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Senior Scope

Vol. 24 No. 3 | Sept 10 - Oct 9/25

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Truth, Reconciliation, and the Strength of Indigenous Voices - Part 1 of 3



INDIGENOUS
VOICES

Myles Shane

SEPTEMBER 30th is NATIONAL DAY
FOR TRUTH & RECONCILIATION.

Long before Canada became a country, long before borders and laws were drawn, the First Peoples of this land lived in balance with the rivers, forests, and wide skies. From the Mi'kmaq in the east to the Haida in the west, from the Dene in the north to the Anishinaabe and Cree across the prairies, Indigenous Nations thrived with their own languages, laws, and systems of governance. In what is now Manitoba, the Cree, Dakota, Anishinaabe, Dene, and Métis Peoples fished the great lakes, followed the buffalo across the plains, and nurtured spiritual traditions that connected them to every living being. Their cultures were strong, their teachings enduring, and their communities vibrant long before settlers ever arrived.

These Nations carried wisdom passed from one generation to the next, respect for the land, for the elders, for the children, and for the sacred cycles of life. This history is not just a memory. It is alive today in the

strength, resilience, and pride of Indigenous communities across Canada.

And yet, for over a century, this strength was met with policies of erasure. The residential school system which was designed to sever children from their families, languages, and cultures, left deep scars across generations. Survivors of these schools carried pain, but also determination. The determination to tell their stories, to demand justice, and to ensure that Canada would finally acknowledge the truth.

It was out of that determination that the Indian Residential Schools Settlement Agreement emerged in 2007, the largest class-action settlement in Canadian history. One of its most powerful outcomes was the creation of the Truth and Reconciliation Commission of Canada (TRC), a commission charged with unearthing the full history of residential schools and guiding the country toward healing.

See *Indigenous Voices*,
Continued on page 2

CHURCHILL, Manitoba Simply Sensational

HEALTH &
WELLNESS
FEATURE

See Pages 11-19

- Part 2 of 2



A MANITOBA
MOMENT

By Bud Ulrich

RWB Get-A-Ways is a tour company owned by Alison McDonald, a Professionally Certified Tour Director and Tour Guide through Manitoba Tourism Educational Council. She follows her dad's ideology of charging a fair price for services. It's important for her to keep costs at a reasonable level for clients. Clearly, this approach works well for her business. She was fortunate to work alongside her father with his travel business for several years gaining valuable experience. She appreciates the time she spent working with him. He helped her start her own business in 2000.

The freedom of operating RWB Get-A-Ways appeals to her. She recognizes the challenges, especially when COVID hit the scene in late 2019. Gradually her business is returning to normal with more people wanting to travel within Canada. "A lot of patience and risk-taking are essential to a successful business," Alison said. The development of excellent partnerships with various companies is a very important part of her business. VIA Rail is just one of those. RWB Get-A-Ways has made 17 tours to Churchill, with another bear tour planned for Nov. 16-22 this year - visit rwbgetaways.com.



Alison McDonald, owner of RWB Get-A-Ways, with her husband Kris in Churchill.

Alison was born in Gladstone, Manitoba. Four years later, her parents moved to Hamiota, and then to Portage la Prairie where she completed her schooling. Just like many other successful people, she didn't feel she was a good student. However, her hard work, knowledge and experience are producing many successful tours across Canada.

Continuing with our experience described in Part 1 of the *Senior Scope* August edition, Alison referred us to Sub-Arctic Tours which provided an excursion outside the town of Churchill. The Sub-Arctic tour guide, Stanley Spence, drove three of us in a Ford 150 extended cab truck on several back roads providing detailed information and the history of many sites. Several rocket launching structures are scattered throughout areas on the outskirts of town. Stanley is very knowledgeable.

Continued on page 7

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

Indigenous Voices, cont'd from front page

The TRC's mandate was bold yet simple: to tell the truth, to honour Survivors, and to begin the work of reconciliation not only between governments and Indigenous Peoples, but within the heart of every Canadian. Between 2007 and 2015, the Commission, supported with \$72 million in federal funding, traveled across the country, listening to more than 6,500 witnesses. From tiny northern communities to major cities, the TRC created spaces for healing and honesty. Seven national events brought thousands together to mourn, to learn, and to celebrate the unbroken spirit of Indigenous Peoples.

The work of the TRC left a permanent mark on Canada. More than five million records were gathered to form the most comprehensive historical record of residential schools ever assembled. Today, these documents are safeguarded at the National Centre for Truth and Reconciliation in Winnipeg, Manitoba, a fitting home in the heart of the Prairies where Indigenous Nations once gathered to trade, share knowledge, and build alliances.

In 2015, the TRC released its final report

in Ottawa, offering not just a record of the past but a vision for the future named 94 Calls to Action that challenged governments, institutions, and citizens to commit to reconciliation. These Calls to Action touched every part of Canadian life, justice, health, education, language, and child welfare, reflecting the truth that reconciliation must be woven into the very fabric of the nation.

Since then, progress has been made. Laws such as the Indigenous Languages Act and the Act Respecting First Nations, Inuit and Métis children, Youth and Families have affirmed inherent rights and supported cultural revitalization. In 2024, Bill C-29 established the National Council for Reconciliation, an Indigenous-led body ensuring accountability and progress for generations to come. Survivors' stories have also been honoured through commemoration projects, like the Residential Schools Missing Children Community

Support Fund, which helps communities locate and memorialize children lost to the residential school system.

Perhaps the most important legacy of the TRC is not found in reports or policies, it is found in the courage of survivors. Their voices, once silenced, now echo across the country, teaching Canadians the importance of truth, justice, and partnership. Their resilience reminds us that reconciliation is not charity, it is obligation. It is about restoring dignity, honouring cultures, and ensuring Indigenous children grow up proud of who they are. ■



E-Watch - Aug. 13, 2025: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

Watch Out: Grandparent Scams (or, Emergency Scams) are Back

In the last few weeks, our Financial Crime Unit has received numerous reports of the Grandparent Scam, a financial scam or fraud that we reported on last Fall. Scammers are using fear to trick people - especially seniors - into handing over money fast. They pretend to be a loved one in trouble and say they need help right away.

What Is the Grandparent Scam?

This scam usually targets older adults. A scammer calls and pretends to be a grandchild - or someone calling for them. They say there's been an emergency and they need money immediately. It could be for bail, hospital bills, lawyer fees, or other ur-

gent costs. They often claim the money is needed to stay out of jail.

What Scammers Do

- Pretend to be police officers, lawyers, or even your grandchild
- Use fear and pressure to make you act quickly
- Say there's a "gag order" so you can't talk about it with anyone
- Ask for cash or cryptocurrency, and either pick it up in person or ask you to mail it

How to Protect Yourself

- Be cautious of calls asking for money right away

- If someone says they're a family member in trouble, hang up and call them directly using a number you already know
- If the caller says they're from law enforcement, hang up and call your local police using a trusted number - not one the caller gives you
- Remember: In Canada, you can't bail someone out of jail with cash or cryptocurrency. Police will never come to your house to collect money.

If something feels off, trust your instincts - it probably is.
Learn more on the Canadian Anti-Fraud Centre website. ■

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

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E-Watch - Aug. 27, 2025: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

Protect Your License Plates from Theft

The Winnipeg Police Service continues to see stolen license plates being used in connection with various criminal activities. Stolen plates have been found on vehicles used in break-ins, drug-related offences, and other crimes.

These plates are often used to disguise stolen cars or avoid detection, making it tougher for officers to track down suspects. Often, criminals will obtain multiple plates and change them regularly to avoid being tracked. This tactic complicates investigations and makes it more difficult for officers to identify suspects and recover stolen property.

- What You Can Do**
- Protect your plates from being stolen:**
- Install locking screws: These make it significantly harder for thieves to remove your plates.
 - Park in secure, well-lit areas: Visibility is a deterrent.
 - Check your plates regularly: Look for signs of tampering or loose screws.

- Report theft immediately: Call the Winnipeg Police Service: **204-986-6222** or CrimeStoppers: **204-786-TIPS** (8477).
 - Know your plate number: Keep it handy in case you need to report it.
- Your license plate is your identity on the road. Let's keep it safe and make it harder for criminals to exploit our community. ■

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Priorities for Seniors Advocate

~ Jointly written by: Lucille Bruce, Co-Chair - Manitoba Seniors Equity Action Coalition;
Marnie Strath, Chair - Canadian Association of Retired Persons, Manitoba Chapter;
Paul Moist, President - Manitoba Federation of Union Retirees

On November 1, 2025, the NDP government will fulfill its election campaign promise with the scheduled opening of the **Seniors Advocate Office**. Seniors' groups have been calling upon successive provincial governments to establish a Seniors Advocate Office that would be a voice for older adults in our province regarding issues of program and policy reform.

The Seniors Advocate Act provides the office with a mandate to not only address individual matters, but to focus on systemic and root cause issues, as well.

A number of seniors groups and community organizations are working together to shape the initial agenda of the Seniors Advocate by identifying four systemic issues and actions that the office should address.

The Manitoba Seniors Advocate should make it a priority to conduct a comparative study of government funding for non-profit and for-profit long-term care facilities, similar to the review done by the British Columbia Seniors Advocate, in order to better understand the impact of the costs and services of for-profit and non-profit long-term care facilities in our province.

In 2018 and again in 2023, the British Columbia Seniors Advocate did a comparative review of for-profit and non-profit long-term care facilities. Some of its key findings included: (1) non-profit facilities spend 25% more per resident on direct care as compared to for-profit facilities; (2) non-profit facilities delivered 93,000 hours more care than they were funded to deliver in 2023, up from 80,000 hours in 2018; (3) for-profit facilities delivered 500,000 hours less care than they were funded to deliver in 2023, up from 207,000 hours in 2018, and; (4) there was a 113% increase in profit involving provincially contracted long-term care facilities over the 5-year period – 80% of total profit was concentrated in 20% of the facilities, of which 82% were for-profit facilities.

Between 2018 and 2023, the BC provincial government funding for contracted long-term care facilities grew from \$1.4 billion to \$1.9 billion per year, an increase of 35%. Greater accountability and transparency for public investment in long-term care facilities is about better providing serv-



ices to seniors as well as improving government efficiency in the use of taxpayers' dollars.

Secondly, the Manitoba Seniors Advocate should make it a priority to conduct a review of the supply and cost of independent living, assisted living and supportive housing for seniors in our province. Presently, the provincial government identifies that the private sector should be providing assisted living for older adults. Assisted living, (including rent, meals, cleaning and laundry services) provided by the private sector costs between \$3,000 to \$6,000 per month. The entire income for an individual senior receiving Old Age Security (OAS) and Guaranteed Income Supplement (GIS) pensions is less than \$2,000 per month. Private sector assisted living is clearly beyond the means of low/fixed/moderate income seniors. A continuum of rent-geared-to-income non-profit housing for older adults, including independent living, assisted living and supportive housing, needs to be established to prevent the premature entry of low/fixed/moderate income seniors into long-term care homes.

The proposed Supply and Cost of Independent Living, Assisted Living and Supportive Housing Review should include identifying (1) gaps and barriers in services, especially as related to equity deserving groups; (2) required system policy changes,

and (3) required funding, especially the role of the federal and provincial governments.

Thirdly, the Manitoba Seniors Advocate should make it a priority to conduct a review of the provincial home care system to strengthen capacity and resources to support older adults to age-in-place. The harmful stories experienced by individuals with the home care system is highlighted by the media on a regular basis.

The proposed Aging-In-Place Strengthening Home Care System Review should include identifying (1) gaps and barriers in services, especially as related to equity deserving groups; (2) required systemic policy changes, and (3) required public funding.

