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## The Manitoba 55+ Games: Celebrating 40 years

Portage la Prairie: June 20-22, 2023! ..... Registration opens March 20th.

By Karyn Heidrick, AAIM 55+ Games Coordinator / Photos courtesy AAIM



Karyn Heidrick

**Active Aging in Manitoba (AAIM)** is thrilled to celebrate the 40th year of the **Manitoba 55+ Games** in **Portage La Prairie**. The 55+ Games are as important and relevant to older adults today as 40 years ago, promoting active, healthy living through participation, social connections, fun and friendship – a real celebration of active aging.

Portage la Prairie has been passed the torch and is the host community for this year's Manitoba 55+ Games, June 20- 22, 2023. With a wealth of experience and enthusiasm, Portage la Prairie is well set up to host 1000+ participants competing in 20+ events while enlisting hundreds of volunteers.

The Manitoba 55+ Games has become the largest provincial multi-sport event for older adults, started by the Manitoba Society of Seniors before AAIM took things over 13 years ago – and it's still going strong! Since its inception, the Games have travelled to all corners of our Province, hosted by some fantastic communities.

The Manitoba 55+ Games offer a wide range of activities, from traditional games such as slo-pitch, bowling, and cribbage to newer activities such as pickleball. The event is open to all Manitoba residents who are 55 or older (by the end of 2023), and it pro-

vides a fun and competitive atmosphere for older adults to showcase their skills and talents.

The Games offer a chance to meet like-minded individuals passionate about sports and competition. It is an excellent way for older adults to build relationships, share stories, and make new memories. Moreover, the Games provide an opportunity for those 55+ to challenge themselves. Participating in a competition can be incredibly rewarding; winning an event or achieving a personal best can be a source of pride and accomplishment.

On the heels of the in-person Games in Portage la Prairie this year, a month-long set of Virtual Games, June 23 - July 21, 2023, will take place for anyone interested in continued participation or just joining in; allowing for greater capacity, reach, inclusion, and the bonus, motivation to move.

In celebration of 40 years, we're going to be hosting a few fun contests leading up to the Games:

Visit **AAIM's Facebook page** every Tuesday & test your Games knowledge. Correct answers posted will be entered to win prizes. (Answers can be found on our AAIM website). Participants can also send in a favourite Games story and/or photo - about an event, a new friend or perhaps a new favourite activity that we can share on our social media/website. Submissions can be sent via email ([manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com)) or mail (1075 Leila

Avenue, Wpg MB R2P 2W7) and then be entered to win prizes.

Portage la Prairie will also be planning some special local surprises for this year, but you will have to be at the Games in June to find out what they are!

### NEW ONLINE REGISTRATION:

We are excited to introduce our new online registration system for the Manitoba 55+ Games event. Designed with the Games participant in mind, you can sign up for desired events and pay registration fees securely online with just a few clicks. This convenient, user-friendly system will help streamline the registration process.

#### To Register:

- Visit: [www.activeagingmb.ca](http://www.activeagingmb.ca)
- Click on Events in the top menu bar, then click 55+ GAMES Registration
- Complete the registration page prompts and pay!

\*If you do not have a computer or internet access, we suggest taking a trip down to your local library or senior centre and ask for assistance if needed.

**The Games Registration season will open on March 20th, 2023.**

Please check our website at that time for registration information. More Games information, including registration forms, will be available on the Games page on AAIM's website: [www.activeagingmb.ca](http://www.activeagingmb.ca)

We hope to see you in June!

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# Senior Scope

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Send your Letters or Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

“A Manitoba Moment”

A Conversation with a Canadian Icon –  
The Right Hon. Ed Schreyer - Part 2 of 2

By Bud Ulrich



Bud Ulrich

Ed Schreyer did what a lot of young fellows did during a couple of summers and joined the Royal Canadian Armoured Corp Officer Training Program. He briefly thought about joining the regular program at the Royal Military College at Kingston, Ontario, but decided against it at the last moment. On his way back home via Beausejour to visit his parents, he ended up in a local café where he used to hang out as a high school student. He was joined at one of the tables by the local chairman of the school board. The chairman needed to fill a teacher vacancy and offered the job to Ed. He agreed to a “permit” position for one year. His dad warned him not to sign for a second year, because if he did, he would be in a pattern that he wasn’t planning. However, Ed did sign for a second term.

At the age of 21 Ed got involved in local politics, ending up as co-chairman of the Election Planning Committee for the Conservative Commonwealth Federation (CCF). In those days (1957) the National Democratic Party didn’t exist. The chosen candidate for Brockenhead was successful in the provincial election, but soon after became ill and resigned. The Party persuaded Ed to stand for nomination in the upcoming provincial election, and he won the nomination. He wasn’t all that optimistic because it was only three months after a second federal election known today as the “*Diefenbaker landslide*” in 1958. He campaigned hard and low and behold he won, and there he was in the Manitoba legislature as a member of the CCF caucus, the youngest MLA at age 22. Shortly after, there was another election, and Ed was re-elected. The position of an MLA was considered part-time then, so this was an opportunity for him to go back to university and get his P2 (teacher’s certification).

Ed signed a two-year contract at Beausejour collegiate, and during this time he finished his Bachelor of Pedagogy degree and Bachelor of Education during evenings and weekends. He now had two degrees and presented his credentials to Gordon MacDonnell, superintendent of Winnipeg



L-R Queen Elizabeth II, Nia Vardalos, Ed Schreyer, Loreena McKennitt. Dinner at the Winnipeg Legislative Bldg.

Secondary Schools. He was hired immediately and subsequently taught for one year at St. John’s Tech in the North End of Winnipeg. Ed felt this work provided the means for him to get married. At the age of 23 he married Lily Schultz, and they lived and worked together as life-long partners.

Lily knew that her husband developed quite an interest in international relations and trade economics and urged him to get his Master of Arts in international relations and a Master of Economics. In the “old days”, one would normally think twice about your wife supporting you. However, that’s somewhat of a non-issue today. Professors Clarence Barber and Professor Murray Donnelly at the University of Manitoba provided guidance and direction towards Ed’s successful completion of his post-graduate programs. Ed started lecturing at the University of Manitoba and just loved it. After two years in the classroom, he was asked by the local CCF riding association in eastern Manitoba to help them find a candidate for the federal election because Lester Pearson had just called a mid-summer election for 1965. After several meetings at different people’s homes, Ed was asked to run for the position. Ed was very happy in his role as an MLA and a University lecturer. It was a nice combination. Again, Lily encouraged him to think about it and soon after, he decided to “bite the bullet” and run federally which may have been a rash thing to do. Both Lily’s and Ed’s



Rt. Hon. E. Schreyer, Remembrance Day 2020 – Royal Canadian Legion.



Ambassador Schreyer inspecting the honour guard - Solomon Islands 1986.

parents were quite annoyed with him. He was leaving a sure thing and going federally at a time when the conservatives had managed to win the federal riding three elections in a row. Low and behold, the NDP Springfield constituency turned an 8,000-vote deficit into an 800-vote majority. Ed was now the Member of Parliament (MP) for Springfield.

Early in 1969, Ed was persuaded by the NDP caucus in Winnipeg to think in terms of coming back to Manitoba and running for the leadership, because Russell Paulley wanted to resign and retire. Once again, Ed was torn, but he was familiar to the local scene having spent seven years as an MLA. He didn’t like living in Ottawa, and this was an opportunity that appealed to him. Never in his dreams did he think the NDP would form a government. It turned out they “pole-vaulted” from third place to

Continued on page 7

**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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Message from Minister Scott Johnston - Seniors and Long-Term Care

## Seniors Strategy launched February 22nd



Dear friends,

It has now been just over one year since I was sworn in as the Minister of Seniors and Long-Term Care. I remained honoured that Premier Stefanson selected me for this role – the first of its kind in Manitoba. I have thoroughly enjoyed my time as minister, learning and addressing the needs of Manitoba seniors.

