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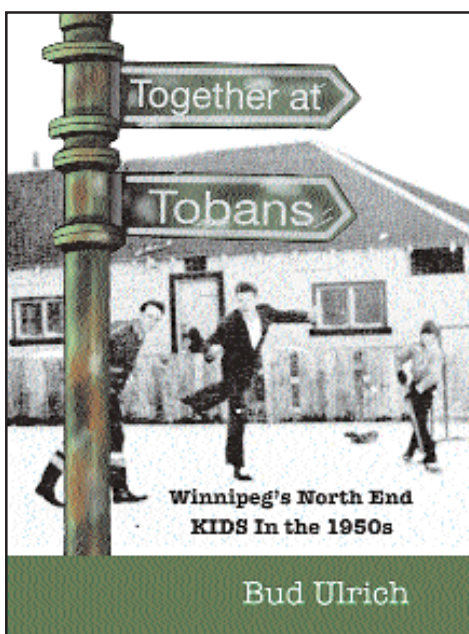


Vol. 19 No. 5 | Nov 10 - Dec 9/20

# Senior Scope

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## Inside this issue....



Bud Ulrich

- Local author –Bud Ulrich– introduces a new book highlighting life in Winnipeg's North End in the 1950's **Page 2, 7**



- Local retired Winnipeg doctor and WWII veteran—Dr. Douglas MacEwan—who turns 96 on Remembrance day walks one kilometre a day to raise \$96,000 by November 11th to support the Arts in Winnipeg, **and**



- A very different Remembrance Day **Page 3** (Roger Currie)



- Canadians will be reflecting on the 75th anniversary of the end of WWII. War amputee veteran Bob Gondek, vividly recalls serving alongside the Allied Forces with the 2nd Polish Corps during the Italian Campaign **Page 8 (The War Amps)**



- Community, Radio and Information during the Pandemic!
- CJNU still taking pledges until November 14th
- Pros Know Expos update **Page 9 (Trish and Rick of CJNU 93.7 FM Nostalgia Radio)**



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Scott Taylor  
Adrian Powell - Crosswords  
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Mark Watson

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Alzheimer Society  
Senaka Samarasinghe  
Trish & Rick - CJNU 93.7FM  
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# Former North Ender captures memories of the community in a book titled, “Together at Tobans, Winnipeg’s North End Kids in the 1950s”

“Having grown up in the North End and staying connected to the community, I had the pleasure to teach at St. John’s High School (1974-90) which gave me the “insight” to the “kids” of the North End with love and understanding to nurture the future generation(s) of the “children ” that share the “common ground” of the “North End.” - Bud Ulrich

“Together at Tobans” provided a wonderful experience for me to write a book that is dedicated to my wife Diane. Both of us grew up in the North End of Winnipeg at the tender age of ten. The reconnection with many neighbourhood friends from the 1950s, some who moved to other parts of Canada and the USA, has provided an incredible experience. The idea to produce this book started a couple of years ago, and with COVID19 requiring me to self-isolate on my return from Parksville, BC on March 17th,

I made the conscious effort to start writing. There are 37 chapters and 360 pages. A few famous sports names such as **Bill Mosienko**, **Aggie Kukulowicz**, and **Fred Shero** grew up in our neighbourhood.

The task of searching the whereabouts of several friends required many hours on the internet, phone calls, and correspondence. A long-time friend, **Joyce Ormshaw** (Hauser) agreed to edit my book as well as contribute some writing. We have conducted personal interviews, and prepared their stories. Others have contributed fascinating accounts of their childhood to where they are today.

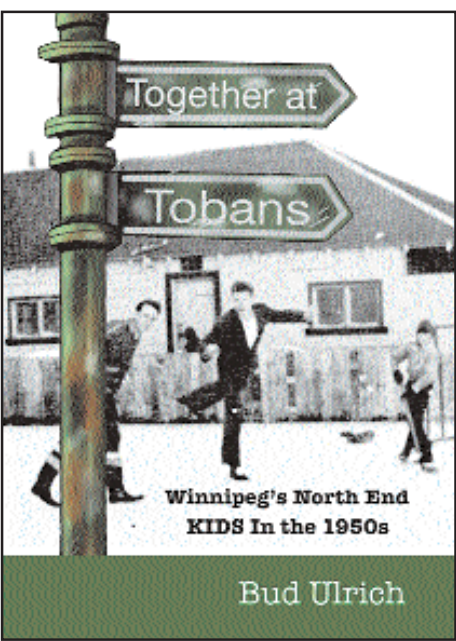
I was very fortunate to publish my first book, “Crushed Ice – In pursuit of a Canadian Professional Hockey League.” This was a venture that took place following the Winnipeg Jets departure from Winnipeg in 1996.

## INTRODUCTION to ‘Together at Tobans’ Where it all started

We were a bunch of rag-tag teenagers growing up in the 1950’s in the North End (north west) of Winnipeg, whose parents for the most part was trying to build a life in the post war era. It was a community lifestyle filled with the love and adventure mixed with the desire to have fun no matter how mischievous we became at times. Indeed, the memories will be with us forever.

The kids in the neighbourhood were a very close-knit group of friends. We were a happy lot enjoying the good things in life. It was very simple in those days, drugs weren’t on the scene, shootings and stabbings were limited to black and white movies at the theatres starring Roy Rogers & Dale Evans, The Lone Ranger & Tonto, Batman & Robin, Tom Mix, or Gene Autry & Smiley Burnette. But never the extreme violence of today.

Living in the north end of Winnipeg was truly a remarkable experience. Most of our time was spent at the local community club – Tobans. Skating every day during the winter months became a regular occurrence, with football, baseball, and muchka ball during the summer. Looking back on our neighbourhood gang, I have a feeling of despair knowing that many have passed. The memories will live on, and hopefully some words here will help keep that flame burning.



Author, Bud Ulrich

Moving to the north end had a great influence on my life, and upon reflection the many experiences I encountered as a young child are as vivid today as yesterday. This was an exciting time of my life, and the more I recall of those “good old days,” the more it brings back many smiles and great memories. Although, to many, the North End was viewed as living on the “wrong side of the tracks”, we never felt inferior, nor deprived in any way. Never once did we feel poor or neglected, even though many folks encountered hard times making ends meet. Kids from the North End were a wholesome, fun loving bunch, who wanted to enjoy life and all that it offered.

I really didn’t have any preconceived ideas of the differences in demographics when my parents moved from the West End of Winnipeg to the North End. The West End was perceived by many as more affluent, while the North End was made up of many immigrants (mostly Ukrainian, Polish, German, and Jews).

Continued on page 7

Advertising Feature



## WHAT’S A “POWER OF ATTORNEY”?

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

We often cannot take care of our own affairs as we age. We can give that authority to an “attorney” which here simply means a trusted person such as a spouse, an adult child, a sibling, a trusted friend or professional, or even an institution or organization such as a bank or trust company. By law, a regular *Power of Attorney* is no longer valid when the person who has signed it is no longer mentally competent. However, an *Enduring Power of*

*Attorney* avoids that situation by including a clause which says that it stays in effect even when the signatory does become mentally incompetent. This is important, because if a person becomes mentally incompetent, say from a stroke or Alzheimer's, then it is too late to do a *Power of Attorney*. Caregivers would have to go to court to get a “*committeeship*” at a cost of thousands of dollars. That gives the same powers as a *Power of Attorney*

by order of a court, whereas with the *Power of Attorney* all the person has to do is sign it in front of a qualified witness. A *Power of Attorney* is typically done at the same time as a will. 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. Thinking ahead and being prepared for the inevitable 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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(see advertisement on page 5)



# 'We dare not forget' especially in the age of Covid

By Roger Currie

I have been retired from preparing and delivering daily news on the radio for a few years now, and I now find that I dread listening to the news and watching it as much as the rest of you. The pandemic known as *Covid-19* has affected almost everything in our daily lives, and very little of the news is positive. However, a look back at *Seniors and Elders Month* turned up a remarkably positive story about a retired Winnipeg doctor who will be celebrating his 96th birthday on Remembrance Day. Dr. Douglas MacEwan lives in the Tuxedo area of Winnipeg. Since September he has been inviting people to take a daily one kilometre walk with him, and he invited donations. The goal when he started was to raise \$96,000 by November 11th. The money is to be split 4 ways, divided between the Winnipeg Symphony, the Royal Winnipeg Ballet, the Manitoba Opera, and the Royal Manitoba Theatre Centre. An anonymous benefactor has also pledged to contribute a minimum of \$50,000 and possibly a maximum of \$100,000. The money will be hugely appreciated by the arts organizations who have been forced to cancel almost all of their regular activity because of *Covid*.

