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STORY INSIDE

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Senior Scope

Vol. 24 No. 9 | Mar 10 - Apr 9/26

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Sign up for a **FREE** email subscription. See pg 4.

NEWSPAPER

Eden's Mexico NIGHTMARE

Celebration of Life
See pages 13-14-15-16
NEXT MONTH:
Housing & Lifestyles feature.



Eden with her two boys and husband enjoying their Mexico vacation.



from THIS... to THIS

Chaos was happening in and around Puerto Vallarta. A completely burnt out semi truck and trailer was seen on their way to the airport. Their last day there turned into four more.

TALES FROM THE NORTH END
Myles Shane

Across Mexico, cartel violence has a rhythm. It starts quietly, almost politely. Rumours drift through WhatsApp groups, hotel workers whisper in hallways, taxi drivers' glance down at their phones more often than the road, then the high-ways start burning. This time the catalyst was the reported death of Nemesio Oseguera Cervantes, the elusive head of the Jalisco New Generation Cartel. They called him **El Mencho**. Within hours cartel gunmen began retaliating across more than twenty Mexican states, but long before any of that happened, before the fires and the roadblocks and the gunshots outside the airport, there was a woman from Winnipeg named Eden

Katz enjoying a vacation with her family. Like a lot of stories, hers didn't begin in Mexico, it began thousands of kilometres away in Winnipeg on Selkirk Avenue. **Winnipeg's Selkirk Avenue** Eden Katz grew up in Winnipeg's North End, a place that in winter can feel like it exists in only a few colours: grey sidewalks, snowbanks streaked with road salt, storefronts that look like they've been waiting patiently since the 1960s. Decades earlier the neighbourhood had been something else entirely. Back in the 1940s and 50s, Selkirk Avenue was the beating heart of the city's Jewish community. Families arriving from Russia, Poland, and Lithuania opened bakeries, butcher shops, and tailor stores. They built lives the way immigrant families often do, slowly, storefront by storefront. In the mornings the street smelled like rye bread and yeast, by afternoon it smelled like cigarettes and coffee.

Men walked the sidewalks in pressed suits and felt hats even when the prairie wind sliced down the avenue like broken glass. Conversations drifted between shop doors in English, Yiddish, and sometimes Russian. In the middle of that world sat a restaurant called **The White House**. **The White House and the Other Business** The name sounded grander than the building itself. Inside, the place looked like it had absorbed decades of conversation, cracked red vinyl booths, chrome table edges reflecting the overhead lights in warped silver lines; ceiling fans turning slowly through a permanent haze of cigarette smoke, coffee warmed on metal burners and the smell of frying onions clung to everything. Eventually the restaurant ended up in the hands of Eden's

Continued on page 6

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ADVERTISING FEATURE

Caring for Your Dentures and Maintaining Oral Health

By Dalton Le, Registered Denturist - Dalton Denture Clinic, Winnipeg



The Dalton Denture Clinic team.

For many seniors, dentures play an important role in restoring comfort, confidence, and the ability to enjoy meals with family and friends. While modern dentures are designed to be durable and natural-looking, proper care and regular check-ups remain essential to maintaining long-term oral health.

One common misconception is that once dentures are made, they no longer require attention. In reality, our mouths continue to change over time. As we age, the jawbone and gum tissues gradually shrink and reshape. Because dentures rest directly on

these tissues, even small changes can affect how well they fit. A denture that once felt comfortable may eventually become loose, which can lead to sore spots, difficulty chewing, or irritation.

For this reason, it is recommended that dentures be checked periodically by a denturist. Routine examinations allow small issues to be identified early and adjustments to be made before discomfort develops. In some cases, a procedure known as a denture reline can help restore a better fit by reshaping the inner surface of the denture to match the current contours of the gums.

Daily denture care is also very important. Dentures should be removed and cleaned every day using a denture brush and a gentle, non-abrasive cleanser. Regular toothpaste should be avoided because it can scratch the denture surface. Keeping dentures clean helps prevent staining, bacteria buildup, and irritation of the gums.

It is also beneficial to remove dentures at night whenever possible. Allowing the gums to rest overnight helps maintain healthy circulation and reduces the risk of inflammation.

Advances in modern denture technology have also improved the quality and com-

fort of dentures. Digital scanning and modern fabrication techniques now allow denturists to create dentures that are more precise, stable, and natural in appearance than in the past.

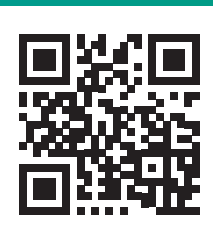
If you notice looseness, sore areas, difficulty chewing, or if your dentures have not been checked for several years, it may be a good time to have them evaluated. Addressing small concerns early can often prevent more significant problems later.