Finally, the new Manitoba Seniors Advocate should make it a priority to establish an advisory council that is representative of older adults throughout the province, including representatives from equity groups, to provide direction for the development, implementation, on-going priorities, and review of the impact of Seniors Advocate Office.

Seniors' groups look forward to working with the new Seniors Advocate to better address the aspirations and needs of older adults in Manitoba. Adopting these proposed priorities would be a good start to demonstrate that the Seniors Advocate is authentically working in partnership with the community. ■

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crystalcityfriendship@gmail.com

DAUPHIN
Dauphin Active Living Centre Inc.
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204-638-6485
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Deloraine Community Club Inc.
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204-747-2846

DELORAINE
Seniors' Outreach Services of BrenWin Inc.
204-747-3283 / sosbrenwin@gmail.com
sosbrenwin.com

ELIE
Cartier Senior Citizens Support Committee Inc.
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cartierseniors55@outlook.com

ERICKSON
Comfort Drop In Centre
31 Main Street / 204-636-2047
areas@mymts.net

FLIN FLON
Flin Flon Seniors
2 North Avenue / 204-687-7308

GILBERT PLAINS
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204-548 4131 / gpdcr@mymts.net
www.gpseniors.ca

Gilbert Plains Drop In Centre
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GIMLI
Gimli New Horizons 55+ Centre
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204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.com

GRAND MARAIS
Grand Marais & District Seniors
36058 PTH 12 / gmdseniors@gmail.com
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Grandview Seniors Drop In
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Killarney Service for Seniors
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seniorservice@killarney.ca

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93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

LUNDAR
Lundar Community Resources
35 Main Street
204-762-5378 / lcrc@mymts.net

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

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

MORDEN
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ndslchezsoi@gmail.com

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PLUMAS
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Portage Service for Seniors
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www.gordonhoward.ca

SNOW LAKE
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71 Balsam Street
204-358-2151 / snowsrs@mymts.net

ST. LAURENT
Age Friendly Committee of St. Laurent
204-906-9607

SOUTH JUNCTION
Piney Regional Senior Services
204-437-2604 / lgdseniors@gmail.com

STARBUCK
Macdonald Services to Seniors
204-735-3052
info@macdonaldseniors.ca
www.macdonaldseniors.ca

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www.patporteralc.com

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South Interlake 55 Plus
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204-467-2582 / si55plus@mymts.net
www.si55plus.org

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

Swan River Senior Citizens Centre
702 1st Street North
204-734-2212

THE PAS
The Pas Golden Agers
324 Ross Avenue / 204-623-3663
seniorsthepas@gmail.com

THOMPSON
Thompson Seniors Community Resource Council Inc.
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
thompsonseniors.ca

TREHERNE
Treherne Friendship Centre
190 Broadway Street
204-723-2559 / jstate1066@gmail.com

VICTORIA BEACH
East Beaches Social Scene
3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

East Beaches Resource Centre
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

VIRDEN
Seniors Access to Independent Living
204-851-2761
sail.cao.2023@gmail.com

WINKLER
Winkler & District MP Senior Centre
102-650 South Railway Avenue
204-325-8964
director@winklerseniorcentre.com
www.winklerseniorcentre.com

MICHAEL SPENCE – Mayor of Churchill



I'm sure the recent announcement by Prime Minister Carney regarding funding for the Port of Churchill got the attention of our Premier Wab Kinew and Michael Spence, Mayor of Churchill. I was fortunate to speak with Mayor Spence during my visit to this interesting town in mid-July of this year. He has been mayor for some 30 years and he doesn't appear to be leaving this post any time soon. At first there was no inkling for Michael getting into politics. Back in 1989, his young friend, who was a contactor, urged Michael to run for council. He was successful, eventually rising to the post of mayor in 1995.

Mayor Spence has a bit of a balancing act between his business interests and his

political duties. He enjoys the challenges. "Like anything else, you get your ups and downs," Michael said. To be successful in both roles, he recognizes the need for support from his family and the community. When Michael grew up there were 5,000 people in Churchill. There was a USA military installation which served as the base for the Churchill Rocket Research Range, including experiments on the upper atmosphere and the aurora borealis. Times have changed and now the population is around 800. "It's a different world now, but you still reach out and do the best you can," said Michael.

The infrastructure in Churchill includes a railway terminus, a port, and a very long 9,195-foot (2,803m) airport runway. Michael wants to capitalize on this foundation making sure there is reinvestment in the infrastructure and that it's utilized to the best extent.

Churchill is well positioned to transport



Michael Spence - Mayor of Churchill

Canada's resources and commodities to international markets. The Arctic Gateway Group (AGG) chair of the board, Mayor Spence, claims they have the tools and ex-

perience to ship these resources through the far north trade corridor.

Mayor Spence doesn't feel there is a challenge in getting goods to Churchill. "In terms of transporting agricultural products or mining products destined for Europe, they can be brought to Churchill on the infrastructure that we have invested in the last couple of years," Michael said. There's been talk that Churchill doesn't work, but as Michael confidently states, "If it makes sense and it's cost effective, they can utilize the port of Churchill. Critical minerals from the Snow Lake area were shipped last year through the port, and we are now well positioned to continue."

It appears the federal government will be making a formal announcement soon with respect to investing in the port of Churchill infrastructure. They recognize that Churchill is the only deep water port with Arctic Ocean access in North America, as well as accessibility by rail. ■

September 9, 2025

WPS and province, initiative to make HSC Safer

The Manitoba government is partnering with the Winnipeg Police Service (WPS) to establish a visible presence 24-7 inside the Health Sciences Centre (HSC) Winnipeg emergency department, Health, Seniors and Long-Term Care Minister Uzoma Asagwara and Justice Minister Matt Wiebe announced.

This new initiative includes the deployment of two uniformed WPS members 24-7 and the addition of five new weapon-detection scanners at the main public entrances of the hospital. The deployment of these members will immediately enhance and support public safety and the security services being provided at HSC Winnipeg

by security guards and institutional safety officers (ISOs), Wiebe noted.

The initiative is part of larger safety enhancements at HSC Winnipeg that include reducing public access points into the facility, enhancing the HSC Winnipeg ISO program, security screening, communications systems and protocols, and fortifying

security features within the hospital's tunnel system. These improvements, layered over significant infrastructure investments to car parks and other parts of the campus, support a safe facility for everyone to work and receive care, the ministers noted. ■

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CHURCHILL - Simply Sensational, cont'd from front page

By Bud Ulrich, Photos submitted by various tour members



able but also kept us in good humour, with his jovial interpretation of the landscape and wildlife. When asked where the large rock formations came from, he told us he planted them last week – laughter followed. An eagle was spotted, and Stanley said, “That’s a statue”, then suddenly the bird flew away – another chuckle. Several “Charlie Brown” trees were noticed with foliage just on one side. Stanley said, “They are Christmas trees that you can place in the corner of a room.” During a tour of the Churchill rail station museum, we noticed a large black top-hat alongside several animal pelts. “That was Chief Dan George’s hat”, said Stanley. Then a big smile came over his face. He did it again!

Over the years, Stanley has had various jobs in town resulting in many skills. He is also an accomplished target shooter. Earlier in his career, he participated in the Canadian Forces Small Arms Competition in Ottawa during intense humidity and a

temperature as high as 37C. Some 265 army personnel competed, with Ranger Sargent Stanley Spence coming in first, winning a Gold Medal.

We viewed the exterior of the Polar Bear Jail which provides protection for bears that are causing havoc in town, as well as providing safety for the town people. The animals are released once ice conditions on the river become solid enough for the bears to head north. We were fortunate to see three polar bears at this time of year, albeit at a distance. Stanley was very happy for us.

After an eye-opening and enjoyable Churchill visit, our return trip on VIA Rail departed Churchill at 8:30 p.m. on a bright sunny evening. The rocking of the train as it picked up speed along the rails once again provided comfort and a safe feeling. Suddenly, at 2:00 a.m., the service manager came through the train announcing, “Northern Lights can be seen.” My partner, Donna, lifted the blind, and there it was –

aurora borealis in all its wonderment! Nature’s vivid light show was dancing in the sky. This mysterious phenomenon occurs in the centre of the northern hemisphere where the town of Churchill is located. Words can’t fully describe it! This is another reason to visit this unique part of Manitoba.

Temperatures in summer and winter each have their individual challenges for VIA Rail. We experienced a 29°C temperature on our return, partway to Winnipeg, which caused the train to slow down. This and other reasons eventually lead to the necessity of a change of engineers at Portage la Prairie. Once the exchange was made, it was “clear sailing” at an estimated 130 km/hr arriving in Winnipeg some forty-minutes later.

We can be very proud of our province, including the massive Hudson Bay and the town of Churchill with all its charm and abundance of wildlife. People from all over the world visit this remote and beautiful town.

Presentations are conducted frequently for interested travellers regarding Alison’s company and her tours, not only to Churchill but to Ottawa, Montreal, Quebec City, and to Newfoundland as well. To the west, tours are organized to Temple Gardens Mineral Spa in Moose Jaw, Saskatchewan. Most noticeably, Alison loves her job and interacting with her clients. It doesn’t appear she is tiring from arranging and guiding exciting and adventurous tours. Her husband Kris often joins her on the tours providing extensive detail and background on almost anything, much to the delight of tourists.

The entire wonderful experience was like a time warp! ■

For more information on your adventure to Churchill, Manitoba, contact Alison McDonald at **RWB Get-A-Ways:** Visit www.rwbgetaways.com **1-866-846-3795** Text Message **204-803-6677**



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Sept. 24th

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If you are a care-giver, the family health advocate, the head of the house, etc., this is the ultimate event for you to get empowered so you can be better at what you love to do...Helping others and yourself!

To put things in perspective a little more; this Expo coming up is our 27th show in the last 4 years. I can say without fear of contradiction, NO other city in Canada, has done what our **Seniors Resources Family** has done to protect, improve and care for our 55+ community and their families. Once again, Winnipeg and Manitoba, we are the best at caring, sharing and giving a damn!

SHOW DETAILS: www.prosknowexpos.ca

Looking forward to seeing everyone on the 24th, be well! **Trish & Rick! September 2025!**

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Petition for National Silver Alert Program e-6491

~ Britt Moberg

Our family initiated a petition calling for a National Silver Alert Program 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 or drowning. This makes any search an emergency.”

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

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 pro-

Britt Moberg (granddaughter of Earl Moberg), Earl’s brother, and Earl’s wife Brenda Moberg

gram). Despite prevention efforts, some people with dementia will still go missing, so Silver Alerts are still need. 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 and into the search who lived in the area and had no idea he was missing. ■

The petition can be found on the ourcommons.ca/petitions website and search for **6491**. Brenda Moberg will also have paper versions of the petition available at Garden City Shopping Centre on September 20th, plus at the Gateway Superstore on September 27th in Winnipeg. **Stop by and get yours.**

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Women’s Canadian Club of Winnipeg Starts New Season

~Submitted

At the annual meeting of the Board of Directors of the Women’s Canadian Club a new president was chosen to lead the group for the 2025/26 season. Karen McCreary assumes the position immediately and has plans to attract new members to the club. For the past two years Karen held the position of Program Chair and introduced some interesting speakers and events to the membership.

The Women’s Canadian Club of Winnipeg (WCCW) was founded on November 29, 1907. From its humble beginnings as an answer to the popular Canadian Clubs that admitted only men to their luncheons, the WCCW has survived and adjusted to the social changes that occurred through the years. In spite of the distractions from cell phones, television, sports activities and many associations that take up people’s time, the WCCW has remained relevant and important to its members. Members have a common objective of promoting and taking pride in being Canadian. This is even more relevant now as our country’s sovereignty is under attack.