I have made it an utmost priority to initiate, develop, and implement a Seniors Strategy which will deliver concrete results and change for Manitoba's seniors. With the help of my incredible colleagues in government, I am honoured to say that we officially launched the Seniors Strategy on February 22 at an event at the Manitoba Legislature.

*Manitoba, A Great Place to Age: Provincial Seniors Strategy*, is a guide to follow as our government addresses the challenges faced by some older adults, their families and caregivers, to support all Manitobans in their aging journeys, and to value the significant contributions older adults have made and continue to make in our province.

The seniors strategy framework categorizes numerous action-oriented initiatives across seven strategic focus areas:

- safe, inclusive, accessible communities;
- navigation;
- high-quality services;
- financial security;
- reducing ageism and ableism;
- Indigenous engagement and co-design; and
- collaboration and accountability.

Since the release of the strategy, I've been pleased to announce the first of many initiatives that will support more Manitobans at home and in the community to live fulfilling and empowered lives:

- Expanding the Self and Family Managed Care (SFMC) program, with a \$12.6 million increase in funding, which offers the flexibility and autonomy to directly arrange the home care services that support 1,200 seniors in maintaining their independence in the community.
- Expanding palliative care services with a \$1.3 million in Southern Health-Santé Sud, that will enhance access to palliative care approach to care for people affected by life-limiting illness at home.
- Supporting the Rainbow Resource Centre's

Over the Rainbow (OTR) program with \$300,000 over three years as they aim to reduce social isolation among 2SLGBTQ+ seniors.

- Accelerating Habitat for Humanity Manitoba's ability to modify, renovate or rehabilitate existing housing for older Manitobans with an investment of \$450,000 which will help seniors stay in their homes longer.
- Creating a new \$12.6 million hearing aid grant program, that will assist eligible older Manitobans experiencing hearing loss to cover the expense of testing, fitting and purchasing new hearing aids.

Further initiatives in line with the seven strategic focus areas will be announced within the coming weeks. We look forward to continuing to engage with the input of Manitobans.

This new seniors strategy maps out a plan to support older Manitobans through filling gaps in services, making it easier to navigate services and supports, finding affordable options, supporting unpaid caregivers, and reducing ageism and ableism.

~ Scott Johnston  
Minister for Seniors and Long-Term Care

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**FRED SHANE'S WORLD OF WINNIPEG**

**Myles Shane**

On December 31, 2022 as the ball was dropping on Time Square and I switched channels between Anderson Cooper, Miley Cyrus and Ryan Seacrest I had an epiphany. I truly wasn't happy with my physical and mental health. It was time to make some inroads and reinvent MYLES for 2023. Almost three months later I find myself busier than ever writing and my New Year's resolutions are falling apart. The spare tire I had planned on losing around my middle isn't going away. In fact I think it's growing bigger. Weaning off my antidepressants was going well until mini withdrawals consisting of sweating and extreme fatigue set in. However I have taught my dog not to poop on our neighbour's lawn. Instead he's started pooping on our carpet. I also must admit I'm unimpressed by the state of our Canadian Film and Television Industry. One of my resolutions was to write a bible or grocery list on how to improve the current situation by looking at other industries Canada has unparalleled success with - hockey and music, sometimes both at the same!

#### THE NHL

Hockey. Canada produces some of the best hockey players around the world including- Gretzky, Lemieux, Lindros, Crosby, McDavid, Roy, and countless others. Hockey is a game Canadians dominate around the world. Hockey is to Canada like baguettes are to France and the red light district is to the Netherlands. At least 60% of the players in the NHL are Canadian. The Canadian teams have the best attendance, earn millions in licensing their games to television and sell the hell out of jerseys and other ancillary rites. It wouldn't be at all strange to see a kid walking down the street in Sweden wearing a Sydney Crosby jersey. We own the game.

#### THE CANADIAN MUSIC SCENE

Another industry which continues to flourish is the Canadian music industry. Drake or Bieber are always on the radio and Canadian music superstars

## SHOW ME THE MONEY

By Myles Shane



are a mainstay on the billboard charts. We're consistently winning awards at the MTV Music Awards and the Grammy's. We have a plethora of talent which tours the globe and sells out stadiums every day of the week. Some of our best-known talent includes: The Weeknd, Celine Deion, Bryan Adams, Drake, Avril, Shawn Mendes, Justin Bieber, The Guess Who and a never-ending list of exceptional talent.

Unfortunately, we can't say the same when it comes to our film and television industry. Most of the hit shows and movies Canadians watch are from America with the occasional British piece of content and foreign language shows like Squid Game. How do we fix this problem? Let's do a little more hockey research.

Did you know that hockey players from all around the globe move to Canada at 13-14 years of age to play junior hockey? Are their junior league's not good enough? Other countries try to model their training and in-game tactics after Canadian hockey. Keep in mind we only have 35 million people and hockey's a very expensive sport. Why can't we emulate this type of success in our own backyard? What's holding the true north back?

#### THE ANSWER IS COMPLICATED

As Jerry McGuire once said, "SHOW ME THE MONEY!" Big American movies and TV shows pay actors and directors like we pay hockey players! CTV, CBC, GLOBAL and our theatrical distributors aren't coughing up twenty million for the most well-known talent on the planet. Even though the logic clearly dictates if you have the best talent more people come to the games and pay outrageous prices but for some

unknown reason Canadian producers won't or can't find the funding for well-known actors and directors on a consistent basis.

Since earnings are vastly increased in the United States our talented actors learn their craft in Canada and then jet off to America in search of fame and opportunity. It happens all the time. Michael J. Fox left Canada and was on the verge of being homeless in LA when he snagged the part of Alex P. Keaton on the show Family Ties. Elliot Page, formerly Ellen Page, before she decided she wanted to be a man, had starred in a myriad of Canadian films before everyone and their dog went crazy for her performance in the critically acclaimed box office hit Juno which co-starred Canadian Michael Cera and was directed by Ivan Reitman's son, Jason Reitman. In fact, Ivan's daughter Catherine is one of the few successful Canadian producer/director/actors who has managed to create a hit Canadian show, "Workin' Moms" that Americans can watch on Netflix and seem to have fallen in love with. After Juno, the majority of Elliot Page's movies and television shows have been American. Hayden Christensen or as most fans better know him as Anakin Skywalker/Darth Vader hasn't starred in many if any Canadian films since he was cast in Star Wars: Attack of the Clones. Others actors to hit the jackpot in the US include Seth Rogen, Keanu Reeves, Ryan Gosling, Ryan Reynolds, Evangeline Lilly, Sandra Oh, Kim Cattral, Eugene Levy and many, many more. Not to mention if our directors strike box office gold they rarely return: Who even knew Denis Villeneuve before he directed Prisoners and the Dune films? We lost perhaps the best director ever who has some of the highest-grossing hits of all time, Mr. James Cameron.

#### THE TRADE

What is the problem with our industry? When Wayne Gretzky was traded to the LA Kings on August 9, 1988 the entire nation was grieving. Is the NHL

Continued on next page

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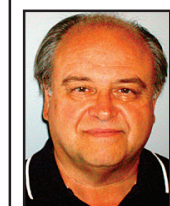
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## Difference of \$208.00 Between 2021 and 2022 Disability Tax Credit (DTC) Claim



By Peter J. Manastyrsky

Our winter has been cold and at times miserable, but spring is around the corner. When we think of spring, we think of filing our tax returns. As mentioned previously, it is important to submit the tax return by the **end of April of this year.**

Selecting someone to prepare your tax return for 2022 is very important. Look around for a reputable tax preparer, someone who is competent, easy to get in touch with and provides cost-effective and competitive professional service. If in doubt, please call **A Step Beyond & Associates**, we can help you in this matter.