MacEwan and his family moved here in 1966 when he was hired to work at the Health Sciences Centre, and he quickly fell in love with the performing arts that Winnipeg has to offer. In 1944 he was serving with the Royal Canadian Air Force in London and it was then that he saw his very first stage play at the age of 19. He told me it was an incredibly special memory.

"My buddy and I walked by a theatre that was presenting Shakespeare's *Richard III*. The star was Laurence Olivier whom neither of us had ever heard of. We were immediately hooked and we ended up seeing more than a dozen plays as well as some ballet performances before we were shipped home to Canada at the end of the war" he recalled.

After settling in Winnipeg 20 years later, Dr. MacEwan and his wife became enthusiastic supporters of all of our local arts groups. They established a foundation which continues to offer scholarships to students training at the Royal Winnipeg Ballet School. Several current and former students have joined him on his daily walks and have helped to spread the word. The daily exercise ensures that



Dr. Douglas MacEwan

Dr. MacEwan sleeps soundly at night but he worries about what the pandemic is doing to one of the greatest features of life in Manitoba.

*Covid* will also result in a very different Remembrance Day this year. Masks will be mandatory at all services and social distancing will dictate that numbers will be greatly reduced.

Among the Manitobans who have died after testing positive for *Covid* have been a handful of men who served in the uniform of Canada during World War Two. In the summer of 1981 I was blessed to form a very special friendship with Hugh Comack who served with the Queen's Own Cameron Highlanders during and after the war. Hugh was a 21 year old signalman on the beach at Dieppe on August 19, 1942. Several hundred Canadians were killed, wounded or taken prisoner on that darkest day ever for Canada's military. Comack gave me a most vivid description of the battle in what was likely the most dramatic interview that I ever recorded. His family told



Hugh Comack



Agnes Comack



WWII - Dieppe raid

me that it was far more than he had ever shared with any of them.

Hugh died in 2013 at the age of 93. His widow Agnes will soon be turning 100. She began her career as a registered nurse during WW2, and shortly after the war, she met Hugh Comack when he was treated at Winnipeg's Deer Lodge Veterans Hospital.

"Hugh lost so many close friends on that beach at Dieppe. I'm sure he suffered some of the same feel-

ings of 'guilt' as other survivors did" she says.

The war resulted in huge changes in the lives of an entire generation of Canadians.

Hopefully the pandemic will end reasonably soon.

**Roger Currie** is a Winnipeg writer and broadcaster, and a regular contributor to **Senior Scope**.



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## TAX and ESTATE PLANNING:

# Can I deduct home office expenses on my tax return?

- Treena Nault, CFP, RRC, Executive Financial Consultant

With the physical distancing measures in place due to the spread of the COVID-19 virus, many Canadians are now working from home. If working from home is new for you, you may be wondering whether there are any tax deductions you can claim. As well as which expenses would be eligible and what documentation would be required.

The Canada Revenue Agency (CRA) calls home office expenses "work-space-in-home-expenses". In this article, we'll provide an overview to help you navigate these work-space-in-home deductions.

## Employees

A limited number of employment expenses are available for deduction for salary employees. However, employees earning commission income have a bit more flexibility. In any case, there are several conditions that must be met before any of these expenses can be deducted.

## Conditions

Currently work-space-in-the-home expenses can only be deducted if **all the following** conditions are met:

- Your employer required you to pay for the expenses related to the workspace in your home used to carry out your employment duties. Employees cannot simply decide to work from home. The requirement to use a home office should be included in your contract of employment.
- Your employer did not reimburse you for the work-space-in-the-home expenses and will not reimburse you in the future.
- Your employer provided you with a completed Form T2200 Declaration of Conditions of Employment that is signed by the employer. This form summarizes the items that the employer requires the employee to pay out of pocket and any related reimbursements or allowances paid by the employer.
- One of the following conditions must also be met:
  - The workspace is where the employee performs the duties of his office or employment more than 50% of the time, or
  - The workspace is used **exclusively** to earn employment income and is used on a regular and continuous basis to meet with customers, clients or others in the course of performing employment duties. This effectively means that the home office space must be used only for work related business.

For employers who have had a substantial change in how their employees perform their work, it remains unclear as to whether the government will relax any of the above rules to make it easier for employees to claim work-space-in-home expenses in this unique environment.

## Eligible Expenses

- If the above conditions are met, employees can deduct the portion of their costs that relates to their workspace. This may include the cost of electricity, heating, maintenance, cleaning supplies and minor repairs.
- Only employees earning commission income who meet the conditions above can deduct property taxes and home insurance.
- Employees who rent can deduct the percentage of rent and maintenance costs related to their workspace. Employees cannot deduct mortgage interest nor capital cost allowance on their dwelling.
- All employees are required to complete Form T777, Statement of Employment Expenses section to claim these expenses when filing their personal income tax returns.

**Note:** please refer to the **Calculating Your Workspace** section below on how to calculate the percentage of home office expenses that are deductible.

The amount of expenses an employee can deduct is limited to the amount of employment income earned as a result of incurring those expenses. An employee cannot create a loss from claiming work-space-in-the-home expenses or apply these expenses against other sources of income. However, they can carry forward any unused expenses to be applied against employment income in the following year so long as the income is from the same employer.

If employees think they may qualify, they should consider approaching their employer to complete Form T2200. If the employee deducts work-space-in-home expenses they should maintain records of their home office expenses and keep a signed copy of the Form T2200 on file in case the CRA conducts a review of these expenses.

## Reimbursement

Some employers may offer to pay their employees a flat rate allowance for using their home office (for example a fixed amount per month).

This flat rate allowance would generally be taxable to the employee and deductible by the employer.

Employers may also consider reimbursing their employees for some specific home office expenses such as the cost of an extra monitor, a cell phone plan or software which are **exclusively** for the employee's work use.

Generally, an employee would have to submit an expense report to their employer with the supporting receipts to claim the reimbursement. Also, this reimbursement would not be taxable to the employee and would be deductible by the employer. If a specific expense incurred by the employee was reimbursed by the employer, the employee could not deduct this amount as an employment expense on their tax return.

## Self-Employed Individuals

Self-employed individuals have significantly more flexibility when claiming work-space-in-home expenses as compared to employees. They can deduct expenses for the business use of a workspace in their home, as long as they meet one of the following conditions:

- The workspace is their principal place of business, **or**
- The workspace is used only to earn business income and the space is used on a regular and ongoing basis to meet clients, customers, or patients.

Self-employed individuals can deduct a portion of all workspace related expenses available to employees earning commissions plus mortgage interest and capital cost allowance. Self-employed individuals who rent can deduct the percentage of rent and maintenance costs related to their workspace. Part 7 of Form T2125, Statement of Business Activities is filed with the personal tax return to claim these expenses. Records should be maintained along with supporting documents to support these expense claims.

Refer to the **Calculating Your Workspace** section below on how to calculate the percentage of home office expenses that are deductible.

Similar to employees, self-employed individuals cannot use their business-use-of-home expenses to increase or create a business loss. However, any excess business-use-of-home expenses which cannot be used in the current year can be carried forward and applied against future business income.

Continued on next page



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## PROVINCE PROTECTING MANITOBANS BY INCREASING ENFORCEMENT OF COVID-19 PUBLIC HEALTH ORDERS

The Manitoba government will invest \$2.5 million and grant public health enforcement powers to over 275 additional personnel to help protect Manitobans as COVID-19 cases continue to rise, Premier Brian Pallister announced Nov. 5th.

