

In 1969, there were three music festivals that changed the trajectory of the world's music scene. On September 13, one month after Woodstock, a couple of months before Altamont "The Toronto Rock 'n' Revival" concert brought together some of the greatest and well-known names in the history of music: Chuck Berry, Little Richard, Jerry Lee Lewis, Bo Diddley, Gene Vincent and headlining the event was the Doors, who's lead singer Jim Morrison only a few weeks prior spent a night in a Florida jail cell for exposing himself on stage. remarkable behind-the-scenes look at how this virtually unknown event changed the trajectory of music history forever. Somehow with odds heavily stacked against him, a young concert promoter named John Brower assembled one of the most insane rock events ever to be witnessed. The one-day event was later coined in rock mythology the second most

RON CHAPMAN

Recently, director Ron Chapman completed the documentary, "Revival69: The Concert That Rocked the World" which is a

Continued on page 2

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Jerry Lee Lewis

important event in the history of rock music, which almost didn't happen.

Through exclusive conversations with iconic musicians like Alice Cooper, Robbie Kreiger (The Doors), Alan White (Yes), Geddy Lee (Rush), Danny Seraphine (Chicago) and Klaus Voorman (Manfred Mann, The Beatles), and over 60 minutes of incredible archival footage and audio tapes, the documentary immerses the viewer in the craziness leading up to the festival which included a biker gang, numerous threats of cancellation, a mid-flight band rehearsal and the unparalleled luck that culminated in John Lennon shedding the mantle of the Beatles and nervously taking the stage with Yoko Ono, Eric Clapton, Klaus Voormann and Alan White creating an unforgettable happening that triggered Lennon's decision to the leave the Beatles forever.

WEEKS BEFORE THE CONCERT

Rewind. It's a few weeks before the concert....With almost non-existent ticket sales for the Revival, the show was almost cancelled until

Brower had an apohnia. He decided to reach out to John Lennon. It was a long shot but Brower had no other choice if he wanted tickets to sell. In a last-minute plea, he reached out to Lennon's people. The Beatle accepted the offer.

LONDON, ENGLAND

Anthony Fawcett, who worked for Lennon and Ono's Bag Productions, recounted being the middle man between Lennon and Brower. As luck would have it, Ritchie Yorke, a critic for The Globe & Mail, was in the Apple officein London for an interview with George Harrison when Brower called and asked Fawcett if Lennon was available to perform. While Brower waited with bated breath for an answer Yorke encouraged Lennon to perform in Toronto. Lennon would ultimately agree.

Lennon reportedly was nervous about performing at the Toronto concert. Apparently the day of the event he tried to back out. Fans in Toronto didn't believe he would appear, and it wasn't until Lennon and Yoko Ono boarded a flight and Movie poster

M BY RON CHAPMAN

were escorted to the stadium by the Vagabonds Motorcycle Club that all the tickets sold out. Eric Clampton, coming on board for the concert, sealed the deal for Lennon who'd started getting cold feet.

Canada

JET 707 & THE PLASTIC ONO BAND

When the Plastic Ono Band finally boarded the 707 jet for Toronto, Fawcett and Voormann remember how the group used their time to draw up the playlist and rehearse songs they'd never played together before as a group.

THE SHOW

One of the most electric performances caught on film was Little Richard. Making a dramatic entrance under a single spotlight wearing a shirt covered in tiny mirrors, Richard commanded the attention of his audience with his over-the-top stage show as he barrelled through his classics. Beautifully filmed by Academy Award[®]-nominated director D.A. Pennebaker (Don't Look Back, Monterey Continued on next page

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



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Rock History, cont'd from page 2



Little Richard

Pop), this concert film not only captured the raw energy of Richard's explosive performance but the adoration of a young crowd looking to cut loose with one of rock 'n' roll's greats still in his prime.

Alice Cooper delivered an insane career-making performance which was completely unhinged. Claudja Barry, famous for her "Boogie Woogie Dancin' Shoes" hit, shares with the viewers that she found Cooper "scary, like watching an axe murderer in a movie." She recalls his gig like it were yesterday. After sending feathers from a pillow aloft from the stage, Cooper was handed a live chicken which he proceeded to throw into the audience. The next day a newspaper reported Cooper had bitten off the chicken's head, cementing his reputation as a devilworshipping rocker. Cooper has been laughing all the way to the bank ever since.

Some of the documentary's funniest moments come with Chuck Berry's duckwalking appearance and his backing by guitarist Hughie Leggat and drummer Danny Taylor, of the local band Nucleus. As the Toronto musicians explain, they were recruited to back Berry at the last minute and had zero rehearsal time. Taylor Alice Cooper

reminisces: "We had absolutely no clue what was going to happen from one song to the next—it was crazy." Afterwards, Berry took his erstwhile backing musicians for burgers, across the street at a local Harvey's.

REVIVAL69 climaxes with Lennon and the Plastic Ono Band taking to the stage. Something remarkable happens at that moment, in keeping and White opened with "*Blue Suede Shoes*" and debuted new songs like "*Cold Turkey*" and "*Give Peace a Chance*," Geddy Lee (Rush) recalls his reaction, "It was a kind of awe," says Lee, "the light shining from John Lennon left you with your jaw-dropping. He was a Beatle and that had an aura about it."

Peter Goddard and Ritchie Yorke

General Did the Rock 'n' Roll Revival really happen? Was John Lennon really here last night? It was so under the radar, almost a non-event, until all of a sudden it was the biggest thing in the world.

with the historic nature of the group's first public performance, Sunset Strip Svengali and certified madman Kim Fowley, one of the concert's MCs, asks the audience to flash their lighters, creating a sea of flickering stars in the dark and launching a concert-going phenomenon that continues today with cell phones.

As Lennon, Ono, Clapton, Voormann

(mentioned above), two Canadian rock critics who both attended the Revival, each reflected on its significance years later. Goddard wrote that the Revival was "one of those remarkable moments in the history of a particular art form when many of the major players were together, met, talked and, in some cases, collaborated." He added: "It was a real-



time version of a time capsule."

Yorke saw the Revival as a watershed moment for the world's most famous musician. A week after the festival, Lennon told the Beatles he was done. The biggest band in the world was breaking up.

Forged with rare, recently discovered behind-the-scenes Super 8 verité footage, and including neverbefore-seen 16mm film of the concert shot by D.A. Pennebaker and his crew, **REVIVAL69: The Concert That Rocked the World**, is an exhilarating VIP ride into a pivotal moment in music history, told through the eyes of those who were there: the musicians, the mavericks behind the scenes, and all who witnessed history in the making.

Miraculously, Brower had pulled it off—much to his own disbelief. "Did the Rock 'n' Roll Revival really happen?' he asks at one point in the documentary, sounding as if the whole thing was a dream. "Was John Lennon really here last night?" It was so under the radar, almost a non-event, until all of a sudden it was the biggest thing in the world."

The documentary will be playing on Crave in February 2023.





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Advertising Feature January - Alzheimer's Awareness Month **Alzheimer Society of Manitoba**

This January, during **Alzheimer's** Awareness Month, the Alzheimer Society is creating awareness about the many resources available to help support families as they face the challenges of living with dementia.

Currently, there are more than 18,400 Manitobans living with dementia today, a number expected to reach 39,100 by 2050. With the Alzheimer Society's First Link® program, people living with dementia and their families can connect with The Society continues to enhance support for families impacted by dementia and meet their needs early in, and throughout, their journey.

'After getting a diagnosis, the doctor referred me to the Alzheimer Society through their First Link® program. I received a call from one of their staff members who had great information to help guide me through my next steps, she was so gentle and understanding," says Jabbar Savmari, a client of the **Alzheimer** Society.

He notes that his journey through getting diagnosed and living with the disease was initially tough but wanted to remind people that he was still Jabbar at his core.

"I had many fears and emotions after hearing I had dementia. I was scared to tell people about it because I was nervous about what they might think. I want people to understand that I'm still Jabbar, this disease doesn't change who I am."

On our website at **Alzheimer.mb.ca**, you'll find easy access to a variety of dementia to be more informed about

I had many fears and emotions after hearing I had dementia. I was scared to tell people about it because I was nervous about what they might think. I want people to understand that I'm still Jabbar, this disease doesn't change who I am.