The object of the club is to encourage an active interest in the history, arts, literature, institutions and resources of Canada, thereby endeavouring to unite Canadians

in promoting the welfare and programs of the nation.

The WCCW has undertaken various projects over the years. At present, through our affiliation with The Winnipeg foundation, we provide an annual bursary to a student in the Clayton H. Riddell Faculty of Environment, Earth and Resources at the University of Manitoba. The bursary has been awarded for the past 17 years and will continue in perpetuity.

In 2023, The Manitoba Historical Society presented the WCCW with their Centennial Organization Award. This award is presented in honor and recognition of organizations which have enhanced Manitoba’s social, cultural and economic life for over 100 years.

With such an amazing history and record of good works, the WCCW has proven to be both worthwhile and relevant.

We are welcoming new members to the club and would love to have you attend our first luncheon of the season on September 16. Will you join us and uphold these great Canadian traditions and at the same time make some long lasting friendships?

If you are interested, please contact Karen at **204-479-2920** or **karenmccreary@gmail.com**. ■

August 29, 2025

New Rent Guideline Announced for 2026

Manitoba Public Service Delivery advises the 2026 rent guideline has been set at 1.8 per cent, effective Jan. 1, 2026.

Updated annually, the guideline is calculated using a transparent formula based on the consumer price index (CPI) for Manitoba. It applies to most residential rental properties including apartments, single rooms, houses and duplexes.

The guideline does not apply to:

- rental units renting for \$1,670 or more per month;
- various types of social housing;
- rental units owned and operated by, or for, provincial, municipal or federal governments;
- rental units in buildings first occupied after March 2005;

- not-for-profit life lease units;
- co-operative units; and
- approved rehabilitated rental units.

Tenants must receive written notice of a rent increase at least three months before the increase takes effect. For example, for a rent increase to take effect Jan. 1, 2026, tenants must receive notice by Sept. 30, 2025. With few exceptions, rent can only be increased once a year.

Landlords and tenants are encouraged to contact the Residential Tenancies Branch at **204-945-2476** in Winnipeg or **1-800-782-8403** (toll-free in Manitoba) to learn more about rent increases and other rights and responsibilities.

More information is also available at www.manitoba.ca/rtb. ■

SAFETY ALERT

Tree trimming & vegetation management near power lines

Did you know overgrown trees are the second most common cause of power outages in Manitoba? For example, one of the worst outage situations in recent memory – the October storm of 2019, which took out power to 160,000 customers over several weeks – was made much worse by trees.

Trees, especially those overgrown or weakened, and severe weather pose significant risks to power lines. When trees or branches contact power lines, they can cause lines to fall, leading to widespread outages. These downed lines create dangerous situations, endangering both the public and our employees tasked with restoring power. If a power line is down, stay at least 10 metres away and call 911.

Thick vegetation can also complicate repairs and restoration work: if trees and bushes grow too thick around lines or poles, our crews have a harder time finding and reaching the problem.

With over 90,000 kilometers of power lines in the province, we have to take a balanced approach to tackle this issue and protect the equipment that brings power to all Manitobans.

There are three ways we manage vegetation: mechanical brush clearing, selective herbicides, and tree trimming.

- Mechanical brush clearing uses big wheeled or tracked vehicles to mow branches and brush along power line right of ways.
- One year after mechanically clearing an area, we apply selective herbicides to specific types of problem trees. This method promotes regrowth of grasses and shrubs while preventing certain tree species from growing into power lines and threatening safety and power reliability.
- To ensure safety and service reliability, we may also trim trees near power lines. We contract this work to qualified utility arborists. When possible, they aim to prune branches but may need to remove a tree if it poses a future risk.

In general, trees on your property are your responsibility. If you have concerns, hire a qualified utility arborist to keep trees safely away from power lines.

Visit hydro.mb.ca and look for vegetation management for more information.

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SETTLEWAY

Be a Citizen of the World

By Christine Hanlon and Susan Finlay

When travelers from Friendship Force clubs in Adelaide and Greater Seattle arrived for a week in Winnipeg on August 9, they knew they would receive a warm welcome from their local home hosts. As for the hosts, they had the opportunity to develop friendships with people from different nations and cultures while being tourists in their own city.

Founded in 1977 by Wayne Smith and US President Jimmy Carter, Friendship Force International brings together 'ambassadors' from around the world to share a true cultural journey, with the goal of promoting global understanding across distances and borders. Since its inception, the non-profit organization has grown to more than 300 clubs and facilitated millions of new friendships.

Inbound journeys give members the chance to extend hospitality to others. Outbound journeys offer the challenge and excitement of new people, places and experiences as a traveller rather than a tourist. A homestay with a carefully-matched host allows individuals to experience, in a safe, hospitable environment, how people live their lives in their home communities. The international language of friendship opens the door to conversations around commonalities and distinctions, building connections for a better world.

In Manitoba, there are three established Friendship Force Clubs. Each participates in at least one inbound and outbound journey annually. Two are based in Winnipeg and one in the Brandon area. In August, the Manitoba club welcomed members from Adelaide and Seattle. Both clubs specifically requested to come during Folklorama, our signature cultural event.

The Manitoba club prepared a full week of activities, showcasing the best that Winnipeg has to offer. The program included a welcome event in Kildonan Park, a



One of the Friendship Force Manitoba members on our club's visit to Australia in November 2024.

guided waterways tour from the Forks, and visits to the internationally-renowned art collection at the WAG, the Canadian Museum for Human Rights, the one-of-a-kind polar bear exhibit at the zoo, the recently-opened National Indigenous Residential School Museum of Canada in Portage la Prairie, as well as a custom tour to Folklorama. Local members had the opportunity to participate by being a home host, a dinner host, or day host.

In 2026, the local clubs will be visiting Germany, New Zealand and Mexico, while hosting friends from New Zealand, Japan and New Hampshire. Membership is open to singles, couples and families who are curious about the world and interested in meeting people from different cultures and countries. To find out more, see www.friendshipforce.org or contact ffmb@mymts.net. ■



Some of the 24 visitors enjoying the view from the St. Boniface Belvedere in August 2025.



Friendship Force group at Journey to Churchill at Assiniboine Park Zoo.

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Changing the Perception of the Elderly is a Must

By Greg Marsh

I will turn 70 this December. I presume that milestone classifies me as “elderly” to many younger people. I get it. I am likely older than some of their parents. I don’t however feel old. Even more importantly, I don’t deserve to be viewed as having less value than someone younger than 40 though this is often the case.

Unfortunately, residents in many Western nations including Canada and The United States, often have their worth appraised according to their abilities and contributions to society. Since older individuals (a term I prefer to “elderly” or “old”) have declining abilities and are seen as contributing less to society, we are often viewed as having a best-before date that expired years (if not decades) ago.

While it is true that I can’t do many tasks and most sports as well as I once did, that does not make me a deserving punchline for old-age jokes or a caricature of a bumbling, wrinkled, forgetful “old coot.” None

of us older individuals – including those of us who have wrinkles and at times are forgetful – deserve this depiction. I am not saying this because we were once young and contributed to the fiscal health of our province and nation. Neither do I say it on behalf of those who, unlike me, are veterans of our Armed Forces and deserve our life-long gratitude. Rather, I make claim to our value simply because we are alive; because we are human; because (for those of us who hold Christian values and views) we are created in God’s Image.

Despite living in a time when people are punished for insulting or demeaning others due to their identities and individuality, mocking older people seems to be acceptable – by young people, the media, and big business.

Unfortunately, some individuals within two other population segments also view us as less than desired. One is the adult children of older individuals. My job as the

Spiritual Care / Holistic Care Coordinator at one of Winnipeg’s leading Personal Care Homes has resulted in me hearing about family members who won’t visit their parents because they want to remember the person “as they were.” This suggests the current state of the older individual is no longer acceptable or desirable.

The other segment is the older individuals themselves. Too often they have a sense of remorse or humiliation about their appearance and the loss of abilities including at times, bodily functions.

The key to understanding these two groups is one single word. . . SHAME. Many of us, and many of our loved ones are ashamed of who we have become as if it is a character flaw. (Truth: I struggle with shame about my current appearance, particularly the pounds I have added – most of which have settled along my waistline.)

It might seem like a laughable comparison, but no one is ashamed of an infant who

lacks key abilities including walking, self-feeding, and control of bodily functions. While the rightful justification is that it isn’t their fault, neither is it ours. All that should be asked of a person at any moment in their life is that they do their best. (A quick apology to all infants and their parents who might have been offended by this analogy.)

The effort to sequester or hide the issue of aging is in large part one of the prices we all pay for living in a youth-oriented, ability-valued society. While it is difficult to quickly change the values and views of society, this unacceptable prevailing attitude towards older individuals must end. Starting now. This change must occur not only for those who are elderly but for all of society. After all, there are but two groups of people in the world in terms of age: those who are older and those who will be older. Let’s strive for a more gracious and accurate depiction of older individuals – for all of our sake. ■

Making Everyday Special

- Heart to Home Meals

It is heartening to see news stories that do more than talk about seniors as a “growing aging population”, that look beyond some of the frailties and remind us how amazing life can be.

Not everyone can perform cartwheels at 86, like Germany’s Johanna Quaas, but remember there are lots of teens who would struggle to do any form of gymnastics. Often, they’re more interested in sedentary pleasures than being active and taking chances.

With Canada’s population getting greyer, don’t be surprised to hear more about individuals who are involved in activities that would test those 40 or 50 years their junior.

Refusing to see boundaries

While researchers are still trying to discover the key to long life, we know that a better health system has made a huge “difference. This is not just about reactive care including better medicines and smarter surgeries but also proactive steps that have improved a person’s quality of life.

Lifestyle, particularly diet, has had a profound effect on how people have been able to retire but not slow down. Some have compared diet to having a personal bank account – when you eat good food it is similar to making good financial investments.

For some seniors in Canada, the problem is not overeating but the risk of malnutrition. They either skip meals or resort to eating food that offers few dietary benefits.

Eat good, feel good

Fortunately, many seniors are taking a more thoughtful approach towards their diet and acknowledging it is not enough to simply reduce the portion sizes of their meals. That general perception was based on the view, as you got older you are not as active, so you need less calories therefore reduce your food intake. Because it appears to make sense it has grown into an

accepted option – nothing could be further from the truth.

As you get older, the body requires a different kind of diet, usually with more nutrients.

A senior’s daily food list should include:

1. Colourful fruits and vegetables
2. More Dairy
3. Omega-3s
4. Protein
5. Whole Grains

Heart to Home Meals offers meals specially designed for seniors that also cater to a number of dietary conditions. Information from a doctor or dietitian allows customers to make informed choices when looking through the **Heart to Home Meals** menu.

Seniors are keen to maintain their independence, even if living on their own. At times, cooking can become a chore, and it is easy to skip meals. Having meals easily available can be a great comfort to seniors and family members.

Better Food, More Activity

Staying active helps to maintain a healthy lifestyle, even if everyone’s goals and desires are different.

Ottawa’s Bettye Whiting liked to zip around in sports cars until arthritis in her hip meant getting into a Ford Mustang was too difficult. For her new car, she decided she needed to select a ‘sensible’ vehicle. Cooking can also be a problem because she cannot stand for long periods, Heart to Home Meals is an ideal option for her after a busy day.

Everyone involved in **Heart to Home Meals**, from cooks to customers, are part of community that shares the view: good food improves the quality of life.

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~Submitted

When **Lorraine** came to **Dalton Denture Clinic**, she wasn't just concerned about her smile. Her old dentures no longer fit, making it hard for her to eat the foods she loved. As a result, her diet became limited, and she noticed her overall energy and wellness declining. "I missed fresh vegetables and crusty bread," she explained, "I just couldn't chew them anymore."

