms of Rh-incompatibility and to use this same technique to test the blood of all pregnant women in Manitoba. Lewis received the La Medaille de la Ville Paris for the first international workshop in monoclonal antibodies.

variety of community organizations including the Winnipeg Art Gallery, the Woman's Musical Club of Winnipeg and the Manitoba Historical Society.

#### **Mr. Stuart Murray**

Murray has an eclectic resume spanning the fields of entertainment, business, health, sports, public service, community service and human rights. In addition to being a former political party leader, chair of the 1999 World Junior Hockey Championship, honourary colonel of 17 Wing Winnipeg, chair of Travel Manitoba and co-chair of the Manitoba150 Host Committee, he was appointed as the inaugural president and CEO of the Canadian Museum for Human Rights in 2009, serving in this role until the museum's opening 2014.

#### **Mr. Scott Oake**

Oake is a Gemini Award-winning Canadian sportscaster for CBC Sports, Sportsnet, and Hockey Night in Canada. He moved to Winnipeg and became a sports anchor, and was subsequently hired by Hockey Night in Canada, broadcasting National Hockey League games to a national audience. Oake is a director of the Bruce Oake Recovery Centre, a Winnipeg-based project dedicated to the memory of his 25-year-old son, who passed away in 2011 as the result of a drug overdose.

#### **Dr. Ernest Rady**

A very successful entrepreneur and former member of the Manitoba Bar Association, Rady is passionate about supporting important causes including education, children's health and scientific research. His charitable donations include the Rady Children's Hospital, the University of California San Diego Rady School of Management and The Salvation Army. Of particular significance to Manitobans was the \$30-million transformative gift to the University of Manitoba, as part of its Front and Centre Campaign to bolster the school's teaching.

The following Manitobans will be invested at the 2020 ceremony:

#### **Dr. Stephen Borys**

The director and CEO of the Winnipeg Art Gallery, Borys has long been a fierce advocate for the power of art to change lives and communities. He is leading the effort to build the Inuit Art Centre and holds the post of adjunct professor at the University of Winnipeg. Borys has produced numerous exhibitions and books in his field, and lectured across North America and Europe. He

#### Mr. Bill Elliott

Elliott built a career in championing the cause of sustainability through environmental education. He is the founding executive director of the Fort Whyte Centre for Environmental Education, now known as FortWhyte Alive. Never satisfied with the status quo, he has a flair for adaptation and creating programs and facilities that responded to both community need and funding opportunities.

#### **Mrs. Margaret Morse**

Manitoba's first speech therapist, Morse pioneered speech clinics in hospitals, assessing and treating adults and children with communication disorders for several decades, for which her patients were very grateful. Morse continues to advocate for a master's program in speech pathology at the University of Manitoba and has a long record of volunteerism with a

For more information about the Order of Manitoba, visit **www.manitobalg.ca**.

Rick Goodman rickgoodmansk@gmail.com

> By Rick Goodman ©Copyright 2020 / Email rickgoodmansk@gmail.com Read more of The VIRUS DIARIES at www.seniorscope.com

Bea and I were reminiscing about how we used to travel and wondering how long it will be before we can pack our bags and head out again. I hate to say it but it's probably going to be awhile. But it's fun to remember some of the places we've been. And some of the experiences we've had getting there.

A few years ago we were on a flight out of Bangkok headed to Hanoi in North Vietnam. Any time we go someplace we try and learn a few handy phrases in the local language. 'Gow' and 'bia', meaning 'hello' and 'beer' were the only words that stuck with me at that time.

We dodged thunderstorms on the flight and crabbed sideways in

#### a dirty crosswind over the Red River on our decent into Noi Bai airport. The plane was rocking and bouncing.

"Oh Good Lord," I thought, " This is probably why they call it the Final Approach."

Have you ever noticed how quiet people get on takeoffs and landings? That's because deep down in the reptile part of our brain we know that flying is un-natural for human beings, the laws of aerodynamics is just so much malarkey, the only thing that's going to get this thing off and then back on the ground again in one piece is the collective mental concentration of every person on board. That's why the cabin crew don't let you play

with your phones and tablets. The pilot needs every bit of psychic energy he can get his hands on.

That's on a normal routine flight. When things start getting rough and interesting the group cohesion starts to disintegrate and people start making deals with God. Gluttony, debauchery, cheating on income tax. All gone, please God just get us on the ground in one piece and You'll never have to worry about that kind of behavior from us ever again. Deals and possibly a quick word of gratitude.

"Thank you Lord for making me remember to put clean underwear on this morning."

And noise, people start making noise. The plane heaved and then

CROSSWORD

dropped and the tail swung sharply to port. When the cabin lights went out the guy in the window seat started making little whimpering sounds.

