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STORY INSIDE



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Senior Scope

Vol. 24 No. 1 | July 10 - Aug 9/25

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Petition for National Silver Alert Program must start from the beginning

- Britt Moberg (Daughter of Earl Moberg)

Our family initiated a petition calling for a National Silver Alert Program,, now known as e-6491, in honour of husband, father, Grandfather Earl Moberg who had advanced dementia and went missing in the North Kildonan area of Winnipeg on December 12, 2023. He is presumed dead and has not been found.

Public Safety: A Silver Alert Program can alert the public as quickly as possible when a person living with dementia goes missing in the area. Depending on the situation this could include the media, highway signs, sending geographically targeted alerts to mobile devices in the area.

We are asking the public to please sign and share this petition. It can be signed by Canadian Citizens or residents and there is no minimum age to sign. If you signed this petition before, please sign again, because with the election of a new parliament we lost all the 4,673 signatures that we had collected. The petition closes October 2, 2025.

The petition can be found on the ourcommons.ca/petitions website and searching for 6491 or through a link provided with this story. We will also have paper versions of the petition for people who prefer that or where signing an e-petition is a barrier.

Why a National Silver Alert System is Needed:

Growing Population of people living with dementia with increasing missing person incidents - nearly one million people in Canada will be living with dementia by 2030.

It is an emergency with a person living with dementia (becomes lost or) **goes missing.** The risk is high, and time is critical in finding them. "60% of people living with dementia will go missing at some point. If a person with Alzheimer's disease is not found within 12 hours of being lost, there is a 50% chance that they will be found injured or dead from hypothermia, dehydration of drowning. This makes any search an emergency."

Most (90%) missing persons with dementia are found by the public or through clues provided to SAR (Search and Rescue).

Benefits of a National Silver Alert Program:

A National Silver Alert Program would **save lives and reduce emotional distress.**

Silver Alerts complement strategies for preventing a missing incident. Multiple strategies are recommended - options can include door cameras, locating technology, Project Lifesaver (if available in your community), MedicAlert Safe & Found program). Despite prevention efforts, some

Continued on page 3

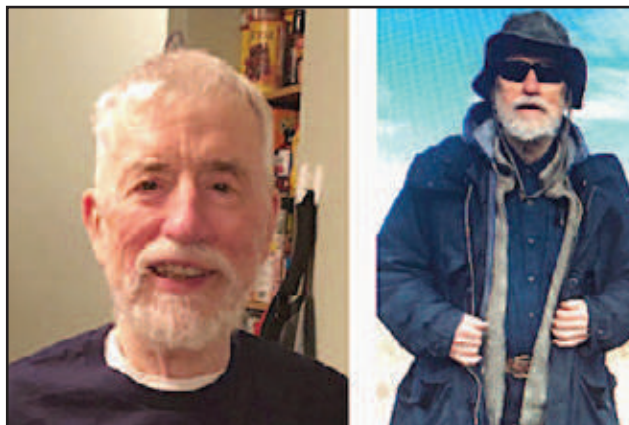
MB 55+
GAMES
RESULTS

See pages 11, 12 & 13

Senior Scope
Annual Contest
Page 14

STILL MISSING

EARL ERIK MOBERG



PRESUMED DECEASED

Earl was last seen in the North Kildonan area on December 12, 2023. Efforts to locate him were unsuccessful. This was the driving force behind developing a Silver Alert Program for vulnerable seniors.



Britt Moberg with her father, Earl.

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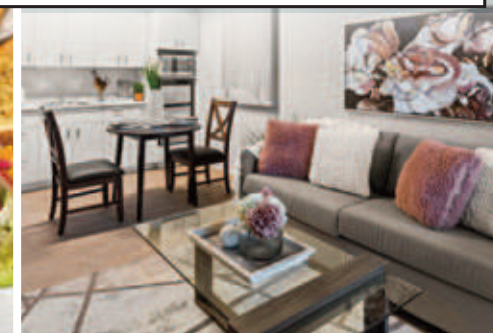
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Copies are concentrated in Winnipeg and in larger rural centres.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations. Available online at www.seniorscope.com, by mail subscription, or email subscription (FREE). e-Subscribe at: kelly_goodman@shaw.ca.

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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca



Active Aging in Manitoba (AAIM)

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Manitoba 55+ Games - a Success



Linda Brown, Executive Director, AAIM

The 42nd edition of the Manitoba 55+ Games in is the books for another year! It was a fun filled 3 days of friendly competition, renewing old friendships, and making new social connections. I love the chance to meet the participants and learn more about their stories and what motivates them to keep active.

With 1200 + participants in more than 20 events we owe a huge thank you to the Steinbach Host Committee, the many volunteers who gave so freely of their time, and the City of Steinbach for welcoming us into their community. Participants were treated to top notch facilities and warm and welcoming volunteers. It was certainly “Worth the Trip” !

The Mb. 55+ Games would not exist without our dedicated sponsors. Our Presenting Sponsor - **Play Now** makes it possible for us to plan for bigger and better Games each year. Thank you also to the Credit Union Central of Manitoba, Hearing Life Canada, *Winnipeg Free Press*, Manitoba Blue Cross, Heart to Home Meals, Sport Manitoba, Victoria Lifeline, Winnipeg Kinsmen, the Manitoba Association of Senior Communities, and Ashams. A huge thank you to **Senior Scope** for making space in this issue for the Manitoba 55+ Games results and helping AAIM to get information out about the 55+ Games year around. Of course, a huge Thank – you to all those who participated in the Mb. 55+ Games! Your enthusiasm, and dedication are truly inspiring!

We are excited to announce that **Morden/ R.M. of Stanley /Winkler** are hosting the 2026 Manitoba 55+ Games. We will be holding a **curling event in early March** and the **June games will be June 9-11, 2026**. We are looking forward to working with both communities and the municipality to bring the best experience for our participants. Look for some new activities to be added to Games for 2026.

To keep motivated this summer join our “Summer Challenge”. All you need to do is track your favorite activities from June 30-August 31, 2025.

Just let us know what activities you are doing over the summer and your name will be entered to win some prizes. You can enter by registering on our website at www.activeagingmb.ca where you will also find an activity tracker for downloading.

You may also enter by emailing info@activeagingmb.ca or by calling **204-632-3947**. Good Luck!

Remember: Move More; Sit Less!

E-Watch - June 25, 2025: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

What to do if you find a pet left in a parked vehicle

With summer temperatures on the rise, we want to remind everyone: leaving pets in parked vehicles can be deadly. Even on a mild day, the temperature inside a car can become dangerously high in minutes, putting your pet’s life at serious risk.

If you see a pet left alone in a parked vehicle:

- Do not attempt to enter the vehicle yourself. Emergency responders are trained to handle the situation safely, and can take progressive steps to resolve the problem as needed.
- Try to note important details: the vehicle’s make, model, colour, and license plate number.
- Observe the pet's condition: Signs of heatstroke include excessive panting, drooling, vomiting, lethargy, and difficulty breathing.
- Use your judgement and call 9-1-1: If the owner does not return quickly and you are concerned for the wellbeing of the pet, call emergency services.
- If possible, stay nearby. You may be able to provide information to authorities.
- Spread the word. Remind friends, neighbors, and family that no errand is worth risking a pet’s life.
- Let’s all do our part to keep pets safe and prevent needless suffering this summer.

In Winnipeg: call the Winnipeg Humane Society Emergency Line at **204-982-2020** anywhere in Manitoba (including Winnipeg): contact the Animal Care Line at **204-945-8000** or **1-888-945-8001** (toll-free) a local police detachment. ■

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



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Dalton Le
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Petition for Silver Alert Program starts over..., cont'd from front page

people with dementia will still go missing, so Silver Alerts are still needed. Example: Christian Dube, who had dementia and went missing from a locked care facility in the Greater Victoria area last November 2024 and was found deceased about 6 days later of hypothermia. These were days, where he was in the public, many people would have seen him, and I believe an alert could have saved his life.

Challenges – in response to alert fatigue:

Alerts can be geographically targeted to a local area; criteria can be developed for when to issue alerts and when to send them to mobile devices. The type of alert could vary depending on the circumstances (level of impairment, whether the person is on foot or driving).

History:

Alberta and Manitoba amended their Missing Person Act to allow for 'Silver Alerts.' In my father's case, there was no actual alert to mobile phones in the area. The night he went missing, unless you happened to be reading a CBC article online about him being missing, the public would not know. Other media was released over

the following days, but I met people weeks into the search who lived in the area and had no idea he was missing. ■



Earl Moberg and his wife Brenda with their grandbaby.

60% of people living with dementia will go missing at some point.

Please sign

Earl's Silver Alert Petition

Help find our missing seniors!

Search: House of Commons of Canada - Petition e-6491

OR Scan your camera Here

Thank you!



2025 National Silver Alert petition e-6491:
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Medallion Milk powders allow for the convenience of having "as good as fresh" milk on hand for those times in emergencies, whether they are natural emergencies or unexpected company. We also have some great recipes on our website. Adding powdered milk can replace liquid milk easily in most recipes, but it can also enhance recipes when in addition to liquid milk, visit us at www.medallionmilk.com

Medallion Milk powdered milk products can offer several benefits for seniors, primarily due to the rich nutrient content.

Bone health: Calcium and Vitamin D are vital for maintaining bone density and reducing the risk of osteoporosis and fractures. This becomes especially important for women who experience bone loss after menopause.

Muscle Strength: Adequate protein intake like that found in Medallion Milk powdered milk products help to preserve muscle mass and strength which can decline with age. There is increasing medical opinion that Skim Milk can help with the symptoms and recurrences of gout by reducing your uric levels.

Brain Health: Some studies have suggested that milk consumption may be linked to a lower risk of age related cognitive decline and may even improve brain-health function by increasing levels of a brain protective antioxidant called glutathione.

Overall nutrition: Medallion Milk provides a convenient way to obtain several essential nutrients including protein, calcium, vitamins D & B, all of which are important for maintaining good health as we age. Milk is the best rehydration drink available today. Drink Medallion Milk everyday to stay healthy and fully hydrated! ■



June 24, 2025

Manitoba Healthy Aging Awards - Call for Nominations to celebrate older adults

Nominations are now being accepted for the Manitoba Healthy Aging Awards (MHAA), which honour Manitobans aged 65 and older who have made exceptional voluntary contributions to enhancing the health and well-being of fellow older adults in their homes and communities, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today.

"Seniors in Manitoba hold a legacy of strength, resilience and community spirit," said Asagwara. "Their experiences and wisdom shape our province, inspiring today's generations to honour the past while building a brighter future. These awards highlight the individuals who foster healthy aging and wellness in communities across Manitoba."

Awards will be granted in four categories:

- the Older Adult of the Year Award – honours those who have shown outstanding leadership in championing the needs and rights of seniors within their communities;
- the Healthy and Active Living Ambassador Award – celebrates older adults who support their peers in staying physically active and maintaining their health;
- the Intergenerational Impact Award – acknowledges those who have created innovative initiatives that improve older adults' health through meaningful activities involving multiple generations; and
- the Mental Wellness Champion Award – this new award recognizes older Manitobans who are leaders in promoting mental health awareness, reducing stigma and

contributing to the mental wellness of their community.

October is recognized as Seniors and Elders Month in Manitoba. It is a time to celebrate the achievements and ongoing contributions of older adults across the province. The 2025 MHAA ceremony will take place in October to align with these celebrations. Winners will also be highlighted on the Manitoba Health, Seniors and Long-Term Care website.

Nominations are now open and will close on August 4.

For more information about the 2025 MHAA, visit:
<https://gov.mb.ca/seniors/seniors-of-the-year-awards.html>. ■

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FAKE NEWS!

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Vital Seniors
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Winnipeg Chinese Senior Association
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ERICKSON
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www.gmdseniors.ca

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seineriverservicesforseniors.ca

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204-762-5378 / lcrc@mymts.net

MANITOU
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315 Main Street
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204-723-2559 / jstate1066@gmail.com

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ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

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sail.cao.2023@gmail.com

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204-325-8964
director@winklerseniorcentre.com
www.winklerseniorcentre.com

Reduce Your Risk of Dementia with Physical Activity

- Alzheimer Society of Manitoba

Staying physically active is beneficial to our overall health, but did you know it can help reduce our risk of dementia too? And for those living with signs and symptoms of dementia, staying active can contribute to your brain health and help prolong progression.