Some individuals just aren't listening," said Pallister.

Additional enforcement powers will be granted to provincial staff including motor carrier enforcement officers, fire safety inspectors and water resources officers, as well as empower bylaw officers, including municipally contracted officers, to help enforce the public health orders.

"At the start of the COVID-19 pandemic, we encouraged enforcement personnel to focus on educating the public. Now, we need to shift our efforts toward enforcement when necessary and start hitting the scofflaws where it hurts – in the wallet," said the premier.

More than 3,200 personnel across various enforcement agencies will be empowered to enforce public health orders including those previously empowered such as the RCMP, municipal police agencies, the Health Protection Unit, Manitoba Conservation and Climate, Workplace Safety and Health, and the Liquor, Gaming and Cannabis Authority.

In addition, the Manitoba government is enhancing its tip line. Manitobans can now report compliance and enforcement issues at [www.manitoba.ca/COVID19](http://www.manitoba.ca/COVID19) and complete the reporting form, or by calling **204-945-3744** or **1-866-626-4862** (toll-free) and pressing option '3' on the call menu.

Increased fines for breaching or failing to comply with public health or emergency orders are now **\$1,296** for individuals, up from \$486 and **\$5,000** for corporations, increased from \$2,542. ■

### Can I deduct home office expenses..... cont'd from page 4

#### Capital Cost Allowance Claims: Affect on Principal Residence Exemption

The capital gain and recapture rules will apply if the self-employed individual deducts capital cost allowance on the business use of their home and later sells their home. This may trigger unnecessary income taxes.

If capital cost allowance is not claimed on the workspace, it may be possible to shelter the entire capital gain of the property using the principal residence exemption if the following conditions are met:

- The owner otherwise meets the conditions to designate the property as their principal residence for all years of ownership.
- The business use of the home is ancillary to the main use of the property as a residence.
- There has been no structural change to the property to create a separate self-contained space.

As such, claiming capital cost allowance on the portion of the home used for business should be done only under professional advice.

#### Calculating Your Workspace

The rules are generally similar for both employees and self-employed

individuals when calculating the percentage of home expenses that are deductible.

To calculate the percentage of deductible expenses, a reasonable basis must be used, such as the area of the workspace divided by the total finished area (including hallways, bathrooms, kitchens, etc.). For maintenance costs, it may not be appropriate to use a percentage of these costs. For example, if the expenses paid (such as cleaning materials or paint) were to maintain a part of the house that was not used as a workspace, then none of these expenses are deductible. Alternatively, if the expenses were paid to maintain the workspace only, such as the cost of paint to be used exclusively for the home office, then the entire cost would be deductible.

#### A final note: Be mindful of reasonability

A red flag may be triggered for the CRA if they view the square footage of the workspace area as too high or unreasonable compared to the total finished area of the dwelling. As such, the CRA may deny or reduce the deduction for work-space-in-home expenses. Claiming a high percentage of the home as business use may also put the principal resi-

dence exemption in jeopardy as the property may be considered primarily for business or employment use instead of for personal use.

As you can see, the rules for claiming home offices expenses may be complex, so working with your IG Consultant and tax advisor can help you navigate these work-space-in-home deductions and determine how they may impact you and your family. ■

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Advertising Feature

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**Manitoba** 

Advertising Feature

# Caregiving - a Family Affair for Siblings in Brandon

- Alzheimer Society

When Sharyn Gusdal left her home in Winnipeg for Brandon in 2010, her intentions were to stay temporarily with her parents, Lavina and Orville Gusdal, in their Brandon home.

That temporary stay turned into nine years. During that time, Sharyn and her brothers cared for Lavina, who had dementia, and Orville, who passed away from medical issues in 2012.

“After Dad died, it was clear to my two brothers and me that we needed to find a way to keep Mom at home,” explains Sharyn. “She needed a lot of physical comforting and one-on-one interaction. Without it, she could not cope.”

Wanting to give their mother the best quality of life possible, the three siblings teamed up to make this happen. Sharyn stayed living with her mother, along with brother Curtis. She took care of her mother’s needs, while Curtis looked after the household jobs. Brother Bryan, who also lives in Brandon, provided additional support.

“I admit that what we did is not for everyone, especially if the person with dementia can settle well into a care home,” says Sharyn. “But Mom could not have done that. She was blind, and she had high anxiety, and she needed around-the-clock companionship. My brothers and I were able to arrange our lives so we could give her that.”

## Help from the Society

The Alzheimer Society helped them along the way, with meaningful support coming from the Westman Regional Office in Brandon. Lavina attended a support group, and Sharyn was impressed with how the regional manager was able to make her feel right at home. When her mother was no longer able to attend the



Lavina Gusdal

groups, the manager continued to meet with her one-on-one.

Sharyn also received help from the Society through a caregiver support group. “It was great being with people who understand.”

As their mother’s dementia progressed, the family received assistance for a while through Home Care. Later, they turned to Family Managed Care; it turned out to be a godsend, especially during the last three years when two caring agency staff members provided a consistent presence.

Lavina passed away last year at the age of 96. “I believe we gave Mom quality care and the companionship she needed for a good quality of life,” says Sharyn. “One of the reasons we were able to keep her at home was the help we received from the Alzheimer Society – it was a lifeline.” ■

See advertisement on front page.

# Still performing for local seniors during corona pandemic, virtually

For the past few years **Kim Hasselriis** has been visiting and performing at local senior centres and residences. He would play his harmonica but soon started collecting and reading jokes that he felt would be appropriate for his audience.

The organization he was most closely associated with was PRIME at Deer Lodge. He performed monthly for approx. ten years, except for a few winter months each year when he and his wife went south.

When the pandemic halted all visits to senior residences and

organizations Kim thought it would be fun to put a number of the jokes on **YouTube**. He is now in the middle of this project and has already uploaded several episodes. By early December he will have uploaded at least 37 episodes; each episode features 8 to 10 jokes and is 6 to 7 minutes in length.

Check out **Kim's Jokes for Sophisticated Seniors** in the **YouTube** program for some chuckles to lighten your day. ■

See page 5 for advertisement



# Together at Tobans... cont'd from page 2

Our neighbourhood consisted of many wartime houses that were part of a Federal government initiative being built in the late 1940s. Many war veterans moved in and began families. Needless to say, the North End produced many outstanding people, (in no particular order) Judges, Entertainers, Arts, Lawyers, Doctors, Sports, Teachers, Entrepreneurs, and just hard-working good family people. Some famous names include **Billy Mosienko** (NHL player with Chicago Blackhawks scoring 3 goals in 21 seconds, and the record still stands today), **Monty Hall**, **Aggie Kukolowicz**, **Fred Shero**, **Tracey Dahl**, **Ed Shreyer**, **Lloyd Axworthy**, **Gary Filmon**, and **Burton Cummings** to name a few.

Fortunately, I managed to contact a number of the “kids” from our neighbourhood in the North End of Winnipeg. Most of us are nearing eighty years of age and some are already there or beyond. Being able to connect with some of our old neighbourhood gang has been exciting and just a huge thrill to relive the experiences of our youth. With increased communication sources available to us, I have received several emails from those contributing to this book. In some cases, Joyce Ormshaw (Hauser) and I have met with the “old gang” and made notes of our discussions. We have taken the liberty to edit all submissions, but cautious to retain the facts and “flavour” of their messages. It’s hoped that all readers will enjoy Together at Tobans and all that it offers. It’s been a beautiful ride for us!

Winnipeg was deeply segregated, a city divided, the North End cut off from the rest of the city by the vast CPR yards and distinguished by its “foreign” character. A 1912 publication described the North End as “practically a district apart from the city,” adding that “those who located north of the tracks were not of a desirable character.” The largely Eastern European working-class residents of the North End were called “dumb hunkies,” “bohunks,” Polacks; antisemitism was rampant.