At Dalton Denture Clinic in Winnipeg, Our team focus on helping patients maintain comfortable, functional dentures and healthy smiles for many years to come. ■

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Publisher/Editor:

Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca
www.seniorscope.com

Advertising:

204-467-9000

Feature Columns:

Bud Ulrich
Myles Shane
Scott Taylor
Dennis da Menace

Contributing Submissions:

Alzheimer Society
Linda Brown - AAIM
Fred Pennell (Heart to Home Meals)
Senaka Samarasinghe

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**Senior Scope, Box 1806
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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

- Submitted by Linda Brown



Linda Brown, Executive Director, AAIM

March in Manitoba can be a tricky month! We get tricked into thinking spring is around the corner and then often we get reminded of winter before the month is done! The sun is warm and our days are longer and we know spring can't be too far away, can it?

In an effort to offer you many ways to get active I want to highlight a couple of activities that you might want to consider. Get out your dancing shoes and try **Modern Square Dancing!** It is a great way to get socialize and get fit. Dancing naturally increases heart rate, improves strength, and your balance all in a fun atmosphere! Learning something new is also very important for brain health. If you are interested in trying square dancing, there are 12 clubs in Winnipeg where you can enter as a beginner and receive expert instruction. Square dancing is also a very social activity, and we know that making

social connections are important for our physical and mental health.

To learn more about Modern Square Dancing please go to the Square and Round Dance Association website at <http://squaredancemb.com>.

The second activity - **lawn bowling** was first noted in the 12th century in Great Britain and was introduced in Canada by British garrison officers. Lawn bowling is a great way to develop skills, improve coordination and fitness levels. Lawn bowling or "bowls" is played on a flat lawn or green and the bowls are made of hard resin. The bowls have a bias which means they travel on an elliptical path – so not straight. The object of the game is to roll bowls as many as possible close to the "jack" or the target which is a small white bowl. To make the game more interesting the white bowl can be moved if a player's bowl hits it. So now you are playing with a ball that doesn't roll straight and the target could get moved! The score is based on the number of bowls closest to the white bowl. In Manitoba there

are seven lawn bowling facilities in Winnipeg, Brandon and Gimli. To learn more, go to www.bowlsmb.wixsite.com.

The Manitoba 55+ Games are in Morden/ the R. M. of Stanley/Winkler, June 9 -11, 2026.

These games are the largest multi-sport games in the province. With more than 20 different events – there is something for everyone.

REGISTRATION IS NOW OPEN for the **Manitoba 55+ Games** - please go to the **Active Aging in Manitoba** website: www.activeagingmb.ca to register.

To learn more about the **Manitoba 55+ Games:**
www.activeagingmb.ca
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Remember – move more and sit less!

Healthy Community Partnership Grant

Victoria Lifeline and its partner, Victoria Hospital Foundation, are excited to announce the call out for the Healthy Community Partnership Grant. Through this grant, we are committed to supporting viable projects, programs, and initiatives that enrich the health and well-being of Manitobans. Recognizing the correlation between healthy living and aging safely in place, the Healthy Community Partnership Grant was established to support the creation or enhancement of health promotion for older adults.

Grant funds are awarded to non-profit organizations serving primarily older adults to purchase equipment and/or to

support activities or programs that promote health and independence.

Grant details for the intake:

Application intake opens: March 2/26
Deadline to submit application: June 1/26
Applicants informed by: July 15/26

A total of \$10,000 is available and funds will be dispersed and awarded based on the evaluation criteria established for this grant.

The World Health Organization defines health promotion as, "the process of enabling people to increase control over their own health. It covers a wide range of social

and environmental interventions that are designed to benefit and protect people's health." Victoria Hospital Foundation and Victoria Lifeline strive to create an inclusive grant program and encourage applications from a diverse group of organizations.

To apply for the grant, you will need to create an account if you don't have one already.

The application link and guidelines can be found on the Victoria Lifeline website - victorialifeline.ca.

If you have any questions about the application process, please contact Laney McGregor at lmccgregor@vgh.mb.ca or 204-477-3415.

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

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Social Prescribing Expands Across Manitoba

Social prescribing—an approach that connects people to community supports such as social programs, peer groups and practical services—is now available in all five of Manitoba's regional health authorities, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

The program helps address issues like loneliness and social isolation, which can significantly affect overall health and well-being. Through the initiative, clinicians

can refer seniors and other Manitobans experiencing isolation, chronic conditions or mental health challenges to more than 120 resource co-ordinators across the province.

These co-ordinators connect individuals with community-based activities and supports such as lunch programs, board game groups, art classes, walking groups, pickleball, transportation assistance and food access programs. The goal is to help people

stay active, connected and healthier within their communities.