What is the **Disability Tax Credit**? This is a Federal Tax Credit which is non-refundable. The **DTC** helps people who have disabilities (impairment) by reducing the amount of income tax they might have to pay. Also the **DTC** reduces the amount of tax payable allowing some relief for disability costs.

The Disability Tax Credit is available to all Canadians (from the young to the elderly) who have a qualifying severe and **prolonged impairment** that impacts the activities of their daily living, where the ailments are not likely to get better any time soon and have already been in place for a period of at least **12 months.**

Whoever qualified and claimed the Disability Tax Credit for 2021 took advantage of the \$8662.00 maximum disability amount. For the 2022 tax year, the Disability Tax Credit maximum disability amount is **\$8870.00**, an increase of **\$208.00**, comparing the two years. As you see, it is beneficial to apply for the Disability Tax Credit.

**A Step Beyond & Associates** specializes in helping people to get the tax credit benefit. We advocate on your behalf and ensure that your application is interpreted and completed properly eliminating potential uncertainties and streamline the information so that it is accurate before submission to Canada Revenue Agency.

**A Step Beyond & Associates** is a member of the Manitoba Better Business Bureau with A+ accredited rating. We invite you to call, no obligation, confidential dialogue to discuss your question or concern and help you in the process of qualifying for the Disability Tax Credit.

As a representative for **A Step Beyond & Associates**, Peter would be willing to provide a **complementary Power Point Presentation** about the Disability Tax Credit to group members such as Senior Community Centers, Active Living Centers, 55+ Centers, Clubs, or any Associations. Please call or email Peter to schedule a presentation appointment.

**Replace your impairment with Dependability, become eligible for Disability Tax Credit.**

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204-663-4651  
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(see advertisement to left)



Advertising Feature



# SHOW ME THE MONEY, *cont'd from page 4*

the best league in the world? It doesn't really matter. The NHL pays the most money to players and has hundreds of millions of fans. The brand is known all over the planet. Edmonton's Conner McDavid earns close to 15 million dollars a year. Given, it's not soccer superstar money, but it's still a lot of greenbacks! What Canadian actors earn anywhere near that amount of loonies on Canadian shows or films?

## SCHITT'S CREEK

Dan Levy, Emily Hampshire, Eugene Levy, Catherine O'Hara, Sarah Levy and Annie Murphy swept the Emmy awards and Golden Globe's for best sitcom and their salaries remained insignificant compared to their American counterparts. Not to mention their show, Schitt's Creek, only gained major popularity and a bigger budget once it was picked up by Pop TV in the United States and later Netflix, which is where fans around the world fell in love with the world of Schitt's Creek. Something is very wrong with the system. Clearly, until a show is seen by an American audience and blessed by an American channel or streamer, it's barely recognized? Gosh, this is frustrating. No wonder I spent all those years living in NY and flying to LA.

Let's recap, Canadian directors, writers and talent leave for the United States to be part of bigger projects and earn more money or as many have dubbed it, 'The American Dream'. Let's do a deep dive into those movies that pay the pot of gold at the end of the rainbow.

## BOARDWALK & PARK PLACE

If you think about the movies that are doling out the largest pay cheques in 2023, most of them are major IP's. Okay, good question, what's an IP? An IP is for all intense purposes- intellectual property. If a studio buys a NY Times Best Seller



suddenly they own a very valuable piece of IP (think of it as prime real estate, BoardWalk in Monopoly) with a built-in audience, meaning people have read the book and may want to see the movie. This is the industry's big little trick...IP. We don't concoct anything original that hasn't been tested in another medium. If the content on screen wasn't a book, a true story, based on a documentary, a bio flick, a comic book, a successful movie franchise (Star Wars), a play, an article, a piece of gossip, or even a well-known poem, it's likely not going to enjoy major success or revel in box office glory. Original screenplays may win awards but rarely turn into multi-billion dollars hits!

Canadian Producers for some reason don't have the money to acquire well-known IP. Instead, they buy critically acclaimed IP that consists of fascinating true stories or documentaries. In America, a producer picks up the Jeffrey Epstein life rights for millions of dollars while a Canadian Producer doesn't have that type of cash and decides to produce an art house flick that will likely win awards, play major festivals like Cannes and be considered art, but no one will see it. For example, one of the most talented filmmakers I've ever met is Guy Maddin. He was born in Winnipeg. His filmmaking is like watching dreams on celluloid. His imagination and telling of the narrative are spectacular. I loved his first film TALES OF THE GIMLI HOSPITAL and thought his love letter MY WINNIPEG

was a sensational motion picture but the majority of movie fans out there want to see big stars on the screen and not convoluted art house pieces that make you think. Other Canadian directors like Adam Egoyan and David Cronenberg are guilty of the same crime. They direct these wonderful stories that are complex and layered and have an intellectual shine to them but audiences could care less. They want to see Tom Hanks and Julia Roberts in meet cutes or a rom-com. I honestly believe part of the reason Canadian filmmakers write, direct and produce art house critically acclaimed winning films and television is they can't compete with our American counterparts, thus we provide the viewer something completely different. Something so far out of left field that the critics label it brilliant. In fact, our homegrown films are so entertaining they rarely play at the local cineplex. This forces film art lovers to find the film on some VOD channel or at an underground film festival in China. In the age of the VHS film, a couple of the alternative video stores rented every kind of movie, but as we all know the video store died along with handwritten letters a long time ago.

So what's the answer to our conundrum? We have the writers, directors and talent. We have amazing crews in this country as billions of dollars are spent here by Americans producing movies every year. They even usually apply for our tax credits, since they are using all of our below-the-line talent.

BLT usually consists of everyone but the writer, directors, producers, Executive Producer, actors, sound designers and the cinematographer. Most provincial governments combined with the federal government will provide foreign producers with up to 30% of their budgets if they use our crews and locations.

## CANADA NEEDS A MAJOR STUDIO

The only viable answer to solving Canada's film and television crisis is simple but costly. We need two or three major media conglomerates to enter Canada (like Sony, Universal or Paramount) and pay Canadian directors and talent salaries comparable to their American counterparts. With major studios being in Canada they can provide Canadian Producers with the funding to buy well-known Intellectual Property such as books that are on the NY Times best seller list, the rights to popular movies ready for a remake, comic book and graphic novel franchises—not to mention biopics on lots of Canadian hockey players! Actors and Directors go giddy for these kinds of projects and roles if they're accompanied by a truck full of money. Will this motivate people all around the world to pay to attend these movies and make them box office Kings? We know our hockey arenas sell out, and we know stadiums around the world are packed to see Canadian singers and bands—the same will and can happen to Canadian film and television.

It all comes down to four words, "Show me the money!"


# HISTORIC HELP for Manitoba Seniors


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# Domain Women’s Institute Celebrates 75 Years

- Submitted by the Domain Women’s Institute

WI has been a mainstay women’s organization in Domain area for 75 years. That’s a long time of good works in the community and strong friendships amongst Members.

Domain WI Members looking forward to their 75th Anniversary Celebration (see attached list of names)

This is definitely something to celebrate so Members of Domain WI are hosting a daylong event to do just that. Our theme is ‘Domain WI – 75 and Onward’. On May 10, 2023, the Domain Community Hall will be buzzing with activity. In the morning, WI Members and friends from across our province are invited to join current and alumni Domain WI Members in the ‘good old fashion’ way of meeting, sharing and having fun. Domain WI President, Janice Harrison says, “Come out in the morning for a bit of Domain WI history, greetings from provincial women leaders on the move, free door

prizes and the Manitoba 1947 knowledge test”.

It wouldn’t be a WI meeting without delicious food, so of course lunch is included as well as a 75th anniversary cake for those with a sweet tooth.

WI continues to be an organization of inspiration and support to its Members and their rural communities. Our current membership consists of women from a larger region that includes Domain, La Salle, Winnipeg, Ste. Agathe, Steinbach and Headingley.