Much was extremely positive about the North End. Selkirk Avenue was a thriving commercial street with a dazzling variety of shops and stores whose

owners typically spoke several Eastern European languages. A rich and varied cultural life characterized the North End: newspapers published in many European languages; literary associations, drama societies, and sports clubs; a wide range of alternative schools; and according to one author, “a music teacher in every block in the North End to give the Jewish, Ukrainian, and Polish kids massive degrees of musical instruction weekly.” There was a thriving co-op sector, mutual aid societies, a labour temple, and radical politics of a bewildering variety of kinds.

Now that I’m in the so called “golden years” and having moved out of the North End in 1960 when Diane and I got married, I cherish those early years in the North End even more. Many folks say, “you can take the kid out of the North End, but you can’t take the North End out of the kid”, which is so true. Sadly, the North End as we knew it, has changed substantially.

## Here’s another North End story included in the book, as told by Jim Tarte...

Halfway up the block was a Chinese family, (sorry, I never knew their name), but the owner had a marvelous garden with the tastiest carrots (stolen carrots are always sweeter).

We would sneak into his garden and help ourselves. I met him years later and apologized for this theft, and all he did was laugh and said, “the joke was on us.” He planted a row of carrots as the last row of his garden by the back lane, and called it the “neighbourhood kids carrots.” He said, “it saved his garden from being trampled by the boys of the neighborhood.” He would sit on his back porch with the lights out and laugh at all the antics of the kids sneaking around on their stomachs trying to be quiet but making more noise than ever. ■

**For book orders, please contact:**  
**Bud Ulrich**  
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### Testimonial:

*“Bud Ulrich’s book truly captures a moment in time and a moment in history of our city of Winnipeg. For people who did not grow up in the North End of Winnipeg, we are transported into a most special time. Every chapter is so interesting that the reader feels a part of the story. This book is educational, interesting and brings back so many memories from that era which makes it a must read.”*

~ Susan Ann Thompson, BA, LLD, OM. Mayor of Winnipeg, 1992-1998

### Background (Bud Ulrich):

Bud Ulrich grew up in Winnipeg’s North End. He was the Marketing Instructor at St. John’s High School(1974-90).  
He took up officiating in 1961 after a successful minor and junior playing career.  
His refereeing has been recognized for his officiating ability by two provincial halls of fame – football and hockey. In football he refereed Grey Cup games and in hockey he worked from the minor to the international level including many seasons in the Western Canada Junior Hockey League.  
He is a graduate of the University of Manitoba in Education and Educational Administration, B.Ed., and the Canadian Institute of

Management. Bud was the Coordinator of a highly successful training program for women in non-traditional roles (welding and machining) at Winnipeg Technical College, in partnership with the Women’s Directorate, and Manitoba Education Training, and Youth. He was Executive Director of a Canadian Professional Hockey League (CPHL) utilizing his business and organizational and public relations capabilities. Bud was Head Referee in the Canadian Football League (CFL), working three Grey Cup games, and President of the Manitoba Football Officials Association. He was selected as Canada’s referee to officiate in the World Junior Hockey Championship in 1972.

Special thanks to Cynthia Trylinski, for contacting *Senior Scope* for a story on Bud Ulrich and his new book. Cynthia was a former student of Bud at St. John’s High School, graduating in 1982. Bud left a lasting impression on many students during his time there. “His students really connected with him,” says Cynthia.

“You can take the kid out of the North End, but you can’t take the North End out of the kid.”



Bud and his girlfriend Diane Sahaydak in 1954 at Assiniboine Park (City Park then), both at 14 years of age. They married at age 20 and had a wonderful 54 years of marriage together.



Long time friend of Bud – Joyce Ormshaw (Hauser) – helped with editing ‘Together at Tobans,’ and contributed with sourcing memories and writing as well.



L-R: Phil Lewis, Bud Ulrich, Rex Palmer - some of the ‘old gang’ of the North End.

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# Second World War Veteran Shares Story of Service, Loss of Limb

- The War Amps

On Remembrance Day this year, many Canadians will be reflecting on the 75th anniversary of the end of the Second World War. Among those will be war amputee veteran Bob Gondek, of Toronto, who also carries a physical reminder of that pivotal time in history.

At the age of 96, Bob can still vividly recall serving alongside the Allied Forces with the 2nd Polish Corps during the Italian Campaign. "We were climbing a hill, heavily laden with equipment carried by mules," says Bob. "Germans were above and could easily see us. Their machine gun fire pinned us to the ground. We had to deal with completely unknown terrain and extreme darkness. Finally, I found a soft spot where I could seek temporary shelter. In the morning, I realized I was laying on corpses, buried in shallow graves."

In 1944, Bob was based outside Loretto, Italy, when heavy gun fire broke out. "Without any order, I crawled up to them [the enemy] and threw a grenade," says Bob. "I acted instinctively." After a short period of silence, the enemy began firing mortars. "I remember an explosion and the smell of gunpowder," he says. "I then realized that my weapon was gone and, in the place where my hand held the machine gun, there was nothing – I had lost part of my left arm below the elbow. I felt like I was dying because my whole life flashed before my eyes."



Second World War veteran Bob Gondek.

Bob also had extensive injuries around his leg and hip and spent five months recovering in the hospital.

He was awarded the Virtuti Militari, the Polish equivalent of the Victoria Cross, for his valour in destroying two enemy machine gun nests. He

also received the Officer's Cross of the Order of Polonia Restitua from Poland, the Cross of Valour, Merit Cross, Second Corps Army Medal and Monte Cassino Commemorative Cross.

In 1954, Bob immigrated to Canada where he became a member of The War Amps, an Association originally started by amputee veterans returning from the First World War to help each other adapt to their new reality as amputees.

Bob has dedicated a lifetime of service to The War Amps, holding various positions within the Association. He also became an inspiration to other amputees, showing them that an amputation is not a barrier to living a full and active life. "You have to teach by example," says Bob. "I don't have an arm, but I enjoyed playing golf."

Over the years, Bob has helped educate the younger generation about the horrors of war by going to schools and giving speeches to students. For the last 50 years on Remembrance Day, he has also laid a wreath to honour his comrades.

"I'm grateful that I have been able to take part in these ceremonies. It's important to me that I pay tribute to my fellow veterans and all those who lost their lives," says Bob. ■

## Lest We Forget



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# Here we go... Again! Time to come together!

## Community, Radio and Information during the Pandemic!

This should not come as a surprise. We saw it happening around us and sooner or later the bravado acquired from Round 1 would catch up and it did. It always does.

This is now, officially the fourth time we've had to cancel the Pros Know Expos. We'll get over it, what we're concerned about is the folks out there, our listeners, members and fellow citizens who are struggling mightier than we are with this. This is life altering on so many levels and you don't even have to be sick for it to affect you.

We've tentatively reset the dates now into 2021, February 19th and 26th, both Fridays with details coming in our January article. In the meantime, people need help NOW and we know it more than ever. In the meanwhile, our Expos website, [prosknowexpos.ca](http://prosknowexpos.ca) is under a major update as we speak. We are updating, adding links, services, contact information and more 'Help' data on the site and will be keeping it up to date every couple of days.

For those of you who have been visiting and contacting these wonderful people and using the resources here, thank you. Please spread the news and let your family, friends, neighbours and associations know about it too. Also, we're looking to expand our reach and the information available to all. If you have a non-profit resource for older adults that should be considered for listing, please, please let us know. You can email us at [prosknowexpos@gmail.com](mailto:prosknowexpos@gmail.com) with your suggestions.

If you have a business suggestion and / or wish to become part of the PK Expos Family, it's the same idea



of CJNU 93.7FM Nostalgia Radio

and email. We have various Covid-Friendly advertising options to help get your messages to the masses including our website listings, **Senior Scope** newspaper ADs, **CJNU 93.7FM** radio spots and much more. The bottom line, we need to find new ways of helping each other. We need to do more with less, these challenges are real and we can meet them and succeed.

Connie Newman, Executive Director of the **Manitoba Association of Senior Centres** is our main Expos sponsor. With her guidance and help, we've already created the best collective help information site in the city and province and we're only getting better. The more quality information we have listed, the more we can help our neighbours.