With the approach of summer weather, there's no better time to start thinking about ways you can fit physical activity into your regular routine!

Here are 5 simple tips to help you stay active for a healthy brain:

1. Set reasonable goals to start

While physical activity is key to reducing dementia risk, settling into a routine can be difficult. You may find it difficult to find the right time and opportunities to be active, so it can be helpful to start off small by adding just a bit of physical activity into your daily routine.

This small action may be choosing a brisk walk to the store, or taking the stairs instead of the elevator for one or two floors.

2. Turn your physical activities into social activities

Is there a physical activity you would like to try out, but worry that it may be a little too challenging? Plan it with people you know and feel comfortable around. Some of the more demanding physical activities, like hiking or kayaking, are more fun (and safer) with friends.

That way, you are more likely to keep active while also gaining the brain-health benefits of social interaction and teamwork.

3. Keep it simple

When it comes to physical activity, there's no need to make things too difficult for yourself. When looking for things to do, try activities that work with you, not against you. That way, physical activity won't feel like a chore or task to tick off.

For example, if you have limited mobility,



try to engage in activities that will help you maintain your balance and prevent falls, like gentle yoga or tai chi.

4. Try out aerobic activities

What type of physical activity is best for reducing the risk of dementia? Aerobic activities that increase the heart rate temporarily, like swimming, jogging, cycling, or using a stationary bicycle, are enough to benefit your brain.

Even walking the dog can be enough. Many experts recommend walking as one of the safest and most effective forms of aerobic exercise!

5. Do what you want to do

It can be a fun challenge to try something new, but don't feel pressured to pursue activities that you don't care for. Focus on what makes you happy by choosing physical and social activities that you enjoy and love.

If you find that you don't enjoy some-

thing, don't force yourself to continue. Remember, activities should feel fun!

BONUS TIP: Get in touch with your local Alzheimer Society office

Looking for more suggestions for physical and social activities? Give the **Alzheimer Society of Manitoba** a call at **204-943-6622** (Winnipeg) / **1-800-378-6622** (Manitoba), email alzmb@alzheimer.mb.ca or stop by your local Alzheimer Society office and staff can suggest other brain-healthy activities that are right for you and your needs.

THINGS TO DO - JULY 2025

Dalnavert Museum Dementia-Friendly Tours

Last Saturday of every month,
10 - 11:30 am, Dalnavert Museum,
61 Carlton St

Cost: \$24 +tax/pair & session (or \$12 +tax/pair & session for Dalnavert Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to moderate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea and coffee and a closer look at some artifacts. Learn more at alzheimer.mb.ca/communityprograms

Tales Along the Trail

Wednesdays, 2 - 3:30 pm,
July 23-August 20, FortWhyte Alive,
1961 McCreary Rd Cost: \$90 + GST/pair

Tales Along the Trail is a welcoming outdoor experience designed for individuals living with early to moderate signs of dementia and their care partners. This program offers a unique opportunity to connect with nature in a relaxed and supportive environment. Guided by an experienced naturalist, you'll explore the serene pathways of FortWhyte, where the beauty of spring comes alive. Learn more at alzheimer.mb.ca/communityprograms

Tune-Up Café

Weekly on Tuesday, 6:15 - 8 pm, free to attend, but registration required

Tune-Up Café is for individuals living with early to moderate signs of dementia and their care partners. It's an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! Learn more at alzheimer.mb.ca/communityprograms

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Celebrating the Joys of Summer with this Year's Partners



CJNU Spending Summer in the Community

It was a busy stretch near the end of June for CJNU, but nothing beats getting out into the community!

Baby Boomer Day at the Ex took place on Wednesday, June 18, and was an incredible afternoon filled with great music and great prizes.



The festivities kicked off with an amazing performance from Beyond Blondie, a Blondie tribute act that rocked everyone's socks off. Going above and beyond, they did a great job of capturing the spirit of Blondie while also being interactive with the crowd. The band warmed everyone up for the rest of the afternoon!

They were followed by the award-winning Joey Gregorash, who kept the energy high. Mixing in some comedy in between his songs, he had the entire Red Barn tent area laughing and made sure the dance floor was occupied.

To close things out, it was an absolute treat to hear the "rockers of tomorrow" as the School of Rock played some classics to end off the afternoon. It was the perfect way to send everyone off as things moved into the evening.

A huge thank you everyone who came out to listen to the music, and to those who visited our tent and won a prize!

From the Ex to the ballpark, CJNU was also happy to be on-site at Blue Cross Park on Sunday, June 22 for our annual Dance Party game! With plenty of CJNU listeners in attendance for the game, they got to see a big Goldeyes win!

While the weather may have been a little damp, that certainly didn't lower the mood as the fans stayed loud all afternoon as the Goldeyes beat the Sioux City Explorers 12-4.

The CJNU table was set up all afternoon, and we were so happy to interact with everyone! Can't wait to see you all when we're set up on the concourse again for our next 50/50 night on July 10.

The Next CJNU 50/50 Game is on July 10!

CJNU is proud to team up with your Winnipeg Goldeyes three more times this season for their 50/50 draws – and now it's even easier to get your chance to win big and support your favourite radio station!

We encourage you to buy your tickets on several specific dates – on **July 10, August 8 and September 1**, as 25% of the proceeds on those days only will go directly to CJNU, to help support non-profit radio and the music you love - with the other 25% going to the Field of Dreams Foundation, and, of course, 50% going to the lucky winner - which could be you!

So circle your calendars for **July 10, August 8 and September 1** - and either come on down to Blue Cross Park to take in the game and buy a ticket while you're there, or head to goldeyes5050.com on those dates to support CJNU!



Live on Location - Royal Aviation Museum

Because they've been such a great host, CJNU will continue broadcasting remotely from the Royal Aviation Museum of Western Canada for the month of July!

Please stop by our remote studio in the North West corner of the Museum – we'd love to see you!



Membership Has Its Perks—visit CJNU.ca to learn more and join our co-op!

The Cardinal Chapel

- Rodin Labossière

I am a graduate from the regional Notre Dame High School who is going to study abroad, and the curator at the Sainte-Thérèse Chapel in Cardinal, a small town located close to Notre Dame de Lourdes in south-central Manitoba.

As the summer is finally here, it's the perfect time of the year to visit this magnificent historic chapel. The residents of Cardinal constructed the Ste. Thérèse Chapel in 1927, and after being abandoned, it was restored as it was before with the original sacred items. On display are some photographs, facts, and history about the chapel and its town.

The Ste. Thérèse Chapel is a Municipal Heritage Site since December 28, 1989.

For those who are interested in visiting the chapel or curious about the town, it is open all week for the whole summer. If you are not able to make it, please consider donating at PO Box 10, Cardinal/Notre Dame, MB ROG 1MO to keep the chapel in good condition. ■



E-Watch - July 2, 2025: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

Tap with Confidence—But Always be Aware!

Summer means festivals, farmers markets, and pop-up vendors! We love to support local too. Most vendors are honest, hardworking people running small businesses and using mobile payment tools to make paying by card quick and easy.

But as with any transaction, mistakes can happen – and so can scams.

So, here's a friendly reminder to always double-check before you tap:

- Take a second to confirm the total amount entered before tapping your card or phone.

- Watch the screen when you pay, even at trusted stores or restaurants.
- If something looks off, report it right away to your bank or credit card provider.
- Know your protections. Review your cardholder agreement for details on tap transactions and how to dispute issues.

Tapping is fast – sometimes too fast! Staying alert protects you and keeps the system safe for everyone.

Have a safe and sunny summer! ■



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GARY and JANICE FILMON – A Very Special Visit

Part 1 of 2



I arrived at the Filmon’s residence and received a very warm welcome from Gary and Janice. Our friendship goes back some 60 years when I was employed at Underwood McLellan & Associates as an assistant to the chief engineer, and Gary was an engineer in the municipal engineering department.

Many years passed by with both of us bringing up families and carving careers of our own, Gary in business, Winnipeg City Councillor, MLA, and Premier of Manitoba, and Janice, a social worker, then a full-time mom of four children, and later appointed as the Lieutenant Governor of Manitoba. While our connection in early years was frequent, our friendship continued albeit from afar.

Janice grew up in the River Heights neighbourhood of Winnipeg, except for a brief stint in Calgary, Alberta, and Victoria, British Columbia. In her early years she attended River Heights Elementary and Junior High, ending up at Gordon Bell High School. Janice felt she was an average student but could have done better.

Janice was often charged with looking after her younger sister Judy. On one occasion, they walked down the street and came upon a man high up on a ladder painting his house. Suddenly, this man fell off the ladder with the paint can after him dousing everyone with paint. Janice and her sister returned home covered in brown



Gary & Janice Filmon.

paint. Needless to say, her mom had some strong words for her. Many years later, Janice still feels the “exhaust” being released by her mom.

Kids spent many hours at River Heights Community Club, and of course, they sometimes placed their tongues on a metal



The Filmons attending and supporting a fundraising event.



Gary & Janice Filmon meeting with Queen Elizabeth II.

thought she was going for an interview. This was a delightful moment for her. The Prime Minister makes the recommendation to the Governor General who then makes the appointment. Janice and Gary proceeded to Rideau Hall to meet with Governor General Johnston and his wife.

Janice and Gary’s meeting with Queen Elizabeth II was extraordinary. Janice recalls her high anticipation in having an audience with the Queen, as one would expect. Unfortunately, during their visit to Britain in March 2016, suicide bombings at Brussels airport and metro system were carried out by Islamist terrorists. Security at Buckingham Palace was on high alert. Due to this emergency, Janice and Gary were now being received in the private quarters of the Queen.

They enjoyed time visiting with the lady-in-waiting gaining protocol for their audience with the Queen. The meeting was cordial with the Queen approaching them, shaking hands and welcoming them to her home. Equally impressive was the Queen’s knowledge of Manitoba. Janice and Gary presented the Queen with a gift of a photograph of her father (King George VI) when he made his first visit to Canada, and to Winnipeg, in May 1939.

Janice and Gary are unique in that both have been awarded the Order of Manitoba and the Order of Canada for their public service and their contribution to many community activities. They feel very humbled, and as Janice said, “You never do anything alone, you have good people around you and good people to work with, and hopefully in some way I made a difference in the world.”

As we grow older, health challenges become an issue. The Filmons are handling theirs in the best way possible.

Nine grandchildren and two great grandchildren are dear to their hearts. There’s more about the Filmons coming in next month’s *Senior Scope* newspaper. ■

pipe during a cold winter day – with disastrous results. Janice was no exception; she clearly recalls the pain from the skin being torn off her tongue. Despite her injury, many days were spent skating. She learned how to “shoot the duck” which is very difficult to explain in words. I am totally puzzled why this name is attached to a figure skating maneuver.

Throughout the years of Janice’s life, her positive outlook was noticeable to many, including me. She states, “I’m not a worrier. I try to look at the bright side and I encourage people in the same way.”

For the first time ever, Prime Minister Stephen Harper decided that rather than the appointment for the Lieutenant Governor position being purely political, a new process would be followed. A committee of five consisting of two people from the province and three from Ottawa would solicit nominations, interview, and evaluate the nominees and then provide the prime minister with a short list. Ultimately, they recommended one person to the prime minister and that person was Janice.

Following several calls from various officials, Janice was invited to Ottawa to meet the prime minister. She recalls going to the Langevin Block, heading to the fourth floor, and the next thing you know, the doors opened, and Prime Minister Harper greeted her, saying, “You’re going to make a wonderful Lieutenant Governor.” Janice

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VIC PRUDEN – Presenting “Mr. Basketball”



A MANITOBA
MOMENT

By Bud Ulrich

There’s an old saying, “Timing is everything.” Indeed, this was one of those moments. I was having lunch with Kirk Koppers at the Viscount Gort restaurant, going over some notes regarding the upcoming CUAC (Canadian Ukrainian Athletic Club) 100-year legacy celebration on September 19th. Brent Corrigan, a “Rusty Zipper” golf cohort of mine, came over from his table to say hello and mentioned that he was having lunch with his friend, Vic Pruden. From many years back I have often heard the name Vic Pruden and his involvement in basketball, but I never had the pleasure to meet him. Immediately, I approached Vic at his table and introduced myself. In my early years I was very much into sports and of course Vic’s name came up often.