~ Jabbar Savmari

the disease, such as educational materials and a variety programs and support groups, both offered virtually and in-person, to find community with those who are walking down a similar path as you and more.

"I carry a **card** [that I got from the Alzheimer Society website] that says, "I have dementia. Your help and understanding is appreciated. Thank you." It helps when I'm lost and need directions. I always have the address of where I'm going, along with my home address. The bus drivers are always willing to help," says Savmari.

Calvin J. Friesen

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Jabbar want to remind everyone this January that you are not alone in your dementia journey. "So many people have dementia around the whole world. My church community and the Alzheimer Society have become my family. I'm not alone because they support me and the Society can help support and guide you too.'

Take the first step and reach out today. We have caring and knowledgeable staff who are ready to listen and help you navigate this new season in your life.

- Here are some ways to connect:
- Call us at **204-943-6622**
- or 1-800-378-669
- Visit Alzheimer.mb.ca
- Follow the Alzheimer Society throughout January on Facebook, Instagram, Twitter and LinkedIn to hear stories of Manitobans impacted by dementia as well as up-todate news on our programming.



Some excerpts of The Virus Diaries and Other Stories... (See ad on front page)

THE SCOOTER

Have you ever noticed that there's sometimes a difference between reality and perceived reality? We're rippin' down the road passing everything on two legs. I've got wind in my hair and "Born to be Wild" playing in my head. There's 75 cubic centimetres of raw power snarling under me and a big load of Momma hanging on behind. There's a brand new tattoo on my arm that was supposed to say 'Bad Grandpa,' but the guy couldn't spell so it sort of says 'Sad Grumper,' but what the heck, who cares, because we are CRUISING!

KOH LANTA, THAILAND

And that's how we arrived at the resort. On foot. With a backpack, a front pack, a belly pack, a camera pack, a beach mat, snorkel, diving mask, flippers, a laptop, eight notebooks and a left sandal soggy with vomit, a parting gift from party boy. We saddled up with all that stuff and headed down that long dusty trail in the hottest part of the day, past a steaming heap of garbage, fourteen cats, a dog with mange and a monkey abusing himself in a tree. I stumbled and weaved along panting and surrounded by flies, Bea moved grimly ahead of me cursing that driver with diligent and grim enthusiasm. By the time we made it to reception, we looked like a couple of the last survivors of the Bataan Death March. Except not as frisky.

TRAVELLING IN CUBA ON THE HERSHEY TRAIN

The engineer pulled the power selector back to dead slow and got out of his seat to look at the rails creeping by under the locomotive. One rail actually, the one on the right was under water and the car was taking on a definite list to port. "Ain't gonna' ride this train no more, no more. Ain't going to ride this train no more," started playing through my head. And then the rail reappeared and our man at the controls sat back down, lit another smoke and looked back to make sure the rest of the train was still attached, then powered us back up and piloted us through the last of Havana and out into the open Cuban countryside. By the rest of the train I mean the other car. I'm pretty sure we'd have noticed if we'd lost 50% of our rolling stock.

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Being a Manitoba Senior Today - We can do it! By Rennie Bodi

I'm a young senior and, most likely I am like you, I'm totally immersed in finding the best path to a safe, healthy, happy life.

We can do it.

Staying healthy is vital to enjoying our senior years, and despite the government's total mishandling of our special health needs, before, during and probably after the pandemic, we need to stay on top of things.

We can do it.

If need be, get in touch with your member of the legislature, city council or municipal leader and voice your opinion. Ask questions, follow-up with them and seek help when you need it.

We can do it.

Let's not delay in requesting help, whether emotional, spiritual, physical or whatever you need. Talk to friends and family about your life, and let them be your voice and support. We all want to help each other in whatever way we can.

We can do it.

We can be the 'lost' segment in today's society, because some feel we are 'on our way out', past our 'sell by date', 'too far gone' to be helped.

Well fudge! No way! We were there to fight the war, build the bridges, grow the agricultural community, advance medical technologies and raise the future through our children. We can do it.

Pharmacists Support Manitobans to Quit Smoking

Pharmacists Manitoba launched a Social Impact Bond with the Government of Manitoba in April 2022 referred to as "Quit Smoking With Your Manitoba Pharmacist." This initiative is also supported by Canada Life and ClaimSecure. The goal of the social impact bond is to help 4500 Manitobans become smoke free by March 31, 2025.

"With 2023 around the corner, we are encouraging those who have set 'quitting smoking' as their new years' resolution to take advantage of this initiative" says Tanjit Nagra, CEO, Pharmacists Manitoba.

Individuals eligible for this program must be 18 years of age or older, be a Manitoba resident with a valid Manitoba Health card, and consent to participate in the program. Through the program, indi-viduals will receive up to a \$100 subsidy towards smoking cessation products. The service will be delivered through an initial one-hour

creativeretirement

assessment, up to nine follow up counselling sessions, and prescribed first-line smoking cessation pharmacotherapy.

Quitting smoking is not an easy task, but we hope that with the help of a pharmacist and resources made available through this initiative, interested participants will feel motivated and supported every step of

the way" says Nagra. There are 200 participating pharmacies across Manitoba, throughout all health regions.

Interested individuals can visit www.quitsmokingmb.ca and find a participating pharmacy near them

to book an initial appointment. Smoking cessation services are also available in additional languages at various pharmacies across the province. A full of available languages and where these additional language services are being offered can be found at

www.quitsmokingmb.ca/languages.

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Connie Newman receives the Queen Elizabeth II Platinum Jubilee Medal (Manitoba)

Queen Elizabeth II Platinum Jubilee award ceremonies were being held throughout the Platinum Jubilee year (2022) starting on February 6th to honour individuals for their contributions for the betterment of their communities and the province.

The Queen Elizabeth II Platinum Jubilee Medal is Manitoba's tribute to Her Majesty for 70 years of service to Canada.

Last December, Connie Newman was one of the recipients of this medal for her work with, and her compassion for, the senior community in Manitoba.

As she received her medal, she was introduced as, "Connie Newman A fierce and dedicated seniors² advocate who has worked for many years to improve the lives of elderly people in Manitoba."

Connie's modest response to receiving this high honour is, "As a consultant for the Manitoba Association of Senior Communities, the award acknowledges their support to our consultant team of 7 as we connect with older adult communities across the Province. We are a team!"



Caption: L-R: Cliff Cullen - Deputy Premier, Connie Newman, Anita Neville - Lieutenant Governor, Adrien Sala - MLA St. James





Connie in true Royal fashion.

The medal is suspended from a ribbon using a new arrangement of the blue, red and white colours displayed on previous medals issued in 1953, 1977, 2002 and 2012. Recipients also receive a certificate.

CONGRATULATIONS CONNIE (and to the MASC team)!

Connie, you go over and above to help Manitoba senior citizens, whether on the job, or with family members or friends. Well done!



Jubilee Medal

Advertising Feature Sleep and Aging

As you've aged, chances are you aren't sleeping like you did as a teenager. In fact, you might not be getting even close to the expert-recommended 7 to 9 hours per night. If a "good night's rest" is a distant memory, we've got some tips and tricks that can be helpful in getting you the sleep you need.

A change in sleep patterns is a normal part of aging, including getting tired earlier, waking up earlier, and not experiencing an extremely deep sleep. However, a disturbed sleep-wake schedule, such as taking a long time to fall asleep, waking up frequently in the night, waking up exhausted, and feeling tired during the day, doesn't necessarily have to be a part of your aging journey. Often, these sleep disturbances can be caused by medical conditions, medication side-effects, stress, decreased physical activity, and poor sleep habits.

Why does getting solid shut-eye matter? A good night's sleep can help with concentration, memory, mood, and overall wellness. With that in

mind, here are some healthy bedtime habits that can help improve both the quality of your sleep and the quality of your waking hours:

Survey Your Environment

According to sleep researchers, an ideal environment for sleeping better is a cool, dark, and quiet bedroom. If your room leaves you hot and sweaty, try lowering the thermostat by a degree or two, if your room is bathed in light all night, an eye mask or blackout curtains can help, and if you're constantly being woken by startling noises, using a white noise machine or earplugs to dull unexpected sounds. As well, a good sleep can be enhanced by the comfort of your mattress, the softness and breathability of your sheets, and the support of your pillow.