Statistics Canada reports that more than one in 10 Canadians frequently feel lonely, with nearly one in five older adults experiencing loneliness. Health experts note that isolation can increase the risk of conditions such as stroke, heart disease, depression and dementia.

Referrals to social prescribing programs have increased by about 44 per cent over the

past year as awareness grows among health-care providers. The initiative is supported through partnerships between regional health authorities, community agencies and organizations including the Manitoba Association of Senior Communities (MASC).

The Manitoba government says it will continue working with partners to expand community-based supports that help Manitobans stay connected, supported and healthy. ■



Manitoba Association
of Senior Communities

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Eden's Mexico Nightmare, *cont'd from front page*

father, Jerry Katz. Jerry and his partner Jimmy bought the place when Eden was young, inheriting the restaurant's famous rib recipe from the original owners.

Baby back pork ribs, slow-cooked, drenched in a dark, sweet barbecue sauce nobody could quite replicate.

The strange part was the clientele. Conservative Jews, men who probably didn't advertise this fact at synagogue, quietly lined up to eat pork ribs dripping in Jerry's sauce. It became one of those small Winnipeg jokes everyone understood but nobody ever said out loud.

For a while the restaurant thrived. Jerry even opened a second take-out location on Grant Avenue.

The restaurant wasn't the only business Jerry was running.

Long before the White House, and during it too, Jerry had another line of work, bookmaking. In many ways the two worlds existed side by side: ribs and coffee on Selkirk Avenue by day, point spreads and betting lines by evening.

"He was always a bookie," Eden remembers. "even before the restaurant. For a while he did both."

To Eden as a child, it mostly sounded like a lot of phone calls.

Every evening around 5 or 5:30 the phone would start ringing as his clients called to place their bets. Jerry would also call Las Vegas every day to get the latest odds, adjusting things so he could "lay off" bets evenly and keep the books balanced. The language of it all, point spreads, covering, balancing action, was mysterious to Eden growing up.

"I didn't really understand any of it," she says. "I just knew the phone rang a lot at

the same time every day."

Later, when the internet arrived, the ritual changed slightly. Jerry still trusted his system, but sometimes he needed help navigating the new technology.

"So he'd call me," Eden laughs. "he'd say, 'can you check the Vegas odds online for me?'"

For Eden it was just another reminder that her father lived in a world that felt both ordinary and slightly secretive. For a while, the restaurant and the betting business carried on together, but neighbourhoods change, poverty crept into Selkirk Avenue, crime followed.

Eden remembers the moment things began to feel different.

"My mom's car got stolen right in front of the restaurant," she says. "She left it running for a minute. Back then people still did that."

Soon fewer customers came.

The White House belongs to another era now.

A North End Girl

Eden's childhood unfolded across a patchwork of Winnipeg neighbourhoods. First a duplex in The Maples, then a two-storey house on Magenta Crescent.

When she was ten her parents separated. Life split into two homes.

Her father stayed in the Maples, her mother moved into a tiny one-bedroom apartment on Matheson Avenue not far from Talmud Torah.

"There wasn't enough space," Eden remembers. Later came a small house on Atlantic Avenue, then another on Redwood Avenue.

"That was the hood," she says with a small laugh.

Sometimes Eden rode the bus home late after working shifts at Uncle Willy's Buffet, walking the last few blocks alone through quiet winter streets, snow squeaking under her boots with streetlights buzzing overhead.

"I'm a true North End girl," she said.

The Vacation Before the Sirens

For years Eden's adult family (her husband and two kids) had escaped Winnipeg winters with February trips to Mexico. Those vacations felt like another world entirely.

2026

Morning in Puerto Vallarta arrives slowly. The sunlight spreads gently across the ocean and the white balconies of the resort. Nothing feels rushed, blenders hum quietly at the pool bar making the first frozen drinks of the day. Staff set out breakfast trays of papaya and pineapple while dishes clink softly in the humid air.

Somewhere nearby an early 2000s pop ballet drifts through outdoor speakers.

This trip felt especially rare.

Eden's entire family had managed to gather in one place, parents, brother, husband, and two teenage sons. The kind of alignment of schedules becomes harder as life moves on.

For nine days, everything moved slowly.

Breakfast stretched into late mornings, the boys disappeared toward the beach, adults lingered over coffee.

Afternoons filled with sunburned shoulders, margaritas, and the low hum of

Continued on page 8

ADVERTISING FEATURE

Are You Restricted in Basic Daily Activities?



Peter J. Manastyrsky

Many Canadians quietly live with medical conditions that affect their ability to manage everyday tasks. You may not think of yourself as "disabled," but if your health significantly restricts basic activities of daily living, you

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child — you may qualify for the Disability Tax Credit.