After a thorough consultation, we created a new set of dentures designed for comfort, function, and a natural appearance. The transformation was more than cosmetic. Lorraine quickly regained the ability to enjoy a balanced diet, her digestion improved, and her confidence returned. “I feel like myself again — healthier, happier, and more outgoing,” she shared.

Dentures play a vital role in health and wellness. Without proper chewing, nutrition suffers, and without confidence in one's smile, mental well-being can decline. Modern dentures are designed not just to restore appearance, but to support healthier eating habits, clear speech, and better overall quality of life.

At Dalton Denture Clinic, our approach is centered on total wellness. We provide personalized consultations, advanced treatment options, and ongoing care so patients can maintain both their oral health and overall well-being. Our in-house lab allows for precise adjustments and faster turnaround, ensuring patients spend less time waiting and more time enjoying life.

To help our community take the first step toward better health, we are offering ***complimentary consultations*** this month. Whether you need a new set of dentures, an adjustment, or simply want to explore your options, we are here to guide you.

Your smile is more than just cosmetic — it's a key part of your health. With today's denture technology and a caring approach, we can help you eat well, smile confidently, and live healthier. At Dalton Denture Clinic, we believe every patient deserves comfort, confidence, and wellness.

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CELEBRATE • Healthy Aging

10 Healthy Living Tips for Autumn



Exercise

It might be challenging, but it is important to keep your body in motion during fall and winter months. You don't need to take up hiking or running — completing household chores and low-impact indoor workouts are great autumn activities to keep your body moving.

Walking is great cardiovascular exercise. If the weather does not permit walking outside, there are many ways you can stay active indoors! Try joining a local yoga class or indoor walking group. Always be sure to consult with your physician before beginning any exercise program.



Eat seasonally

While some fresh produce will disappear from the grocery store as the weather cools, there are still plenty of nutrient-rich fruits and vegetables from which you can choose. Some of the best (and healthy!) fall foods include: squash, sweet potatoes, beets, apples, leeks, carrots and dark leafy greens. Cruciferous vegetables like brussels sprouts and cabbage are also rich in vitamins and minerals.

It's also important to stay hydrated even as the weather cools, even though you may feel less thirsty. Herbal tea on cold days counts toward fluid intake, as do vegetable or fruit juices.

Get enough vitamin D

Vitamin D helps maintain strong bones and muscles, and is absorbed in the body from sunlight. As fall approaches and the amount of sunlight decreases, other sources of vitamin D may need to be found. Foods higher in vitamin D include: mushrooms, salmon, tuna, milk, fortified cereals and juices.

Reduce the risk of falls

According to the National Institute on Aging, thousands of seniors injure themselves in falls each year. When an older person is injured in a fall, it can cause serious consequences that can lead to disability etc. Fall and winter, with their rain-slicked or icy sidewalks, steps, and driveways, are seasons prime for increased fall risks. Problems with balance, reflexes, coordination or vision make falls more likely, as do certain medications.

Here are some tips that will reduce fall risks:

- Ensure that eye exams and glasses prescriptions are up to date.
- Use supports when needed – install hand rails or other support aids.
- Consult with a physician to find out if your medications could be affecting balance.
- Check your home for tripping hazards - exposed electrical cords on the floor, uneven floors, upturned corners on throw rugs, etc.
- Look into the possibility of canes, walkers, or other assistive devices.
- Ensure walkways, paths, hallways and your home are well lit.

Think ahead

It's good to prepare early for cold weather to minimize exposure to the cold and potentially hazardous conditions. Stock your home with supplies, including food and medications. This should include non-perishables like water, candles, fresh batteries and extra blankets. Furnaces should be inspected, and smoke and carbon monoxide detectors evaluated. One of your yearly autumn wellness activities should be to set schedules for or arrange fall leaf raking and winter snow removal, if you are not able.

Keep warm

As temperatures cool, be sure to dress in loose layers of clothing that trap warm air between the layers. Wearing a waterproof coat or jacket if it is raining or snowing is beneficial, too. You should also take precautions and stay inside on windy days which can quickly lower body temperature.

Chronic illnesses like diabetes can inhibit blood flow that would normally provide warmth, and thyroid conditions can also make it hard to maintain normal body temperature. Also, some prescriptions or over-the-counter medications can affect body heat. Talk to a physician about all the medications and supplements being taken.

Minimize exposure to influenza, Covid etc.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization. The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Continue to manage chronic conditions

Be sure to manage chronic conditions like heart disease, diabetes, chronic obstructive pulmonary disease, high blood pressure and dementia during the fall and winter months. Pneumonia is especially harmful during colder weather for those with chronic conditions. Be sure to take your medications correctly, and stay in contact with your physician.



Stay positive and engaged

Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests, and prioritizing connections with family and friends when planning autumn activities can help you to maintain your physical health.

Try to focus on the good things in your life, stay connected with people you love, and turn off your screens to listen to music, read a book, or to chat with a friend or family member.

Active Aging Day - Celebrate in Style

When: October 7th from 9:30 am - 2:00 pm

Where: Wellness Institute at Seven Oaks

Inspired by Active Aging Week, the day includes a keynote speaker, a guided stretch session, an outdoor walk including optional urban poles. Then sit and relax to enjoy a 3-course meal. Register by Sept 30th by calling **204-632-3900** or visit the Wellness Institute website: www.wellnessinstitute.ca. Registration cost - \$30.00 per person.

Join us for fuel for your body, mind and stride!



CELEBRATE•Stretching and Flexibility

Easy stretches you can do at home

Stretching is crucial as you age as it helps maintain flexibility, improve balance, reduce aches and pains, and prevent injuries. As we age, muscles naturally lose elasticity, making everyday movements more challenging. Stretching can counteract this, improving mobility, stability, and overall quality of life. Daily stretching can also increase range of motion, flexibility, blood flow to muscles; and reduces stress, among other benefits. When we don't stretch, muscles become shorter and tighter, which can lead to a reduction in range of motion and flexibility or even increase risk for injuries. Below are some stretches you can use to begin a daily at home routine.



Chest Stretch

Benefit: helps improve posture

Bring arms down to your sides, with palms facing forward. Keep chin gently tucked and roll shoulders back, squeezing shoulder blades together, (like you are trying to squeeze a pencil with your shoulder blades). Gently lift the chest forward and upward. Hold 10 seconds and repeat 2 times.



Hamstring Stretch

Benefit: to help you put on socks/shoes more easily and lengthen your walking stride.

Sit near the front of a chair, straighten one leg placing the heel on the floor. Place hands on the other thigh for support. Stay tall and keep your back straight as you lean forward, bending at the hip to feel a stretch along the back of your thigh. Hold 10 seconds. Repeat on other leg. Do 2 times each.



Reach for the Sky

Benefit: helps with being able to reach overhead

Breathe in while raising one arm overhead to stretch straight up. Now breathe out while you lower your arm. Try with your other arm. Repeat 3-5 times on each side, breathing in as you raise your arm and breathing out as you lower your arm. Interlace fingers and try reaching both arms overhead together. Repeat this 3-5 times.



Calf Stretch

Benefit: to improve ankle and walking mobility

Standing arm's length away from a wall, place your hands at chest height for support. Bring one leg forward and one leg backward. Bend your front knee leaning forward slightly. Keep the heel of your back leg pressing down to feel a gentle pull in your back calf. Hold for 10 seconds. Repeat 3-5 times with each leg.

CELEBRATE•Staying Active

Are you looking for something new to try?

As the weather begins to cool and outdoor activities become less appealing, it's especially important for older adults to stay active, engaged, and social indoors. Regular physical activity boosts physical health—improving balance, strength, and flexibility—and enhances mood and mental well being. Whether you want to maintain your routine, connect with friends, or try something new, there are plenty of enjoyable, health supporting options that keep you moving all year—without braving the elements.

Here are some suggestions for activities to try this winter. Below are some suggestions and locations for winter activities. These activities are also part of the Active Aging in Manitoba 55+ Games. Interested in participating in the Mb. 55+ Games in 2026? Please contact info@activeaginginmb.ca

Bocce:

Bocce is a social and strategic game that can be adapted for indoor play using carpet courts or gym floors. It promotes balance, coordination, and gentle movement—perfect for groups of all skill levels.

Corn Hole:

Popular at picnics and tailgates, corn hole is also a fantastic indoor game for older adults. Lightweight bean bags and portable boards make it easy to set up anywhere, offering a fun way to work on aim and hand-eye coordination.

Lawn Bowling:

While traditionally played outdoors, lawn bowling can be brought inside using synthetic surfaces or carpeted lanes. It's a gentle, precision-based game that supports social interaction and mild physical activity.

Walking:

Walking remains a favorite indoor fitness activity, especially during colder months. With climate control, level flooring, and a safe environment, it's an accessible way to stay fit while enjoying a change of scenery.

2 Person Stick Curling

This modified version of traditional curling, played on regular curling ice using delivery sticks, is excellent for those with limited mobility or balance concerns. Played by

two players per team, it encourages teamwork, strategy, and light physical activity. Sweeping is limited, which makes it more accessible while still keeping the spirit of curling alive.

Whether you're looking to stay fit, stay social, or simply have fun, these activities offer enjoyable ways to keep moving all year long!

Where to get involved:

Bocce – Centre Caboto Center

Phone: 204-487-4597

Corn Hole – MB Cornhole Association

Email: info@cornholemb.ca

Lawn Bowling – Bowl Manitoba

Email: bowl@shawbiz.ca

Manitoba Stick Curling Association

Email: manitobastick@gmail.com

Mall Walking Opening Hours

Polo Park Mall: Mon-Sat 9am – Sun 10am

St Vital Mall: Mon-Sat 9am – Sun 10am

Kildonan Mall: Mon-Sat 8am – Sun 9 am

Grant Park Mall: Mon-Sat 8am - Sun 10am

Outlet Mall: Mon-Sat 8:30am – Sun 9:30am

Garden City Mall: Mon-Sat 10am – Sun 11am

Brandon Mall: Mon-Sun 8am



CELEBRATE•Active Aging

October 6th - 12th, 2025

About Active Aging Week

Active Aging Week, which was first launched by the International Council on Active Aging (ICAA), is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.

The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental, regardless of age.

The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer!

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Older people make important contributions to society, as friends and companions, neighbours, advisors, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders. Celebrating older adults is an important way to promote positive images of aging!

Let us know how you are going to take part and celebrate healthy, active aging!



How to Celebrate

Host an event

Consider hosting an Active Aging Week event in your community. This is one of the best ways you can help spread the word throughout your area! Make it fun and accessible!

Share a personal story

If you have benefited from becoming active and adopting a healthier lifestyle, consider sharing your story with friends, family co-workers etc. Others are sure to benefit from learning about your wellness journey - you never know who you could inspire to make some positive changes!

Talk about Active Aging Week on social media

Social media is an excellent way to bring awareness to important initiatives. By discussing Active Aging Week on social media, you might just encourage someone to get out and start pursuing a healthier lifestyle.

Why Active Aging Week is so Important

Active Aging Week encourages older adults to get moving

Staying active and taking care of our minds and bodies is the secret to living, moving, and feeling better with age.

For some older adults who reside in assisted living communities, or have mobility issues, just getting out and about can present quite a challenge. Active Aging Week highlights all of the different ways that someone can participate in simple exercise. There truly is something for everyone.

Active Aging Week challenges stereotypes

The focus of this week challenges society's expectations of aging by showing that older adults can live full, rewarding lives regardless of age or health. In fact, many adults have rekindled a former hobby or passion or in most cases, started a new one. They are more active. More social. More engaged. According to the ICAA, "Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, and environmental."