Be Consistent

Creating a consistent evening routine that has you going to bed and rising at the same time may help regulate your body rhythms. As well,



incorporating relaxing, soothing bedtime rituals, such as meditative breathing techniques, practicing mindfulness by journaling, listening to calming music, or taking a warm bath, can help quiet your mind and ready you for sleep.

Weigh Your Diet

What and when you eat, and drink can affect your sleep patterns. Eating vour dinner at least 3 hours before



Get A Move On

Being active can help by releasing the chemicals in your body that facilitate a restful sleep. Whether you head outdoors for a fresh air walk or choose to do some movement in your home, it's important to remember that you'll want to do that activity at least three hours before going to bed, giving your core temperature time to lower and your body to cool down.

Keep Your Bed for Sleeping

Use your bedroom only as a sleep zone, which means no working, eating, watching TV, or using your computer on or in your bed - in your mind, reserving your bedroom as a place of rest can be helpful in making it so. As well, once you've gone to bed, if you find that after 20 minutes of trying you still can't fall asleep, leave the room, do a quiet, non-stimulating activity such as reading, and only return when you are sleepy.



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Consult Your Doctor

If you have a health condition such as severe arthritis, sleep apnea, or chronic pain, getting treated may help you sleep better. It's also important to remember that certain medications can interfere with your sleep, so be sure to ask your doctor about side-effects of anything you might be taking.

As you can see, with a few small adjustments to your lifestyle and sleep environment, enjoying better quality sleep isn't just a dream...it can be your reality.

Speaking of dreams, click here to discover a wide range of nutritionally beneficial and delicious meals that can be delivered right to your door!



Manitoba Association of Senior Communities

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Dakota Community Centre 1188 Dakota Street / 204-254-1010 ext. 217 melissal@dakotacc.com / www.dakotacc.com

Dufferin Senior Citizens Inc. 377 Dufferin Avenue / 204-986-2608

Elmwood East Kildonan Active Living Centre 180 Poplar Avenue / 204-669-0750 healthrelations@chalmersrenewal.org https://chalmersrenewal.org/

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Transcona Council for Seniors 845 Regent Ave / 204- 222-9879 tcs@mymts.net / www.transconaseniors.ca

Transcona Retired Citizens Org. 328 Whittier Ave. West 204-222-8473 / trco328@shaw.ca

Vital Seniors 3 St Vital Road / 204-253-0555 stmary@mymts.net / www.stmarymagdelenewpg.org

Winnipeg Chinese Senior Association 204-291-7798 / wcsa.wpg@hotmail.com www.winnipegchineseseniors.ca

BEYOND WINNIPEG

BEAUSEJOUR Beau-head Senior Centre 645 Park Avenue 204-268-2444 / beauhead@mymts.net

BRANDON Brandon Seniors for Seniors Co-op Inc. 311 Park Avenue E / 204-571-2050 reception@brandons4s.ca www.brandons4s.ca

CARMAN Carman Active Living Centre 47 Kings Park Road / 204-745-2356 www.activelivingcentrecarman.ca

CRANBERRY PORTAGE

Jubilee Recreation of Cranberry Portage Legion Hall 217 2nd Ave. SE / 204-472-3031

CRYSTAL CITY Crystal City & District Friendship Club Inc. 117 Broadway St. / 431-867-0122

DAUPHIN Dauphin Active Living Centre Inc. 55 1st Avenue SE

204-638-6485 / www.dauphinseniors.com ERICKSON

Comfort Drop In Centre 31 Main Street 204-636-7895 / areas@mymts.net

FLIN FLON Flin Flon Seniors 2 North Avenue / 204-687-7301

GILBERT PLAINS

Gilbert Plains and District Community Resource Council Inc. PO Box 567 / 204-548 4131 / gpdcrc@mymts.net www.gpdcrc-newhorizons.wix.com/gpdcrc

GIMLI

Gimli New Horizons 55+ Centre 17 North Colonization Road 204-642-7909 / gimli55@mts.net www.gimlinewhorizons.com

GRAND MARAIS

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

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

HAMIOTA

Hamiota 55+ Centre & Restore Community Co-op Inc. 44 Maple Avenue / 204-764-2658

KILLARNEY

Killarney Service for Seniors 203 South Railway / 204-523-7115 seniorservice@killarney.ca

LA BROQUERIE

Seine River Services for Seniors Inc./ Services Rivière Seine pour aînés Inc. 93 Principale Street labseinerss@gmail.com / 204-424-5285

MANITOU

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

MINNEDOSA

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

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

mordenactivitycentre@gmail.com www.mordenseniors.ca NEEPAWA

Neepawa Drop In Centre 310 Davidson Street / 204-476-5103 www.neepawa.ca/district-drop-in-center

PILOT MOUND

Pilot Mound Fellowship Centre 203 Broadway Avenue / 204-825-2436

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

PORTAGE LA PRAIRIE

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

Portage Service for Seniors 40A Royal Road N. / 204-239-6312 https://portageservicefors.wixsite.com/psfs

RIVERTON Riverton Seniors Activity Centre 12 Main Street / 204-378-2800 rdfc@mymts.net / www.rivertonfc.com

SANDY LAKE Sandy Lake Drop In Centre 100 Main St. / 204-585-2411

Municipality of Harrison Park -Age Friendly Initiative Committee 204-585-5310

SELKIRK

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

SNOW LAKE

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

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

STONEWALL

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

SWAN RIVER

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

THE PAS The Pas Golden Agers 324 Ross Avenue

204-623-3663 / djdlake@mymts.net THOMPSON

Thompson Seniors Community Resource Council Inc. 4 Nelson Rd. / 204-677-0987

thompsonseniors55@gmail.com TREHERNE

Treherne Friendship Centre 190 Broadway St

204-723-2559 / jstate1066@gmail.com VICTORIA BEACH

East Beaches Social Scene 3 Ateah Road / 204-756-6468 ebssinc1@mts.net https://www.ebseniorscene.ca

East Beaches Resource Centre Traverse Bay / 204-756-6471 ebresourcec@mymts.net www.ebresourcec.weebly.com

102-650 South Railway Avenue

Stay Active -

www.winklerseniorcentre.com

WINKLER Winkler & District MP Senior Centre

204-325-8964 / office@winklerseniorcentre.com

www.manitobaseniorcommunities.ca

Older Adults from all walks of life are vulnerable to elder abuse and it is happening in communities across Canada. Today, many older Canadians are enduring physical, emotional, financial, elder abuse and neglect.

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Abuse can be a single incident or a repeated pattern of behaviour.

Older adults may feel ashamed or embarrassed to tell anyone they are being abused by someone they trust. They may fear retaliation or punishment.

The following information outlines how seniors and Canadians can spot elder abuse as well as information on how to help stop it.

Abuse can happen to anyone in any family or relationship. It can happen to people of all backgrounds, ages, religions, races, cultures, ethnic origins and diverse groups. Financial abuse is the most common

form of elder abuse in Canada. Financial abuse can happen at any time, but it will often start after a health crisis or after the death of a spouse, partner or close friend. People who are alone, lonely or in poor health are more vulnerable.

Make an effort to keep in touch with a variety of friends and family so you don't become isolated.

Forms of abuse:

- Physical (ie: striking, hitting, pushing, shaking)
- Psychological (ie: insults, threats, intimidation, humiliation)
- Financial (ie: misusing or stealing money, property/assets, forging)
- Neglect (ie: not providing appropriate water/food, shelter, clothing, medication) Older adults affected by abuse often know and trust the person mistreating them:
- family member/friend
- someone who provides assistance with basic needs or services
- health care providers in institutional settings

In many situations of elder abuse, the abuser is dependent on the older adult for money, food or shelter. **Signs and symptoms of abuse may include:**

- Fear, anxiety, depression or passiveness to family member, friend or care provider
- Unexplained physical injuries
- Dehydration, poor nutrition or poor hygiene
- Improper use of medication
- Confusion about new legal documents (ie: a new will or new mortgage)
- Sudden drop in cash flow
- Reluctance to speak about the situation

Seniors most vulnerable to neglect include those who are socially isolated and those with serious health conditions

Let's recognize and continue raising public awareness of elder abuse. Seniors are entitled to respect, safety and security.