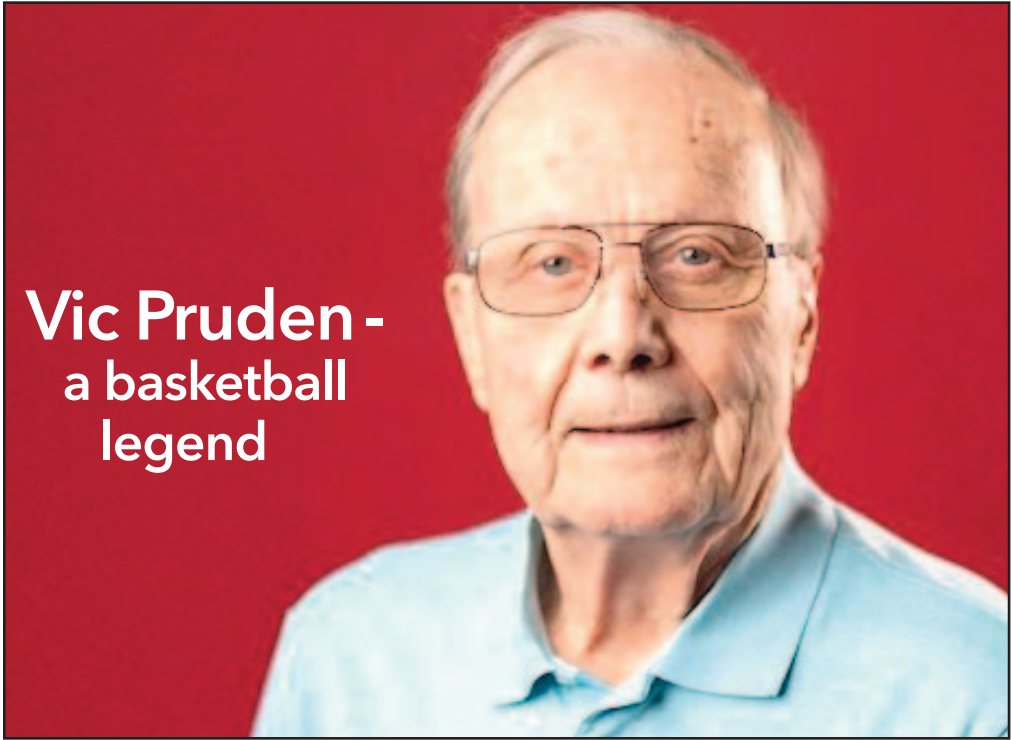
We had a short visit, and there I conveyed my involvement with the *Senior Scope* newspaper. Vic was familiar with the newspaper as his apartment block receives monthly issues. I asked him if we could meet for a chat, and I would write an article in the newspaper. The answer was yes, and his interesting story follows.

Vic was born in 1935 at the old Grace Hospital on Arlington Street, south of Portage Avenue. His family lived in the North End of Winnipeg, and he grew up on Burrows Street across from Strathcona School.

Learning to play basketball was a good fit for Vic. Thank goodness for Sunday School at a United Church which provided an opportunity for him to learn the game. Across the street from the church there was a building with a gym, with ceilings not much higher than a standard size room – but adequate for young kids.

As a teenager, when Vic was on the Varsity team for Isaac Newton School, he

Vic Pruden - a basketball legend



coached the girls’ basketball team. This was his start at carving out an illustrious career in coaching and development of the game of basketball. Seventy-two years later he still eats, sleeps, and talks basketball, although at a slower pace. This wasn’t a dream for Vic. It was reality.

Vic’s decision to pursue a career in basketball rather than football was based on the choice of pursuing a sport where he felt he could be more successful as the “quarterback coach” of a basketball team, rather than just one position in football. This appealed to him.

Vic’s age places him in a special bracket where he is the only one left from his buddies who he grew up with and graduated with from high school. Vic graduated from Isaac Newton High School because he could play football and basketball. I can identify with that! The late Kas Vidruk, a familiar name in sports, was his football coach.

We chatted more about Vic’s alma mater. Isaac Newton High School was well known not only for its athletic successes, but for its highly regarded academic programs. A few notable people from this school – Bud Korchak, Johnny Stroppa, and Al Kornberg, went on to play in the Canadian Football League. More recently, Devon Clunis, former City of Winnipeg police chief, was a student at Isaac Newton (which is now a Junior High School).

Following Vic’s time as a teacher at General Wolfe School, he received a call from Dave Anderson asking him to coach basketball at United College (now University of Winnipeg). Again, it’s a small world, as Dave Anderson was my first high school football coach back in 1956. Vic developed a unique style of coaching that influenced many players to continue the game long after their educational careers.

The Golden Boy Basketball Tournament was one of Vic’s many successful pro-

grams. This invitational tournament became known as the Wesmen Classic. It gained popularity attracting teams from across North America. Vic approached Bill Wedlake, former Athletic Director at the U of W, to install the Manitoba Basketball Hall of Fame site at the University of Winnipeg Duckworth Athletic Centre. Bill was very receptive to this request and he received permission to install the Hall at their location at no cost.

Vic was inducted into the Manitoba Basketball Hall of Fame in 1994 and the Manitoba Sports Hall of Fame in 2004. In 2013 he was named the Ukrainian Sportsman of the year. The University of Winnipeg bestowed the Distinguished Alumni Award to Vic in 2024. The legacy of Vic Pruden is impressive for a man who has given so much of his time to the game of basketball.

I asked Vic to respond to a few well known basketball names that I recall:

- Bill Wedlake – “He was great for basketball and an excellent coach.”
- Ross Wedlake – “He did outstanding work and was a tremendous organizer.”
- Dave Guss – “Just a great guy and a great coach.”
- Randy Kusano – “Another great coach, and still involved in the game.”
- Joe Di Curzio – “Recently got inducted into the Hall of Fame. I knew him well.”

Vic’s typical day might include cleaning the kitchen in the morning, or no “I’ll do it this afternoon,” or no “I’ll do it tomorrow.” His world has shrunk, and he’s very happy with it. He sold his car, as he doesn’t need it anymore. Lunches and visits with “ol” friends are special to him. After so many years of hearing Vic’s name, it was a real pleasure to finally meet up with this great guy – a basketball legend! ■

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A day trip to Austin MB's Threshermen's Reunion

- Norman Ciastko

If you travel 2 hours west of Winnipeg to Austin, MB between July 24-27, you could stop in at their Thresherman's Reunion. You will meet cowboys in stetsons, entertainers and singers, a grist mill making flour, and dozens of old threshing machines brought back to life for the weekend long event. Stroll the old townsite for homemade bread, buns, honey and burgers, and pizza. There is a rail station, one room school house and other buildings to browse thru. The large white grain elevator in Austin is easy to see from highway #1. The small town brings back happy memories of visits to family that lived there years ago. Aunt Mildred McMillan was the local hairdresser- "Mildred's Beauty Salon". Uncle Ron milked cows in the early days and delivered cold milk in the "old jalopy". The barber shop and pool hall next door to the hair salon was a busy meeting place where townspeople gathered to chat with neighbouring farmers and friends over a cold one...Fanta, Coca-Cola or 7up. ■



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Reg. \$1800 **SALE PRICE \$1350**



Go-Go Endurance Li Scooter
325 weight capacity
Front and rear CTS suspension
8AH Lithium Battery with up to 7.2 mile range
Max speed up to 4.2 mph
MSRP \$3399 **SALE \$2300**



Victory 10.2 Scooter
400lb weight capacity
Up to 15.5 mile per charge
Max speed up to 5.3 mph
U1 Batteries
MSRP \$4299 **SALE \$2450**



BRUNO Joey Scooter Lift
Fully powered one button simplicity
Compact design
Maintains second row seating
350 lb Lifting Capacity
Installation Included
SALE PRICE \$5250
*Prices may be affected by impending tariffs.



PROBASIC Aluminum Transport Wheelchair
19" width
Lightweight - 20lbs
Brakes and 12" rear wheels
Reg. \$330 **SALE PRICE \$275**

PARSON'S BATH CHAIR
Without Back **\$115**
With Back **\$160**
Red handle not included in price

Limited Time Special

PROBASIC TRANSFER BENCH
300 lb weight capacity
Special \$95


HEALTHCRAFT STANDARD SUPER POLE
Floor to Ceiling Transfer Pole #SP-S

Special \$240

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The **LINK's** innovative design is in a league of its own. A sleek, safe, reliable and intuitive turning and lowering seat base, the **LINK** gives you **your** vehicle, **your** way.
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Driverage, Braunability, VMI. Choose from a diverse line-up of side entry or rear entry wheelchair vans.



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Active Aging in Manitoba (AAIM) *presents the*
Results for the 2025 Manitoba 55+ Games - June3-5th
Steinbach, MB



CONGRATULATIONS TO THE WINNERS & PARTICIPANTS



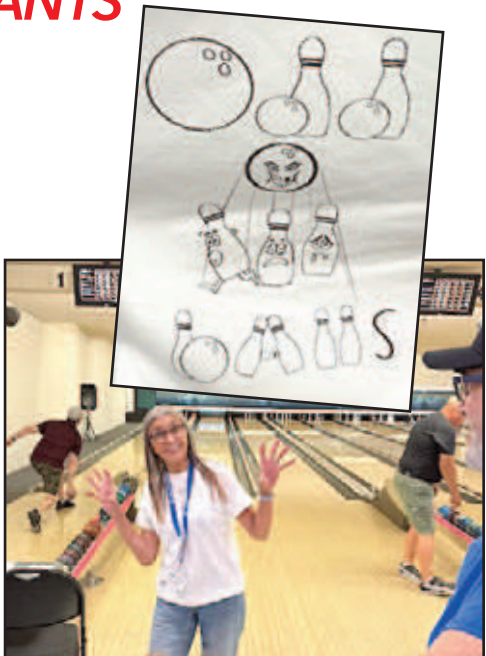
Men's track event.



Hoop dancer at Games banquet.



Predicted Walk event.

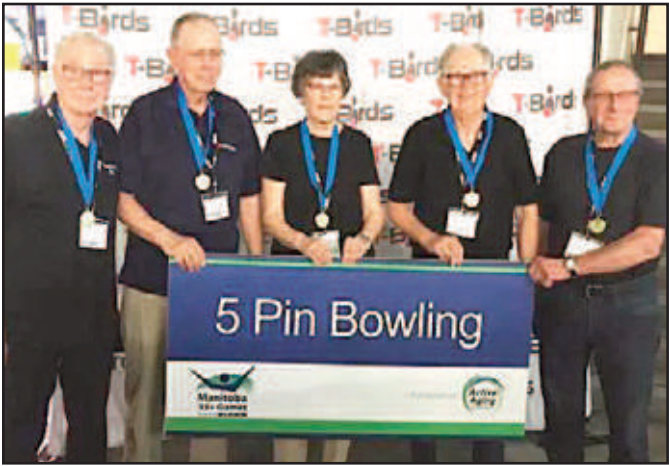


Grace Schedler, team member of Oddballs - taking home the gold.