To close, couple of things; Thanks to everyone who pledged during our drive. You all help set a new record at a time when this was not even on our radar because of Covid. You are all our angels. We're still taking pledges

until November 14th and we'll have the final tally shortly thereafter. Amazing.

In the meantime, please visit our vendor partners on the Expos website. Eyes, Ears, Moving, Snow Clearing, Financial Advisors, RBC Mortgage Advisors, Senior Real Estate Brokers, Tax Refunds, Mobility Products and more. These folks have all been vetted and are truly some of the best we have in our city to help you and yours.

Lastly, please help each other prevent social isolation. It's a killer as well. Mental Health is all our responsibility. Pick up the phone call your family, friends and those you feel could use some kind words. It costs us nothing to do it and the results, well money just can't buy it. Music, good music such as CJNU 93.7FM Nostalgia Radio is a wonder drug in itself.

Trish & Rick.

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September 16, 2020

# MANITOBA GOVERNMENT INVESTING IN NEW EMERGENCY MEDICAL SERVICES STATION IN SELKIRK

*New Facility to Support Responsive, Reliable and Sustainable EMS System: Friesen*

**\*\*SELKIRK**—A new emergency medical services (EMS) facility will be constructed in Selkirk as part of Manitoba's commitment to developing a flexible deployment model that ensures timely response to medical emergencies across the province, Health, Seniors and Active Living Minister Cameron Friesen announced here today.

"Manitoba is committed to ensuring high-quality emergency medical services are available to residents throughout our province," said Friesen. "The construction of a new EMS facility in Selkirk will assist in our efforts to build a more responsive, reliable and sustainable EMS system throughout the Interlake-Eastern Regional Health Authority."

The new EMS station will act as an operational home base for paramedics, who throughout their shift are repositioned using a globally recognized, flexible dispatch model that uses computer modelling and predictive deployment to ensure timely emergency response across the region. The new facility builds on the government's commitment to enact recommendations made in the 2013 EMS System Review.

"Paramedics, administrative staff, fellow health-care workers and residents throughout the Interlake-Eastern Regional Health Authority (IERHA) will all benefit from this new facility," said Ron Janzen, IERHA vice-president of corporate services and chief operating officer of Selkirk Regional Health Centre. "Work flow out of this station will be fundamentally enhanced to better support the delivery of emergency medical services regionally and provincially, and to better reflect the capabilities of paramedics and their quality of work."

The new 7,500-sq.-ft. facility in Selkirk, to be constructed on a green-field site adjacent to the for-

mer Selkirk hospital, will include a six-bay garage, offices, crew quarters and space for paramedic training.

The total investment in the new facility is \$4.2 million, the minister said, adding construction of the facility is expected to begin tomorrow by Three Way Builders, based out of Steinbach.

"From the moment an individual calls 911, emergency response services are mobilized to co-ordinate potentially life-saving response of medical services in a timely manner," said Louise Alaire, regional director of EMS, Shared Health. "Investing in a new EMS station in Selkirk will provide staff with a larger, modern facility with space for training exercises, further bolstering the service provided to Manitobans living throughout the Interlake-Eastern region."

Other recent investments and initiatives in emergency services provincewide include:

- purchasing 65 new ambulances, which will represent a refresh of approximately one-third of the province's overall fleet when delivered;
- reducing ambulance fees in the past four years by approximately 50 per cent to \$250, making emergency care more affordable and accessible;
- creating an additional 149.2 full-time equivalent (FTE) paramedic positions since 2016 including 35 FTE positions in the past year; and
- declaring paramedicine to be a self-regulated profession.

For more information on emergency medical services in Manitoba, visit:  
[www.gov.mb.ca/health/ems/index.html](http://www.gov.mb.ca/health/ems/index.html) and  
<https://sharedhealthmb.ca/services/emergency-response>

## SAFETY ALERT

### Flu – or CO poisoning?

That bad headache, dizziness, vomiting and nausea may not be the flu. It could be the first stages of carbon monoxide (CO) poisoning.

With the heating season in full swing, the risk of CO poisoning in your home may rise. CO is a colourless, odourless gas that is produced when wood and fossil fuels burn without enough oxygen. CO can build up due to a faulty appliance, a clogged chimney, inadequate venting, or the buildup of engine exhaust in a garage. It can also happen when fireplaces, wood stoves, kitchen and bathroom fans, clothes dryers, central vacuum systems and heating equipment all compete for air in your home.

Manitoba Hydro wants to keep you safe. Know the warning signs: stuffy, stale or smelly air, water condensation on windows, the smell of exhaust fumes, a back draft from the fireplace, or a pilot light that keeps going out. If you suspect CO poisoning, open all doors and windows and evacuate everyone from the house immediately. If you are experiencing health problems from suspected CO poisoning, seek medical attention – let the physician know what you suspect. Then call Manitoba Hydro at **1-888-624-9376** for an emergency inspection.

Houses today are more airtight and energy efficient, which is good. However, when houses were leaky, they vented more easily through cracks and openings. Homeowners must now incorporate other measures to ensure houses are properly vented, thereby reducing the risk of CO.

Keep CO out of your home by having your heating system inspected and maintained regularly by a licensed heating contractor. Ensure that external vents are secure and free of snow, insulation, leaves, lint and debris. If you have a wood burning fireplace or stove, make sure it has a fresh air intake duct.

Most of all, to help protect your family, make sure you have a working carbon monoxide alarm installed near bedrooms and on all levels of your home. If the alarm goes off, treat the alarm as an emergency and call Manitoba Hydro immediately. Never unplug it or remove its batteries because the alarm annoys you. You could put lives at risk, including your own.

For more information, visit [hydro.mb.ca](http://hydro.mb.ca).



Manitoba Hydro

Safety. It's in your hands.

## Sri Lankan Seniors -

# Personal Safety for Seniors

By Senaka Samarasinghe



Zoom session - top row (L-R): Senaka and Chandani Samarasinghe, Perera household, Gunawardana household; middle row (L-R): Chandra Subramaniam, Upali Dasanayake, Elia; bottom row (L-R): Felix Mendis (not shown), Mohamed Ismath.

Sri Lankan Seniors thought to conduct a session on the above area with an appropriate authority. We invited Constable Misan Odidison of the Winnipeg Police Service, Community Relation Unit. As it is necessary to adhere to Provincial COVID-19 health protocols, the event was conducted via Zoom on Oct 29th (THU) 2020.

The topic of the presentation was Personal Safety for Seniors. He covered very important areas such as pedestrian safety, vehicle safety, home safety and transit safety. Further, he took more than one hour presenting the Power Point Demonstration and allocated time for questions from our members. ■



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**Putting Life on Pause:** Unfortunately, due to COVID-19, most or many activities are put on hold. Some activities are resuming. You may inquire about volunteering, but be aware that these may be put on hold as well. There are some opportunities below that require minimal or no personal contact. Call the contacts for information.

**PLEASE NOTE THAT THERE MAY BE RESTRICTIONS IN YOUR AREA FOR GROUP GATHERINGS. PLEASE FOLLOW THE PUBLIC HEALTH ORDERS AND GUIDELINES SET BY THE CHIEF PROVINCIAL PUBLIC HEALTH OFFICER. STAY SAFE!**

Things To Do

WINNIPEG

More listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

MISC EVENTS

**Army, Navy & Air Force Anavets Assiniboia Unit #283** - The Friendly Club, 3584 Portage Ave. Nov. 13 - STILL FRIENDS  
Nov. 27 - DESTINY  
Dec. 4 - ROCKETS  
Dec. 18 - STILL FRIENDS  
Meat draw 6-8 pm, Bands 8-10 pm.  
Social Distancing - No dancing.  
Call 204-771-9653 or 204-837-6708 for confirmation.