If you suspect something, say something. If you detect signs of abuse, document them and keep a log of any suspicious behaviour or circumstances. Address your concerns with the director of the long-term care facility, home care provider, Police or elder abuse attorney.

Stay Connected

We must look after and look out for our fellow humans. Exercising compassion on a daily basis no matter how young or old.

For more information and resources available on this topic:

Home - Manitoba 211

Help for Elders | Family Violence Prevention Program | Manitoba Status of Women (gov.mb.ca) Strategies | Seniors and Long-Term Care (manitoba.ca)

Everyone should be on the lookout for potentially bad situations.

We all have a role to play in Safety and Crime Prevention.

If you see something- say something!

Report a Crime Online:

<u>RCMP</u>: (rcmp-grc.gc.ca)

Winnipeg Police:

https://legacy.winnipeg.ca/police/

Pros Know 55 Active **Resource** 2

Visit prosknowexpos.ca for 2023 dates, locations & <<u>On-Line Resources for Seniors</u>

The Planning for 2023 Continues...



Happy New Year!....We hope your holidays were safe and joyous and that your 2023 is filled with love, purpose and abundance. A great way to start our column for the year.

is a few interesting updates to fill you in on. First, we've seen the need to review show locations for the Spring and Fall. our group mandate is to grow our This is due in sort, to the need in many

tremendous response to the Pros Know Expos since our first show in October 2021. For this we are sincerely grateful. Our final dates and locations will be in the February issue of *Senior Scope* with the On-Line updates set for February 1st on our website: prosknowexpos.ca

For now we can tell you we are opening April 20th with the North Centennial Seniors Association at the amazing SGT. Tommy Prince Place, 90 Sinclair Street. A true hidden gem in our city providing so many great services for our North End citizens. More to come in the next fews months about them both.

Other locations that we are finalizing are also crucial areas with outstanding folks Further to our December column, there in both Fort Rouge and St. Boniface. Can't wait to tell you more.

It is important to remind everyone that resources and to ensure that we cover as other parts of our community for the many areas as we can over time. Our Provincial lapel pins, pens, leisure shows and the resources to be presented. aging population is everywhere and we guides, tour guides and so much more.

This is also in no small part due to the need to be making every effort we can as Lastly, our resource website (prosknowa group to fill in the blanks and get our expos.ca) is going through a major neighbours these resources.

We are looking forward at having the Shared Health MB. Covid Vaccination Pop-Up and the RRC Polytech 2nd year Nursing Students (Blood Pressure) Clinics at as many shows as we can. Updates will be provided as we go.

We are also extremely excited to announce the inclusion of numerous MASC Centres tables from around each neighbourhood as well. More to see.

On another note, we are pleased to announce that the first 150 guests who visit each show in 2023 will receive guest bags with many wonderful things in each. Our 'Coupon Corner' campaign is off to a crazy-good start and we're looking at having 12-15 product and services coupons in each bag.

Senior Scope Newspapers will be inserted in each bag as well with City &

make-over. We apologize, but the need to be better for you, our families and our neighbours has reached a very high level. We are responding to many of your great ideas so that we can and will be your 24/7 Older Adult and Senior Resource on-line hub. You are making us better and we thank those who have so wonderfully stepped up and engaged in positive feedback.

We will be visiting many of the MASC Centres and various Seniors Residences this year with our 50's, 60's, 70's & Crooner shows. At these shows we will have the current brochures and information handy on events coming soon to your area.

Again, please visit our website www.prosknowexpos.ca and watch for the continuous stream of updates and news. Thanks everyone for your continued love & support! Rick & Trish!

Advertising Feature Active Aging Wellness Retirement Relieves Heavy Load for Manitoba Medical Services - Inglis, Manitoba -

Prairie Pride Retiring Wellness **Centre** is motivated to keep seniors active, mentally and physically for life long health with features built in to make senior retirement enjoyable with a long life of happiness under the careful watch of a resident nurse.

Social activities that are volunteered not demanded, eases the mind, encourages better activities to stay healthy, along with a suggested healthy diet to stay physically fit to continue life long wellness.

The Municipality of Riding Mountain West and G & G Western Development are working together to bring a much needed senior housing, with better conditions for country living. This

would meet the demand for quality retirement offer accommodation, to meet the same type of accommodations offered in the city at half the price.

The peaceful hamlet of Inglis, Manitoba in the Riding Mountain West Municipality offers peaceful clean country fresh air. Situated just above the beautiful scenic hills of Asessippi, 20 minute drive to Manitoba's largest ski hill, with many recreations while watching the skiers. In the summer it is just a 15 minute drive to some of the best fresh berry picking.

The Municipality officers of Riding Mountain are attempting to meet the

SENIOR WELLNESS RETIREMENT CENTRE

importance of an active senior quality retirement so much needed in the country, peaceful village of Inglis, Manitoba relates well with senior housing and surrounding beauty. Seniors can relax and enjoy their golden years that the beautiful country offers, together with Prairie Pride Services added care for active living, bringing forth comfort inspiration to help improve health and fitness for better health, through social therapeutic routine, proper nutrition, active adventures, that are enjoy-able, makes for good mental fitness. Nursing homes and hospitals should never be a seniors last stop, after years of labour, sacrificing all enjoyment. Prairie Pride has made extreme efforts to show the respect and dignity that seniors require.

Prairie Pride, being a not for profit Senior Housing, has been able to keep rents affordable even during this time of high inflation. Seniors can have comfortable accommodations with many extra services they can enjoy and continue being active, but not necessarily with hard work and daily demands. Each day of retirement should amount to a holiday active enjoyment.

Seniors, while still active, should not be put in a condition where they cannot do anything more than fend for themselves. Most seniors would prefer to extend their life so that they can enjoy the golden years and not be a burden to their family members and most of all waiting in our over loaded medical system.

Prairie Pride provides daily fitness rough social entertainment with normal social therapeutic fun time enjoyed like a holiday. On-site registered nurse and a fully equipped examining room will help keep everyone healthy and fit to enjoy life. Prairie Pride offers built in social amenities to be able to choose your daily preference of staying fit. You may also go fishing or go for a walk in the clean country fresh air, knowing that it is safe day or night. The only feeling of danger would be a mosquito or some other of nature's natural species. Comfort, enjoyment, health and fitness is the composition that comply at a modern Prairie Pride Senior Wellness Centres at an affordable price. Prairie Pride offers 2 bedroom, 2 bathroom with comfortable living area, 5 appliances, all utilities including TV connection. Once a week house keeping, meals in a licensed dining room, afternoon tea and muf-



We invite you to our "Creative Community.

Nurse on Duty. Come join us. We strive to keep you Healthy to enjoy life.

RIDING MOUNTAIN WEST & G&G WESTERN

are proud to bring an Active Aging Wellness Centre with all amenities for Social, Healthy activities including a Spa and Sauna. Safe, beautiful country living in affordable city style. Just a short drive from the Beautiful Asessippi Hills and Ski Resort.

WE BELIEVE SENIORS DESERVE GOOD QUALITY LIVING FOR LIFE LONG HEALTH.

Contact in Winnipeg: Jack Goods - G&G Western Development • 1-204-832-6101 • jlhome@mymts.net Contact in Inglis: Jocelyn Whaley • 1-204-564-2589 OR Ronda Rozwadowski • west2nowhere@gmail.com

Continued on next page

Ray Dirks Retrospective Exhibition - Opened Nov. 18th (FRI) 2022

By Senaka & Chandani Samarasinghe

An exhibition was organized at the Mennonite Heritage Centre (MHC) Gallery with emphasis primarily on people from many countries, cultures and faiths who have allowed Ray Dirks (Director, retired, MHC Gallery) into their lives since 1978. I attended the grand opening ceremony with my daughter Rowanthi and son-in-law, Suranga, to share our heartfelt felicitations to our sincere friend Ray.