"Ooh, ooh, ooh," he kept moaning.

I found myself chanting, "Gow, Bia," over and over.

Bea was taking deep breaths and going, 'EEEEEEE."

We sounded like a rap group.

And then the wheels hit the runway and 237 people slammed their feet down on where the ancillary brake petals were supposed to be and then started to clap and cheer as the aircraft slowed down.

Hello Vietnam!

#### WORDSEARCH - Nature's Edibles By Senior Scope

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## Mind & Memory A to Z Trivia

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

#### Today all answers begin with the letter "C"

- 1. This is the capital of Denmark:
- 2. The two things most people bring to the zoo:
- 3. He rose to fame as "The Tramp" in silent film:
- 4. This a breakfast cereal brought to you by a sailor:
- 5. This may have become the world's favorite store:
- 6. This sweetheart sings for NFL football:
- 7. These two things are often lost when at the beach:

8. This South African city faces the Atlantic Ocean:

- 9. A birthday must have one of these:
- 10. Jack Nicolson was the main character in this movie:
- 11. What did Mr. Whipple ask us not to squeeze:
- 12. This Winnipeg band wrote and sang the Superman Song:
- 13. Ted Danson and Kristie Alley played in this popular TV series:
- 14. These are our most intelligent local birds:
- 15. This loveable large funny Canadian Hollywood actor died in 1994:
- 16. Tom Hanks spent 5 years on an Island in this movie:
- 17. Name Jacques Cousteau's Green Peace ship:
- 18. Favorite saying for "The Price Is Right":
- 19. In the early 1900's you used one of these to start your car:
- 20. He was televisions Archie Bunker:
- 21. They say this Russian Empress had many lovers:
- 22. This county's people were (2019) the world's biggest beer drinkers:
- 23. This is the national cheese dish of Switzerland: 24. This country is a major supplier of fruit to Canada and the U.S.:
- 25. This car maker was the first to introduce mini vans:
- 26. Why is it called "Dry Cleaning":
- 27. What do we think about when we think of the Shriners:
- 28. He was elected Canada's Prime Minister in 1979:
- 29. She was one of TVs "Friends":
- 30. He introduced the theory of evolution back in the 19th century:

11. Charmin'

13. Cheers

14. Crows

15. Candy (John)

16. Castaway

17. Calypso

## A to Z Trivia 'C' SOLUTIONS

- 1. Copenhagen
- 2. Children and Cameras
- 3. Charlie Chaplin
- 4. Cap'n Crunch
- 5. Costco
- 6. Carrie Underwood
- 7. Cameras and Coins (money)

- Memory Shows for Seniors
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#### It is free created specifically to improve the lives of those in self-isolation during the COVID19 period.

To request direct e-mail sends to friends or family, forward address to **trivia@shaw.ca** 

~ Author, Gary Adams

#### Also visit

www.seniorscope.com/fun.html for more A-Z Trivia and lots more fun such as 'Greetings

- 22. Czech Republic
  - 23. Fondue
  - 24. Chile
  - 25. Chrysler
  - 26. Chemicals No Water
  - 27. Children's Hospitals and Clowns
  - 28. Clark (Joe)



#### A LITTLE





Metric	Ingredients:	Imperial
4	thick pork chops	4
-	salt & pepper to taste	-
1	medium onion, chopped	1
1	large green pepper, sliced	1
30 ml	worcestershire sauce	2 tbsp
125 ml	ketchup	1/2 cup
30 ml	vinegar	2 tbsp
30 ml	brown sugar	2 tbsp
15 ml	lemon juice	1 tbsp
1	beef bouillon cube	1
30 ml	cornstarch	2 tbsp
30 ml	water	2 tbsp

Place pork chops in slow cooker. Sprinkle with salt and pepper if desired. Add onion and green pepper.

In a small bowl; combine worcestershire sauce, ketchup, vinegar, brown sugar, lemon juice and bouillon cube. Pour over vegetables. Cover and cook on low for 5 to 6 hours.

In a small bowl; blend cornstarch into water until smooth. Pour slowly into liquid in slow cooker. Cover and cook on high for 30 minutes or until thickened.

#### Serves 4

Southeast

10 I M

Steinbach, MB

BRADNA

SOLUTIONS BELOW

From Winnipeg' with 'Funnies

- 8. Cape Town 9. Cake 10. Chinatown
- 19. Crank 20. Carroll O'Conner 21. Catherine the Great

18. Come On Down

12. Crash Test Dummies

29. Courtney Cox 30. Charles Darwin

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

#### **CROSSWORD** - Solution



#### **WORDSEARCH** - Solution



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