SWIMMING				TRACK				80+ Ray Hutton GOLD 1.46.72				200M - WOMEN			
50M FREESTYLE				3000M - MEN				85+ Jack Dubnicoff GOLD 1.47.13				65+ Esther Hershfield GOLD .41.50			
55+	Barry Hallman	GOLD	1.01.00	55+	Choudhry Siddique	GOLD	12.16.91	70+ Clemus Laurila GOLD .50.84				70+ Maxine Zabenskie SILVER 1.10.00			
65+	Paul Boulding	GOLD	0.35.00	60+	Bob Cox	GOLD	12.33.03	100M - MEN				60+ Howie Gilmore GOLD .17.13			
	Darek Mikita	SILVER	0.53.00	75+	Alphonse Bernard	GOLD	14.22.00	65+ Barry Hallman SILVER .21.47				65+ Wolfgang Tiegs GOLD .20.40			
	Irwin Corobow	BRONZE	1.10.00	3000M - WOMEN				75+ Melvyn Johnston GOLD .19.43				75+ Garry Moir SILVER .19.75			
75+	Ray Steen	GOLD	0.43.00	55+	Tami Bradford	GOLD	16.52.00	Larry Gompf BRONZE .22.53				80+ Ray Hutton GOLD .35.43			
80+	Linda Buchanan	GOLD	1.42.00	60+	Leslie Carter	GOLD	15.21.00	85+ Jack Dubnicoff GOLD .56.87				100M - WOMEN			
400M DISTANCE				65+	Norma Jones	GOLD	18.11.47	65+ Esther Hershfield GOLD .22.34				70+ Clemus Laurila GOLD .25.71			
65+	Holly Rafferty	GOLD	5.53.00	75+	Muriel Gamey	GOLD	18.01.31	70+ Maxine Zabenskie SILVER .32.63				80+ Carol Dubincoff GOLD .30.87			
	Carol Szyminsky	SILVER	16.40.00	1500M - MEN				PREDICTED 1 KM & 3 KM WALKS				1Km WINNERS			
50M BREASTSTROKE				55+	Choudhry Siddiqu	GOLD	10.49.85	Choudhry Siddique GOLD				Agnes Thiessen GOLD			
55+	Tami Bradford	GOLD	1.06.00	60+	Bob Cox	GOLD	5.55.53	Mary Anne Plett SILVER				3Km WINNERS			
65+	Esther Hershfield	GOLD	1.01.00	65+	Ken Friesen	GOLD	6.11.78	Maxine Zabenskie GOLD				Choudhry Siddique GOLD			
	Judy Steen	SILVER	1.10.00	75+	Gordon Flett	SILVER	7.40.18	Esther Hershfield SILVER				LAWN BOWLING			
	Jana Madill	BRONZE	1.20.00	75+	Alphonse Bernard	GOLD	6.46.06	MEN				Don Pattie GOLD			
55+	Barry Hallman	GOLD	1.19.00	1500M - WOMEN				Brian Kullman SILVER				Gerry Chudrick SILVER			
65+	Paul Boulding	GOLD	0.45.00	55+	Tami Bradford	GOLD	8.19.15	Jerome Kirby BRONZE				Bob VanWalleggham BRONZE			
	Darek Mikita	SILVER	1.04.00	60+	Leslie Carter	GOLD	7.40.64	WOMEN				Gillian McMurphy GOLD			
	Brian Flynn	BRONZE	1.58.00	65+	Norma Jones	GOLD	9.19.85	Betty VanWalleggham SILVER				Phyllis Desjardins SILVER			
75+	Ray Steen	GOLD	1.13.00	75+	Muriel Gamey	GOLD	9.19.97	Donna Gobeil BRONZE				Brenda Frank BRONZE			
100M FREESTYLE - WOMEN				800M - MEN				Barb Heinrichs				MIXED			
65+	Esther Hershfield	GOLD	1.53.00	55+	Choudhry Siddique	GOLD	5.04.76	Jerome Kirby GOLD				Elaine Jones SILVER			
	Rosalie Lazar	SILVER	2.46.00	60+	Barry Hallman	GOLD	4.38.84	Betty VanWalleggham SILVER				Bob VanWalleggham BRONZE			
80+	Linda Buchanan	GOLD	3.49.00	65+	Gordon Flett	GOLD	3.25.47	John Bjornson				Continued on page 12			
100M FREESTYLE - MEN				80+	Ken Friesen	SILVER	3.04.69								
65+	Paul Boulding	GOLD	1.22	80+	Ray Hutton	GOLD	8.14.13								
	Irwin Corobow	SILVER	2.59	800M - WOMEN											
75+	Ray Steen	GOLD	1.52	55+	Tami Bradford	GOLD	4.15.00								
400M DISTANCE				60+	Leslie Carter	GOLD	3.51.91								
65+	Paul Boulding	GOLD	6.22.00	65+	Norma Jones	GOLD	4.17.06								
	Irwin Corobow	SILVER	12.36.00		Esther Hershfield	SILVER	5.39.94								
50M BACKSTROKE				70+	Clemus Laurila	GOLD	4.20.13								
75+	Ray Steen	GOLD	1.02.00	75+	Muriel Gamey	GOLD	4.17.00								
80+	Linda Buchanan	GOLD	2.20.00	400M - MEN											
50M BACKSTROKE - MIXED				55+	Choudhry Siddique	GOLD	2.22.99								
55+	Barry Hallman	GOLD	1.01.00	60+	Barry Hallman	GOLD	1.43.82								
50M BACKSTROKE - WOMEN				65+	Ken Friesen	GOLD	1.16.00								
65+	Judy Steen	GOLD	1.09.00		Gordon Flett	SILVER	1.34.28								
	Jana Madill	GOLD	1.09.00	75+	Garry Moir	GOLD	1.41.56								
	Rosalie Lazar	SILVER	1.31.00		Larry Gompf	SILVER	2.33.13								
100M BREASTSTROKE - MEN				80+	Ray Hutton	GOLD	3.39.13								
65+	Paul Boulding	GOLD	1.42.00	85+	Jack Dubnicoff	GOLD	3.39.13								
	Darek Mikita	SILVER	2.36.00	400M - WOMEN											
	Irwin Corobow	BRONZE	2.57.00	55+	Tami Bradford	GOLD	1.59.00								
100M BREASTSTROKE - WOMEN				60+	Leslie Carter	GOLD	1.43.44								
55+	Tami Bradford	GOLD	2.27.00	65+	Norma Jones	GOLD	1.50.25								
65+	Esther Hershfield	GOLD	2.17.00	65+	Esther Hershfield	SILVER	2.08.22								
	Judy Steen	SILVER	2.26.00	70+	Clemus Laurila	GOLD	2.02.69								
100M BACKSTROKE - WOMEN				75+	Muriel Gamey	GOLD	1.41.46								
65+	Rosalie Lazar	GOLD	3.09.00	200M - MEN											
80+	Linda Buchanan	GOLD	4.54.00	60+	Howie Gilmore	GOLD	.34.44								
					Barry Hallman	SILVER	.42.78								
				65+	Gordon Flett	GOLD	.40.78								
				75+	Larry Gompf	GOLD	.53.50								



Active Aging in Manitoba (AAIM) *presents the*
2025 Manitoba 55+ Games - June 3-5th - RESULTS



Bowling champs - 75+ - SB Badge team.



Events included card games.



Morden Dinos - Slo-pitch champs.

8 & 9 BALL POOL RESULTS	
55+ 8-BALL	
Stuart Ganske	GOLD
Henry Friesen	SILVER
Patrick Tanner	BRONZE
70+ 8-BALL	
John Jansen	GOLD
Francis O'Brien	SILVER
Dave Manson	BRONZE
55+ 9-BALL	
Dieter Bonas	GOLD
Andre LeGal	SILVER
Stuart Ganske	BRONZE
70+ 8-BALL	
Dave Manson	GOLD
Leon Martens	SILVER
Garry Watson	BRONZE
CARD/BRAIN GAME	
DUPLICATE BRIDGE	
Gregory Schmidt	GOLD
Julie Schmidt	SILVER
Pat Nodrick	BRONZE
Winnie Pauch	BRONZE
Lori McBeth	BRONZE
Kathleen Gordon	BRONZE
CONTRACT BRIDGE	
Gregory Schmidt	GOLD
Julie Schmidt	SILVER
Mark Diboll	BRONZE
Jim Pehura	BRONZE
Pat Nodrick	BRONZE
Winnie Pauch	BRONZE
CRIBBAGE SINGLES	
Paul Hildebrand	GOLD
Roger Perron	SILVER
Ann Martin	BRONZE
CRIBBAGE DOUBLES	
Paul Link	GOLD
Cheryl Link	SILVER
Marion MacDonald	BRONZE
Judi Farguson	BRONZE
Joy Barnett	BRONZE
Rick Barnett	BRONZE
WHIST DOUBLES	
Irene Jolicoeur	GOLD
Ruth Chopyk	SILVER
Maria Friensen	BRONZE
Marjorie Ammerman	BRONZE
Don Skomoroh	BRONZE
Dave Ammerman	BRONZE
LAWN BOWLING	
MEN	
Don Pattie	GOLD
Brian Kullman	SILVER
Gerry Chudrick	BRONZE
Jerome Kirby	BRONZE
Bob VanWallegham	BRONZE
John Bjornson	BRONZE
WOMEN	
Gillian McMurchy	GOLD
Betty VanWallegham	SILVER
Phyllis Desjardins	BRONZE
Donna Gobeil	BRONZE
Brenda Frank	BRONZE
Barb Heinrichs	BRONZE

MIXED	
Jerome Kirby	GOLD
Elaine Jones	SILVER
Betty VanWallegham	BRONZE
Bob VanWallegham	BRONZE
Donna Gobeil	BRONZE
John Bjornson	BRONZE
GOLF - 18 HOLE GROSS	
55+ MEN	
Brad Beghetto	GOLD
Patrick Dewarle	SILVER
Rod Kraynyk	BRONZE
55+ WOMEN	
Sharon Chapman	GOLD
Rhonda Williams	SILVER
Lynn Lambert	BRONZE
65+ MEN	
Mike Berney	GOLD
Al Kehler	SILVER
Bob Chapman	BRONZE
65+ WOMEN	
Nancy Shumsky	GOLD
Melody Chambers	SILVER
Cathy McMurrich	BRONZE
75+ MEN	
John Erickson	GOLD
Roy Seidler	SILVER
Brian Cotton	BRONZE
75+ WOMEN	
Sharon Leckie	GOLD
80+ MEN	
Warren Reynard	GOLD
Ken Strand	SILVER
Roland Vandall	BRONZE
80+ WOMEN	
Helen Funk	GOLD
Carol Dubnicoff	SILVER
Anne Penner	BRONZE
85+ MEN	
Vincent Boileau	GOLD
Mel Saunders	SILVER
Jack Dubnicoff	BRONZE
GOLF - 9 NET	
55+ MEN	
Guy Lambert	GOLD
Kevin Sumka	SILVER
Ralph Dietz	BRONZE
55+ WOMEN	
Lynn Lambert	GOLD
N/A	SILVER
N/A	BRONZE
65+ MEN	
Bob Chapman	GOLD
Landis Dirks	SILVER
Allan Coats	BRONZE
65+ WOMEN	
Joanne Stimpson	GOLD
Mildred Cotton	SILVER
Leona Moore	BRONZE

75+ MEN	
John Erickson	GOLD
Bruno Stimpson	SILVER
Brian Cotton	BRONZE
75+ WOMEN	
N/A	GOLD
80+ MEN	
Roland Vandall	GOLD
Warren Reynard	SILVER
Ken Strand	BRONZE
80+ WOMEN	
Linda Buchanan	GOLD
N/A	SILVER
N/A	BRONZE
85+ MEN	
Mel Saunders	GOLD
N/A	SILVER
N/A	BRONZE
GOLF - 18 HOLE NET	
55+ MEN	
Guy Lambert	GOLD
Kevin Sumka	SILVER
Ralph Dietz	BRONZE
55+ WOMEN	
Heather Grant	GOLD
Sharon Chapman	SILVER
Rhonda Williams	BRONZE
65+ MEN	
Bob Chapman	GOLD
Landis Dirks	SILVER
Roger Perron	BRONZE
65+ WOMEN	
Mildred Cotton	GOLD
Gisele Vielfaure	SILVER
Robin Flynn	BRONZE
75+ MEN	
John E Erickson	GOLD
Bruno Stimpson	SILVER
Brian Cotton	BRONZE
75+ WOMEN	
N/A	GOLD
80+ MEN	
Warren Reynard	GOLD
Roland Vandall	SILVER
Andre Dacquay	BRONZE
80+ WOMEN	
N/A	GOLD
85+ MEN	
Mel Saunders	GOLD
N/A	SILVER
N/A	BRONZE
HORSESHOES	
MENS	
Rick Barnett	GOLD
Patrick Dewarle	SILVER
Bruce Waite	BRONZE
WOMENS	
Joy Barnett	GOLD
Agnes Thiessen	SILVER
Mary Anne Plett	BRONZE

BOWLING - SINGLES	
55+ MEN	
Richard Bergman	GOLD
Dave Beaudry	SILVER
N/A	BRONZE
55+ WOMEN	
Cathy Bartel	GOLD
Liz Chapman	SILVER
Bev Warkentin	BRONZE
65+ MEN	
Roy McTavish	GOLD
David Dyck	SILVER
Al Riediger	BRONZE
65+ WOMEN	
Jaquie Russell	GOLD
Cheryll Doerksen	SILVER
Sylvia Thibert	BRONZE
75+ MEN	
Harvey Van Damme	GOLD
Garry Tolton	SILVER
Abe Hiebert	BRONZE
75+ WOMEN	
Lorna Constant	GOLD
Beverley Van damme	SILVER
Joanne Bos	BRONZE
85+ MEN	
John Arrell	GOLD
Joe Dzik	SILVER
Mike Baziuk	BRONZE
85+ WOMEN	
N/A	GOLD
BOWLING - TEAMS	
55+	
Odd Balls	GOLD
Split Ends	SILVER
The Pretenders	BRONZE
65+	
The Rose in the Thorns #2	GOLD
Pin Heads	SILVER
Classics	BRONZE
75+	
SB Badge	GOLD
Abe Heibert Team	SILVER
SLO-PITCH	
COMPETITIVE DIVISION	
Fossilized Anarchy	GOLD
Southwest Maulers	SILVER
RECREATION A DIVISION	
Codgers	GOLD
Manitoba Coyotes	SILVER
Eastman	BRONZE
RECREATION B DIVISION	
Morden Dinos	GOLD
St. James Ichabods	SILVER
Flashback Stealers	BRONZE



Active Aging in Manitoba (AAIM) *presents the*
2025 Manitoba 55+ Games - June 3-5th - RESULTS



Bocce competitors.