The Disability Tax Credit is a federally administered program designed to reduce the financial burden on individuals and families living with prolonged medical conditions. Importantly, eligibility **is not based on age**. Children and working-age adults may qualify, as well as seniors.

Even more surprising to many people is that this benefit is **separate from your regular income tax return**. It is a non-taxable credit that can result in significant retroactive refunds if you qualify. Applications can be submitted at any time of the year — you do not have to wait until tax season.

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March 10, 2026

Dancho Introduces Legislation for Missing Seniors

Ottawa, ON – Raquel Dancho, Member of Parliament for Kildonan—St. Paul, has introduced legislation to establish a national framework for Silver Alerts to help locate vulnerable seniors who go missing.

Bill C-263 is informed by the tragic disappearance of Earl Moberg, a Winnipeg senior living with dementia who went missing in 2023 and was never found.

“Earl Moberg was a beloved husband, father, and grandfather from our community,” said Raquel Dancho. “Despite an exhaustive search, he was never found. Cases like this remind us that every minute matters when a vulnerable senior goes missing.”

Nearly one million Canadians are expected to be living with dementia by 2030, and many will go missing at some point. When a missing senior is not located quickly, the risk of serious injury or death rises dramatically.

In Mr. Moberg’s case, it is believed he may have been seen after he disappeared—but those who saw him were not aware he was missing.



MP Dancho for Kildonan-St. Paul was honoured to present the Silver Alert in Parliament on March 10/26.

“When someone living with dementia goes missing, minutes and hours can mean the difference between life and death,” said Britt Moberg, daughter of Earl Moberg. “Even months into the search, we continued to meet people in the area who had no idea he was missing.”



Brenda Moberg, wife of Earl Moberg, advocating for the Silver Alert in the Garden City mall.

“That is exactly the type of situation a Silver Alert could help prevent,” Dancho said. “If the public is alerted quickly, someone who sees a missing person may recognize them and contact authorities.”

The Silver Alert National Framework Act would require the federal government to

work with provinces, territories, and law enforcement to establish coordinated national standards for issuing rapid public alerts when vulnerable adults with dementia or other cognitive impairments go missing.

An e-petition launched by the Moberg family and sponsored by Dancho gathered more than 7,300 signatures from Canadians across the country, calling for the creation of a national Silver Alert system.

“A Silver Alert sent to mobile devices could quickly reach people in the local community, helping locate missing older adults faster and saving lives. The tools already exist — now we need to use them,” added Moberg.

“I am deeply grateful to the Moberg family for their tireless advocacy,” said Dancho. “Their courage and leadership have helped bring national attention to this issue, and this legislation aims to ensure other families have a better chance of bringing their loved ones home safely.”

The bill is expected to be debated in the House of Commons later this year. ■

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Eden's Mexico Nightmare, *cont'd from page 6*



L-R: Eden's stepdad, Kim, sons Jack and Jeremiah, and mom, Carmen.

conversations drifting around the pool. Music played softly through palm-tree speakers. Kids chased each other between deck chairs. Waiters carried trays of drinks through the heat.

Time stretched, the way it always does on vacation.

For nine days Eden's Mexico was sunlight, family, and the quiet rhythm of the ocean rolling just beyond the resort walls.

Then the tenth day arrived.

Growing up Jewish

Jerry wasn't a practicing Jew and Eden's mother had converted before marrying him. Their household didn't revolve around synagogue life, and the High Holidays often passed quietly at home. Something that felt painfully obvious to Eden as a child attending Talmud Torah on Matheson Avenue and later Joseph Wolinsky Collegiate. Surrounded by classmates whose families seemed fluent in the rhythms of Jewish life, Eden often felt like she was slightly out of step. "Everyone else seemed to know how to be Jewish," Eden recalled. "I knew the background, the holidays, the history, but I always felt like I was missing some piece of it." After her parents separated, her mother began celebrating Christmas again, but in a way that felt

more cozy than religious. "I actually really loved Christmas with my mom," Eden said. "It was about the tree, the lights, the stockings she got for us. It was never religious, just warm and fun." Despite that, her mother still identified as Jewish and always spoke about Judaism with affection. "She still says the religion is beautiful," Eden explained. "She even wears a Star of David." For Eden, identity ended up being less about strict practice and more about something personal that stayed with her over time. "Even with all that," she said, "I've always considered myself Jewish, just not practicing in the traditional sense." In her adult life she even hosts an annual Seder, a quiet tradition that keeps that connection alive.

By Grade 10 Eden had reached a decision that felt both frightening and necessary. She wanted to leave JWC and transfer to Garden City Collegiate. The idea of starting over terrified her but staying meant continuing to feel like she didn't quite belong. What made the leap possible was the knowledge that one of her closest friends, Sandra, was willing to make the switch too. "I was really scared," Eden remembered, "but I also knew I wasn't happy where I was." The first few months at Garden City were awkward in the way new beginnings



Bombings are becoming frequent.