Ray invited those who participated in the book project completed along with Manju Lodha. The name of the book is: A World of Faith & Spirituality: Yours, Mine, Theirs -Diversity Manitoba.

The book is only a milestone of Ray. Other than this book, his 45year career has been as a writer, curator, photographer, gallery director and artist. He had work experience in 30 countries and conducted exhibitions of his art. For example, the US (including Yale University where Ray was a research fellow in



Senaka Samarasinghe (L) with Ray Dirks.

2002), Cuba, India, Trinidad, Mexico and Ethiopia. His career as a painter has concentrated on respectfully documenting the lives, cultures and faiths of ordinary people. For this book, I got an opportu-

nity to introduce two Therawada Buddhist Temples in Winnipeg namely Mahamevanawa Buddhist Monastery and Manitoba Buddhist Vihara and Cultural Association, resident Monks and few laymen volunteers.



Senaka and Chandani Samarasinghe participated in the book project: A World of Faith & Spirituality: Yours, Mine, Theirs - Diversity Manitoba

Senaka Samarasinghe Honoured to Receive Platinum Jubilee **Community Leadership Award**



MP Terry Duguid presents Senaka Samarasinghe the Queen's Platinum Jubilee Award.

Member of Parliament (Canada) Terry Duguid presented Senaka Samarasinghe the Platinum Jubilee Community Leadership Award in celebration of the Queen's Platinum Jubilee on the throne. The ceremony took place at the Canad Inns Hotel on Dec. 11 (SUN) 2022, from 1.00-3.00 pm. The organizers allowed Senaka to accompany his wife Chandani and his daughter Rowanthi for this grand event.

MP Duguid obliged to introduce each and every Award Holder and he introduced Senaka as, "Senaka is a longtime leader in Sri Lankan Canadian community in Winnipeg South. He is the former President of the Sri Lankan Association of Manitoba, which organizes events that celebrate Sri Lankan culture and keep young people in touch with their roots. He is

a tireless advocate for the seniors in his community and has been successful in applying for the New Horizons grants from the Canadian Government." (Refer Link) https://www.facebook.com/messenger_media/...

Log in or sign up to view. See posts, photos and more on Facebook.

With the Award Certificate there was a congratulatory letter dated on Dec. 11, 2022 signed by MP Terry Duguid. The third item was an Emblem of the Platinum Jubilee, created for this occasion by the Canadian Heraldic Authority, features the Royal crown and the Royal Cypher (EIIR) as per-sonal symbols representing the Queen. With its seven-sided shape, seven maple leaves and seven pearls, it marks seven decades of service to Canada and embodies the idea of celebration. ■

Active Aging Wellness Retirement, cont'd from page 8



fin, Sunday Brunch and dinner. Amenities built in for your daily activities to choose, games room, exercise room, multi purpose room, craft and men's workshop, greenhouse tea room for preparing plants, library with 2 internet connections, a private chapel for private devotions, heated parking. The only extra costs are personal insurance, phone and internet. You choose your daily enjoyment with a friend or alone. If needed the nurse is on hand to help you choose vour daily routine. We do the rest to make your retirement a memorable enjoyment with peace of mind to



Photo from Inglis Grain Elevators National Historic Site - ingliselevators.com

stay healthy. Shopping and hospitals are 20 minutes away, or 1-1/2 hours to Brandon or Yorkton. We offer drivers if you wish. Living in a Prairie Pride Senior Wellness Centre with clean country fresh air will make your retirement years "Golden", less trips to doctors or hospitals.

Public Notice

Attention Glen Eden, Glen Lawn, **Chapel Lawn Property owners** with last names from N-Z.

We are currently verifying ownership records as part of a digitization of permanent cemetery records.

Please contact us as soon as possible.

Call or email for more information on how to transfer your arrangements from another funeral home to Arbor.

Escape the city rush. Enjoy retirement in a safe clean environment, with added care for peace of mind, surrounded by friendly country neighbours, especially the caregiving staff at Prairie Pride Wellness Retirement Centre offering services for health and longevity. ■



- Conscientious and Clean Service
- Competitive Rates and Adjustable
- Ongoing Damage Prevention Trained Movers
- local and limited long distance moving service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service removal or storage service
- short and easy free in-home estimates

Phone - 204-990-4341 wpg

Email: gualitycaremoving@mymts.net Website: www.gualitycaremoving.net

Glen Eden Funeral Home & Cemetery

4477 Main Street, West St. Paul, MB 204-800-0320 www.glenedenmemorial.ca

Glen Lawn Funeral Home & Cemetery

455 Lagimodiere Blvd, Winnipeg, MB 431-813-8418 www.glenlawn.ca

Chapel Lawn Funeral Home & Cemetery

4000 Portage Avenue, Winnipeg, MB 431-813-8419 www.chapellawn.ca



Arbor Memorial Inc.



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The Women's Canadian Club of Wpg -Luncheon, Jan. 26, 12 noon, RBC Convention Centre. Speaker: Jessica Floresco presenting "Mother Earth Recycling (MER) an Indigenous Social Enterprise". Cost \$35. To reserve and info: 204-488-8750, rochelpin@mymts.net

Misc.

HSC Foundaton - Innovation HSC Radiothon - broadcasting live Jan. 20, 6 am-6 pm on 680 CJOB with special segments 11 am-6 pm on Power 97 and Peggy 99.1. Help us reach our goal! Money raised helps improve patient care at HSC. https://www.hscfoundation.mb.ca/donate/ call **204-515-5612**, or text **HSCF** to **20222** to donate \$20! All texted-in donations will be matched, up to \$5,000, by Manitoba pork producers.

HSC Foundaton - Savour Ireland: Wine & Food Experience, Feb. 25th, RBC Convention Ctr. Money raised helps improve patient care at HSC. Tickets at hscfevents@hscfoundation.mb.ca, 204-515-5612, or http://bit.ly/3Xcjum9

Israel tour - for Nov. 8-18, 2023. With 2 days Petra Jordan included. Contact Ken 204-942-5433, k4mcghie@gmail.com or www.toisraelwithlove.com

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.)

Manitoba Coin Club - Monthly Zooms resume: 204-479-9124, treasurer@manitobacoinclub.org.

Music | Dancing

Forever Young Club - classic rock music 50's/60's/70's all evening - January 28 7:30-11:30 - 3584 Portage Ave - DJ Rick Roschuk & Trish Bennett \$15, includes late lunch. Registration required fycwpg@gmail.com or 204-261-4442

Vital Seniors - Line dancers needed for Mon. 12-1 pm and 1:15-2:45 pm, & Fri. 10-11:30 am, to June 2023. Classes \$7 with a yearly membership of \$7. 204-334-3559.

RURAL MANITOBA

Programs / Services

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

Brandon - Prairie Oasis Senior Centre -Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: 204-727-6641

WINNIPEG

Manitoba Music Lover's Festival -Apr. 24, 25, 28, 29 & May 1, 7 pm, at Westwood Community Church, 401 Westwood Drive. 5 concerts, 15 Ensembles. Tickets \$8 at door. See us on Facebook.

Whirlaway Westerners - Learn Modern Square Dancing! Kirkfield-Westwood C.C., 165 Sansome Äve. All welcome. Carole 204-831-8954.

Sports / Fitness / Games

Women's 18 Hole golf league - May 2023 at Windsor Park golf course. All abilities welcome. Tee time 3:45 Wednesdays. Contact Louise Flood: 204-257-4588 or winsrputters@mymts.net.

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

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Lady Bowlers - Wanted Fridays, 3 gms/wk, 5 12:45 pm at Polo Park Lanes. All ages/skill levels. \$10.75/wk. End of season meal and Xmas luncheon. 2 wk break Xmas/Easter Fri. off. Call/text 204-770-3903.