Active Aging Week creates a sense of community

We're much more likely to accomplish our goals if we have other people helping to keep us accountable. Active Aging Week helps bring communities of adults together to work towards a common wellness goal.

The Benefits of Active Aging

An active social life allows older adults to experience an array of benefits that help to enhance their overall well-being. Some of the main benefits include:

Enhanced Mental Health

Socializing can help older adults feel loved and needed as their lives are affirmed by their activities and those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a positive outlook on life.

Sense of Belonging

Enjoying the company of others with similar personalities or interests helps us feel like we belong. The need to belong may be more intense for those who may have lost a spouse, family member or friend. Engaging with others can cultivate new friendships and lasting bonds.

Better Self Esteem

The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any positive interaction with friends, family or neighbours can help us feel confident in ourselves and our abilities.

Physical Health

When we have good conversations or do things we love with others, our bodies release health-promoting chemicals that boost the immune system and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake.

Increased Cognitive Functioning

Socializing is also key to keeping the brain sharp as we age. An active social life encourages us to continue learning, observing and responding to the world. Conversation and activity are great for exercising the mind and can potentially lower the risk of dementia.

Purposeful Living

Having somewhere to go, something meaningful to do, or people to see helps us get excited for the day. When we build strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.



For more information:

Website: www.activeagingmb.ca
Email: info@activeagingmb.ca
Phone: 204-632-3947

CELEBRATE • Staying Informed

Talk to your local pharmacist!

Talking to your local pharmacist is important because they are your accessible healthcare professional who provides crucial support for medication safety and effectiveness, offers advice for minor health concerns, administers vaccines, helps manage chronic conditions, and provides personalized counseling to optimize your health outcomes. They are a valuable member of your healthcare team, helping you understand your medications, prevent interactions, and make informed decisions.

Here's why you should talk to your pharmacist:

Medication Safety and Effectiveness:

Pharmacists assess your medications to ensure they are appropriate, effective, and safe for you, checking for potential adverse reactions or harmful interactions with other drugs, foods, or health products.

Patient Education and Counseling:

They will explain how to take your medications correctly, the expected benefits of the therapy, and what to watch out for, empowering you to manage your own health.

Management of Minor Ailments:

You can speak to your pharmacist about minor illnesses and concerns, potentially saving a trip to your doctor and getting quick relief.

Vaccinations and Injections:

Many pharmacists are trained and authorized to administer vaccines and other injections, providing a convenient way to receive these important health services.

Chronic Disease Management:

Pharmacists can assist with managing chronic conditions by providing counselling and strategies, helping you set health goals, and monitoring your progress.

Comprehensive Health Services:

Your pharmacist can also offer services like blood glucose monitoring, travel health advice, diabetic counseling, and advice on compression stockings.

A Trusted Healthcare Partner:

Pharmacists are a readily available, trusted, and knowledgeable part of your healthcare team, working alongside other professionals to ensure you receive the best possible care.

Convenient Access:

They serve as a point of contact for your healthcare needs, providing access to essential health information and advice whenever you need it.



Prevention is Key this Flu Season

Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications.

Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can put increased stress on the immune system, making them much more susceptible. Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.

The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and up to 5-7 days after.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Get vaccinated to help protect yourself and prevent the spread of flu to others!

Factors that can increase your risk

DIABETES

If an adult has diabetes, the flu can:

- Heighten the risk for severe flu-related complications
- Impair blood glucose levels and increase risk of diabetic ketoacidosis (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by 3x and admittance to the ICU by 4x

CARDIOVASCULAR DISEASE

Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots. In these cases, the flu can:

- Trigger serious cardiovascular complications within a few days following a flu infection
- Increase risk of heart attack 6-10x
- Increase risk of stroke 3-8x and admittance to ICU by 4x

RESPIRATORY DISEASE

If an adult has a respiratory condition, the flu can:

- Trigger asthma attacks, worsen asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases
- Decrease lung function and increase susceptibility to infection
- Result in worsening asthma and COPD



Health & Wellness

FOR THE BEST YOU CAN BE

Please sign the petition in support of the 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.

A Silver Alert Program can alert the public as quickly as possible when a person living with dementia goes missing in the area.

IMPORTANT

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 all 4,673 signatures that were collected were lost. The petition closes **October 2, 2025**.



Earl Moberg and his wife Brenda with their grandbaby.

2025 National Silver Alert petition e-6491:
<http://ourcommons.ca/petitions>

Bringing Manitoba a Greener Choice in End-of-Life Care

~Submitted



As the founder and CEO of Tillwell Inc., Dwayne Till is passionate about offering Manitobans a more environmentally conscious approach to saying goodbye. After 12 years working in social services and environmental stewardship, he saw an opportunity to bring aquamation—a water-based alternative to traditional cremation—to our province.

Aquamation, also known as alkaline hydrolysis, uses 95% water and 5% alkali solution in a gentle, heated environment to naturally break down organic matter. This process essentially accelerates what would happen naturally over time, but without the traumatic environmental impact associated with flame cremation.

The differences are significant. Traditional cremation burns at 1,800°F using natural gas, while aquamation operates at much lower temperatures using clean Manitoba hydro electricity. The result? Families receive 20% more remains, and we achieve a 90% reduction in carbon emissions compared to flame cremation. There are no fossil fuels used and zero direct emissions produced.

For Tillwell, end of life care sits at the crossroads of ethical business, meaningful ceremony, and environmental regeneration. It's about honouring lives while protecting the planet we leave behind for future generations.

Aquamation services are priced at \$1,895 and have been serving Manitoba families since spring 2024. Tillwell also offers pet aquamation services, partnering with nearly 20 veterinarians across the province.

Tillwell is a Métis-owned business com-



Dwayne Till, founder and CEO of Tillwell Inc.

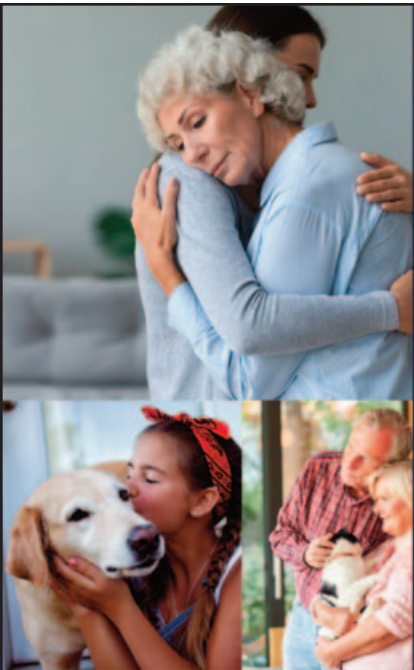
mitted to providing families with meaningful choices that reflect their values and respect for the environment.

The response from Manitoba families has been encouraging. Many are drawn to aquamation's environmental benefits, while others appreciate the gentler process and the additional remains returned to families. Some choose it simply because it feels more natural than flame-based options.

Our hope is to change how people think about end-of-life choices. Every family deserves options that reflect their values, whether that's environmental stewardship, cultural traditions, or simply wanting a more gentle process during an already difficult time.

For those interested in learning more about aquamation and how it might serve their family's needs, we invite you to visit tillwell.ca or contact us directly. We're here to answer questions and help Manitoba families make informed decisions about this important choice.

Office: (204) 885-0409
till@tillwell.ca
www.tillwell.ca





Tillwell Aquamation:

A Greener Choice also known as alkaline hydrolysis, Aquamation is an eco-friendly alternative to flame-based cremation.

End of Life Services

We are here to guide and assist you through this difficult time with compassion and care.

Tillwell provides

thoughtful, ethical and eco-friendly end-of-life services for your loved one.



(204) 885-0409 | tillwell.ca

Sunny with cloudy periods ... cloudy with sunny periods.

~Submitted

Caring for a dementia patient is the inverse of raising a child. With a child, you correct and expect that the child learns after a few mistakes. One of the rewards of parenting is watching your child grow and acquire new skills.

Caring for a dementia patient is different. Correcting and teaching may help the patient initially, but this quickly becomes a source of frustration driven by fear as both patient and caregiver confront their loss of independence.

At first, sunny days when the patient is present are intermittently interrupted by cloudy days of confusion. Life can be close to normal as the patient can participate in everyday activities. Mini holidays and meals remain pleasurable if the patient is never out of sight. Lurking about the restaurant restroom to ensure the patient doesn't wander off becomes a "normal" activity for the caregiver.

However, cloudy days inevitably become the norm, with the sun only occasionally emerging. These sunny periods can be highly stressful for the patient and caregiver.

• Well-meaning friends may express pleasure

when patients emerge from their haze. This only frustrates caregivers, who know the sunny period is temporary and will become less frequent. Dementia does not get better.

• More devastating are the sunny days when the patient realizes what is happening to them. They stand in the middle of the room, sobbing and exclaiming ... "I don't like who I am anymore." The patient-caregiver dyad becomes a tangle of despair.

It is tedious and tiring to clean up the patient after an accident or to cajole them into taking medication. These are trifling compared to the emotional roller coaster of cloudy and sunny days.

Good Samaritan Homecare Services of Winnipeg serves the family of the dementia patient. We offer all the usual services to support the patient, but more importantly, we also focus on the family's emotional and physical well-being. We become your trusted partner in helping your family through the dementia journey.



Contact us



LET US HANDLE THE CARE, WHILE YOU CARE FOR YOU

WE ARE IN THIS TOGETHER

Caring for a loved one with dementia is challenging yet meaningful. Placing them in a care home brings relief but also guilt. We support families in keeping their loved ones at home as long as possible.

WHY CHOOSE US?

- Respite Care for Caregivers
- Compassionate Companionship
- Home Assistance & Supportive Visits
- Errand & Shopping Help
- Light Meal Preparation & Enjoyable Walks





CONTACT US: ☎ +1 (204) 291-5922 📷 [Goodsamaritanwinnipeg](https://www.instagram.com/goodsamaritanwinnipeg)

Health & Wellness FOR THE BEST YOU CAN BE

September is World Alzheimer’s Month

- Alzheimer Society of Manitoba

This September, during **World Alzheimer’s Month**, the Alzheimer Society of Manitoba is encouraging all Manitobans to increase their understanding of dementia and the supports available through their **First Link®** Dementia Helpline, education sessions, community programming, support groups and more.

Currently, over 20,300 people live with dementia in Manitoba. Having a globally coordinated World Alzheimer’s Month sends a strong message to our governments, policymakers and communities that dementia is a serious health issue which will have overwhelming effects on services and health systems as our population grows older. The more care we can provide, the more inclusive and compassionate our society can become.

There are many programs available at the Alzheimer Society to explore this fall, including free education sessions for care partners and families, support groups for both people living with dementia and care partners, a **Minds in Motion®** program for people living with dementia and their care partners and community programs taking place at Fort Whyte, Assiniboine Park Zoo, Dalnavert Museum and more.

The annual **Care4u Family Conference** is also coming up, taking place on Saturday, **October 18**, at the Victoria Inn Hotel & Convention Centre in Winnipeg. This day of education and support offers care partners the chance to gain practical tools for navigating day-to-day challenges, plan for the future and help build their confidence.

Visit alzheimer.mb.ca/wam-2025 to learn more about dementia awareness and everything going on at the Society this fall.



Follow the Society on social media and share your story with dementia online using the hashtag #WAM2025.

If you need someone to talk to about dementia or support finding the right resources for you, call the Society’s **First Link® Dementia Helpline** at **204-943-6622**, email alzmb@alzheimer.mb.ca or visit alzheimer.mb.ca.