**FOOD & BAKE SALES**

**Dufferin Senior Centre** - We now have perogies for sale. Our last day for making perogies is Dec. 16. Please put your orders in early. Info, Al: 204-771-3325

**St. George's Anglican-Transcona** - Drive-thru Christmas Bake Sale. Preorder your goodie trays and pickup Sat. Dec. 5, at the church, 321 Pandora Ave. W. Visit [www.stgeorgesanglicantranscona.ca](http://www.stgeorgesanglicantranscona.ca) or contact office, 204-222-1942, or email [stgeo321@gmail.com](mailto:stgeo321@gmail.com) for info.

**JOBS**

**The Board of the Gimli Film Festival (GFF)** - Hiring a Festival Manager. Are you passionate about film and the impact of GFF in the community of Gimli and across

Manitoba's filmmaking community, and are a successful manager with strong leadership skills? Details at <https://gimlifilm.com>. Please email resumes with subject line: 'Festival Manager job posting' by Nov. 13/20 to [jobs@gimlifilm.com](mailto:jobs@gimlifilm.com)

**CLOSURES due to COVID**

**Winnipeg Art Gallery** - Temporarily closed to the public, effective Mon. Nov. 2, 2020 until further notice to help prevent the spread of COVID-19. As directed by Provincial guidelines for retail, the **Gallery Shop** and **WAG@TheForks** will remain open, operating at reduced capacity. For the most current information, and an artistic diversion, please visit [wag.ca](http://wag.ca). Email questions to [communications@wag.ca](mailto:communications@wag.ca).

**SPORTS/FITNESS/GAMES**

**Lady Bowlers** - Fridays, 12:45 pm at Polo Park. For ladies of all ages. We bowl for fun. If you can't commit to every week come spare with us. \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning measures and social distancing being exercised, masks or face shields worn and minimal contact. Call/text 204-770-3903

**VOLUNTEERING**

**Winnipeg Lost Dog Alert (WLDA)** - Volunteers needed for: [Facebook](#)

**Administrators**, to monitor, receive and post info pertaining to lost dogs. Minimum commitment 6-8 hours/mo. along with computer and internet access.  
[board@winnipeglostdogalert.com](mailto:board@winnipeglostdogalert.com) or [president@winnipeglostdogalert.com](mailto:president@winnipeglostdogalert.com)

**Deer Lodge Centre** - 2109 Portage Ave. Volunteers needed. 204-831-2503 or visit [www.deerlodge.mb.ca/volunteers.html](http://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](mailto:jnybakken@aosupportservices.ca)

**Victoria Lifeline** - Melissa: 204-956-6773 or [msitter@victorialifeline.ca](mailto:msitter@victorialifeline.ca)

**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](mailto: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](mailto: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](http://www.mealswinnipeg.com)

**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](mailto:cliewicki@extendicare.com)

**PROGRAMS / SERVICES**

**Caregiving With Confidence is now a program of A & O: Support Services for Older Adults** - We are pleased to announce that Caregiving With Confidence is now an **A & O: Support Services for Older Adults** (A & O) run and operated program. Our primary focus continues to be providing supports for family caregivers of older adults. It is important to note that our programming will remain the same. Contact **Caregiving with Confidence: 204-452-9491** for more info.

**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](http://www.pal55plus.com), 204-946-0839 or [office@pal55plus.com](mailto:office@pal55plus.com)

**Dufferin Senior Centre** - Due to the cononavirus, the Centre is closed to all its activities until further notice. Sorry for the inconvenience. Info, Al: 204-771-3325

RURAL MANITOBA

MISC EVENTS

**Springfield Services to Seniors:** 204-444-3139

**Cooks Creek Community Centre** - Come Walk With Us! Starts Sept. 14, every Mon, Wed & Fri, 8:30-9:30 am, at Cooks Creek C.C. gym, 30026 Zora Rd. Cost \$2 with card, \$5 drop in. Bring running shoes, sports clothes, water bottle. Zoe: 204-444-2241 or [briathom@mymts.net](mailto:briathom@mymts.net). Call ahead, limited attendance in accordance with Covid-19 guidelines.

**Calendar** - Pickleball, Tuesdays and Thursdays, 10-noon, at Cooks Creek C.C., contact Dianne: [gardi@mymts.net](mailto:gardi@mymts.net); Floor Shuffle/Pickleball, Mon, Wed. Fri., 9-noon at Springfield Curling Club, contact Kyler: [kymurr@gmail.com](mailto:kymurr@gmail.com)

**PROGRAMS / SERVICES**

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

**Brandon - Prairie Oasis Senior Centre** - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. Info: 204-727-6641

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

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/ phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. [Arborg](#) and District Seniors Resource Council 376-3494; [Ashern](#) Living Independence for Elders 768-2187; [Brokenhead/Beausejour](#) Outreach for Seniors at 268-7300; [East Beaches Resource Center \(Victoria Beach\)](#) 756-6471; [Eriksdale Community Resource Council](#) 739-2697; [Fisher Branch](#) Seniors Resource Council 372-8703; [Gimli](#) Seniors Resource Council 642-7297; [Lundar](#) Community Resource Council 762-5378; [Riverton](#) & District Seniors Resource 378-2460; [St. Laurent](#) Senior Resource Council 646-2504; [Selkirk-Selkirk](#) & District Senior Resource Council Inc. 785-2737; [Stonewall](#) - South Interlake Seniors Resource Council 467-2719; [Springfield Services to Seniors](#) 444-3139; [Teulon](#) and District Seniors Resource Council 886-2570; [Two Rivers](#) Senior

Resource Council, [Lac du Bonnet](#) 345-1227, [Pinawa](#) 753-2962 or [Whitemouth/Reynolds](#) 348-4610 or [Winnipeg River](#) Resource Council 367-9128

**Montcalm Service to Seniors** - Joanne: 204-304-0551 or [jbarnabe@hotmail.ca](mailto:jbarnabe@hotmail.ca)

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


**Seine River Services for Seniors** - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: 204-424-5285.

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

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Submit PSAs by December 3 for December 10 issue.

**NOTE: If your 55+ non-profit organization has events, or fundraisers, virtual or otherwise, send your information to Senior Scope to be published in this section.**

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Submit PSAs by Dec. 3 for Dec. 10 issue.



Mark's Remarks

I don't fly down the basement steps anymore. I take them slowly and cautiously —and a bit painfully if I'm being honest—one at a time. Gone too, is my long confident stride on icy sidewalks. It left me some time ago, replaced with a flat footed, nervous shuffle. Sleeping hurts my back. I wake up stiff and sore each morning and it seems to take longer each day to loosen it up again. Arthritis has claimed its collective territory in my shoulders and knees and is gathering its forces in an expansion campaign even as I write this. If I drop something on the floor I need to want it back earnestly or I simply wave at it dismissively and move on. If it's food I call the dog and pretend the gesture is magnanimous. I watch my son negotiate stairs and icy sidewalks with careless, unappreciated ease and think that being old is a job for the young. In my heart, however, I am confident that the young couldn't handle it. It takes a lifetime of dedicated practice to master the art and stolid, gritty determination to endure it. I take great pride in this knowledge and within it I find comfort. I sincerely hope that you do as well. ■



# THE BUZZ



By Scott Taylor  
Photos courtesy  
Manitoba Sports  
Hall of Fame

## Kennedy, Saunders, Robson Lead Eight Individuals Into Manitoba Hall

**Jennifer Saunders** was the greatest female racquetball player in Canadian history. Paul Robson first played for the Winnipeg Blue Bombers and then helped build the club into a Grey Cup champion. Ed Werenich was one of the finest curlers in modern history. And Baxter Humby excelled in the martial arts despite having only one hand.

Not one of them has much in common with the other except for one thing. They are now all honored members of the Manitoba Sports Hall of Fame.

Recently, our provincial sports Hall of Fame announced the class of 2020. Among the group of inductees are eight individuals and one team mini-dynasty.

### The individual inductees are:

- Marilyn Fraser (Builder) - Athletics
- Baxter Humby (Athlete) - Muay Thai/Kickboxing
- Sheldon Kennedy (Athlete/Builder) - Hockey/Multi-Sport
- Ruth Klassen (Athlete) - Volleyball
- Ralph Lyndon (Athlete) - Multi-Sport
- Paul Robson (Builder) - Multi-Sport
- Jennifer Saunders (Athlete) - Racquetball
- Ed Werenich (Athlete) - Curling

### The team inductee is:

- 1996/1997 University of Manitoba Bisons (Team) - Basketball

Sadly, the Hall of Fame will not be playing host to its annual Induction Ceremonies this year. However, Rick Brownlee from the Hall has said that formal inductions for the 2020 class of honoured members will take place when COVID-19 conditions allow.