Waiting patiently in the airport while gunshots echoed outside the terminal.

often are, new hallways, unfamiliar faces, the slow work of finding where you fit. Gradually, things changed. Eden began to settle in, forming friendships that would shape the rest of her high school years. By Grades 11 and 12, she had found herself part of a large circle of friends and was genuinely happy. She has remained in touch with many of them over the years and life eventually created another unexpected connection, she later married the younger brother of one of her former classmates. "So in a funny way," Eden acknowledged, "Garden City stayed part of my life long after high school."

The Taxi

The rumours started before sunrise.

Roadblocks. Burned trucks. Something was happening on the highways outside the city.

Eden hadn't even heard the word cartel yet. She and one of her sons climbed into a taxi bound for the airport. At first it felt like any other early-morning ride, quiet streets, the pale morning light stretching across the road, the sleepy hum of the engine.

But something about the driver felt different. He kept checking his phone.

Again, and again.

Spanish voice messages crackled through the speakers, rapid, urgent, the kind of conversation you can't quite understand but can feel in your stomach.

Suddenly the driver's face changed.

His foot pressed down, hard. The taxi lunged forward, engine screaming as the car shot down the highway. The speedometer climbed, 160... 180... 200 kilometres an hour, maybe more.

The landscape outside the windows blurred into streaks of grey and green, and then the evidence started appearing along the roadside.

Burned vehicles, blackened pickup trucks sitting crooked in the ditch; shattered glass scattered across the asphalt like ice.

At one point they passed what looked like the remains of a semi-truck. Its trailer twisted and collapsed; the metal frame bent in on itself like the skeleton of some enormous dead animal.

Inside the cab, nobody spoke.

The driver's knuckles were tight around the steering wheel. Eden felt her own hands clamp around the door handle until her knuckles turned white.

"I didn't even really understand what was happening yet," Eden would later say. "I just knew something was very wrong."

Then it happened, a boom, not thunder, not construction but something sharper. Something violent, it was a bomb. The car felt like it was ready to take off. Eden still didn't know what was happening, but she knew it couldn't be good.

For one long moment, as the taxi tore down the highway past the wreckage of someone else's nightmare, a single thought flashed through her mind.

We might not make it to the airport.

The Airport

Inside the airport, the fear spread in waves. At first it was quiet. Travellers checking phones. Airline agents whispering behind counters.

Then gunshots echoed outside the terminal, sharp, unmistakable.

Hundreds of people froze. Then someone screamed. Suddenly, the entire crowd moved. People ducked behind pillars, luggage carts toppled; perfume bottles shattered across duty-free floors. There was another explosion somewhere outside the building. Members of Mexico's National Guard rushed in shouting orders.

"Arriba! Arriba!"

Away from the windows rumours moved through the crowd like electricity.

Flights were canceled; roadblocks were everywhere. Gunmen on the highways.

For thirty hours the airport stopped feeling like an airport. It became something else, a waiting room for panic. Restaurants ran out of food, the water became scarce, people slept on cold tile floors under fluorescent lights that never turned off. Phone batteries died and information disappeared.

At one point Eden heard another explosion outside and felt her stomach drop. For a moment she wondered if this was how it all ended.

Leaving

Eventually Eden and her family made it to a nearby hotel. The lobby looked like a refugee camp made of rolling suitcases. Travellers sleeping on couches. Phones plugged into every outlet. Everyone refreshing airline apps hoping for a way home.

Two nights turned into four. Finally, after hours arguing with airline staff, Eden secured seats on a flight to Toronto.

When the plane lifted off the runway, she felt something she hadn't felt in days.

Relief.

Her shoulders dropped and her body finally relaxed. The rest of the journey home felt strangely quiet.

What Stays with You

Even now certain sounds bring the memory back. Sirens, sudden loud bangs, crowded airports. When Eden tells the story today, she doesn't only talk about fear. She remembers the taxi driver racing them through chaos.

Strangers sharing food and phone chargers. Hotel staff trying to help a building full of stranded travellers.

In a strange way, that part of the story might have made sense to her father, because if you grew up around a place like The White House on Selkirk Avenue, you learned something simple about people.

When things fall apart, the most important thing isn't the chaos.

It's who helps you through it, and whose voices you remember long after the smoke clears. ■



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JUANITA DESOUZA-HULETEY - Ambitious and Delightful



A MANITOBA MOMENT

By Bud Ulrich

I had the opportunity to speak with Manitoba's Juanita DeSouza-Huletey via Zoom in her hometown of Accra, Ghana, a country in West Africa. "It's a vibrant, spacious coastal city full of life, history, music, and community. There is always something happening in Accra – from markets and beaches to family gatherings," said Juanita. While Ghana remains her home emotionally, spiritually, and culturally, Canada has been her home for 35 years. Over those decades, she has emerged as both an industry and community leader — a keynote speaker, coach, educator, and mentor whose influence now extends nationally and internationally.