The afternoon activities are open to the general public. Many will want to attend the Keynote Speaker, Catherine Wreford Ledlow, winner of Amazing Race Canada 2022. Catherine is a performer, a teacher, an adjudicator, a stretch expert, a mentor and a motivational speaker. She is a lover of life who encourages and inspires everyone to run their own amazing race!



Catherine Wreford Ledlow, Keynote Speaker

Thanks to many generous sponsors, the cost to attend the celebration is low - \$15.00 per person gets you lunch and the activities of the day. If you just want to register for the afternoon speaker, your cost is \$10.00. If you want to attend, please register with Carol at [cmmp50@hotmail.com](mailto:cmmp50@hotmail.com) or Jane at [ejanewm@icloud.com](mailto:ejanewm@icloud.com). ■



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Valerie Fudge Debora Durnin-Richards  
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## A Conversation with Ed Schreyer - Part 2 of 2, cont’d from page 2

first place in the June 1969 election and Ed became premier on July 15th. It was a hectic year by their own ambitions in terms of legislation and programs.

During the period of 1969-1978 the NDP, led by Ed Schreyer, brought in new programs such as Unicity, the creation of one city for Winnipeg. Although they didn’t bring in the national Medicare program, they worked on many details of the program. Another important program was introduced, namely Home Care. It didn’t exist before, and today it is taken for granted. Autopac was brought in, and to this day Ed hasn’t heard of anyone advocating abolition or selling off Autopac. Ed was very interested in bilingualism. At the time French could be taught only as a subject in the classroom, but the use of French language in the classroom was against the law of 1892. The law was changed in 1970 with only one sentence in length, “The law respecting language of May 1892 is herewith repealed.” It became legal, and now we have French immersion.

While campaigning at Norway House, Ed sat in a classroom observing his friend from college, Brian Orvis. He was teaching a class of young children in Cree or Ojicree as they called it. The students laughed and giggled and enjoyed being taught in their native tongue. Clearly, the best results in the class-

room were achieved by removing anxiety, and teaching in a language the students could understand.

On January 22, 1979, Ed Schreyer was sworn in as the 22nd Governor General of Canada at the age of 44 - the youngest Governor General since the Marquis of Lorne (1878), who was 33 years of age. During Ed’s time at Government House in Ottawa, he and his wife Lily made several changes to Rideau Hall. They wanted it to be a little more accessible to the Canadian public. It was fascinating to Ed to welcome people to Rideau Hall from different walks of life - people who had made some unusual contributions to Canadian life.

Ed and Lily travelled extensively visiting the sub-Arctic and the Arctic. They visited 22 of the Inuit settlements of the northern Arctic and got to the North Pole on two occasions. He went scuba diving on one of those visits, wearing a Norwegian dry suit as they call it. This suit was filled with air which provided an insulated cushion to deal with the cold water. Ed mentions that carrying out the duties of Governor General can be quite hectic, but he felt it was his responsibility to accept as many invitations as possible. Unlike the office of premier, which is hectic, the office of Governor General doesn’t have pressure. Later, he served as Canada’s High

Commissioner to Australia and South Pacific islands.

Ed and Lily have four children in their family, two girls and two boys. One of their girls is living in Australia and the other in Hong Kong. Their sons Toban and Jason both live in Winnipeg. Five grandchildren round out the Schreyer family.

Ed claims he’s something of both an optimist and a pessimist regarding the future of our country. He says he’s an optimist because it’s not like the world hasn’t been in dire circumstances before and has managed to come through. “The effort of recycling, finding efficiencies, and avoiding waste is very good.” On the other hand, he believes the pressure of eight billion people on

our planet at the increasing rate of 90 million a year is quite disturbing. Also, he says the rate at which we are raiding resources is formidable. “We used to think of the earth’s potential resources being literally infinite (without limit), but that’s not really true. The increase in population and the decrease in wildlife and species of plants poses huge problems.” He feels we must get more serious than we are. With all the global conferences since 1997, Ed is very concerned because we promise one thing, but we end up moving in the opposite direction of our promises.

While there is much more to be said, Ed provided a most interesting look into the past, and a subtle look into the future. ■

## Helping Manitobans Make Ends Meet

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To see how the new Carbon Tax Relief Fund will help you and your family, visit:

**Manitoba.ca/helpingMB**



### LIVING WILLS & POWERS of ATTORNEY

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

A **Living Will** is a written statement in which you give direction to your family and healthcare providers about what kind of medical treatment you would like to receive when you are at the end of your life. This is wording which can be found in a **Living Will**:

*If the situation should arise in which there is no reasonable expectation of my recovery from physical or mental disability, then I request that medication be mercifully administered to me to alleviate suffering, and that I be allowed to die and not be kept alive by artificial means or "heroic measures". I do not fear death itself as much as the indignities of deterioration, dependence and hopeless pain.*

In the meantime, if you can’t take care of our own affairs because of mental incom-

petence, say from a stroke or Alzheimer’s, an **Enduring Power of Attorney** gives your care-givers authority to take care of your financial affairs AND make medical decisions. This is wording which can be found in an **Enduring Power of Attorney**:

*I authorize my attorney to make all necessary decisions concerning the care of my person while I am in any personal care or medical facility, including any medical decisions that may require my consent. If I am still mentally competent my attorney must consult with me before authorizing any important changes in my care, but if I am no longer mentally competent my attorney may make such decisions, taking my best interests into consideration.*

If you become mentally incompetent before you do an **Enduring Power of Attorney** your care-givers would have to go to court at a cost of thousands of dollars to get a “**committeeship**” to manage your financial, health and accommodation issues. However an **Enduring Power of Attorney** only costs a few hundred dollars, and is typically done at the same time as a Will.

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.

*I am able to travel to the homes of clients or meet in a convenient location, if requested. Virtual meetings using Zoom or other platforms are also possible. I can provide service in French and German. I understand Ukrainian and Spanish. ■*

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# On the Road Again...April 2023 Shows!



Just weeks away...and the first of eight 2023 Pros Know Expos is here! The North Centennial Seniors Association in conjunction with the fine folks at Sgt. Tommy Prince Place at 90 Sinclair Street will officially kick off the PKE year on Thursday, April 20th. With doors open from 9:30am - 2:00pm, we are grateful to be starting this years journey right here. The first 19 months of shows since the first of October 2021, has given us the

time and opportunity to get things running proper and purposeful. This awesome facility and MASC venue host are prime examples of the hard working people throughout our city who invest their time and resources for our older adult populations well being. The building & facility are first class and with ample parking, throwing in some excellent accessibility, well... You know, we couldn't go wrong here at all.

Special thanks must go out to our caring group of Sponsors; **Bright Water Senior Living of Winnipeg** (Gold) Exceptional Assisted Living, **Royal LePage Top Producers Real Estate** (Silver), **Active Aging in Manitoba** (Bronze) keeping us in shape, those shakers and movers, **The Seniors Moving Company** (Bronze) & **Victoria Lifeline** (Bronze) bringing safety and support. We can't thank you enough.

The folks from Canadian Footwear, Heart to Home Meals, Comforts of Home Care, Diamond Athletic with the RRC Polytech Nursing Programs 'Blood Pressure' clinics and more, will be back as well to help you and yours. Lastly, these shows are for you, your family and neighbours, please let everyone know so we all can be living better. Thanks everyone for your continued love & support! **Rick & Trish!**



**Thursday, April 20th | 9:30am - 2:00pm | North End**  
Sgt. Tommy Prince Place | 90 Sinclair Street  
MASC Host: North Centennial Seniors Association



**Wednesday, April 26th | 9:30am - 2:00pm | Fort Rouge**  
Fort Rouge Leisure Centre | 625 Osborne Street  
MASC Host: South Wpg. Seniors Resource Council

Visit [prosknowexpos.ca](http://prosknowexpos.ca) for all 2023 show dates, locations & more!