Pickleball competitors.



St. James Ichabods - Slo-pitch silver medalists.

BOCCE	
Al Armstrong	GOLD
Richard Kolochuk	
Joe Labine	SILVER
Sonja Lundstrom	
Lorraine Hagborg	BRONZE
Len Van Roon	
CORNHOLE	
Sean Odell	GOLD
Dougie Knelsen	SILVER
Brad Collins	BRONZE
PICKLEBALL 3.0	
WOMEN'S DOUBLES 3.0 - 55+	
Diane Arbez-Malchuk	GOLD
Nicole Andrychuk	
Jayann Majewski	SILVER
Teresa Wall	
Anna Lisa Brunetta	BRONZE
Cecile Leblanc	
WOMEN'S DOUBLES 3.0 - 60+	
Deb Lockhart	GOLD
Katherine Salsman	
Joanne Lagasse	SILVER
Janine Grace	
Evelyne Gauvin	BRONZE
Tannis Tardiff	
WOMEN'S DOUBLES 3.0 - 65+	
Debbie Scott	GOLD
Brenda Stagg	
Kathy Miller	SILVER
Toni Nicholson	
Anne Blanchard	BRONZE
Judy Bowes	
WOMEN'S DOUBLES 3.0 - 70+	
Lily Green	GOLD
Kathy Issac	
Phyllis Piontkowski	SILVER
Elaine Graham	
MEN'S DOUBLES 3.0 - 55+	
Miguel Uehara	GOLD
Gordon Fitzell	
David Harrison	SILVER
Doug Horvath	
n/a	BRONZE
MEN'S DOUBLES 3.0 - 60+	
Tom Scarcello	GOLD
Simon Clayton	
Ron Poirier	SILVER
Perry Daigle	
Richard Salas-Lino	BRONZE
Chuck Cadick	
MEN'S DOUBLES 3.0 - 65+	
Roger Samuel	GOLD
Rick Spack	
Steve Bossenmaier	SILVER
Brian Pischke	
Gerard Gill	BRONZE
Gary Gerylo	
MEN'S DOUBLES 3.0 - 70+	
Don Armitage	GOLD
Dale Brooks	
Murray Farguson	SILVER
Frank Hyndman	
Larry Fisher	BRONZE
Trevor Graham	

MEN'S DOUBLES 3.0 - 75+	
Arthur Bilodeau	GOLD
Marcel Vermette	
N/A	SILVER
N/A	BRONZE
MIXED DOUBLES 3.0 - 55+	
Orysia Barnes	GOLD
Jim Barnes	
Randy Yakimoski	SILVER
Jo Bresciani	
Barrie Taylor	BRONZE
Leigh Capar	
MIXED DOUBLES 3.0 - 60+	
Janine Grace	GOLD
Roger Samuel	
Ward Rathwell	SILVER
Laurie Duffield	
Karen Templeton	BRONZE
Terry Tomalin	
MIXED DOUBLES 3.0 - 65+	
Toni Nicholson	GOLD
John Stott	
Margaret Speer	SILVER
Kym Terry	
Penny Lickley	BRONZE
Jim Lickley	
MIXED DOUBLES 3.0 - 70+	
Kathy Isaac	GOLD
Brinder-Paul Phangureh	
Garry Whyte	SILVER
Debbie Whyte	
Don Armitage	BRONZE
Sandra Armitage	
MIXED DOUBLES 3.0 - 75+	
Edwin Reichert	GOLD
Lorraine Metz	
Jane Penner	SILVER
Albert Friesen	
PICKLEBALL 3.5	
WOMEN'S DOUBLES 3.5 - 55+	
Suzanne Simard	GOLD
Angie Wark	
Amy Mohr	SILVER
Patti Phillips	
Lisa Vasconcelos	BRONZE
Susie Paddock	
WOMEN'S DOUBLES 3.5 - 60+	
Carol Falkenberg	GOLD
Loreen Buss	
Catherine Jones	SILVER
Laurie Dufresne	
Sarah Adams	BRONZE
Jane Cherweniuk	
WOMEN'S DOUBLES 3.5 - 65+	
Carlotta St Godard	GOLD
Rhonda Tough	
Kim Gray	SILVER
Ellen Cairns	
Susan Armstrong	BRONZE
Allison Manning	
WOMEN'S DOUBLES 3.5 - 70+	
Coleen Dufresne	GOLD
Jan McNarry	
Lynda Bennett	SILVER
Viola Labun	

MEN'S DOUBLES 3.5 - 55+	
Rick Lindsay	GOLD
Greg Blanchard	
Randy Lewis	SILVER
David Vasconcelos	
Terry Tomalin	BRONZE
Robert McVannel	
MEN'S DOUBLES 3.5 - 60+	
Neil Graham	GOLD
Bev Workman	
Alex Parobec	SILVER
Alan Armstrong	
Cam Chang	BRONZE
Doug Lockhart	
MEN'S DOUBLES 3.5 - 65+	
Greg Saydak	GOLD
Scott Lanton	
Peter Ewert	SILVER
Gerry Badiou	
James Shuturma	BRONZE
Keith Martin	
MEN'S DOUBLES 3.5 - 70+	
Dave Adamson	GOLD
Greg Little	
Larry Kooistra	SILVER
Fred Fuchs	
Wayne Jones	BRONZE
Dennis Mccaffrey	
MEN'S DOUBLES 3.5 - 75+	
Len Victor	GOLD
Peter Hildebrand	
Hannu Maki	SILVER
Gunther Kolb	
MIXED DOUBLES 3.5 - 55+	
Leanne Lotecki	GOLD
Doug Lockhart	
Shannon Dennehy	SILVER
Rick Lindsay	
Greg Blanchard	BRONZE
Angie Wark	
MIXED DOUBLES 3.5 - 60+	
Christina McDonald	GOLD
Cam Chang	
Susan Armstrong	SILVER
Alan Armstrong	
Cheryl McDonald	BRONZE
Neil Graham	
MIXED DOUBLES 3.5 - 65+	
Wayne Jones	GOLD
Catherine Jones	
Peter Ewert	SILVER
Diana Ewert	
Allison Manning	BRONZE
Bev Workman	
MIXED DOUBLES 3.5 - 70+	
Dave Goertzen	GOLD
Coleen Dufresne	
Jan McNarry	SILVER
Greg Little	
Lois Dudgeon	BRONZE
Len Victor	

PICKLEBALL 4.0	
WOMEN'S DOUBLES 4.0 - 55+	
Shannon Dennehy	GOLD
Penny Yakubowski	
Sandra Webber	SILVER
Lisa Walsh	
Cindy Mitterndorfer	BRONZE
Chantal Emond	
WOMEN'S DOUBLES 4.0 - 60+	
Karen Schellenberg	GOLD
Michelle Hastings	
Pamela Sellers	SILVER
Brenda Westwood	
Christina McDonald	BRONZE
Carol Nellis	
WOMEN'S DOUBLES 4.0 - 65+	
Patti St Godard	GOLD
Brenda Granger	
Eleanore Schlamb	SILVER
Janice Siemens	
Isabelle Tache	BRONZE
Ute Vann	
MEN'S DOUBLES 4.0 - 55+	
Kirby Shwaykosky	GOLD
Rob Duke	
Rob Fiola	SILVER
Denis Marcon	
Eduardo Barreto	BRONZE
Eduarod Skiarski	
MEN'S DOUBLES 4.0 - 60+	
Dave Holder	GOLD
Laurie Guderyan	
Neal Hastings	SILVER
Ken Bradford	
Wayne Foster	BRONZE
Tony Scavarelli	
MEN'S DOUBLES 4.0 - 65+	
Dave Holder	GOLD
Laurie Guderyan	
Neal Hastings	SILVER
Ken Bradford	
Wayne Foster	BRONZE
Tony Scavarelli	
MEN'S DOUBLES 4.0 - 70+	
Tom Heibert	GOLD
Elgin Zelinki	
MIXED DOUBLES 4.0 - 55+	
Kirby Shwaykosky	GOLD
Chantal Emond	
Suzanne Davidson	SILVER
Derek Holbrow	
MIXED DOUBLES 4.0 - 60+	
Karen Schellenberg	GOLD
Wayne Foster	
Pamela Sellers	SILVER
Jim Howarth	
Ken Bradford	BRONZE
Cindy Mitterndorfer	
MIXED DOUBLES 4.0 - 65+	
Brenda Granger	GOLD
Laurie Guderyan	
MIXED DOUBLES 4.0 - 70+	
Mary Beth Shields	GOLD
Don Flatt	

Senior Scope

Summer Fun
in Manitoba

ANNUAL
2025

Contest



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goldeyes.com



What makes you

'LAUGH OUT LOUD'?

CONTEST

Good Luck!

Enter your name, phone number and email if available.

There will be 2 Winners
on AUGUST 5/25

Name _____

Address (optional) _____

Phone _____

Email (optional) _____

What makes you 'LAUGH OUT LOUD'? _____

Age (optional) Under 50 / 50-59 / 60-69 / 70-79 / 80-89 / 90+ (circle one)

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- Value \$65;

TOTAL VALUE OF PRIZES - OVER **\$1330.00**

ONE ENTRY PER PERSON.
Senior Scope reserves the right to publish names and photos of winners and their submitted answers on their entry forms.

Thank you to the above businesses for generously providing these contest draw prizes!

June 17, 2025

Meals On Wheels counts 8,855,150 meals since 1965 - Submitted



June 2025 marks 60 Years of Volunteer Service Feeding Our Community.