The Pembina 55-PLUS Curling League looking for curlers at the Pembina Curling Club at 1341 Pembina Hwy. Two games/wk, alternating btw Mon. Wed. and Fri. 1 pm. Teams established using random selection Sen for each of 4 rounds (10 Games). Individual registration available for 1,2,3 or 4 rounds. Alternative is sparing. Registration info: 55pluscurling.com, or email: contact@55pluscurling.com

Tuxedo Lawn Bowling Club - Learn how to Lawn Bowl and Play, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 2-4 pm. No equip. required. Introductory free play. Contact Virginia: 204-255-8828

St. Vital Cards for Seniors - Cribbage: noon Mondays: Vera 204-894-9494. Whist: noon Wednesdays: Sonja 204-254-1408 or Mario 204-955-8387. St. Emile Parrish hall, 556 St. Anne's Rd.

Volunteering

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

Bethel Place - congregate meal program is looking for volunteers to assist in the kitchen and dining room. Lunch time and supper time shifts available. Commitment 3 hours once/wk. Must show proof of Covid 19 Vaccination. Info: Melanie Camara at mcamara@bethelplace.ca

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

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to join the dynamic caring team and support patient care. Training is provided for any Volunteer Role. Giftshop, open 10 am-4 pm (3 hour shifts), Rehabilitation/ Physiotherapy programs shifts, 8:30-12 noon and some afternoons. Visit www.misericordia.mb.ca, 204-788-8134 or email volunteer@misericordia.mb.ca

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

Southeast Personal Care Home -

Volunteers needed at 1265 Lee Blvd - days, eve's, wknd's. Call 204-269-7111 Ext. 2225

St. James-Assiniboia School Div. -

seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instructor at St. James Centennial and St. James Civic Centre Pools. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. Fully immunized against COVID-19 or valid exemption. 204-837-6697, pghb@mymts.net

Victoria Lifeline - Melissa: 204-956-6773 or msitter@victorialifeline.ca

Villa Cabrini - Is currently looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mvmts.net for info or to volunteer.

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

Winnipeg Lost Dog Alert (WLDA) -Volunteers needed for: Facebook Page Administrator:

recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

Programs / Services

Anavets Assiniboia Unit 283 - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. Hall rentals. 204-837-6708. 3584 Portage Ave.

Assiniboia Wood Carvers Association -Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Wayne: 204-792-3932

Brooklands Active Living Centre -

1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. Call **204-632-8367** for more info. Continued on next page

A & O: Support Services for Older Adults - Programs to help you stay connected and active. Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere.

Info: 204-956-6440 | Toll Free: 1-888-333-3121 | info@aosupportservices.ca | www.aosupportservices.ca

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 268-7300; Victoria Beach - East Beaches Resource Center 756-6471; Eriksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource **372-6861**; <u>Gimli</u> Seniors Resource Council **642-7297**; <u>Lundar</u> Community Resource Council 762-5378; Riverton & District Seniors Resource 378-2460; St. Laurent Senior Resource Council 646-2504; Selkirk & District Senior Resource Council 785-2737; Stonewall South Interlake Seniors Resource Council 467-2719; Springfield Services to Seniors 444-3139; Teulon and District Seniors Resource Council 886-2570; Lac du Bonnet - Two Rivers Senior Resource Council 345-1227, Pinawa 753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128 Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: 204-746-4547 or montcalmserviceprogram@gmail.com

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: sts@heritagecentre.ca or 204-388-9945

Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception 204-320-4600 (Sonja, Program + Volunteer Coordinator) 204-320-4603, https://www.patporteralc.com

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele

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

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

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - Yoga with Juliette Nadeau. Gentle/invigorating yoga for 55+ at the TC Energy Centre in Ile des Chenes Thur. 9 am, and at Club Blés d'Or in Lorette, Wed. 10 am. Classes \$5. Classes for adults (including 55+) are Wed. 6:30 pm, 4 classes \$40, drop in \$12. Register: ž yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on

Mood Disorders Assoc. of Manitoba -"Steppin' Up With Confidence!" 40 min. virtual

program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca.

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

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) -Help and support with transportation services, companionship, homecare services. Melanie Bremaud: 204-424-5285. Sco Les services rivière seine pour aînés aide et appui avec transport, compagnie.

finances. Mélanie Brémaud : 204-424-5285. Ø

Springfield - Springfield Seniors - 204-444-3139, springfieldseniors@mymts.net. Stick curling, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

Steinbach - Pat Porter Active Living Centre - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities,

Club, Pickleball, Line Dancing, Falls Prevention program, Active Wellness Club, Ino Virtual Chat, Cards & Games, Bus trips, and much more. 204-467-2582, si55plus@mymts.net, www.si55plus.org

Teulon Seniors Club - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training: Exercise classes and more! Contact: 204-677-0987, thompsonseniors55@gmail.com

Teulon Seniors Club - Afternoon dance, lunch, fellowship, live band every 2nd Thur. of mo. at Town Hall, Main St. New waxed dance floor. Thur. Feb. 9 - Gem Stars; Thur. Mar. 9 -Prairie Crocus. Doors open noon, Lunch, dainties coffee/tea or juice served 3 pm. Also 50/50 and silent auction. \$10 at door.

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: 204-677-0987, thompsonseniors55@gmail.com

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by Feb. 3rd for the Feb. 10 issue. Please advise us of any closures for holidays

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Creative Retirement Manitoba -Affordable Lifelong Learning. Classes a mixture of online and in-person. Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazers Senior Centre -Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: 204-254-1010 ext. **217.** <u>WHIST</u>, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172.** Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre - Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12-3:30 with light lunch and a 4-piece band. Bingo, Yoga, and Perogies for sale, Call Al: 204-771-3325.

Elmwood East Kildonan Active Living Centre - Various events can be found on Facebook. Call to confirm activities over summer months: 204-669-0750.

The Happy Gang - 207 Thompson Drive. Conversation, Cards, Table Games, Bridge. Complimentary light refreshments. Please bring an edible or usable wrapped item for

an exchange between the guests just for fun. Chris: 204-895-7410. Lions Place Adult Day Club - Program:

1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and dis-cussion, recreation, and hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at 204-788-8330. Or call Christine at the Club: 204-784-1229.

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

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. 204-832-0629.

North Centennial Seniors Assoc. -Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library,

presentations. 204-582-0066, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Winter schedule starts Jan. 9, 2023. Includes Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. <u>Games</u>: Pickleball, Bridge, Bocce, PinPAL's. <u>Community</u>: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. office@pal55plus.ca, www.pal55plus.ca, 204-946-0839.

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: 204-488-3533. St. James Assiniboia 55+ Centre -Various programs and activities. 3-203 Duffield St. 204-987-8850, www.stjamescentre.com

South Winnipeg Seniors Resource Council - Pop-up Office Schedule - to end of May, 2023: Outlet Mall - 1st Thur. of mo, 10 am-2 pm; Charleswood Library - 1st Fri. of mo, 10 am-2 pm; Bill & Helen Norrie Library - 2nd Tue. of mo, 10 am-2 pm; Rady <u>Centre</u> - 3rd Thur. of mo, 10 am-2 pm; <u>Osborne Library</u> - 4th Tue. of mo, 1 pm-4 pm. Schedule subject to change. Info: resources@swsrc.ca or 204-478-6169

Windsor Community Centre, 99

Springside Drive (St.Vital) - \$2 drop in. Call for Fall schedule. 204-233-0648, office@windsorcc.ca

Winnipeg Chinese Senior Assoc. -

Diabetes Awareness & Prevention Program, up until Mar. 30/23. Walk-in Blood Glucose Testing, Tues. 10 am-12 pm, Thurs. 1 pm-3 pm, at Whyte Ridge Community Centre, 170 Fleetwood Rd. Open to public.

Travel / Leisure / Activities

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SRS Inc. is looking for volunteer assistance in order to support older adults with activities such as transportation, friendly visits, home and yard maintenance, and assistance with events.



IN TUNE WITH 93.7 CINU OUR COMMUNITY ~ January 2023 ~

Wonderful Winterpeg!

It's January in Winnipeg and the Sno-birds have already flown the coop for warmer temps in Mexico, Florida, the Carribbean or some other hot spot. Yes, they have their sandy beaches, pool-side cocktails and tanned cabana boys, but look a little deeper and you'll see what they're missing. A funfilled winter in Winterpeg, a city coined for its extreme weather but often overlooked as a wonderland where fun and adventure await.