# March is Nutrition Month - Unlocking the Potential of Food

~ Heart to Home Meals

March is the month where things begin to change (finally). The snow (starts) to melt and the air (finally) begin to shed its chill. With this seasonal turning of the page, it gives us another opportunity to check in with ourselves, end the winter hibernation and begin to look for new events and activities. March is Nutrition Month, which is hosted by Dietitians of Canada, and has been held for over 30 years. The aim of Nutrition Month is to, "increase public awareness about the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information." Getting profes-

sional advice from dietitians is extra important as we get older, because our diet and nutrition needs can change dramatically as we age. **Planning for Nutrition Month** Every year, there's a different theme for **Nutrition Month**. But this year, the theme is more relevant to seniors than ever, *Unlock the Potential of Food, Find a Dietitian*, all need to contribute to what healthy looks like for you." In other words, everyone is different both in their personal tastes and their nutritional needs. Finding a diet plan that works for you can require a little help.



Sometimes it's about more than just what you like and don't like. Many different cultures have cuisines and dietary requirements that go along with them. Maybe you're a vegetarian, or don't eat pork. Whatever your background, and how it impacts what you eat, a professional dietitian can help you make healthy choices that suit your cultural background. This month is a great excuse to think about what you're eating, and how it impacts your life. Food is more than simply fuel for your proverbial car, it's a means to a healthy, independent, and enjoyable life. We've written about the importance of macro and micronutrients before, and why complete meals (as opposed to supplements and shakes) can be better for you. But eating delicious meals can also improve your happiness and quality of life, so finding ways to eat healthy and happy is extra important for seniors. One of the main tenets of **Nutrition Month** is promoting the value of professional advice from registered dietitians. This is something we value at Heart to Home Meals, as all the meals we offer are designed with consultation from our dietician Andrea Olynyk. We label them based on unique dietary needs too, so you can customize a meal plan that's right for your nutritional needs. Haven't checked out **Heart to Home Meals** yet? There's no better time than Nutrition Month! Call Heart to Home Meals and request your **free** Menu **204-816-8659** or online at [www.hearttohomemeals.ca](http://www.hearttohomemeals.ca). Spring is almost here, and it's the perfect time to celebrate new activities and opportunities available to us. March is Nutrition Month and lets us look at our diets and check in with what we're eating and how it affects our physical and mental health. It also prompts us to seek advice from professionals who can help us make food choices that make us feel better. However, you choose to recognize March moments, there's no bad way to celebrate the end of our long winter. ■

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\*Some conditions may apply.



# Artist-led interarts festival returning to Winnipeg in partnership with Cercle Molière

- Submitted by IN/ON/OUTINTERARTS Festival

WINNIPEG, March 1, 2023 - Artistic Director Stéphanie Morin-Robert, Technical Director jaymez, Graphic Designer Abby Falvo, and front of house manager Rebecca Sawdon are set to bring back **IN/ON/OUT INTERARTS FESTIVAL** — an inclusive multidisciplinary festival run by artists, for artists — for its second edition in Winnipeg from March 30th to April 2nd, 2023 at Cercle Molière (340 Provencher Blvd). The multidisciplinary festival, taking place over three evenings as well as a two-day workshop series, will continue to focus on supporting and showcasing artists exploring the intersection of technology and various performance styles.

Morin-Robert on the festival's second year, "We are thrilled to be launching our festival's second edition. Our programming is filled with artists who are both in-your-face talented and who continuously inspire us to grow our own professional artistic practices... since our entire team is composed of people who are also artists themselves."

Hosted by the Stéphanie Morin-Robert Performance Society and Cercle Molière, and partnering with Video Pool Media Arts Center, Young Lungs Dance Exchange, NIMAC, and Collective Broadcast Company, **IN/ON/OUT INTERARTS FESTIVAL** brings together both local Winnipeg and other Canadian artists who are pushing the boundaries of performance.

Some of the interdisciplinary artists include Vancouver born sensational theatre maker *Ben Gorodetsky*, Canadian Comedy Award winning clown *Alastair Knowles of James & Jamesy*, leading tech based artists *Peter van Haften*, *Michael Montanaro* and *potatoCakes\_digital*, and award-winning Montreal based choreographer *Helen Simard*.



The programming also includes local rising standup comedian and emerging A/V artist Emmanuel Lomuro who will be premiering his first one-person show titled: "You're Fired! From Citizen to Refugee".

Lomuro on the opportunity to create and premiere his first solo show, "I'm really excited for this opportunity to expand my abilities on a new stage. This festival will definitely test my creativity but I'm excited to share my story, provide some laughter, and share this moment with the performing arts community."

The festival will take place at Cercle Molière (340 Provencher Blvd) in the heart of Winnipeg's francophone community, encouraging an increase in bilingual programming and participation.

Attendees can reserve tickets for both free and paid programming on the festival's website: [www.inonoutfest.com](http://www.inonoutfest.com). Or they can email the Artistic Director at [Stephanie.morinrobert@gmail.com](mailto:Stephanie.morinrobert@gmail.com)

We welcome all to join the **IN/ON/OUT INTERARTS FESTIVAL** to support the advancement of collaborative interdisciplinary performance, and to promote a broad spectrum of access for public appreciation of the arts. This festival is made possible with the financial support of Canadian Heritage, Canada Council for the Arts, Winnipeg Arts Council and Manitoba Arts Council. ■

Advertising Feature

# Minds in Motion® - support and solace for participants

~ Alzheimer Society of Manitoba (Brandon, MB)

Pat and Larry Pollock used to love going to the *Minds in Motion*® group in Brandon to play games, connect with other couples and chat with the volunteers. Larry's dementia diagnosis in 2021 was a rollercoaster for the couple, but this fun fitness program helped them feel supported and was something they could enjoy together.

"It became an absolute lifeline for us, and a great way to meet other people in similar situations," Pat says. "It was one of the few things Larry really looked forward to after his diagnosis."

Pat and Larry found friends and community through the program. After Larry passed away in March 2022, their *Minds in Motion*® group continued to be a support and solace for Pat. Friends from their group even attended Larry's celebration of life, which meant a lot to Pat.

When she heard the group was having trouble finding volunteers this past fall, Pat decided to put her hand up to help.

"I couldn't believe the warm welcome I received from some of the couples who

were participants when Larry and I attended the program," Pat says. "Their support was really heartwarming."

Pat's been volunteering with the Brandon *Minds in Motion*® group since the fall of 2022, now helping to lead the games she had once enjoyed playing with Larry.

Pat always offers a listening ear for program participants because she knows what it's like to go through the twists and turns of a dementia journey. "The first year after Larry's diagnosis was an isolating time for us, so I can often understand and relate to what other couples might be experiencing," says Pat. "It feels good to give some of my time each week knowing it can make a world of difference for others."

*Minds in Motion*® runs for eight weeks every fall, winter and spring, consisting of a two-hour session every week. Each session includes gentle chair fitness, coffee conversation and three different games.

To learn more about *Minds in Motion*® or to register, visit the *Minds in Motion*® page on our website [Alzheimer.mb.ca](http://Alzheimer.mb.ca) ■

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## Things To Do

### WINNIPEG, Cont'd

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. [Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.com)

**Winnipeg Lost Dog Alert (WLDA)** - Volunteers needed for: [Facebook Page Administrator: recruit@winnipeglostdogalert.com](https://www.facebook.com/winnipeglostdogalert) Volunteers needed for: [Treasurer](mailto:Treasurer). Resume to [president@winnipeglostdogalert.com](mailto:president@winnipeglostdogalert.com). Visit [www.winnipeglostdogalert.com](http://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](mailto:ikehler84@gmail.com) or Wayne: **204-792-3932**

**Brooklands Active Living Centre** - 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. **204-632-8367**.

**Creative Retirement Manitoba** - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit [creativeretirementmanitoba.ca](http://creativeretirementmanitoba.ca).