Winnipeg June 9, 2025— Recognizing 60 years of service, Meals on Wheels of Winnipeg Inc. announces a total of 8,855,150 meals delivered to vulnerable people in Winnipeg since its inception in June 1965. Affordable nutritious hot, cold and frozen meals are delivered 365 days a year to those who are unable to prepare or procure meals for themselves. This program is only possible thanks to the 300 volunteers who delivery daily, and to our meal partners who prepare and package meals tailored to individual dietary needs. In 2024, 22,000 hours of vol-

unteer time were conservatively valued at \$345,200. Beyond the delivery of a hot meal daily, volunteers may be the only contact some clients see during a day. The brief check-in and social contact is as welcome as the meal. This has been noted since the initial 3 year test of the program in the 1960's. Executive Director, Marla Somersall said "Providing nutritious meals can improve health for those who may have experienced food insecurity for much of their lives, as does the reduced social isolation for those who can not easily get out in the community. Families know someone is seeing their loved one when they can't be there. This is simple, community based preventative health care, keeping people in their homes and saving our health care resources for those who need them more urgently." The organization undertook a program review in 2024 as part of the strategic planning process. The need for food security is well known in our city, and MoW is seeing similar needs. The Meals on Wheels team is committed to bringing service to underserved areas as a priority goal. John Knowles, President of Meals on

Wheels recognized the importance of maintaining a strong program, stating "Meals on Wheels of Winnipeg is a unique service that delivers significant social and financial benefits by helping people to live longer in their own homes. We appreciate the three pillars that support our work: selfless volunteers, small, dedicated staff and supportive donors and funders." With over 160,000 meals being delivered annually, this total will continue to grow as Meals on Wheels strives to focus on low cost nutritious food, delivered with a smile to the front door for those who need us. ■

Province makes housing more accessible

The Manitoba government is investing more than \$1 million to make housing more accessible for residents with physical disabilities living at 1010 Sinclair Street, Housing, Addictions and Homelessness Minister Bernadette Smith announced. "This investment will ensure residents at 1010 Sinclair benefit from safe, comfortable housing that suits their individual needs and supports their independence for years to come," said Smith. Provincial funding supported accessibility upgrades in 12 units, including enlarged entry doors, automatic door openers and new flooring, as well as new flooring in the building's main floor common areas to improve ease of movement and comfort for all residents, noted the minister. "We greatly appreciate the government of

Manitoba's investment, which will help us provide services to more individuals by having accessible environments that work for all persons with disabilities to live independently in the community," said Debbie Van Ettinger, executive director, Ten Ten Sinclair Housing Inc. The building is managed by Ten Ten Sinclair Housing Inc., a non-profit housing provider that offers inclusive and affordable housing. Established in 1975 as a transitional apartment complex, 1010 Sinclair remains a critical part of Manitoba's accessible housing system for individuals with physical disabilities, added Smith, noting the organization is celebrating 50 years as a cornerstone of accessible housing in Manitoba. To learn more about Ten Ten Sinclair Housing Inc., visit <https://tenten.mb.ca/>.

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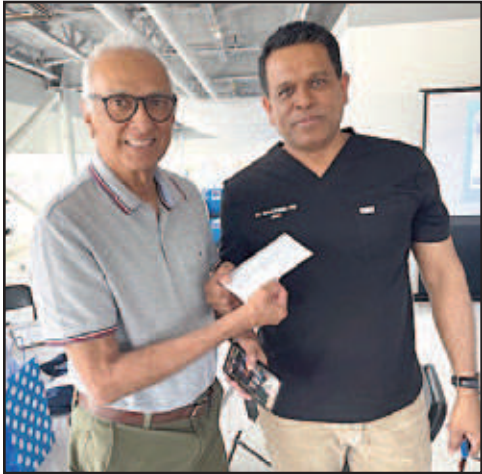
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Living well with your joints: Decoding Arthritis

By Senaka Samarasinghe

Dr. Prasanga Ketawala conducted a presentation on “Living well with your joints: Decoding Arthritis” at The Junction Medical Centre, 257, Osborne St., on June 20th (FRI) 2025 from 10.30 am to 1.30 pm. Sri Lankan Seniors Manitoba (SLSM) obtained funds from **Arthritis Society Canada**.

Before starting the presentation Prasanga’s colleague Edward Osagie conducted a corporate briefing about the Medical Centre. Shyama introduced Prasanga to the participants. For the benefit of the attendees, Prasanga expressed in English and Sinhala languages. This approach was every helpful during Q & A session and attendees raised their queries very freely. Prasanga agreed to share the presentation link and the recorded version of his discussion with SLSM.



SLSM members are thankful for Prasanga two unexpected contributions namely \$2500.00 for the benefit for the organization and a gift pack for each attendee. Prasanga’s loving daughter Neth obliged to walk to each SLSM member to



handover the gift parcel. Just after the presentation of Prasanga conveyed few words with all participants as a courtesy. SLSM must be thankful for Junction Medical Centre for providing their spacious top floor as SLSM was unable to allocate a hall

on this date for the above presentation. Cake cutting ceremony was arranged to commemorate Father’s Day which was conducted just after the light meal for lunch. Organizing committee planned to share a token for each father. ■

Winnipeg Grandmothers are now looking for art from attics, closets, or other stashes, to support a great cause - Submitted

Grands ‘n’ More Winnipeg is now ready and eager for Winnipeggers to donate their art, so that pieces having no future in their own homes or offices can find new appreciative homes and stimulate a new generation of art appreciation. Donated art will be sold at the ninth annual Art From the Attic sale. Proceeds of sale go to The Stephen Lewis Foundation’s Grandmothers to Grandmothers Campaign.

From now until September 6, volunteers will collect, clean, research and price all kinds of donated art. Donations come from people downsizing, moving, sorting through another’s effects, or just deciding that they no longer love a piece.

For information about drop-off times and locations, or to request pickup, donors may call 204-583-8633 or email “gnmafta@gmail.com”.

The sale of the donated art will be held October 5, 2025, at the St. Vital Centre, 11-6pm. Based on previous years donations, there will be approximately 2500-3000 pieces of art for sale at very affordable prices. Expect a very big crowd at the opening!

The eighth sale in 2024 raised more than \$40,000. Over 3000 pieces of art were donated, ranging in value from very collectible original works by well-known artists to charming reproductions. Included in the past have been works by Indigenous artists, art from cultures around the world, and examples of many different media. Serious

art collectors have found huge bargains, and everyone gets an unbeatable price. The Grandmothers to Grandmothers Campaign supports grandmothers in 14 sub-Saharan African countries, all of whom have been affected by the AIDS pandemic in Africa. Grandmothers disproportionately absorbed the impact of AIDS as it swept through the continent, taking up parenting roles again for grandchildren whose parents had died of AIDS, finding ways to earn income to feed clothe and educate them, battling discrimination and stigma associated with HIV, and advocating for human rights and property rights, all in the context of their own grief. Their need for support from the Campaign has now increased as some other funding sources have fallen away in 2025. As with the members of Grands ‘n’ More Winnipeg, Canadian grandmothers and grand-thers from coast to coast continue to raise funds (over \$42 million since 2006) and raise awareness, in order to express their solidarity.

For more information about the cause: <https://grandmotherscampaign.org>
For more information about the Stephen Lewis Foundation: <https://stephenlewisfoundation.org>
For information about Grands ‘n’ More Winnipeg: <https://grandsnmore.com>
Contact: Jean Altemeyer 204-284-3434 jeanaltemeyer@shaw.ca
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Fibre, a mostly indigestible form of carbohydrate, is an important yet often overlooked part of our diet. Unlike sugars or starches, fibre passes through the digestive system relatively intact, helping to promote healthy gut bacteria and provide many other health benefits. It offers support for heart health, blood sugar levels, bowel regularity and more, making it a game changer for senior health and longevity.

The Power of Fibre: A Key to Senior Health

Fibre is found in a wide variety of foods such as fruits, vegetables, beans, whole grains, nuts, seeds, and legumes, so it may be surprising to learn that most Canadian seniors consume only about half of their recommended daily fibre. While fibre doesn't get absorbed like other nutrients or provide calories or energy, it plays a critical role in digestive and overall health, helping to move food through the digestive tract and keep bowel movements regular. It can also keep you feeling fuller longer.

In addition to supporting normal bowel function, fibre is known for its ability to help lower LDL cholesterol (think L for “lousy”), regulate blood sugar, lessen inflammation, and even reduce the risk of heart disease. Getting adequate fibre may also lower the risk of other diseases, such as colon and stomach cancer. Adding fibre to your diet isn’t just about preventing constipation – it’s a holistic way to support long-term health.

The Two Types of Fibre and Their Benefits

Fibre comes in two main types, each serving a unique purpose:

• **Insoluble Fibre:** Often called the “pot scrubber” of the colon, it helps keep you regular by literally scrubbing your colon as it passes through. Some examples of insoluble fibre include the skins of apples, peaches and other skinned fruits, the seeds in fruit and vegetables such as toma-



toes and strawberries, the stringy stuff on celery and the outer shells of beans, whole grains and bran. It literally helps scrub and clean out the walls of the large intestine and is then eliminated in your stool.

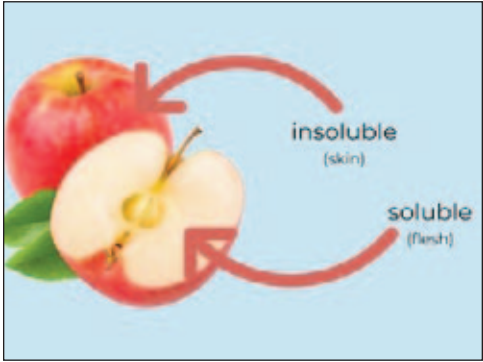
• **Soluble Fibre:** This type of fibre “bulks up” stools and helps lower cholesterol and control blood glucose. Whereas insoluble fibre occurs most often on the peels of foods, soluble fibre is found in the flesh of fruits, in vegetables like carrots and in plants like oats, barley, the insides of legumes like beans and lentils. When you make apple sauce or jam, it is the soluble fibre (pectin) in the fruit that causes it to gel. Soluble fibre works the same way in “gelling up” stool.

Both types of fibre are crucial for maintaining overall health for seniors and should be incorporated into your regular diet.

How Much Fibre Do Seniors Need?

The recommended daily intake of fibre typically varies based on age and gender. For seniors, the North American recommended amount is:

- 30 grams per day for men aged 51+
 - 21 grams per day for women aged 51+
- While this may seem like a lot, it's en-



tirely achievable with the right foods. Including a variety of fibre-rich foods in your diet—such as whole grains, legumes, fruits, and vegetables—can make it easier to meet these recommendations.

Tips for Incorporating More Fibre into Your Diet

- **Start Slow:** If you're not used to consuming a lot of fibre, it's important to increase your fibre intake gradually to give your digestive system time to adjust and avoid gas and bloating.
- **Incorporate Physical Activity:** Adding some physical activity to your daily routine can help support digestion and also prevent discomfort from bloating or gas.

• **Drink Water:** Fibre acts like a sponge, absorbing water, so make sure to drink plenty of water throughout the day to stay hydrated.

• **Choose Whole Foods:** opt for whole grains, legumes, fruits, and vegetables in your diet to maximize fibre intake. Foods particularly high in fibre include apples, berries, pears, oranges, bananas, broccoli, asparagus, spinach, sweet potato, carrots, avocado, prunes, lentils, beans, chia seeds, nuts, steel cut oats, certain cereals, and whole grain pastas and breads.

It's also important to note that juice, despite common belief, often does not provide fibre even if it contains pulp. So, instead of drinking juice, enjoy whole fruits to get the full benefits of fibre!

Conclusion: The Magic of Fibre for Seniors

Fibre may seem straightforward, but its impact on health cannot be understated. For seniors, it supports digestion, heart health, and blood sugar management, and can even reduce the risk of certain diseases. By making small changes – like choosing fibre-rich foods and drinking plenty of water – you will experience the wellness wonder fibre can bring to your overall health!

Heart to Home Meals offers a High Fibre diet code - providing a selection of meals that contain more fibre per serving and make it easier to get your recommended daily intake!





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Manitoba's 2025 Asian Heritage Month

By Lu Gao



Opening Ceremony of 2025 Asian Heritage Month. Source: asianheritagemanitoba.com



WCSA dancers perform joyfully at Taste of Asia.



WCSA volunteers and performers proudly pose in Hanfu, Traditional Han Chinese Clothing

From graceful Tai Chi to heart-thumping lion dances, the Winnipeg Chinese Seniors Association (WCSA) took center stage in this year's Asian Heritage Month celebrations, making an indelible mark on one of Manitoba's most vibrant multicultural traditions. Held throughout May under the national theme "Unity in Diversity: The Impact of Asian Communities in Shaping Canadian Identity", this year's events celebrated not only heritage and artistry but also inclusion, intergenerational connection, and cultural leadership—values that WCSA brought to life through active participation and community spirit.