I still marvel at the relatively new technology of being able to have a video connection thousands of miles away at no cost. Heck, I can remember hundreds of dollars being spent on long distance phone calls not too long ago. Juanita was sitting in her family's home where the temperature read 28C, and here we are at -17C. Juanita had a fan blowing to make things a bit more comfortable. Regardless of the differences in temperature, we had a warm discussion. She was spending some quality time with her family before returning to Winnipeg.

Juanita and her husband, Emmanuel, have three sons (Ronald, Ernestho and Pete) who are well into their adult lives. She has built her career in Canada and contributed to her community. This is where it laid the foundation that shaped who she is and gave her the deeply held values that helped her find her way in leadership, relationships, and life across cultures. Now that she is retired from full-time corporate work, she plans to spend more time in Ghana each year but also continue with work in Canada and beyond.

Juanita's educational accomplishments at the University of Manitoba include a master's degree in Econometrics and Public Finance. Her undergraduate studies at the University of Ghana included a double honours in Computer Science and Economics, plus several professional certificates. With that education, she was well-positioned to carve out a highly successful career. She went on to become the first Black woman to lead IT at the Winnipeg Police Service.



Juanita DeSouza-Huletey

Dynamic Solutions International (DSI) was founded by Juanita in 2014. Initially, this company became a part-time consulting practice. However, after retiring from the public sector, DSI became a full-time job. DSI is very active in assisting organizations and individuals in improving performance. "This company was founded on the belief that solutions should meet expectations, and that real change happens through collaboration, trust, and people-centered leadership," Juanita said.

Speaking engagements, workshop development, executive coaching, teaching, IT, and project management are just some of the things that keep Juanita occupied today. She has a passion to assist women to do meaningful and impactful work. Juanita believes that women can make their voices heard.

The Canadian Immigrant Professional Alliance (CIPA) located in Winnipeg, was founded by Juanita. It is currently volunteer-driven, supported by interns, board members, and advisors. Their biggest challenge is getting sustainable funding to accommodate growth in their programs. This company is set up to inspire immigrant professional people through a variety of supports (training, mentorship, dealing with barriers to employment) in preparation for employment in Canada. From our brief chat, it became obvious that Juanita has a unique ability to inspire others to strive for the best.

Since CIPA's recent launch, Juanita's time commitment has increased substantially, often working long days. "But when

you're building something rooted in purpose, the hours and minutes pass very quickly," she said. This phase of the company is essential. It is one where she is fully immersed in building supportable systems for others long after she leaves.

Juanita serves on the University of Manitoba Board of Governors. She has also contributed to the IT Strategic Council at Red River College Polytechnic and is a founding member of Women in Cybersecurity (WiCyS) Western Canada.

Juanita is a #1 international bestselling author. She contributed to *Evolution of Women's Leadership: Women Catalyzing Change*, with her chapter "Beyond the Glass Ceiling," and is a contributing author of *Passion, Purpose & Possibility*, another Amazon Best Seller.

International Women's Day on March 8th surely was successful with Juanita's leadership and organizational skills. "We are expanding it into an annual initiative called *She Leads Manitoba*, aimed at bringing together women-led organizations and allies across the province," she said.

The future of Juanita's life is guided

by passion, purpose, and influence. She now is stepping into what she calls Juanita 2.0 – a season of living according to her values and beliefs. "It is a phase where I rise beyond noise, walk with purpose, and choose work that aligns with my values and humanity," Juanita said.

I asked Juanita what advice she can offer to women entering the workforce. She responded, "Do not wait until you feel 'ready'. I was rarely ready when opportunities arose, but I was willing to learn. Confidence is built through action, not perfection. Raise your hand, volunteer strategically, and put yourself in rooms where decisions are being made. That's how growth happens. If you immigrated in search of opportunity, do not shrink your ambitions once you arrive. Canada is a land of opportunity, but progress requires courage. There will be challenges and moments of discomfort but focus your energy on what you can control – how you lead, how you contribute, and how you consistently show up."

Will Juanita slow down in her so-called retirement years? It doesn't appear to fit the ambitious nature of this woman. ■



March 4, 2026

Province plans to focus on lowering costs and improving health care

The Manitoba government will present a legislative agenda focused on helping Manitobans with cost of living and health care, government house leader Nahanni Fontaine announced.

"With a big project like Churchill Plus on the horizon, Manitobans are feeling hopeful for the future, but we know there is much more to do when it comes to helping families today," said Fontaine. "Our team is using all the levels of government to lower the cost of living and make health care better."