**Dakota 55+ Lazars Senior Centre** - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 217. WHIST, 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 w/light lunch & 4-pc band. 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 discussion, 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](mailto: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](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Programs include: 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. Games: Pickleball, Bridge, Bocce, PinPAL's. Community: 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. **204-946-0839**, [office@pal55plus.ca](mailto:office@pal55plus.ca), [www.pal55plus.ca](http://www.pal55plus.ca).

**Rainbow Resource Centre** - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email [otr@rainbowresourcecentre.org](mailto: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](http://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 Centre - 3rd Thur. of mo, 10 am-2 pm; Osborne Library - 4th Tue. of mo, 1 pm-4 pm. Schedule subject to change. Info: [resources@swsrc.ca](mailto: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](mailto:office@windsorcc.ca)

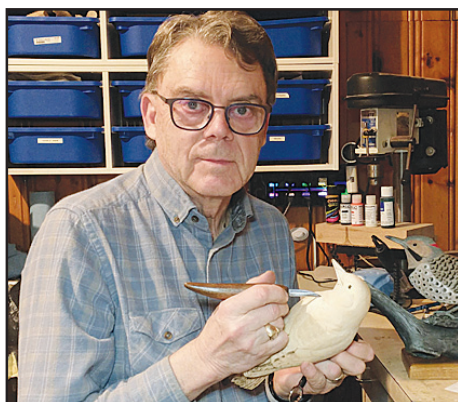
**Winnipeg Chinese Senior Assoc.** - Diabetes Awareness & Prevention Program, up until Mar. 30/23. Walk-in Blood Glucose Testing, Tues. 10 am-12 pm, Thurs. 1 pm-3 pm, at Whyte Ridge Community Centre, 170 Fleetwood Rd. Open to public.

# MEET A WOOD CARVER!

- By Ted Muir, a founding member of Prairie Canada Carvers in 1987

Occasionally a person comes along who just seems to be ideally suited and almost genetically destined to do wonderful things with wood. Don Young of Winnipeg is one such person. Don's infatuation with wood harkens back to childhood days in Cypress River in southwestern Manitoba where he grew up alongside four brothers bent on exploring pothole country. The pursuit of waterfowl and making of decoys-hued out of barn rafters- was all in a good day's fun. "Dad was a carpenter keen on sharing his craft with his boys so we were comfortable working with wood at an early age. Mom was a school teacher so we were always on a learning track," said Don. "And of course back then you just made what you needed, developing life skills along the way."

Don's work experience included a stint in wildlife management, and science teaching, but his hankering for independence and the innate urge to build things led him along with a brother to start up a custom furniture shop in Winnipeg. That endeavour opened



Don Young in his workshop.

the way to a 15-year career as a cabinet making instructor at Red River College in Winnipeg.

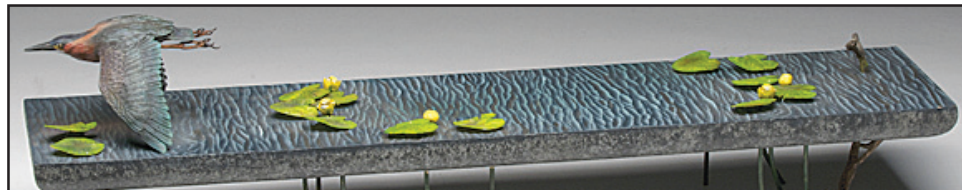
Bird carving tweaked his interest after a demonstration at the Fort Whyte Centre in Winnipeg. "The year was 1993, and I knew I had to try my hand at the artform". With a ring-necked duck decoy under his belt he realized the value of learning from others taking classes

offered by other carvers, and enjoying the opportunity for display, recognition, feedback and networking that the annual Prairie Canada Carvers' Show offered.

Over time he gravitated to songbird carving. "I was always fascinated by the appeal and antics of songbirds- especially the black-capped chickadee. I just feed off the challenges presented by crafting a bird on a branch with absolute realism," said Don. In this genre he shone - embracing a creative and innovative flair in carving design and execution. That desire to improve and move forward was a trait he brought to the board of Prairie Canada where he is currently co-chair. Working with other members he expanded the scope of the competition to include other forms of wood

working, open public seminars, collection exhibits by accomplished carvers and one-time special challenges for all to participate in. Friend Tom Park observed that "Don's ideas and innovations have kept Prairie Canada fresh and relevant. He is always trying something out of the ordinary and takes great delight in offering workshops and mentoring newcomers."

Like most accomplished carvers, Don is a keen competitor, and will once again have samples of his work at the 2023 show. Please join us at the show on **April 15th and 16th**. Located at the **Pembina Curling Club** in Winnipeg, it is open to the public between 9-4 each day. Admission is \$5.00 at the door. For more information, check out the website at [PrairieCanadaCarvers.com](http://PrairieCanadaCarvers.com). ■



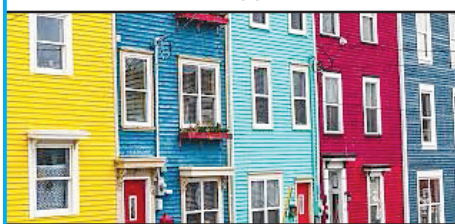
Green Heron wood carving by Don Young.

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# A HOCKEY LIFE: A TRIBUTE TO DON KURYK

By Scott Taylor, Photo by James Carey Lauder



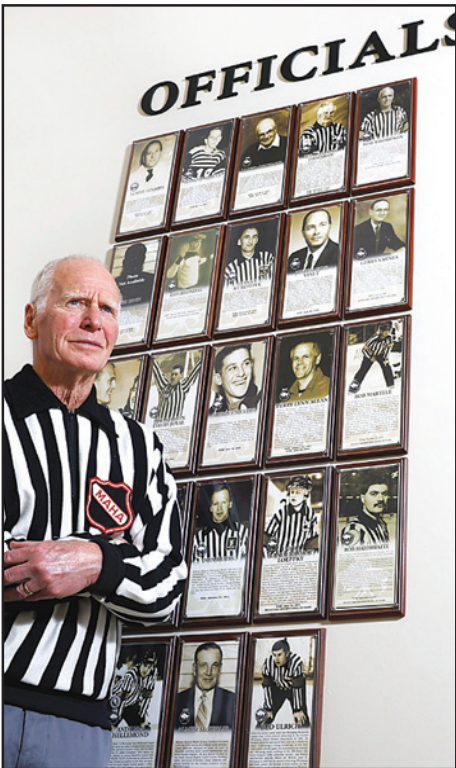
After nearly a decade on the job, Don Kuryk stepped down as President of the Manitoba Hockey Hall of Fame on Dec. 31, 2022. However, the 79-year-old made it clear he's not going anywhere.

"You usually agree to a three-year term," Kuryk said, during a recent interview with *Game On Magazine*. "I stayed around for nine. I have turned the presidency over to Jordy Douglas, but I plan on staying with the MBHMF board for now."

Not surprisingly, as Kuryk turns the reins over to his successor, he'll not only be remembered as the man who guided the organization through the difficult COVID pandemic, partnering with The Winnipeg Foundation to establish a Manitoba Heritage Trust Fund to assist in maintaining the MBHMF scholarship programs, but also as an honoured member of the Hall himself. Kuryk was inducted as an official in 2009.

"I started in the early 1970s and refereed for 25 years in the Manitoba Amateur Hockey Association," he recalled. "I refereed very little minor hockey. I was into the junior leagues pretty quickly. My first actual game was in the Western Hockey League as a linesman."

"I worked in the Western Canada Hockey League as a referee. That's what the Major Junior Hockey League Western Hockey League was called. The Winnipeg Clubs were playing in WCHL. I refereed, university hockey, at the old barn at Bison Gardens. It was colder inside barn than outside. I also refereed in the Manitoba Junior Hockey League, and was the Referee in chief for a number of years. The CASH (senior hockey).