THINGS TO DO - SEPTEMBER 2025

Free online education sessions:
Living with Dementia: First Steps – Part 1

Saturday, Sept. 13, 10 – 11:45 am, Virtual via ZOOM

The first session of a three-part information series for people supporting someone recently diagnosed with dementia. In this webinar, learn more about the progression of dementia and

the Alzheimer Society of Manitoba’s Programs and Services. *Please note that you don’t need to attend/watch the Living with Dementia sessions in order.* Register today at alzheimer.mb.ca.

Understanding Responsive Behaviours

Tuesday, Sept. 16, 10 – 11 am, Virtual via ZOOM

Learn about practical approaches that you may use when a person living with dementia is experiencing changing behaviours such as ‘sundowning’, restlessness and wandering. Register today at alzheimer.mb.ca.

Community Partner Programs

September 2025 program schedule available now
Enjoy a variety of activities in dementia-

friendly spaces with our community programs. Geared to those living with early to moderate signs of dementia and their care partners, you can discover history at the Dalnavert Museum, explore the outdoors with FortWhyte Alive, grow your table tennis skills with the Manitoba Table Tennis Association and so much more. To learn more about available programs and to register, visit alzheimer.mb.ca/community-programs/community-partner-programs/

Minds in Motion®
September 2025, locations across the province

Join us this fall at our **Minds in Motion®** program! Designed for people with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness class followed by engaging activities and conversation. Learn more about available locations, dates and times at alzheimer.mb.ca/community-programs/minds-in-motion

Public Research Forum: Discover some of the latest advancements in dementia research from world-renowned researcher, Dr. Donald Weaver, at the Society’s **Dementia Research: What’s on the Horizon** event on September 18 from 7 – 8:30 pm. Live-streaming viewing parties take place at participating Alzheimer Society locations throughout the province. Learn more and register at alzheimer.mb.ca. ■

Prime Home Health | The Heart of Caring ~Submitted

In a world that seems to be only focused on the almighty dollar, it’s so refreshing to see that there are still people out there providing passionate, professional care to Winnipeggers and their families with compassion and dignity. Led by a Physician and a Registered Nurse with a combined 35 years of clinical and community care experience, **Prime Home Health** is here for you.

Located in the Inkster Park area (1555 Inkster Blvd.), they have proven from the start, that they are difference makers in the Personal and Shared Care Options fields in our fair city. Their dedicated team from top to bottom strive to make us feel important and that our special needs and well-being are just as important to them too. Caring, sharing and the delivery of these services, can be the catalysts for healing and longevity in our lives and we all want to live longer meaningful lives, don’t we?

At first glance, their Shared Care Options list is impressive and to the point for those of us in the Seniors Community. Companion and Respite Care, Personal Home Care, Medication Reminders, Bath & Shower Assistance, Exercise and Mobility Support, Light Housekeeping and Laundry, Bulk Meal Preparation and Footcare Nurse Clinics, highlight the core services available to all of us. A fine menu indeed, and there’s more...



Their Nursing and Specialized Care department is full of ‘Wow!’ on its own. Health and Chronic Illness Management,

Wound, Foley and Ostomy Care, Intravenous Treatments, Palliative Care, Post Surgical, Alzheimer’s and Dementia, Post

Dialysis or Post Chemo. Did we say Wow! This is only the iceberg tip if you know what we mean.

Another important thing I’d like to bring up, and it’s important; they have Concierge and Transportation Services as well. Kinda rounds things out here, if you know what I mean. For example; Mobile Laboratory and ECG Services, One-Way or Two-Way Transport, Appointment Escort, Hospital Discharge / Overnight Transport and again, there’s more...

My suggestion, if any of this resonates with you, pick up the phone and call them at: **204-837-7463** to book a consultation today. It starts right there and is really a simple, friendly process. Again, locally owned and operated Homecare right in your backyard by folks who simply say; *YOUR Home, YOUR Care, YOUR Way...* www.primehomehealth.ca or email at: info@primehomehealth.ca. Thank you for reading this and be well!



See advertisement on page 26.

Health & Wellness FOR THE BEST YOU CAN BE

Connecting Generations: TechConnect Empowers Winnipeg Seniors

~Rida Lakhani

In a world where digital skills are a key to staying connected, a new initiative is helping seniors in Winnipeg bridge the technology gap with newfound confidence and joy. **TechConnect**, a multi-generational program, recently concluded its successful pilot run, leaving a trail of empowered participants and heartwarming connections.

The program was developed by local student **Rida Lakhani**, with support from Connie Newman and the **Manitoba Association of Senior Communities (MASC)**, whose intergenerational grant helped support the initiative's launch. The idea for TechConnect stemmed from Lakhani's personal life, as she observed how her own grandparents navigated technology with varying levels of comfort and realized a broader need in the community. "I also noticed within my community that many seniors struggled with technology, at different levels, and most didn't have their kids with them," Lakhani said. "The idea for this program came from wanting to help them in a more structured way."

From Fear to Confidence: Hands-On Learning Makes All the Difference

TechConnect offered a free, three-part series at three different facilities scattered throughout: The Waverley, the Linden Woods Community Centre, and the Winnipeg Ismaili Jamatkhana. The sessions, which hosted nearly 30 senior participants, were designed to be hands-on and approachable. The focus was on practical, easy-to-learn skills, from sending texts and making calls to exploring useful apps like YouTube and Google Maps.

A key to the program's success was its intergenerational approach. A team of high school and university student volunteers provided one-on-one support for the seniors, ensuring every participant could follow along with the session's topics on their own personal devices. This created a warm and supportive environment where seniors felt comfortable asking ques-



TechConnect, a multi-generational program was developed by local student Rida Lakhani.

tions. "It almost felt like our own kids or grandkids were helping us," one participant remarked, praising the patience and kindness of all the young volunteers.

The sessions weren't all work, though. They also featured fun, interactive activities, such as Tech Bingo, which helped participants match app icons to their names and functions, encouraging learning through a fun and engaging game-like experience. Another standout session featured an officer from the Winnipeg Police

Services Community Relations Department, who gave a detailed and informative presentation on how to identify and avoid online frauds and scams.

A Ripple of Impact: The Power of Connection

The true impact of TechConnect went far beyond technical skills. It was about building confidence and breaking down social barriers. For one of the women who attended the sessions, the program finally

gave her the courage to do something she'd been hesitant about for years: download WhatsApp. With the help of the volunteers, she finally overcame her fear of using technology and was able to join her community groups and start calling friends, embracing a new way to stay connected. Another participant mentioned how "she had never felt comfortable using technology, but was inspired to try," thanks to the program and the kind encouragement of the volunteers.

Feedback from participants was also overwhelmingly positive, with many describing the program as "amazing" and "super helpful." Seniors who were already familiar with some of the topics being covered felt they gained a much more comprehensive understanding through the sessions and left with a newfound sense of capability. To help reinforce the skills learned, each participant also received a laminated reminder sheet for their fridge, serving as a tangible tool for continued practice, long after the sessions ended.

"It was so heartwarming to see the magnitude of impact that just an idea I had was able to have on the community," Lakhani said. "The journey of bringing this project to life, with the support of Connie, MASC, my family, and, of course, all the amazing volunteers, has been an incredible one. I'm honored if this program was able to have even a 1% positive impact on the community."

"Rida and her team have shown the power of intergenerational connections in the tech world. With a little guidance, her idea has flourished and impacted many, many older adults," writes Connie Newman. This pilot run, initially an experiment to gauge interest, has been an overwhelming success, and the overwhelmingly positive feedback has inspired the TechConnect team as they hope to continue the program in future years, further spreading the joy of digital connection across Winnipeg.

As one senior put it best after the final session: "We came in nervous, but we're leaving excited." ■



Brenda Moberg with Earl's brother handing out petitions in the Garden City Shopping Centre in Wpg.

IMPORTANT

Please sign the petition in support of the 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.

A Silver Alert Program can alert the public as quickly as possible when a person living with dementia goes missing in the area.

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 all 4,673 signatures that were collected were lost.

The petition closes **October 2, 2025**.

The petition can be found on the ourcommons.ca/petitions website and search for **6491**. Brenda Moberg will also have paper versions of the petition available at Garden City Shopping Centre on September 20th, plus at the Gateway Superstore on September 27th in Winnipeg. Stop by and get yours.

2025
National
Silver Alert
petition
e-6491:
<http://ourcommons.ca/petitions>



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Things To Do - WINNIPEG

COIN / STAMP COLLECTING

Manitoba Coin Club - 204-479-9124, treasurer@manitobacoinclub.org <http://www.manitobacoinclub.org>

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

CLUBS / LUNCHEONS / SALES

Emerging Artists Exhibition & Sale - multi-media event showcasing the work of emerging artists. Fri. Sep. 19, 7-9; Sat. Sep. 20, 12-4:30; Sun. Sep. 21, 12-3. Pottery, acrylic, jewelry making and painting. Visit <https://www.stpetersanglican.ca/> and click on the Events tab for details or contact the parish at **204-488-8093**.

Mary, Mother of the Church - Garage & Rummage Sale, Sat. Sep. 20, 8-1, at 85 Kirkbridge Dr. Items may include toys, books, household items, quality used clothing, furniture etc. sponsored by the Knights of Columbus and Catholic Women's League with proceeds to charity.

St. Andrew's Christmas Bazaar - Sat. Nov. 1, 10-2, Church Hall, 2700 Portage Ave. Crafts, book nook, baking, 50/50, quilt raffle 1:30.

The Women's Canadian Club of Wpg - 1st luncheon, Sep. 16, 12 noon at RBC Convention Centre. Speaker: Doug Keith, cowboy poet. Wear western for prizes. \$35. Info, Rochelle: **204-488-8750** or rochelpin@shaw.ca

Retired Women Teachers' Association (RWTA) - Join our non-profit group for fun, food and friendship! Low membership fee. Free parking. Contact Membership Convener, Dorothy Young: dyy@shaw.ca

MUSIC / DANCING

River City Sound - the Winnipeg chapter of the Barbershop Harmony Society - free "Learn to Sing Better" wkly program, starts Oct. 8 for 6 wks. Learn 2 new songs with the chorus. Great for seniors. We are a registered charity. Info, Bruce: **204-794-7871, lstbrcs20254@gmail.com**

Learn Modern Square Dancing! - Open House, Fri. Sept. 19, 7-9:30 pm, at Kirkfield-Westwood Community Club, 165 Sansome Ave. Dancing continues after. Singles, couples and new dancers welcome. Dress casual. Fitness and Friendship! Carole: **204-831-8954**.

Modern Square dancing - is a fun, healthy, friendship-building activity. Accepting new dancers (partner not required) Sept 8, 15, 22 & 29, starting at 7 pm, at St. Mary Magdalene Church (West entrance), 3 St. Vital Rd. Wpg. Info, Patty or Bob: **204-295-2278**

The Forever Young Club - Dances start Sep. 27, Anavets #283, 35 Portage Ave. Band "RAVEN", DJ's Rick & Trish, light lunch, 50/50, door prizes, cash bar. Non-members \$20 at door. Reserve by Sep. 23 - txt/call 204-261-4442, or fycwpg@gmail.com.