A Historic Opening: Recognition at the Legislative Building

The 2025 Asian Heritage Month officially launched on May 8 at the Manitoba Legislative Building—a historic first, and a powerful signal of growing governmental support for Asian Canadian communities. With over 200 guests in attendance, including leaders from Vietnamese, Japanese, Korean, Indian, Filipino, Yazidi, and Chinese communities, the opening ceremony

reflected the province's multicultural fabric. This milestone came on the heels of a major policy shift: in 2024, Manitoba passed Bill 212, officially proclaiming May as Asian Heritage Month. The bill, championed by MLA **Jennifer Chen**, Manitoba's first Chinese Canadian legislator, was passed unanimously. WCSA Vice President **Songyan Liu** called the act "a powerful recognition of our culture, our history, and the value we bring to this multicultural society." Dr. **Art Miki**, founding president of the Asian Heritage Society of Manitoba, emphasized the deep historical and cultural weight behind the event. "We have held the Opening Ceremony at the Legislative Building for the past three years, but this was the first time it was officially sponsored by the provincial government," he explained. "It gives recognition to the important and valuable contributions that Asian Canadians make to the province." Reflecting on the journey, Dr. Miki noted that Asian Heritage Month has evolved from grassroots cultural performances into a vital platform for education and civic engagement. "We have used this

month to give Asian youth opportunities to showcase their talents and learn about their histories, but also to confront complex issues such as racism, immigration, and mental health through workshops or presentations." To Increase the volume of Asian community's voice, he said. "One of the changes was to expand our activities beyond the month of May."

Community Collaboration and Cultural Leadership

This year's Asian Heritage Month included more than a dozen events across Winnipeg and beyond—ranging from high school symposiums and film festivals to food fairs and comedy shows. According to Niina, a key coordinator with the Asian Heritage Society of Manitoba, the month-long program was the result of collective effort. "Each of us takes the lead on certain events," she shared, adding that the goal was to create "something for everyone—whether through food, music, film, or meaningful discussions."

WCSA was proud to be part of that collaborative effort. The association not only hosted a cultural booth at the Asian Canadian Showcase—introducing Chinese culture as the sole representative among the cultural displays from Japan, India, Thailand, Vietnam, the Philippines, Korea, Taiwan, and Indigenous communities—but also contributed several performance groups to the festival stage. "This platform allows us to share the stories and talents of both our seniors and youth with the broader public," said Liu.

Spotlight: WCSA at the Asian Canadian Showcase

Held on May 24 and 25 at Memorial Park, the Asian Canadian Showcase was one of the signature events of the month—and WCSA along with other Chinese cultural groups and artists delivered standout performances that drew applause and admiration from the crowd. A serene Tai Chi performance titled "Love Song of the West Sea" opened the program with grace and balance, followed by the rousing "March of the Elephant

King," performed by a Chinese ensemble featuring guzheng, erhu, and pipa. The group dance "Beautiful Myth" fused Eastern and Western styles into a graceful, emotionally resonant display, while Roule Ball and ocarina performances, including a stirring rendition of "Descendants of the Dragon," showcased harmony through motion and melody. The Winnipeg Chinese Youth Lion Dance Team and the Winnipeg Chinese Dragon Dance Team brought festive energy to the stage, their vibrant costumes and rhythmic movements captivating the audience and symbolizing the intergenerational continuity of Chinese culture. These groups were also featured in interviews by CBC on May 5 and May 12, respectively, helping to promote their cultural traditions to a wider audience. Beyond performance, WCSA's cultural booth introduced visitors to traditional elements like the Chinese lunar calendar and the Lantern Festival. Volunteers engaged attendees in lively conversation, helping build cultural understanding across communities.

Intergenerational Impact and Forward Vision

WCSA's participation extended beyond cultural display—it fostered meaningful engagement between generations. "Events like these keep our seniors active and proud, while giving youth a chance to develop leadership skills and connect with their heritage," said Liu. WCSA's youth partner group—the Winnipeg Chinese Youth Lion Dance Team—also joined this year's FascinAsian Film Festival, further proving how young Chinese Canadians are stepping into the spotlight. Looking ahead, WCSA aims to continue building bridges through programs that blend tradition with innovation. Plans are underway for more intergenerational workshops, cross-cultural collaborations, and public education initiatives. "Asian Heritage Month reminds us that Canadian identity is not one story—it's a symphony of voices and experiences," Liu reflected. "We're honored that WCSA's voice was part of that harmony this year." ■



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David Pankratz: Fundraising Event

By Senaka Samarasinghe

David Pankratz, MLA hosted a fundraising event with a special guest Premier Hon. Web Kinew. This was held on June 19th (THU) 2025 from 6.00 pm to 9.00 pm at 73, Prairie Sky Dr, Winnipeg which was generously sponsored by Meetu Sidhu. The backyard of the above location was fully utilized not only with invitees but with well laid outdoor dinner table. Catering was done by Holy Spice. I participated with Suranga my son in law.

On a later date I met Mehr Un Nisa, Constituency Assistant and Shamailah Islam, Constituency Assistant. Both told me the fundraising event completed successfully with long-term results.

On July 2019, Chandani and I went to

Churchill by train. Based on our visit I formulated a development proposal for the Port of Churchill. I discussed this proposal with David at the above event as Prime Minister Hon. Mark Carney met provincial and territorial premiers on March 21st, 2025, in Ottawa to share his plan to build one strong Canadian economy. Out of which investment in the Hudson Bay Railway and at the Port of Churchill was one of his priorities for Manitoba.

Therefore, I promised to share my above proposal with David. Further, Hon. Web Kinew in his speech on the above fundraising event Premier stressed the importance of Churchill harbour development. ■



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EVENTS / SUMMER ACTIVITIES

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Winnipeg Public Library - For programs and events visit our What's On newsletter (<https://wpl.winnipeg.ca/library/pdfs/whatson/LibraryNews.pdf>) or our Programs and Events calendar (<https://wpl.libcal.com/>).

MUSIC / DANCING

The Forever Young Club is looking forward to the return of our dances at Anavets #283 in the fall. Here are the dates to mark on your calendar: Sept. 27, Oct. 25, Nov. 29, Dec. 27

Norwood 55+ Dance Club - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

The Senior Choral Society of Winnipeg - 533 Greenwood Place, behind CNIB on Portage Ave. Gerda **204-669-5570**

SPORTS / FITNESS / GAMES

Manitoba Seniors Golf Association - Openings for new 55 plus members. Great recreational league. We play Tuesdays at 18 different courses ie: Larters, Southwood, Carman, Oakwood, Grand Pines, etc. Contact Geoff Walker: **204-799-6229** or geoffcw@shaw.ca.

Ladies Golf Thursday mornings - tee times 7:15-8:15, at Crescent Drive Golf Course. We are looking for ladies to join us each week for 9 holes! Our 60th year! Info: at the meeting or email: Allison: allisonpauls61@gmail.com, Cheryl: crafter188@hotmail.com.

Crescent Drive Friday Ladies Golf League - looking for new members. We play Fridays (weather permitting), 8 am, Crescent Drive Golf Course, 781 Cres. Dr. Lorraine: **204 261 8413**.

Crescent Drive Senior Men's Golf League - Looking for new members, Wed's, 7:30-8:30 am, Crescent Drive Golf Course, Mid-Sept. Barry: **204-256-8496** or John **204-667-6362**.

Greater Winnipeg Senior Golfers Club - looking for Men, 55+ who wish to golf in a fun league, once a week, May-Sept. Play in a different foursome each month, at various clubs within 1 hr of Wpg. Cart avail. Special green fees at certain clubs around city. **204-669-4795** or pritchardfarm@shaw.ca, www.gcsgwpg.com.

Contract Bridge in St. James - Group of Seniors of mixed skill looking for more players! 'Casual' non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: **204-888-9465**.

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

Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: **204-297-0811**

The Pembina 55-PLUS Curling League - looking for curlers. We curl at the Pembina Curling Club located at 1341 Pembina Hwy (close to McGillivray). Our season consists of 4 rounds of 10 games per round. Two games are played per week, alternating between Monday,

Wednesday and Friday at 12:30PM from October to March. Teams are established using random selection before the start of each round. Positions (lead, 2nd,3rd and skip) are based on members preference and seniority. We offer various options: play in one, two, three, or all four Rounds. Another option is to register as a spare, The 55 Plus registration information (including costs) is available on our website at "55pluscurling.com". For more information email us at "contact@55pluscurling.com

Pickleball - Learn to play in the North End. Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sergeant Tommy Prince Place, 90 Sinclair St. Seniors invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: gabbs1947@gmail.com.

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: Norbglen@yahoo.com or call the Club: **204-256-6654** for info.

Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: **204-254-1408**.

St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: **204-230-4511**.

St. Vital Retired Mixed Curling Club - is looking for individual players (full time or spare) for Tuesday & Thursday , 10:00AM league. Contact Ernie Nuytten: enuytten@gmail.com or **204-803-6230**

Vital Seniors - Scrabble, Mon. noon-4; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yearly Membership \$10, activity \$4.50 pp, call **204-253-0555** or stmary@mymts.net

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Social friendly bridge club. For further info: **204-771-6724**

SUPPORT GROUPS & PROGRAMS

Thrive Community Support Circle - Art Program, Thursdays, 10-12 noon, 406 Edmonton St, 3rd floor. This FREE New Horizons for Seniors Art and Wellness Program has been funded by the Government of Canada. For seniors, youth, everyone is welcome. **204-772-9091**.

Joint Effort - A NEW, weekly, VIRTUAL support community for those living with osteoarthritis, Wednesdays, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram [@jointeffortsupport](https://www.facebook.com/jointeffortsupport) or register via Eventbrite.

Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. Meeting place for those living with memory challenges and their family/friend care partner to gather together and sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, tuneupcafe276@gmail.com.

GriefShare support group - is a safe, welcoming place to help with the difficult emotions of grief if you have lost a loved one. Contact Kilcona Park Alliance Church at info@kilcona.org or go to Griefshare.com to find a group in your area.

Stroke Recovery Assoc. MB - Programming for Stroke Survivors: Support Groups, Art and Social Club, Virtual and In-Person Exercise, Planned Community Outings & more. Register: B-247 Provencher Blvd. **204-942-2880**

St. James T.O.P.S. - Take Off Pounds Sensibly. A non-profit weight loss support group. Meet Wed's, St. James Legion #4, 1755 Portage Ave., upstairs, 4:15-6 pm. All Welcome. Info, Shirley: **204-837-2079** or Ruth: **204-488-3533**, www.tops.org

T.O.P.S., Take Off Pounds Sensibly - Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6:00-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: **204-896-4807**.

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. (Taking Off Pounds Sensibly) is a non-profit weight loss support group. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side

door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: **204-990-2144**, www.tops.org.

South Winnipeg Family Information Centre - Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: **1-833-979-9779** or friendlycallingmb@redcross.ca

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 to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111**, service@actionmarguerite.ca

Bethel Place - congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: 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/

Henteleff Park - Multiple volunteer opportunities avail. 50 acres of natural beauty at 1964 St. Mary's Road, Volunteers care for flower beds, remove invasive weeds, and plant trees. Groups work together on Wed. and Thur. mornings, or volunteer on your own. What could be better than spending a couple of hours outside in a beautiful setting? Contact terri.ashcroft@henteleffpark.org for info.

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, IT database wizard. volunteer@mbgenealogy.com, <https://mbgenealogy.com/how-you-can-help/>

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 support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134**, www.misericordia.mb.ca, 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 55+ Centre - Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: **204-560-5181**

Victoria Lifeline - Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call **204-956-6773** or email info@victorialifeline.ca

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are avail- able with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mymts.net for info or to volunteer.

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

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - Senior Centre Without Walls (SCWW): Free

Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Share ideas. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, info@aosupportservices.ca, www.aosupportservices.ca.

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

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehl84@gmail.com or Mel: **204-291-4592**.

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 more! crcentre.ca.

Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive Closed for summer holidays.

Dakota Community Centre - Programs: Floor curling, painting classes, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Call Andrew: **204-254-1010** ext. 217, andrew@dakotacc.com <https://dakotacc.com/>

Dufferin Senior Centre - 377 Dufferin Ave. Closed during the summer months.