Upcoming legislation will deliver on commitments made in the throne speech,

which includes a patient safety charter, ending mandatory overtime for nurses and introducing nurse-to-patient ratios.

The 2026 budget will be introduced on March 24, which will also contain measures to help Manitobans with the cost of living and continue to make investments that grow the economy and improve health care. Other legislation to be introduced this session will strengthen mental health services in Manitoba, create a new Crown-Indigenous corporation and make communities safer by getting dangerous weapons off the streets. ■



Happy Easter

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How frozen meals can be a healthy choice for seniors

Heart to Home Meals - Fred Pennell

For many people, the idea of frozen meals still brings up old memories. Thin dinners in cardboard trays. Soft vegetables. Limited flavour. Food that filled the stomach but did little to nourish the body or bring enjoyment. It is understandable that some seniors still associate frozen meals with convenience rather than quality.

Today, frozen meals look very different. Advances in food preparation and freezing methods mean that meals can be preserved at peak freshness, locking in nutrients, flavour, and texture. For seniors who value both health and ease, frozen meals can be a practical and nourishing part of daily life.

This shift matters. As we age, maintaining consistent nutrition becomes more important and sometimes more challenging. Appetite changes. Energy fluctuates. Grocery shopping and cooking can feel physically demanding or harder during colder months. Having nutritious meals readily available removes many barriers to healthy eating.

What Does Frozen at Peak Freshness Really Mean?

When foods are frozen shortly after preparation, vitamins and minerals are preserved rather than lost over time. Fresh produce that travels long distances can lose nutrients while sitting in transport or on store shelves. Frozen ingredients, by contrast, are often frozen soon after harvest or cooking when their nutritional value is highest.

This process helps retain important nutrients such as vitamin C, vitamin A, and many B vitamins. Proteins maintain their structure. Vegetables keep their colour and texture. Flavour remains intact.

Heart to Home Meals uses this approach so that meals arrive frozen at peak freshness and ready to enjoy any time. Seniors can feel confident that what they are eating supports their health rather than simply filling a plate.

Why Nutrition Matters More as We Age

Good nutrition supports strength, balance, immunity, memory, and energy. It helps main-

tain muscle mass, supports bone health, and keeps the immune system functioning well. When nutrition slips, seniors may notice increased fatigue, slower recovery from illness, or changes in mood and focus.

Eating regularly and eating well can become more difficult with age. Appetite may decrease. Preparing meals can feel tiring. Standing for long periods may cause discomfort. Carrying groceries may be unsafe. These challenges can quietly lead to skipped meals or reliance on less nutritious convenience foods.

Accessible nutrition changes this picture. When nourishing meals are easy to prepare and always available, healthy eating becomes consistent rather than occasional. Heart to Home Meals supports this consistency by delivering balanced meals directly to the home, removing physical barriers and supporting independence.

Supporting Many Dietary Needs

One of the strengths of frozen meal services designed for seniors is the ability to meet a wide range of dietary needs. Different health requirements and conditions often require specific approaches to eating.

Heart to Home Meals offers meals suitable for many dietary preferences and medical needs including Low Sodium, High Fibre, Carb Control[®], Protein Assist[®], and Low Saturated Fat diet codes, as well as texture modified, gluten friendly, and lactose free options. This allows seniors and caregivers to choose meals that meet their personal needs.

Rather than preparing multiple recipes or worrying about ingredient labels, seniors can feel at ease and enjoy selecting meals from our menu of over 200 dishes, reducing food stress and supporting long term wellbeing.

Consistency Builds Health

Healthy eating is not only about what we eat but also about how reliably we eat well. Regular meals provide steady energy, help stabilize blood sugar, and support hydration habits.

Frozen meals make consistency easier. Meals can be stored safely for longer periods. There is no pressure to use ingredients before they spoil. Seniors can keep a variety of options on hand and choose what appeals to them each day.

This reliability is especially helpful during winter months when weather can limit outings or delivery schedules. Knowing that nourishing meals are already available provides peace of mind and supports steady routines.

Accessibility Supports Independence and Dignity

Being able to nourish oneself independently preserves dignity, confidence, and a sense of control over daily life, especially when aging in place.

When cooking becomes physically demanding, frozen meals can offer a way to maintain independence without compromising nutrition. Heating a prepared meal requires far less effort than shopping, chopping, lifting pots, and cleaning up afterward.

Heart to Home Meals makes accessibility central to its service. Meals are delivered directly to the door, clearly labeled, and easy to prepare in the microwave or oven. Seniors can continue making choices about what they eat while reducing the strain of cooking.

Quality and Balance in Every Meal

Modern frozen meals focus on balance. Portions are designed to provide appropriate protein, vegetables, carbohydrates, and healthy fats. This balanced approach supports sustained energy and satisfaction.