These boots are made for walking...

For those who aren't averse to bundling up and braving the seasonal temps, walking is an invigorating, heart-smart sport that most of us can do. At the heart of the many picturesque walking trails in Winnipeg is the newly named Nestaweya River Trail (presented by the Winnipeg Foundation), one of Canada's longest winter trails, typically ranging from 7 to 10 kilometres on the Red and Assiniboine Rivers. Along the trail, you'll find a collection of warming huts with unique new designs from year to year. The Forks marks the river trail's official opening, which is usually in January, and typically closes in March.

Other popular trails wind through Assiniboine, Kildonan and St. Vital parks, along with the lesser-known Henteleff Park, featuring 30 acres of walking trails (1964 St. Mary's Road); the Bois des Esprits urban forest, which spans 117 acres (650 Shorehill Drive); centrally located Whittier Park, home to the historic Fort Gibraltar; Kings Park in Winnipeg's south end, featuring a Chinese pagoda and off-leash dog area (198 Kings Drive); Lagimodiere-Gaboury Park, where you can explore Winnipeg's Francophone history (363 Notre Dame St.); Transcona Bioreserve, a 2.3-kilometre looping trail (38 Whiteshell Ave.); and the Niakwa Trail, where you'll have the chance to check out stops along the way like Papoose Park and the Royal Canadian Mint.

Many of these trails also accommodate skating, cross-country skiing and snowshoeing. But before you begin your trek, be sure to check out trailsmanitoba.ca for conditions.



Whether walking or skating, there are trails to explore all over the city!

Lace up those skates

Ice skating continues to be a popular winter activity, with many rinks across the city eager to accommodate skaters of all ages and skills. The Nestaweya River Trail, of course, offers miles of ice skating fun, and in Arctic Glacier Park, at The Forks, you'll encounter land trails across the rail bridge, the rink under the canopy and the CN Stage Rink. The scene is particularly magical at night when skating under a galaxy of lights strung from overhead trees. The Riley Family Duck Pond at Assiniboine Park is also an ideal place for ice skating, with plenty of benches and picnic tables to rest at between laps.

In other parts of the city, the huge duck pond in St. Vital offers more experienced skaters the opportunity to skate fluid figure eights. In La Barriere Park, a large, volunteer-made skating trail surrounds the footbridge, and Kildonan Park offers a colourful, illuminated duck pond. Roblin Park Community Centre has a large outdoor skating loop that can be enjoyed by all, and Bunn's Creek Centennial Park, a hidden gem in North Kildonan, provides a spacious, well-lit rectangular rink for your skating pleasure.

Fort Whyte has all the 'white' stuff

There's no better place for an outdoor winter adventure than Fort Whyte, which is all about connecting people to nature. Activities include horse-drawn sleigh rides, igloo building, cross-country skiing, snowshoeing and ice fishing. The guided tours last about 45 minutes and participants are rewarded with hot chocolate, s'mores, and a roaring bonfire. And thrill-seekers will love tobogganing down the famous Richardson Rrrun (no, it's not a typo!) right onto the frozen lake.

Crokicurl can be addictive...

Crokicurl combines the popular game of crokinole with the sport of curling. Swap the board for a sheet of ice and use curling rocks for shooting discs, and you've got Crokicurl. The game debuted in 2017 and has a home at The Forks-quickly becoming one of the top fun (and addictive) activities in Winnipeg!

The places I've mentioned above are just a drop in the ice bucket of what Winnipeg offers in terms of winter fun and adventure. So stop envying those sno-birds on their beaches, and give Winnipeg a chance to show you what winter is really about!

Our January Host Sponsor – Travel Manitoba

Here are a few destinations outside of the city you might want to explore this winter...

Birds Hill Provincial Park

The Cedar Bog Trail is a 3.5-kilometre loop suitable for beginners. Keep your eyes and ears peeled for the sights and sounds of winter birds such as the black-capped chickadees and the ruffed grouse. Walk carefully and quietly and you just might also catch a glimpse of other critters like white-tailed deer and snowshoe hares.

Whiteshell Provincial Park

At Pine Point Rapids you'll be treated with beautiful winter scenery as the powerful, rushing water of the falls continues to flow through ice and snow.

Pinawa Dam Provincial Park

The Pinawa Dam was Manitoba's first hydroelectric generating station, powering Winnipeg homes and businesses from 1906 until 1951.

A winter trip to the site includes a walk along the Old Pinawa self-guiding trail to learn about the history of the dam via interpretive signage and to take in breathtaking views of the structure and the rapids surrounding it.

Riding Mountain National Park

If there's anywhere to soak in the beauty of the season, it's Riding Mountain National Park. Watch the snow sparkle on branches of the forest as you hike through the picturesque Brûlé Trail. Continue along the trail

CANADA'S HEART IS CALLING

until you reach a photogenic boardwalk, which leads to Lake Kinosao. With a total distance of 4.2 kilometre (round trip), the trail takes just under 1.5 hours for most hikers to complete.

Hecla/Grindstone Provincial Park

A visit to Hecla just wouldn't be complete without a hike or snowshoe to the iconic lighthouse. This short trail will lead you through a forested area until you emerge onto the lighthouse peninsula. Built in 1898, the heritage lighthouse was once vital to those navigating the narrows of Lake Winnipeg.

Find us @CJNU937 on Social Media | Visit CJNU.ca to learn more!

UPDATE from January 14 - February 9, 2021 issue of Senior Scope

The Rifle Receives Order of Canada

By Scott Taylor, Photos courtesy Photos courtesy Philadelphia Flyers and Shoot-to-Score Hockey



Like a fine wine, The Rifle is mellowing as he ages.

Reggie Leach, long known as The Riverton Rifle, is 71 now. He and his wife Dawn Mahdabee live quietly at Aundeck Omni Kaning First Nation on beautiful Manitoulin Island and he just spent most of the Summer of COVID-19 playing golf.

Sure, he and his son Jamie, still operate Shoot-to-Score Hockey, the top-reviewed hockey camps in North America, and he still has long, heart-to-heart talks with aboriginal youth about the evils of drugs and alcohol, but for the most part, and by his own admission, "I'm pretty mellow these days."

Back on Oct. 28, Leach was one of 42 people to receive the honour of member of the Order of Canada in a ceremony at Ottawa's Rideau Hall. Leach's announcement as a member was first formally announced in 2019, but the COVID pandemic prevented a formal, in-person ceremony until October of 2022.

"It took a while, but I was finally able to go to Ottawa to meet everybody," the Rifle said. "My daughter was able to join me, my niece as well, and of course my wife, Dawn."

"COVID was tough all around we lost four friends to the virus - but in some ways it's been good," Reggie said. "We were able to re-connect with family and friends. And I'm really healthy. I didn't look this good when I played. I certainly didn't feel this good.

"Life right now is a real pleasure for me. I'm more relaxed than I ever have been. I'm 71, I run a really nice business with my son, I'm married to a great woman, I play a lot of golf three or four times a week this summer -- and I get back onto the ice when I need to get back onto the ice. Life is better than it's ever been.

"My life is also balanced right now. I still get involved with teaching and coaching aboriginal kids. I'm still getting my message out. I'm moving for-ward. I did a lot of stupid things in my life, but I also did a lot of great things. In the end, life will even out.

Life is very good right now." Back in the day, Reggie (The Riverton Rifle) Leach was one of the greatest hockey players who ever came out of Manitoba.

Selected by the Boston Bruins third overall in the 1970 NHL draft, Leach played for 14 seasons in the NHL for four different teams, but his greatest successes came when he was a member of the Philadelphia Flyers. In 1975, he was part of the Flyers Stanley Cup-winning team, but it was the next spring, when the Flyers lost the final to Montreal, that Leach showed his true greatness.



Reggie Leach

The Rifle scored an unprecedented 19 goals in 16 games and was named the winner of the Conn Smythe Trophy as the most valuable player in the playoffs. His 19-goal performance was a record (he scored five in one game, fittingly, against Boston) that still stands today, but amazingly, his proudest NHL memory came when his son Jamie, who played with the Pittsburgh Penguins during their Stanley Cup wins in 1990 and 1991, won the Cup. As a result, Reggie and Jamie are the first, and so far, only, Aboriginal father and son to be Stanley Cup winners.