Don Kuryk

I had the opportunity to officiate a number of Allan Cups, MJHL playoffs, Senior Hockey and Referred at the World Junior Championship in Finland as well in Winnipeg back in 1974.

"I played minor hockey out of the old Robertson Rink located at the corner of Church Ave. and Robertson St. A littler green shack and was heated with a pot belly wood burning stove. It was common on a Friday night to have 100 kids Pleasure skating and playing shinny hockey. On occasion Billy Mosienko would come out and join. I have a lot of fond memories of those days.

I played my Midget and Juvenile hockey at CUAC (Canadian Ukraine Athletic Club). CUAC was the Hub of hockey in



Don Kuryk

the north end with several satellite rinks. The satellite rinks included Robertson, Frank White, Ralph Brown, Boyd and Lansdowne.

"I played Jr. B hockey in West Kildonan Community Club and yes all games were played outdoors. I played competitive hockey at the Jr. B level and Intermediate level until I was 25.

I later played Winnipeg Club Oldtimer's. In 1981, the Winnipeg Clubs were invited to play in the Soviet Union. A friendship game that as a result of Allan Eagleson fiasco the Canada Cup. That team included Ab McDonald, Gordie Pennell, Normie Beaudin and Duke Asmundson.

Kuryk's contributions to the Hall, in just nine years, were extensive:

- The Ed Sweeney Memorial Awards & Grants acknowledging excellence in the research and writing on Manitoba's hockey heritage was introduced in 2015.
- In 2016, the MBHMF introduced the Manitoba Hockey Community Award and Later was renamed Manitoba Heritage Award. In partnership with Sigfusson-Northern, this award provides \$10,000 in support to hockey communities throughout the province.
- In 2018, the MBHMF undertook a major upgrading of its Museum display case on the second floor of the Ice Plex (the training facility of the Winnipeg Jets) with the installation of an interactive touchscreen and renovation of the display.
- In partnership with the MBHMF, December 20th, the date of the first organized hockey match in Western Canada, was designated as Manitoba Hockey Heritage Day by the Province of Manitoba on December 20, 2020.
- In 2022, the recent installation of the Canadian Commemorative Events plaque at the First Lutheran Church on Victor Street was held, recognizing the 1920 Winnipeg Falcons Olympic Gold victory at Antwerp.
- And on Dec. 9, Don along with the Ab McDonald Family and hundreds of others attended the renaming of the St. James Civic Centre Arena to the Ab MacDonald Arena.

"It's been a good run," he said. "I think the best memory would be all the people on the board of directors that I've worked with. We have 18 on the board and each individual has something special to offer and special things do for the MBHMF. Those are my fondest memories. It's the people. It's always the people." ■

## Sri Lankan Seniors Manitoba Celebrate Christmas in February - Senaka Samarasinghe



Sri Lankan Seniors Manitoba (SLSM) as an annual tradition Christian members took an initiative to organize Christmas Get together on Feb. 20th, 2023. Due to unavoidable circumstances, they were unable to organize during the Christmas Season. Nearly 40 members gathered for the ceremony. The organizing committee scheduled Christmas Carol Songs, few indoor games and a gift for each participant. Further, the committee arranged a grand lunch as well. At the end of the event all participants faced for a group photo.

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~ March 2023 ~

## It's easy being Green!

If you ever received a St. Patrick's Day card in March, chances are you're of Irish descent. After all, it's an Irish thing. But if you've ever worn green on the day itself, March 17, well, you could be anyone – lots of folks wear green on St. Paddy's Day! It's a special day that's far older than Canada itself and all can partake. Fun fact: St. Patrick and Attila the Hun were contemporaries (in the 400s). Who was a nicer guy? I'm going with St. Pat.

Moving from the dark ages to the 1960s, I remember St. Patrick's Day always falling on a school day. Hundreds of kids wore something green to school, and why not? It was easy – boys threw on a green shirt or sweater, or green socks. Girls had green stockings, green pins, green tunics. Irish culture was in the public eye. Thanks to the birth of Lucky Charms breakfast cereal, everyone knew what a leprechaun was, and thanks to the Irish Rovers saturating TV and radio, everyone knew a good Celtic tune when they heard it.

After school, various sweets were waiting for many of us lucky enough to have some Irish



ancestry. At my Windsor Park home, I could count on cupcakes topped with green frosting or green Jello, and maybe even whipped cream and green sprinkles. Sometimes, I'd hear a story about my grandfather arriving in the Canadian west via New York City in the early 1900s.

When the 60s became the 70s, I drifted from green Jello to green beer, then even better – Harp beer, and the tradition goes on. I have-

n't sent or received any St. Patrick's Day cards since my mother died, but hopefully, there are many others who keep this fine tradition alive. (Hallmark is counting on it!)

St. Patrick's Day is open to all. Whether you believe he drove all the snakes out of Ireland or not, wear something green this March 17, eat a sweet that's green, buy a pint of Guinness and check out what's special on CJNU.

*Kevin Ferris is a CJNU Member*

## Our March Host Sponsor—The Toba Centre

We are delighted to welcome The Toba Centre as our Host Sponsor for March.

The Toba Centre deals with some heavy issues—including child abuse. This is defined as anything that intentionally endangers the development, security or survival of a child; the act of emotionally, sexually or physically harming a child. As a community, we all have a role to play in protecting children.

It is Toba Centre's mission to restore the health and wellbeing of those affected by child abuse through a coordinated, community response. We are creating an environment where the community can not only support children and youth impacted by abuse but also their families and the professionals who dedicate their lives to this critical work. History

Toba Centre is a child advocacy centre in Manitoba, focusing on the needs of children and youth who have experienced physical and/or sexual abuse or witnessed violence. Our model is child-focused and designed to foster best practices in child abuse investigations.

We coordinate and collaborate with our partners (police, child and family services, victim services) to address the needs of children and their families at the time of the child's interview, providing a better and less traumatic response. In common with other child advocacy centres, Toba Centre shares the belief that the combined wisdom of professional knowledge and disciplines will result in a more complete understanding of the case.

Currently, Toba Centre's primary role is to



**toba**  
Centre for  
Children & Youth

**SAFETY, JUSTICE & HEALING**

support child abuse investigations by providing child-friendly spaces for victim and witness interviews. There are approximately 4,000 child abuse investigations in the province of Manitoba every year. With limited space, Toba Centre interviews fewer than 10 per cent of these child abuse victims. WE WILL—Capital Campaign

On April 19, 2022, Toba Centre for Children & Youth announced the launch of a \$15-million capital campaign to create a new, multi-disciplinary child advocacy centre in Manitoba. This move will ensure every victim of child abuse, and every child witness to violence, is heard, helped, and healed.

The We Will Capital Campaign will support Toba Centre's relocation, expansion, and evolution into a first-of-its-kind child advocacy centre at a city-owned facility at 710 Assiniboine Park Drive in Assiniboine Park. The campaign will enable Toba Centre to expand to 19,000 square feet, enabling integration and co-location of child-centered services.

The new Toba Centre will adopt best practices and learn from other established child advocacy centres to create a made-in-Manitoba centre of excellence. Services, including police, medical, social work, and other supports will be provided on site. Each discipline will be a critical element in the multidisciplinary team that works together to serve children and families.

This coordinated response will reduce potential trauma to children and families and improve services, while preserving and respecting the rights, mandates and obligations of mandated agencies.