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

Bike Winnipeg - member-driven, non-profit advocacy group to help people navigate Winnipeg by bicycle. We host various events to explore the city's bike network. Our rides are safe, social, and no-drop. Events are free! Become a member and receive discounts at local bike shops. For a calendar or to plan your own route, visit: bikewinnipeg.ca

Charleswood Seniors Curling Club - Inviting curlers, all abilities, ages (50+) as individuals (not teams). We operate out of the Charleswood Curling Club, 4000 Grant Ave. Curl in a league, 36 game season (Oct-Mar) into four quarters. Members reorganized into different teams each quarter to encourage social interaction. Games played Mon. & Fri., 9:30 am. No prizes, trophies,

or play-offs - just fun and camaraderie. For registration and fees: membership chair, Ted **204-688-9168, ted.leblond@icloud.com or www.charleswoodcurlingclub.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 at the Pembina Curling Club, 1341 Pembina Hwy. Season is 4 rounds of 10 games per round. Two games per week, alternating between Mon., Wed. and Fri. at 12:30 pm, Oct-Mar. Info: 55pluscurling.com, contact@55pluscurling.com

Pickleball - Learn to play in the North End. Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sargeant 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. FREE New Horizons for Seniors Art and Wellness Program 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. for those living with memory challenges and their family/friend care partner to 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. Non-profit weight loss support group. Meet Wed's, 4:15-6, St. James Legion #4, 1755 Portage., upstairs. Shirley: **204-837-2079**, 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, 6-7:45 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. is non-profit. 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**.

Canadian Red Cross - Free Friendly Calls Program. 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/

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**.

Pembina Active Living (PAL) 55+ - Volunteers needed for enhancing social Connection, Still Bloom'n Organizer, Photographer. 933 Summer-side Ave. Info, Marsha: **204-946-0839**.

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: Ikehler84@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 - Check for Fall schedule: **204-306-1114, goldenrule@swsrc.ca**.

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, snacks, 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+ 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**

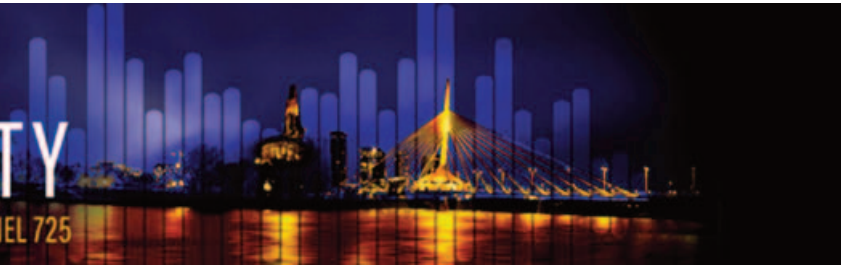
South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Coffee, snacks, fun activities, Wednesdays. **204-284-9311**

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



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Manitoba's All-Canadian Hospital Lottery is Back!

Get your HSC Millionaire Lottery tickets today to support our heroes at Health Sciences Centre Foundation – and become an instant millionaire! Tickets start at just \$100.



You can save a life – today.

Your Millionaire Lottery ticket purchases help Health Sciences Centre Foundation provide the best possible care for patients and make life-changing – and life-saving – technological advances.

HSC is Manitoba's hospital. The Millionaire Lottery is for all Manitobans.

Your support makes life better for the patients and families who visit HSC every day. Your tickets will help transform healthcare in Manitoba.

6 Grand Prize options – and so much more!

This year's Millionaire Lottery features a record-breaking number of prizes for early buyers – with 32 Early Bird draws and 11 Bonus draws, including a brand-new Grey Cup Bonus! Win tickets to the 112th Canadian classic, right here at Winnipeg's Princess Auto Stadium.

The lottery also features hundreds of 'Made in Manitoba' prizes from restaurants, resorts, and boutiques all around our province, including:

The Forks and Inn at the Forks, Royal Winnipeg Ballet, Manitobah, Rae & Jerry's Steakhouse, Red River Co-op, and so much more – plus the Manitoba Moose, Winnipeg Jets, and The Bomb-er Store.

Of course, you can't forget about the Grand Prize!



One of the stunning homes you could win in Oak Bluff, MB!

HSC is offering this year's biggest winner the chance to win the all-Canadian dream, with homes in Winnipeg, Oak Bluff, and West St. Paul, or an oceanview Vancouver Island home. Each home package comes with extra prizes and is worth over \$1.5 million.

Or, take \$1,250,000 tax-free cash!

An UNLIMITED 50/50 jackpot

For just \$25, you could win half of Manitoba's biggest fall 50/50 – and for the first time ever, the jackpot is unlimited.

And the Winner is....

The lucky winner of the *Sound of Silence* 50/50 is Dennis in Westwood, taking home half of the final pot of \$9,710 – with the other half going directly toward sustaining the ongoing operations of YOUR volunteer-powered non-profit Community radio station, CJNU.

A HUGE thank you to everyone who purchased a ticket for our first ever Sound of Silence 50:50 – thanks to you, the music will keep on playing at 93.7FM!



Last year's winner took home half a \$1,390,700 pot. This year, it could be even bigger – and you could be the winner!



There's also the Extra Cash PLUS game (tickets start at \$25) with 125 winners and \$170,000 in all-cash prizes.

**NOTE: Main Lottery tickets must be purchased to purchase 50/50 and Extra Cash PLUS tickets.*

For more information and to purchase tickets, visit hscmillionaire.com. You can also order by phone at 204-253-5688 (or toll-free at 1-855-999-5688) or in-person at London Drugs (St. Vital Centre) and Red River Co-op Food Stores in Winnipeg and Selkirk and the Main Street Pharmacy.

Life-saving cause. Life-changing prizes. Thank you for purchasing your HSC Millionaire Lottery tickets.

License Numbers: LGCA 1822-RF-48322, LGCA 1822-RF-48503, LGCA 1822-RF-48504

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Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Oct. 3 for the Oct. 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 204-372-6861; Gimli Seniors Resource Council 204-642-7297; Lundar Community Resource Council 204-762-5378; Riverton & District Seniors Resource 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: cwillorette@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 <https://seineriverservicesforseniors.ca>

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, <https://www.patportercalc.com>

Steinbach - South East Artists - Paint together Tuesdays, Sep. 2-end of May, 9:30-11:30 am, Studio A or B at Steinbach Arts Council. \$3 drop in fee or \$60 for season plus cost of a membership at SAC. 1st visit free. Oils, watercolour, acrylic, pastels, etc.

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.

SPORTS

MURRAY BLACK – Entering the Football Hall of Fame



A Football Manitoba Hall of Fame press conference was held on May 22nd at Sport Manitoba. Eight individuals and one team were introduced to the press and a well-attended audience. Several former inductees and well-known sports individuals attended the introduction of highly deserved inductees. It was a moment of realizing the recognition that will be forthcoming on Thursday, September 25, 2025, at the Princess Auto Stadium Gold Room, where these inductees will be enshrined into the Hall of Fame.

Clearly this was the start of an exciting and rewarding day for the inductees and their families and friends. The class of the 11th Hall of Fame Induction 2025 – Players: Christine O'Donnell and Jerome Swarath; Coaches: Murray Black and Brian Dobie; Builders: Terry Andryo, Craig Bachynski, Richard Dudek, and Don McPherson; Team: Assassins Touch Football Team.

Hall of Fame Co-Chairperson Maureen Cowling introduced me to inductee Murray Black, a gentleman from Neepawa, Manitoba. Murray was very excited. He described his feelings as unbelievable and an incredible honour to be at the press conference to be recognized for the sport he loved. He helped hundreds of kids who didn't think they could play the game, but



Maureen Cowling
Co-Chair
Football Manitoba
Hall of Fame

Murray Black
Coach

Bud Ulrich
Former Chairman
Football Manitoba
Hall of Fame

through Murray's coaching skills, he taught them how to believe in themselves. There are many players who, under this coach's direction, have gone on to very successful careers.

Being an educator, Murray was constantly on the lookout for players, scouting kids running in the halls, and encouraging them to try out for the team.

Murray treated all players equally and stressed the importance of education. Regardless of a player's position on the team, everyone had a role to play and was held accountable. "It's not wins and losses that count. It's the person and what they

bring to the game," Murray said. Football was an important part of his teaching, but more important were life skills – the gridiron was merely part of the process.

Elphinstone, Manitoba (80 km southeast of Russell) is a town of 300 people where Murray attended school. This is where he learned the game of football as a receiver. He furthered his education and became a teacher which lasted over a 33-year span. He proudly states he's been retired for 20 years. Quite often Murray bumps into former students, and this is where the rewards of teaching occur. A familiar question I asked – "Were you a

good student?" "Ah... I was a good athlete," said Murray. He played every kind of sport he could – he was never home. He struggled at school, but he got through.

Murray's family includes his wife, Glenis, a retired nurse, and two adult children. His daughter, Leah, is following in her dad's footsteps as a teacher. His son, Tom, who was also a football player at the quarterback position under the coaching direction of his dad, is employed with Air Canada. Their family is rounded out with three grandkids.

Home is Neepawa, and that's where Murray and his wife plan to stay. Being 74 years of age, he's still young enough to play old-timers hockey twice a week. Golfing twice a week is part of his routine too. Murray claims he's not a "couch" person. He never has been. There's always something to do is his motto.

Murray coached the Neepawa Tigers for 23 years, earning three Rural Manitoba Football League Coach of the Year awards, and leading the team to seven championships, including a record six straight league titles (1993-1998) and 30 consecutive wins. He used football to teach life lessons, inspiring players and fellow coaches. After retirement he remains actively involved mentoring players. Murray was awarded the Frank McKinnon Award in 2005 for his outstanding dedication to high school sports in Manitoba.

Tickets to Football Manitoba Hall of Fame Induction can be obtained online – footballmanitoba.com or email – finance@footballmanitoba.com. ■

Sport Manitoba 55 Plus Provincial Softball Champs



The Ichabods win the Sport Manitoba 55 Plus Rec "B" Division Provincial Championship held by Softball Manitoba at John Blumberg complex, Sept. 2 and 3, 2025



The Codgers win the Sport Manitoba 55 Plus Rec "A" Division Provincial Championship held by Softball Manitoba at John Blumberg complex, Sept. 2 and 3, 2025.



Barry McKeown

Pickleball is for Everyone!



Cyndy McKeown practicing with her husband Barry.

Barry McKeown proved just that as he skillfully played the sport at the Selkirk Community Church and in the recent Stonewall Pickleball Tournament!

True inspiration at its best!

The only difference during a game is that Barry is allowed to let the ball bounce twice if needed but he often doesn't need to.

Left - Barry and his wife Cyndy are practicing for the Stonewall Pickleball Tournament held Sept. 5th, 6th and 7th.



Ready for the tournament in Mixed 3.5.

Wednesday, September 28th, 2025 | 10:00am to 3:00pm

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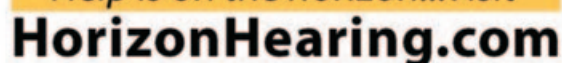
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SPORTS

Stonewall Pickleball Tournament - Sept. 5th-7th, 2025

Congratulations to the organizers for the very well-run event and to the medal winners.
Keep checking www.si55plus.org for the winners' list and photos.

Here are just some of the winners out of 150+ teams.



Dennis Chartrand and Kelly Goodman
Winning Gold in Mixed 3.0 - 55-64



Terry Lees and Ken Brinkworth
Winning Gold in Men's 3.0 - 65+



Susan Kwan and Wendy Yin
Winning Bronze in Women's 3.0 - 55-64



Brenda Cameron and Rachel Mitchell
Winning Bronze in Women's 3.0 - 65+



All of the volunteers did a fantastic job!



Thank you to the volunteers!

That's a wrap for this year. See you on the courts!

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References available upon request!