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

Golden Rule Senior Centre - 625 Osborne - Summer schedule - open Mon. to Thur., 9:00 am-3:30 pm. Fridays will be a day off during July and August. Although, all sports activities are paused, we will continue with the Games Club, Walking Group, and other social activities. **204-306-1114**, goldenrule@swsrc.ca for schedule.

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, morning coffee/muffin, chair exercises, games, recreation, 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 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**. Find other Manitoba Men's Sheds: <https://mensshedsmanitoba.ca/find-a-shed/>

Nature Manitoba - We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: <https://www.naturemanitoba.ca>

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, bingo, lunches, games, painting, aquacise. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ NEW LOCATION: 933 Summerside Ave. programs@pal55plus.ca or **204-946-0839**

Probus Club of Winnipeg - Social group for retired / semi-retired, meets 3rd Tue. ea., 9:30 am, at 603 Wellington Cres. Guests welcome. <https://winnipegprobus85.wordpress.co>

Prendergast Seniors Club (Windsor Park) - CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+

The Pros Know 55 Plus Active Living & Resource CONFERENCE EXPOS 2025

Sept. 24th Mini-Resource Conferences for Seniors, On-Line Registration 'July 15th'!

Best Kept Secrets, That Shouldn't Be Kept! 211MB!

Happy July Everyone! Canada Day has come and gone, but this year it has meant more than ever about how special this Country of ours really is.

At the Expos, we are blessed to see it every single day by the engagements we have with so many outstanding people and organizations we get to work with. One of the most impactful there is in helping us live longer and more fulfilling lives is a 'Best Kept Secret' file member unfortunately.

211 Manitoba, part of the United Way Winnipeg's family of services, is a gem that seems to unfortunately fly under the radar. Why, we have no clue. Maybe after you read this, you'll see our point why this needs to change and change now!

The main purpose of The Pros Know Expos is to get as many resources to improve seniors quality of life and well-being, into the hands of those in need and their families. This is a constant struggle on many levels to be able to communicate and help you all...



211 Manitoba is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life. It is a free, confidential service available 24 hours a day, seven days a week in more than 150 languages, including 4 Indigenous languages.

As many, if not most seniors do not have access to the Internet, there needs to be a place and a way for them to get help in a timely manner without all that dang drama. Well, simply dialing 211 on any phone in Manitoba does just that.

As noted above, you don't need a degree in resource management, science or anything else. IF by chance you have access to the Internet, check their site out; mb.211.ca Yup! That simple!

There on the main page, you and yours will get a quick-list menu of some of the things they can help you with. Not sure? You can pick up the phone, dial 211 and ask them your questions when they pick up to answer you. Again, that simple! Have a great July, we hope this helps you and your loved ones, it has helped us numerous times already.

See you next month as we reveal another 'Best Kept Secret'! **Trish & Rick.**

Our NEXT SHOW this Fall:



720 Henderson Hwy.
204.669.1710 | gnalc.ca
Wednesday, Sept. 24th
10:00am - 3:00pm

Updated website and Show Details now Available at:
prosknowexpos.ca

Things To Do - WINNIPEG Continued

FREE for non-profits and current advertisers. Submit PSAs by Aug. 1 for the Aug. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

older adults 55+. For info, email otr@rainbowresourcecentre.org.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. 204-987-8850, www.stjamescentre.com

South Winnipeg Family Information Centre - Tech for Seniors group, Thursday afternoons, 1:30-3 pm, 800 Point Rd. Lower Level). Join us for coffee snacks, great conversation, fun activities, and more. Call 204-284-9311 for more info. (no longer Mondays)

Stroke Recovery Assoc. MB - Support group for Stroke Survivors: Register: B-247 Provencher Blvd. 204-942-2880

The Happy Gang - Closed until Sept. 18. Have a great summer!

The Y. A. H. Club - Closed for the summer. New programming starts in Sept.

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Aug. 1 for the Aug. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - 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

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. www.aamanitoba.org or 1-877-942-0126

Brandon - Seniors For Seniors - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: 204-571-2053

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

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Programs for area residents. Call for programming: 204-654-3082 (msg).

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

Gimli - New Horizons 55+ Centre - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. 204-642-7909.

Ile des Chênes/Lorette - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. Contact Juliette: yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail.

Arborg and District Seniors Resource Council 204-376-3494; **Ashern Living Independence for Elders** 204-768-2187; **Beausejour/Brokenhead Services to Seniors** 204-403-8205; **Victoria Beach** - East Beaches Resource Center 204-756-6471; **Eriksdale Community Resource Council** 204-739-2697; **Fisher Branch Seniors Resource Council** 204-372-6861; **Gimli Seniors Resource Council** 204-642-7297; **Lundar Community Resource Council** 204-762-5378; **Riverton & District Seniors Resource Council** 204-378-2460; **St. Laurent Senior Resource Council** 204-646-2504; **Selkirk & District Senior Resource Council** 204-785-2737; **Stonewall** - South Interlake Seniors Resource Council 204-467-2719; **Springfield Services to Seniors** 204-444-3139; **Teulon and District Seniors Resource Council** 204-886-2570; **Lac du Bonnet** - Two Rivers Senior Resource Council 204-345-1227, **Pinawa** 204-753-2962 or **Whitemouth/Reynolds** 204-348-4610 or **Winnipeg River Resource Council** 204-367-9128

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: 1-204-758-3357 or montcalmserviceprogram@gmail.com

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. 204-822-5663, mordensfs@gmail.com

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit nivervillerec.ca. Info: 204-388-4600 ext 3

Niverville Services to Seniors - Services: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, outings, etc. Info: 204-388-2188 or sts@heritagecentre.ca

Norman region - 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

RM of Tache - Services to Seniors - Join us for an educational evening about Mental Health for Older Adults, Wed. Apr. 30, 7-9 pm, at Lorette Parish Hall. Presenters: Alzheimer Society of MB, Southern Health/Sante Sud Senior's Consultation Team. Info and resources to help older adults, their families and caregivers. Hosted by Notre Dame de Lorette CWL Council and RM of Tache Services to Seniors. Info: cwllorette@gmail.com.

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

Selkirk and District Horticultural Society - Plant Sale, Fri. May 30, 6-8 pm, Selkirk Memorial Hall, 368 Jemima St. All plants donated by our members. Cash only. Free adm, Free parking, Silent Auction, 50/50. Wheelchair Accessible.

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: www.gordonhoward.ca or call 204-785-2092

Selkirk Services to Seniors - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of

St. Clements or City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, selkirkseniors.com

Springfield - Springfield Seniors - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. 204-444-3139, springfieldseniors@mymts.net

Steinbach - Pat Porter Active Living Ctr - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception 204-320-4600 (Sonja, Program Volunteer Coordinator) 204-320-4603, <http://www.patportercalc.com>

Stonewall - Free Gardening Workshop - June 15, 1 pm at Heritage Arts Centre, Access Auditorium, 166 Main St, Stonewall Quarry Park. Food recyclers avail for purchase. Info: Community & Recreation Services, 204-467-7920. Sign up at recreation@stonewall.ca.

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Pickleball (Tue. & Thur. 6-8:30 pm, & Sat. 10 am-12:30 pm, at Curling Rink), Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur., 6:30 pm, at Stonewall Legion (summer schedule), 307 Main St. Stonewall. Beginners welcome, no formal instruction.

Teulon Seniors Club - Teulon Town Hall - Main St. Dances, 2nd Thur. of the month. Admission \$10.

Thompson Seniors - 204-677-0987, thompsonseniors55@gmail.com



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CROSSWORD - By Myles Mellor

ACROSS

1. Debate side

4. Use a trawl

8. Worked (up)

11. Flabbergast

12. Viscount's superior

13. "Evil Woman" rock band

14. In the order given

17. Shore sweeper

18. Roofing supplies

19. Tahiti or Maui

21. Capt.'s prediction

22. Like a black-mailer's tactics

25. Daily grind

28. Stop

29. Excess

31. Taste

32. "I had no ___!"

33. Make tea

36. Languish

38. Quality of being clear and upfront

42. Yours and mine

43. Prefix with zone

44. Article in constant use

45. Writer

46. Bridge section

47. Bit of a draft

DOWN

1. Traffic jam item

2. Have markers out

3. Snuggled

1	2	3		4	5	6	7		8	9	10
11				12					13		
14			15						16		
		17					18				
19	20					21					
22				23	24				25	26	27
28				29					30		
			31						32		
33	34	35				36	37				
38					39					40	41
42				43					44		
45				46					47		

4. Home paper

5. Olympic competition

6. Prada contents

7. Reflect light

8. Contemptible one

9. Vogue rival

10. Santa's bagful

15. Fishing locale

16. By the agency of

19. Dangerous weather condition for

the roads

20. Family member

21. Threshold

23. Whodunit discoveries

24. Growth on the side of a building

25. Gnawing mammals

26. "___ your imagination!"

27. Earl Grey, e.g.

30. Eat

31. Bart Simpson's age

33. Halt

34. Consistent with fact or reality

35. Accrue

36. Plane-jumping G.I.

37. Flatten

39. Little pooch

40. Greek alphabet letter

41. Casual reply

SOLUTION ON PAGE 23

WORDSEARCH - OH CANADA! By Roni Alward & Senior Scope

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

AB	Freedom	Moose	Polite	Teepees
Alberta	Goose	Mukluks	Poutine	Terrain
Arctic	Halifax	NB	Prime Minister	Territory
Bay	Hiking	NL	Province	Timmies
BC	Hills	North	QC	Toque
Beaches	Hockey	Nova Scotia	Quebec	Tourists
Beaver	Ice	NS	Regina	Treaties
Canuck	Indigenous	NT	Rivers	Tundra
Charlottetown	Iqaluit	Nunavut	Rockies	Valleys
Coffee	Jasper	ON	SK	Victoria
Cycling	Lakes	Pacific	Snow	Whales
Desert	Legislature	Parks	Sports	YT
Eh	Maple Syrup	PEI	Swamp	
Fishing	MB	Polar bears	Swimming	

SOLUTION ON PAGE 23

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5						3		4
					2	5		
		2		9				6
	7		1			4	9	
				8				
	4	1			9		7	
9				2		1		
		5	7					
6		7						3

Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO THE RIGHT

TEST YOUR WITS

1. What is the second largest country by land mass?

2. In what year did Canada become a country?

3. Canada produces 85% of the world's supply of what food item?

4. Canada is made up of how many provinces?

5. What city is the capital of Canada?

6. How many time zones are in Canada?

7. What is the only Canadian province without a natural border?

8. Which Canadian city is known as the "Windy City"?

9. What is the most visited tourist attraction in Canada?

10. What is the highest tides in the world and where is it located in Canada?

ANSWERS TO THE RIGHT

WORDSEARCH - Solution

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

CROSSWORD - Solution

1	C	O	N		4	D	R	A	G		8	H	E	T		
11	A	W	E		12	E	A	R	L		13	E	L	O		
14	R	E	S	P	E	C	T	I		16	V	E	L	Y		
					17	T	I	D	E		18	T	I	L	E	S
19	I		20	S	L	E			21	E	T	A				
22	C	O	E	R		23	C	I	V	E		25	R	U		27
28	E	N	D		29	O	V	E	R		30	D	O	S	E	
					31	T	R	Y			32	I	D	E	A	
33	S	T	E	E	P				36	P	I	N	E			
38	T	R	A	N	S		39	P	A	R	E	N	C		40	Y
42	O	U	R			43	E	U	R	O		44	T	H	E	
45	P	E	N			46	S	P	A	N		47	S	I	P	

TEST YOUR WITS

- Solutions

1. Canada

2. 1867

3. Maple Syrup

4. 10

5. Ottawa

6. Six

7. Saskatchewan

8. Lethbridge, Alberta

9. Niagara Falls

10. Bay of Fundy

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LAUGH A LITTLE

Doctor to patient: Your blood is remarkably similar to a potato chip - high sodium, high cholesterol, lots of toxins.

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PET ADOPTION



FOR ADOPTION: This sweet senior is 14-year old KitKat. She is looking for a home. She has her own litter box and is very friendly. We are sorry to announce that KitKat has passed away. KitKat was a Great Pyrenees Rescue. **204-771-8045**.



We are sorry to announce that KitKat has passed away.

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