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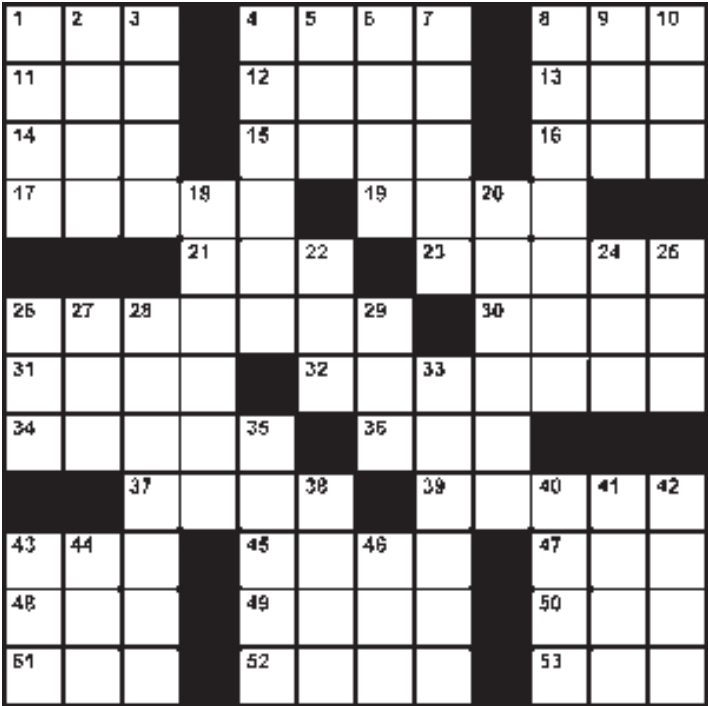
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CROSSWORD (EASY) By Myles Mellor

- ACROSS:**
- 1 Historic Boston Harbor flotsam
  - 4 Watches over someone's baby
  - 8 Georgian, for one
  - 11 Active struggle
  - 12 Farm equipment
  - 13 Welcoming \_\_\_\_
  - 14 Neighbor of Wash.
  - 15 Ultimatum word
  - 16 Have bills
  - 17 Drain cleaner
  - 19 Table place
  - 21 Aloof
  - 23 Cut glass crystal
  - 26 Wetlands
  - 30 Laugh loudly
  - 31 Improves, as cheese
  - 32 Flawed merchandise
  - 34 Memos
  - 36 Do a wrecker's job
  - 37 "\_\_\_\_ that special!"
  - 39 Point
  - 43 Mariner
  - 45 Like some history
  - 47 Bawl
  - 48 Half and half
  - 49 Lived
  - 50 Mature gracefully
  - 51 Strange
  - 52 Baby plant
  - 53 Scarlet



- DOWN:**
- 1 Terrible \_\_\_\_
  - 2 Make, in relation to wages
  - 3 Telephonic region, with code
  - 4 Oration
  - 5 Taken \_\_\_\_
  - 6 Football start ceremony
  - 7 Lots of baseball wins
  - 8 Joy, for one
  - 9 Sensitive
  - 10 Supped
  - 18 Some chocolates
  - 20 Deer slayers
  - 22 Agreed
  - 24 Down in the dumps
  - 25 \_\_\_\_ Butterworth's
  - 26 "Dude"
  - 27 Years \_\_\_\_
  - 28 Finished with work forever
  - 29 Arrange
  - 33 Wound around
  - 35 Bamboozles
  - 38 Willow, for example
  - 40 Sign of damage
  - 41 Encourage
  - 42 Showed interest in
  - 43 Additionally
  - 44 "What's more . . ."
  - 46 "Roses \_\_\_\_ red"

SOLUTION ON PAGE 15

WORDSEARCH - St. Patrick's Day By Roni Alward & Senior Scope

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

ANAMCHARA	DANCING	JIG	PADDY
BAGPIPE	DUBLIN	KISSING	PARTY
BANSHEE	EMERALD	KNACKERD	PATRON
BEER	FAERIE	LANGERED	PIXIE
BLARNEY	FIDDLE	LAUGHTER	POTATOES
BOG	GAELIC	LEGEND	PUB
BOONDOGGLE	GOLD	LIMERICK	RAINBOW
BROGUE	GREEN	LUCKY	SAINT
CASTLE	HARP	MACHREE	SNAKE
CELEBRATE	HOLIDAY	MAGIC	STOUT
CELTIC	HUNGOVER	MARCH	TANISTRY
CLOVER	IRELAND	MISCHIEF	TANKARD
COINS	IRISH	MULLIGAN	TRIFOLIUM

SOLUTION ON PAGE 15

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### Easy & Healthy Quesadia

Metric	Ingredients:	Imperial
250 ml	tomatoes, diced	1 cup
250 ml	onion, diced	1 cup
500 ml	green peppers, diced	2 cup
500 ml	chicken, boneless, skinless, cooked & diced	2 cup
10	large wraps	10
750 ml	cheddar cheese, shredded	3 cup

In a medium bowl; mix tomato, onion, green pepper and chicken. On the top half of each wrap, spread 3/4 of cheese. Evenly spread chicken mixture on top of cheese. Sprinkle with remaining cheese. Fold bottom of wrap up over cheese and pinch edges to seal.

Place on cookie sheet and broil on middle rack of oven for a few minutes, turning once.

NOTE: You can add different fillings like bacon, ham, olives, etc. These can be prepared the day before and just popped in the oven.

**Serves 5**

FB FUNNIES!

I have a pencil that used to belong to William Shakespeare. He chewed it so I can't tell if it's 2B or not 2B.

I'm a taxidermist. When people ask me what I do everyday, I say, "Ya know... Stuff."

I told my luggage that there will be no vacation this year. Now I'm dealing with emotional baggage.



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# Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

All answers begin with the letter "J"

1. As a young boy this politician was teased for his stuttering:
2. This English "James" wrote about medical help for farm animals and dogs:
3. This "Piano Man" fills the stadiums with his concerts (150,000 people):
4. Ronald Reagan always had a bowl of these on his desk:
5. She was "The Maid of New Orleans", was burned on the stake in 1431:
6. Your mandible bone is located here:
7. This bay borders northern Ontario:
8. Last week this country lost a submarine with 53 men aboard , the capital city is:
9. In the U.S. it is called the Grammy award, in Canada it is the \_\_\_\_\_ awards:
10. The ladies threw their panties on the stage for this Welshman:
11. Fill in the blank "By \_\_\_\_ I Think I've Got It" (Expression of surprise):
12. You might ask if this is a bush or a tree:
13. She is Joe Biden's wife:
14. Dolly Parton wrote and sang this tune about a women stealing her man:
15. This Jack was the first black professional baseball player:
16. Smuckers makes this product
17. This Jack was a much loved Hollywood funny man:
18. This Jack wrote "While England Slept" and "Profiles in Courage":
19. This actor is famous for "Pirates of the Caribbean":
20. This is Florida's most populated city:
21. She was Paul Newman's wife:
22. Which of these was Sgt. Joe Friday?  
Jack Lord, Jack Kelly, Jack Klugman or Jack Webb:
23. This is a young kangaroo:
24. This big man was one of Canada's funniest characters:
25. This popular singer sang "Rocky Mountain High, he died in a plane crash:
26. He said to Obama "You make the decision, I will follow you to my death":
27. President Joe Biden visited this other "J" 96 year old President:
28. This "J" country has 126 million popualtion:
29. This is a beat-up old car:
30. She was a Shakespeare character:



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~ Author, Gary Adams

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A to Z Trivia 'J' SOLUTIONS

1. Joe Biden

2. James Herriot

3. Joel (Billy)

4. Jelly Beans

5. Joan of Arc

6. Jaw

7. James Bay

8. Jakarta

9. Juno Awards

10. Jones (Tom)

11. Jove

12. Juniper

13. Jill

14. Jolene

15. Jackie Robinson

16. Jam

17. Jack Lemmon

18. Jack Kennedy

19. Johnny Depp

20. Jacksonville

21. Joanne Woodward

22. Jack Webb

23. Joey

24. John Candy

25. John Denver

26. Joe Biden

27. Jimmy Carter

28. Japan

29. Jalopy Juliet

30. Juliet

Distributed free to our seniors and friends during this COVID-19 troubling period.

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