With the help of the Manitoba Sports Hall of Fame, let's meet the Class of 2020:

### INDIVIDUAL CATEGORY

#### Marilyn FRASER

Athletics/Builder:

Marilyn has been involved with running and athletics since the 1970s. A Board Member of the Manitoba Runners Association from 1974-1992, she served as President in her final year. A long-time track and field official who was awarded a 45-year volunteer pin from Athletics Canada, Fraser is a level 5 Umpire and Referee with high certification as a starter and in vertical jumps and throws. She is already a member of the Canadian Road race Hall



Jennifer Saunders



Marilyn Fraser



Baxter Humby



Sheldon Kennedy



Ruth Klassen

of Fame (1992) and the Manitoba Runners Hall of Fame (2006).

#### Baxter HUMBY

Muay Thai/Kickboxing/Athlete:

Baxter Humby is the first inductee from martial arts. Born in Gillam and raised in Winnipeg, Humby was also known as "the One-Armed Bandit" due to his missing right hand, which was amputated just below his elbow at birth when it became entangled with the umbilical cord. His interest in sports led him to take up running at age 11 and martial arts at 17. He ran for Canada at the Paralympics in Barcelona (1992) and Berlin (1994). He retired in 2012 as the only man on the planet to win two world titles in combative sports with one arm. In his amateur and professional career, he held 17 title belts.

#### Sheldon KENNEDY

Hockey/Multi-Sport/Athlete/Builder:

Born in Brandon and raised in Elkhorn, Kennedy spent eight years in the NHL. He won a Memorial Cup and a gold medal in the World Junior Hockey championships, but is likely best known for the fact he

made the courageous decision to charge his WHL coach with sexual assault for the abuse that he suffered as a teenager in Swift Current. His post-playing days have made such critical programs as *Respect in Sport* and *Safe Sport* the expected norm. He has transformed, not just hockey, but all Canadian sport through his *Respect in Sport* educational programs.

#### Ruth KLASSEN

Volleyball/Athlete:

Born in Winnipeg, Klassen dominated women's volleyball in Manitoba throughout the 1980s. She helped Manitoba win Canada Games gold in 1979 as a 16-year-old playing with and against athletes as old as 20. She also won gold and captured MVP honours at the 1983 Western Canada Summer Games, but it was her university career (from 1982-86) that was truly remarkable. She led the University of Winnipeg Wesmen to three consecutive national titles and was MVP in 1985. Klassen was a five-time All Canadian and set numerous UWinnipeg records.

#### Ralph LYNDON

Multi-Sport/Athlete:

This year's veteran selection certainly encompasses the term "all-around athlete." Lyndon enjoyed remarkable success in three different sports and is a member of a variety of Halls of Fame in each. In Hockey he played for the Winnipeg Monarchs winning titles at all levels and for the University of North Dakota which won the Frozen Four in 1959. In Lacrosse he was a key member of the 1954 and 1955 Manitoba All-Stars that lost the finals of the Minto Cup. In Football he led Daniel McIntyre to three provincial titles from 1950-52 and was part of the Winnipeg Rods championship squad in 1955.

#### Paul ROBSON

Multi-Sport/Builder:

Born in Winnipeg, the man they called "Mad Dog" played football at UND and then played centre and linebacker for the Winnipeg Blue Bombers from 1964-72. He then joined the Blue Bombers as Assistant GM (1974-83) and was GM (1984-86) when Winnipeg won the Grey

*Continued on next page*

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# Baseball with COVID in 2020

- Metro Hnytka



House league player



Winnipeg South Night Owls



Winnipeg South Bees



Winnipeg South Legends

Baseball in 2020 was a very different scenario with COVID-19. First, we have some players opt out of playing this year. Then, the social distancing and sterilizing the equipment meant a different game.

We survived it in good order as the playing field offered us great distancing. The only issues were at first base, and sometimes second

base, but we made extra allowances for these places.

We had a great group of players and even though we had some players abstain from playing, with South Winnipeg League we were able to offer spots to some players from other leagues that shut right down. Some of their players came to play with us and we welcomed them.

The A and B Teams played a shortened season at Buhler and Blumberg due to fewer teams. The night league lost one team but we made it work. All in all, it was a good year with some good baseball, good exercise, and good comradery that comes with the game. Nobody got sick and we had a good time.

We didn't have our banquet at

year end due to COVID-19 but I'm sure we will make up for it next year.

If you are planning to play baseball next year give us a call and we will gladly find you a place in our organization. Phone Mac (204-475-1900), Bob (204-261-3033), or Betty (204-997-8043).

Stay Healthy and See You Next Spring!

~ Metro

November 5, 2020

## New COVID-19 Testing Site Opens in Winnipeg at Red River College Beginning Nov. 6

A second community medical clinic will offer COVID-19 testing after hours as part of a partnership between the Manitoba government and Doctors Manitoba to expand testing capacity, Premier Brian Pallister announced.

"This additional testing clinic is another way the Manitoba government is taking immediate action to protect Manitobans and ensure timely access to testing, which is so critical to slow the spread of COVID-19," said Pallister.

The **Minor Illness and Injury Clinic** will be housing the new testing clinic, which will be a drive-thru

format in the parking lot of **Red River College's Notre Dame Campus** at 2055 Notre Dame Avenue in Winnipeg.

Testing will be available by appointment which will be available through an online booking system. For information on how to make an appointment with the Minor Illness and Injury Clinic site, visit the site, [www.gov.mb.ca/covid19/updates/testing.html](http://www.gov.mb.ca/covid19/updates/testing.html). A full list of testing sites in Manitoba is also available here.

The clinic will run COVID-19 testing Mondays through Fridays from 5:00 p.m. to 10:00 p.m. as well

as Saturdays and Sundays from 10:00 a.m. to 4:00 p.m.

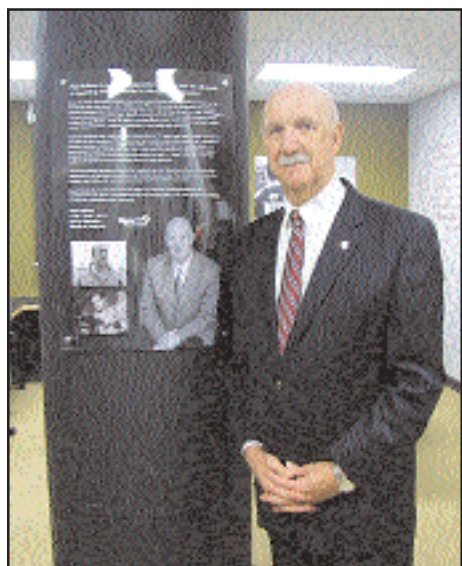
"As COVID-19 cases surge, getting a test easily and without delay will help to slow the spread," said Dr. Cory Baillie, president, Doctors Manitoba. "Opening up more testing options in medical clinics is one of the many ways physicians are stepping up to fight this pandemic. Doctors from across this province urge Manitobans to stay home if they are sick and get tested."

The Minor Illness and Injury Clinic joins Dakota Medical Centre as the second community clinic to offer testing.

"This is a time when we must all work together to do our part, and this is what Red River College does best – responding to the needs of our community," said Fred Meier, president and CEO, RRC.