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See Egypt & Morocco Like a Local—with WanderinGwyneth Adventures

ADVERTISING FEATURE

For many of us, the best trips aren't just about where we go, but who we go with. That's the idea behind **WanderinGwyneth Adventures**, a small-group travel company created and led by anthropologist and *National Geographic* Explorer **Dr. Gwyneth Talley**. More Canadians are seeking journeys that go beyond sightseeing—travel that is immersive, culturally rich, and, above all, safe. Designed with the 55+ community in mind, Gwyneth's trips offer the reassurance of traveling with an expert who knows Egypt and Morocco inside and out, while still maintaining the feeling of exploring with a trusted friend. Gwyneth has spent more than 15 years living and working in Egypt and Morocco. As a professor of anthropology and a National Geographic Expert, she brings that same passion and insider knowledge to small-group journeys designed

especially for curious, adventurous travelers like you! These days, she's sharing that knowledge with folks who want to see the world in a meaningful way, without all the hassle of planning it themselves. What makes her tours special is the balance of comfort and culture. Imagine sailing down the Nile River, exploring colorful markets in Morocco, or sharing a cup of mint tea in a family courtyard. Gwyneth handles all the details—comfortable hotels, safe transportation, expert local guides, and unforgettable experiences—so you can relax and enjoy. Travelers often say going with Gwyneth feels like traveling with a friend—who just happens to know all the right people! She speaks Arabic, has deep connections in the region, and loves introducing travelers to experiences most visitors



would miss. And while Egypt and Morocco might sound far away, Gwyneth's vast experience and trusted

local networks mean you can travel with confidence and peace of mind.

Upcoming Trips for 2026:

- **Pickleball & Pyramids, Egypt (January 11-25, 2026)** – Play a little, explore a lot, and see the wonders of ancient Egypt.
- **Journey Down the Nile: Ramadan Magic (February 26-March 9, 2026)** – Experience Egypt during its most festive season, all while sailing in style.
- **The Windswept North, Morocco (April 19-May 2, 2026)** – From the blue city of Chefchaouen to Tangier's breezy coast.

If you're ready for a trip that's safe, friendly, and full of stories to bring back home, join Gwyneth and her **WanderinGwyneth Adventures**: contact@wanderingwyneth.com or www.wanderingwyneth.com.

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MEN'S SHEDS Manitoba

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Activities vary by shed but many common ones are:

- Coffee and visiting
- Art - sketching/painting
- Guest speakers
- Community projects
- Diamond willow and wood carving
- Table games

Men's Sheds in Winnipeg:
Park City Men's Shed - 180 Poplar Ave
Robert A Steen Men's Shed - 980 Palmerston
Wildwood Park Men's Shed - 271 North Drive
Riverview Men's Shed - 90 Ashland Ave
Woodhaven Men's Shed - 401 Westwood Drive
Lord Roberts Men's Shed - 725 Kylemore Ave
Garden City Men's Shed - Seven Oaks Arena 2nd fl.

Men's Sheds throughout Manitoba:
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Minnedosa Men's Shed - Minnedosa
Parkland Men's Shed - Dauphin
Valley Parkland Men's Shed - Swan River
Howden Wood Turners Men's Shed - Howden
Neepawa Men's Shed - Neepawa
Gordon's Men's Shed - Selkirk

Want to start a Men's Shed in your community?
Email us for resources, support, and start-up funding:
menshedmanitoba@gmail.com
Website: <https://mensshedsmanitoba.ca>

Are you a man, possibly retired, seeking regular connection, support, and purpose with others? A Men's Shed group, meeting weekly or twice weekly, could be the answer.

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- Quizzes
- Days gone by
- Bothered (with "at")
- Omit
- TV room
- Cincy player

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
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35				36		37		38	
		39			40				
41	42			43			44	45	46
48				49			50		
51				52			53		

DOWN

- Eliminate
- Roll-call vote
- Down
- Oater transport
- Conscience-stricken
- Gab
- Roosevelt first name
- Connected
- TV doctor involved in space exploration
- Glimpse
- Massage
- Gymnast's need
- Fail to see
- Do__others...
- Halloween costume
- Roll call call
- Drop from the eye
- Determined
- Grow, in a way
- Took
- Control tower tracking device
- Smallest
- Outback buddy
- Featured
- Paleontologist's estimate
- Slide on snow
- Josh
- "The__who came in from the cold"

SOLUTION ON PAGE 27

WORDSEARCH - HEALTH & WELLNESS By Roni Alward & Senior Scope

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

Ache	Checkup	ECG	Nurse	Sore
Allergy	Clinic	Fever	Pain	Splint
Anxiety	Cold	Flu	Paramedic	Sprain
Appetite	Contagious	Hives	Pharmacy	Stomach
Aspirin	Cough	Hypertension	Physical	Surgery
Asthma	Crutch	Inhaler	Prescribe	Temperature
Biopsy	Cut	Injection	Prescription	Tendon
Blood	Decongestant	Lab	Radiologist	Virus
Bone	Diabetes	Migraine	Rash	Wound
Broken	Dietitian	MRI	Rehabilitation	Xray
Bruise	Dizzy	Muscle	Shot	
Cast	Doctor	Nausea	Sneeze	

SOLUTION ON PAGE 27

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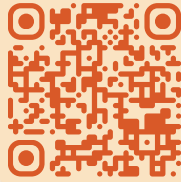
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4		8	5	6			2	
			7	9		4		
	6				3	5	1	
7		2	6				4	
		6				2	7	
8		3		1		9		
	2	1		7		6	3	4
		4						
	5		1		4			

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. How many square feet is the average adult human's skin?

2. What is the largest artery in the body?

3. What type of blood cells fight infections and diseases?

4. How many times does a heart beat over the course of an average human lifespan?

5. About how many inches a year does hair grow?

6. Is it possible to breathe and swallow at the same time?

7. What is the most common blood type?

8. How many times a day should you take a medication if your prescription reads "q.i.d."?

9. What brand of over-the-counter acetaminophen was first introduced in 1955?

ANSWERS TO THE RIGHT

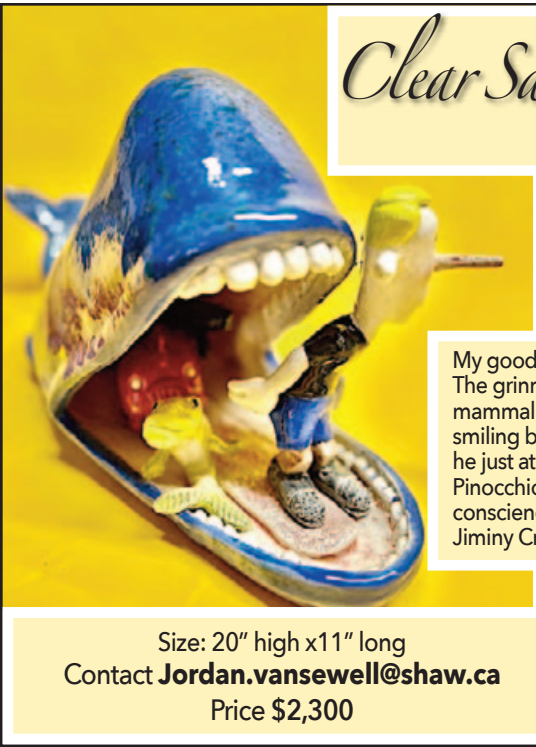
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Clear Sailing

Oh, there's a story here! Pinocchio was watching look-out from the gaping whale's mouth. If we look inside the piece, we see a car being driven by a dog!

My goodness! The grinning mammal is smiling because he just ate Pinocchio's conscience - Jiminy Cricket.

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WORDSEARCH - Solution

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

CROSSWORD - Solution

1	E	Y	E	S		5	A	C	T		8	A	W	10	E
11	N	E	A	T		12	S	H	E		13	T	H	Y	
14	D	A	T	A		15	H	I	D		16	T	O	E	
					17	G	R	A	N	D	19	M	A		
20	M	U	22	S	E	U	M		23	Y	A	C	H	25	T
26	I	N	K		27	B	E	28	V		29	T	H	E	E
30	S	T	E	31	W		32	D	E	33	W		34	E	R
35	S	O	L	A	R		36		37	C	O	L	D	E	R
					39	E	X	A	M	I	N	E			
41	H	A	T		43	D	A	D		44	A	S	K	47	S
48	A	G	O		49	A	T	E		50	S	K	I	P	
51	D	E	N		52	R	E	D		53	T	I	D	Y	

TEST YOUR WITS

- Solutions

1. 19 sq. feet

2. The aorta

3. White blood cells

4. Over three billion times

5. Six inches

6. No

7. O+

8. Four

9. Tylenol

LAUGH A LITTLE



When I say, "The other day," I could be referring to any time between yesterday and 20 years ago.

I finally realize what is wrong with my brain. On the left side there's nothing right. And on the right side there's nothing left.

Electricians have to strip to make ends meet.

If you don't like speeding tickets raise your right foot.

As you age, life becomes a delicate balance of trying to stay awake and trying to fall asleep while gradually getting worse at both.

A pessimist sees a dark tunnel. An optimist sees light at the end of the tunnel. A realist sees a freight train. The train engineer sees three fools standing on the tracks.

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Advancements in Hearing Aids: Insights from Kevin Greig, Co-Owner of Horizon Hearing and Karyne Steele - Head of Resound Canada

Kevin : What are the latest advancements in hearing technology today?

Karyne : Hearing aids have experienced significant advancements in recent years, driven by technological innovations and a deeper understanding of hearing loss. Key developments include the integration of smart technology, which allows wearers to connect their hearing aids to smartphones and other digital platforms. This connectivity enables wearers to control their devices through applications, adjust settings, and stream audio directly to their hearing aids.

Kevin : This is excellent news for our clients, as it allows them to connect with friends and family seamlessly while ensuring clear and understandable conver-



sations. Are there other advancements that would appeal to those considering hearing aids?

Karyne : Absolutely. One of the primary concerns expressed by hearing aid wearers is the ability to hear but not understand, particularly in noisy environments. Advances in digital signal processing like the introduction of AI and DNN have significantly enhanced sound quality. Modern hearing aids now feature sophisticated algorithms that can differentiate between various sounds, effectively reducing background noise and improving speech clarity, thereby enabling individuals with hearing loss to engage effortlessly in conversations.

Kevin : That is indeed encouraging. Any technology that facilitates social connections is a valuable benefit for those with hearing loss.

Karyne : Yes, we are committed to delivering the clearest signals to end users, and we will continue to develop this as technology evolves. Additionally, we have made substantial improvements in personalization, customization, and accessibility. Hearing aids can now be tailored to individual hearing profiles, providing a more personalized listening experience. For instance, we have introduced telehealth capabilities, allowing clinicians to remotely adjust hearing aids and provide support from the comfort of your home. Another exciting



Karyne Steele -
Head of Resound Canada

advancement in hearing aid technology is the introduction of Low Energy Audio transmissions, which enable a new feature called Auracast. Auracast is a next-generation audio broadcasting capability that allows users to connect with public address systems in various settings, such as theaters, airports, museums - anywhere people gather. This feature is built-in and ready to use.

Kevin : What about ease of use? Have there been advancements in that area?

Karyne : Yes, we have made significant strides in this area as well. Many hearing aid styles now come with rechargeable batteries, eliminating the hassle of changing batteries. Wearers simply place their devices in the charger for all-day use.

Kevin : What technology is currently available with all the advancements we have discussed?

Karyne : In addition to the improvements mentioned, **ReSound Canada** has recently launched the **ReSound Vivia**, recognized as the world's best hearing aid for noisy environments and the smallest AI DNN hearing aid available on the market. This device allows us to "spotlight" speech while minimizing distracting background noise, ensuring outstanding sound quality and enabling wearers to focus on what matters most—enhanced speech understanding in all situations.

The Vivia also incorporates AI designed to empower users to choose their focus at any given moment. It enhances the brain's natural strengths, allowing users to experience sounds more vividly and effortlessly. Furthermore, Vivia offers nearly invisible styles, various power levels, and customizable options in color, style, and size—providing wearers with a comprehensive solution.

We invite you to visit **Horizon Hearing** to experience the **ReSound Vivia** for yourself or for a loved one. 🌈

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