However, by the time he turned 35, he was out of hockey, drinking heavily and just about at rock bottom. He had always been known as a skilled and committed party animal, but it wasn't until his career was over that he concluded that it was time to get clean and sober. That decision resulted in a life that has been more significant and rewarding than winning that Conn Smythe Trophy back in 1975.

Now sober for more than 35 years, Leach has spent much of his life after hockey talking to indigenous youth about the perils of drugs and alcohol.

"I tell them about the mistakes I made and I think it's important for me to get that message across to young kids so they understand that part of it," Reggie said. "Most of the kids I talk to don't know who I am, but their grandfathers do, and when the kids go on the Internet to find out about me, they find out I was a pretty decent player."

Although he lives in Ontario now, Reggie is still a proud member of Berens River First Nation. Before the pandemic hit, Reggie and Jamie not only ran a hockey business together, they were still playing the occasional hockey tournament together.

And that's why it's interesting that Reggie is a member of the Manitoba Hockey Hall of Fame, the Manitoba Sports Hall of Fame, the Philadelphia Flyers Hall of Fame, the Order of Manitoba and the Order of Canada He also has an honorary Doctor of Laws degree from Brock University. But for reasons known only to the Toronto/Montreal/Soviet/UŠA-centric knuckleheads who are the gatekeepers of the Hockey Hall of Fame, he is NOT a member.



Reggie Leach and Governor **General Mary Simon**

"I don't care it about it anymore," he said frankly. "I look at other players who had tremendous numbers and they can't get in. I mean how is Theo Fleury not in the Hall of Fame? He played 1,084 NHL games, had more than 450 goals and 1,088 points and had more than a point-agame in the playoffs. He played in two world juniors, two world champi-onships two Olympics, a Canada Cup and a World Cup. He won a Stanley Cup (1989) and had outstanding numbers and yet they don't even consider him. What's the deal?

"I'm starting to believe that if you aren't from Ontario, specifically Toronto, you have to consider yourself lucky to get into the Hockey Hall of Fame. I just think they're punishing Theo for doing a little drinking and taking a few drugs. But, for goodness sakes, if you're punishing him for that, you'd better remove



Reggie - Oldtimers

half the players from 40s, 50s and 60s because they did a lot more drinking than we ever did.

"That's why I don't pay attention to it anymore. I'm happy. I'm just happy that there are a few people like yourself, from across Canada and the United States who want me in there. That's very nice. But I'm prouder of what I did after hockey.

"And hey, I'm a doctor now," he said laughing, "so if you never need

an operation, give me a call." Regardless of all his awards, regardless of his Order of Canada and honorary doctorate, what makes him happiest is his relationship with his children and grandchildren. "I'm so pleased with my relationship

with Jamie, who has grown up to become so kind. He's really learned how important it is to be kind and generous to everybody. He's a very successful young man and that makes me proud."



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WORDSEARCH - By Roni Alward & Senior Scope

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LAUGH A LITTLE

Prison is just one word to you. but for many, it's a whole sentence. Scientists did a study on the effects of alcohol on a person's walk. The results were staggering.

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I finally got over my addiction to chocolate, marshmallows, and nuts. I must say, it was a rocky road.

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Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

- All answers begin with the letter "H"
- 1. Brad Pitt has just been recognized as Hollywood's most man:
- 2. The Dominican Republic shares their island with this country:
- 3. This is one of this comedian's many quotes: "You know you are getting older when the candles cost more than the cake":
- 4. These are currently the three most popular ladies' names starting with "H":
- 5. He is William's brother:
- 6. This political lady said "Do what you can, for all the people you can, in all the ways you can, as long as you can:
- 7. This is the capital of Vietnam:
- 8. This sauce was named after England's Parliament:
- 9. This lovely lady is Goldie's daughter:
- 10. This historic Winnipeg store in downtown Winnipeg is now closed:
- 11. This is the name given to a ball on a wire thrown at the Olympics:
- 12. They named a huge bay in Canada and a river in New York after this explorer:
- 13. Oprah's vacation home is located here:
- 14. This company has pushed Ford out of the car manufacturing business:
- 15. His quotes "Middle Age is when you age starts to show around the Middle":
- 16. This is something you do unconsciously:
- 17. He is the funny host of Family Feud:
- 18. In what part of your body would you find your ventricles:
- 19. Casinos love these guys:
- 20. He is Groucho's brother:
- 21. This President was often blamed for the stock market crash & great depression:
- 22. She sang "I Am Woman":
- 23. They named the Hudson Bay after him, what was his first name:
- 24. This was a luxury car back then, merged with Nash in 1954:
- 25. In 1871 he wrote a book about the Red River Settlement. They named this Winnipeg downtown street after him:
- 26. Trump Quote "I will create the best ever, the most beautiful". This never happened:
- 27. Presidential Election. This city has created drive through voting:
- 28. One of his guotes "People who throw a kiss to their lover are hopelessly lazy": 29. In the movie his FEDEX plane crashed into the ocean, he then spent 5 years on an island:
- 30. This popular Canadian is a judge on America's Got Talent:

A to Z Trivia 'H' SOLUTIONS

1. Handsome man
2. Haiti
3. Hope (Bob)

- 8. HP Sauce 9. Hudson (Kate) 10. Hudson's Bay
- 16. Habit 24. Hudson 17. Harvey (Steve) 25. Hargrave 18. Head or Heart 26. Health Care for

~ Author, Gary Adams
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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 Gany Adams

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Today's Recipe

www.PeakMarket.com

Ohio Pudding

Metric	Ingredients:	Imperial
250 ml	sugar	1 cup
250 ml	flour	1 cup
10 ml	baking powder	2 tsp
5 ml	salt	1 tsp
5 ml	baking soda	1 tsp
250 ml	raw potato, finely grated	1 cup
250 ml	raw carrot, finely grated	1 cup
250 ml	raisins	1 cup
250 ml	mixed glazed fruit	1 cup
3 ml	cinnamon	3/4 tsp
2 ml	nutmeg	1/2 tsp
.5 ml	ground cloves	1/8 tsp

In a large bowl; sift together sugar, flour, baking powder, salt and baking soda. Add remaining ingredients and mix thoroughly. Spoon into buttered heat proof molds or bowls of your choice, until the mold is two thirds full. Cover tightly with aluminum foil. Steam small puddings for 2 hours or large puddings for 3 hours. Serve with a vanilla, lemon or orange sauce.

Serves 8



EMPLOYMENT

JOB OFFER: Swim instructors required for weekday mornings in St. James, Wpg, area. Salary \$23/hr. Lifesaving Society Swim For Life Instructor or Red Cross Water Safety (WSI) or YMCA Swim (YSI) or equivalent experience. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. To email applications or more info: Gail Henderson Brown, Program Coordinator at pghb@mymts.net

FOR HIRE: Retired print journalist and book editor. If you have a collection of memoirs or any other piece of writing you want some help with, call Rick at **204-651-4008**.

MISCELLANEOUS

FOR SALE: Brand new car/house frig, holds 6 cans - \$60. 3 suction grips for shower - \$8 ea. Assorted high end Christmas decorations (front door wreath, etc.) in 52L Plastic Container - \$90. VHS tape player - \$60. Heirloom Christmas decorations - \$5 ea. 2 mid-size oil paintings - \$25 ea. Bissell power rug steamer, \$100. **204-792-8361**. **FOR SALE:** New Brother sewing machine (portable). Lots of features. \$300. 2 pictures 11x14 in wooden frames (Wpg scenery). \$10 ea. 204-889-3770.

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

MISCELLANEOUS

Sell those unused items!

4. Hanna, Hope,	11. Hammer	19. High Rollers	Every American
Heidi	12. Hudson	20. Harpo	27. Houston
5. Harry	13. Hawaii	21. Herbert Hoover	28. Hope (Bob)
6. Hilary Clinton	14. Hyundai	22. Helen Reddy	29. Hanks (Tom)
7. Hanoi	15. Hope (Bob)	23. Henry	30. Howie Mandel

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