The province was proud to recently collaborate with Red River College to develop a micro-credential training option to expand the pool of providers able to collect COVID-19 specimens (e.g. nasal swabs) for testing, the premier said, adding three additional program intakes were announced Oct. 23 for the high-demand program. ■

### THE BUZZ, cont'd from page 12



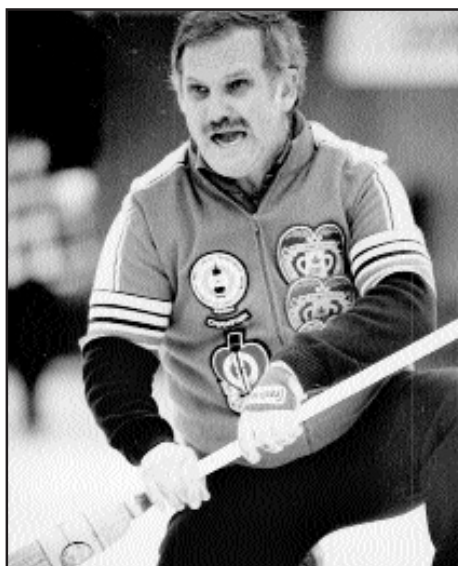
Paul Robson

Cup in 1984. In amateur sport he served as the first Chair of Sport Manitoba from 1996 until 2014 and helped build the Canada Games Sport for Life Centre at 145 Pacific. He still resides in Winnipeg and continues to volunteer.

#### Jennifer SAUNDERS

Racquetball/Athlete:

Born in Thompson, Saunders won a record 11 Canadian Women's Singles Championships, and 13 Canadian Women's Doubles Championships. Her combined 24



Ed Werenich

titles are also a record. At the World Championships she won 11 medals in Singles, Doubles and Team competition highlighted by silver medals in singles in 2002 and again in 2012. Internationally, Saunders competed for Canada on 29 occasions: eight World Championships, four Pan American Games, two World Games and 15 Pan American Championships.

#### Ed WERENICH

Curling/Athlete:

Born in Benito, MB, the man they called "The Wrench" curled in



1996 University of Manitoba Bisons

the Swan River area with his older brother Tony. After high school he moved to Toronto and competed in the Men's Ontario Provincial Final Tankard Playdowns 19 times and was on the winning team 10 times, six as skip. In his 10 appearances at the Brier he never had a losing record and amassed an impressive 82 and 33 win/loss record. He represented Canada at the World Championships on two occasions and won the World title both times.

#### TEAM CATEGORY

#### 1996 & 1997 University of Manitoba Bison Women's Basketball Teams

Coached by Coleen Dufresne (inducted in 2017 as a Builder), these Bison women's basketball teams won back to back national championships. The teams were known for their full-court pressure and tremendous character. They were inducted into the Manitoba Basketball Hall of Fame in 2011. ■





### November is Fall Prevention Month!

1 in 3 older adults 65+ fall every year. Let us help you develop a plan to reduce your risk. Call today and book a no-obligation consultation with a certified fall prevention specialist.

Contact us today:  
**(204) 956-6777** or  
[VictoriaLifeline.ca](http://VictoriaLifeline.ca)




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Call: **204-467-9000** **Senior Scope**



### Today's Recipe

Larry McCreesh

[www.PeakMarket.com](http://www.PeakMarket.com)

## Tuscany Chicken Breast

Metric	Ingredients:	Imperial
6	chicken breast, butterflied	6
1	red pepper, diced	1
1	yellow pepper, diced	1
1	green pepper, diced	1
50 ml	fontina cheese, chopped	1/4 cup
6	slices of prosciutto	6
125 ml	heavy cream	1/2 cup
50 ml	butter	1/4 cup
50 ml	olive oil	4 tbsps
-	salt & pepper to taste	-

In the middle of chicken breast, place peppers and cheese. Securely close chicken breast with string. Wrap with prosciutto.  
Heat oil in skillet. When hot, place chicken in pan and sear all sides.  
Place chicken in casserole dish. Bake in preheated 350 F (180 C) oven for 15 to 18 minutes.

In same skillet; place cream and butter. Heat through until sauce has thickened. Remove chicken from oven and let stand 5 minutes. Slice and serve with sauce over top.

**Serves 6**

### WORDSEARCH - Food

By Senior Scope

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

Almond	Cardamon	Egg cup	Ketchup	Pork	Snow	Trehala
Anise	Cheer	Eggs	Kettle	Pot lid	Soda	Truss
Apricot	Chef	Fire-irons	Ladle	Prove	Sour	Tub
Beer	Chow mein	Goblet	Melts	Quail	Stove	Tuna
Biffin	Clove	Grid	Mess	Quenelle	Sweets	Urn
Bin	Cob	Griller	Mild	Rare	Taffy	Whisk
Bombe	Dessert-spoon	Ham	Millet	Roast	Tart	
Bread	Dish	Horses	Mop	Round	Timer	
Bun	Dress	neck	Mug	Salt	Tin	
Cake	Duck	Hot	Peas	Saucepan	Trap	
Can		Jug	Pipe	Savoury	Tray	

### CROSSWORD - What A Month That Was!

By Adrian Powell

ACROSS

1 What to call a lady

5 Matterhorn, e.g.

8 The piper's son

11 Common inert gas

13 Ideal garden soil

15 Sign of constant use

16 Dictator's assistant?

17 Keyboard stars

19 UK privies, forshort

21 Wide of the mark

22 Shorebirds with upcurved bills

25 Month Karol Wojtyla became John Paul II (1978)

28 How a rattlesnake will strike you

30 Wind instrument?

31 Hen's creation

32 Road Runner sound

33 \_\_\_ off (repels).

34 Month that John wed Jackie (1953)

37 Snouted Amazon beast

40 Parking meter's location

41 Relaxing resort attraction

44 Similar

46 San Jose native

48 Month that Elvis was born (1935)

50 Tidal wave

51 Bother persistently

53 Cherub's instrument

54 Shielded from harm

57 Spherical

60 Measuring gizmo

61 Aardvark

62 1945 WWII conference site

63 Wee small hour

64 Virus component

DOWN

1 Advanced degrees in history, say

2 Camey of "The Honeymooners"

3 Everlasting

4 Where Princess Grace once lived

5 Birmingham's state (abbr.)

6 Come in last

7 Walk a beat

8 Anti-nuke agreement

9 Acom's source

10 \_\_\_ Butterworth's of pancakes

12 Month the Russian

14 Clemency

15 Gain the support of

18 Chinese zodiac animal

20 S. African veranda

22 Wpg's Portage, e.g.

23 Peas or carrots, slangily

24 Chickadee food

26 Place to join the line

27 Home, briefly

29 Plan details, briefly

33 Month Mandela got out of jail (1990)

34 Winding, like many a mountain road

35 "Heinz 57" pooch

36 Audacious

37 \_\_\_ Mahal

38 Letters before your stage name

39 Simple type of camera

41 Shoulder blade

42 Popular nonstick spray

43 Darth Vader, as a boy

45 Open an egg

46 Pearl producer

47 Tiny bit of progress

49 "\_\_\_ you crazy?"

52 Beheld

54 Really in favour of

55 Do the 200 metres

56 Trial evidence, often

58 Large, unknown no. in a series

59 Indian split lentil concoction

SOLUTION ON NEXT PAGE

### FACEBOOK FINDS

I hate telling people I'm a taxidermist.

When they ask me what I do, I say, "Ya know, stuff.""




### FACEBOOK FINDS



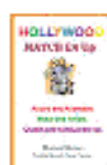
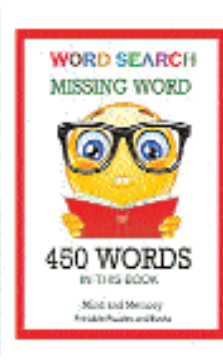
I have a pencil that was owned by William Shakespeare.




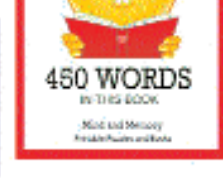



However, he chewed it a lot and now I cannot tell if it is a 2B or not 2B.

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We strive to provide the support and resources you need to live as you wish. For some, this means living as you always have. For others, living as you've always wanted. In order to create an atmosphere of rich, healthy living, we've worked to create beautifully designed, meticulously managed communities staffed by the highest caliber senior living professionals. From exceptional dining experiences to meaningful social activities and diverse healthcare services, Brightwater communities represent the utmost in thoughtful senior living.



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