Frozen meals also reduce reliance on heavily processed snack foods that may be high in sugar, salt, or saturated fat. Instead, seniors have access to full meals that provide meaningful nourishment.

Heart to Home Meals carefully develops recipes that prioritize flavour, nutrition, familiarity, and balance. Meals reflect comforting favourites while aligning with different nu-

tritional needs of seniors. This combination encourages regular eating and enjoyment.

Supporting Caregivers and Families

Frozen meals also support families and caregivers. Knowing that a loved one has access to nutritious meals reduces worry and helps families feel confident about daily care. It allows caregivers to focus on connection rather than meal preparation logistics.

Meals can be easily stocked in advance, providing continuity even during busy or unpredictable periods. This stability supports both physical health and emotional wellbeing.

Rethinking Frozen Meals

Frozen meals no longer represent compromise. They represent accessibility, consistency, nutrition, and peace of mind. When prepared thoughtfully and frozen at peak freshness, they preserve nutrients and flavour while making healthy eating easier.

For seniors who want to stay independent, nourished, and healthy at home, frozen meals can offer a practical solution that aligns nutrition with need.

Nourishment That Fits Real Life

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A SEAL PUP RESCUE - Actions That Saved a Life



A VICTORIA, BC MOMENT

By Bud Ulrich

During a severe cold spell in Winnipeg (mid-January) I was most fortunate to be in Victoria, BC visiting my daughter, Beth, and son-in-law, Glen. Beth belongs to a swim club at Holland Beach Point in the Juan de Fuca Strait, only a few minutes from her residence in the James Bay neighbourhood. She shared a beautiful story with me. It was late July and just as she was about to enter the water, she was approached by a couple who noticed a baby seal lying on the shore. They asked Beth if she knew what to do. Beth said, "Yes I think I do." She looked at the seal pup which seemed to be distressed, but maintained a distance knowing that one should not go near the pup. Immediately she messaged Ryan Michael, a local resident of Victoria who created the "Friends of Vancouver Island" Facebook page. He provided a phone number for the Vancouver Aquarium Marine Mammal Rescue Society (VAMMR) which is a global leader in marine mammal rescue, research, and rehabilitation. Beth was asked to take a video with her phone and a picture of the seal pup and forward them for assessment. The appropriate action would be taken by their counterparts in Victoria. Beth was asked to remain close by to ensure others would not disturb the seal pup.

Approximately half an hour later, a woman arrived (being the first responder and counterpart to VAMMR). She asked Beth if she was the person who called in the incident and then proceeded to assess the condition of the abandoned seal pup. Further videos and pictures were taken followed by a phone call to VAMMR to determine the next course of action. It is important to make an accurate determination of the condition of the seal pup as mother seals will leave pups on the shore



Beth Ulrich with Glen Lewis.



Beth belongs to a swim club minutes from her home in Victoria, B.C.

to forage. "This woman was well experienced to determine the health condition of the pup," Beth said. The seal pup was placed into a kennel and transported to the Victoria Harbour Airport terminal situated in the Inner Harbour in downtown Victoria. Within an hour the pup was at VAMMR for assessment and appropriate treatment in their Intensive Care Unit (ICU) which isolated the pup for the required urgent attention.

The seal pup was given the name "Proteus" along with pertinent information,

Continued on page 12



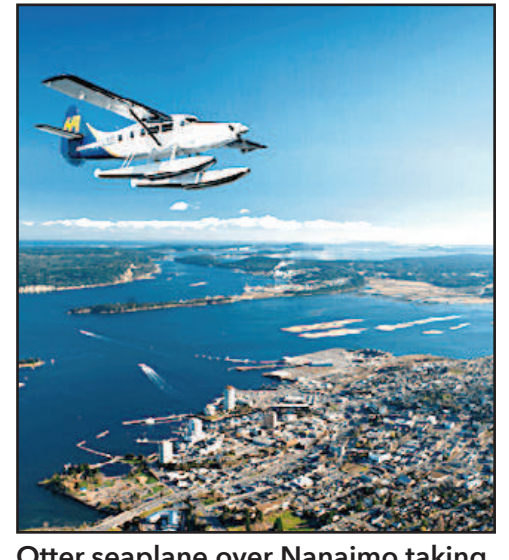
Seal pup, was found in distress.



It was soon named Proteus.



Proteus in the kennel will now get help.



Otter seaplane over Nanaimo taking Proteus to a Rescue facility.

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A Seal Pup Rescue..., *cont'd from page 11*

which was posted on Facebook, i.e., weight, arrival date, condition, etc. “The pup remained in ICU for at least three months,” said Beth.

Later, a volunteer coordinator reached out to Beth and thanked her for her efforts and informed her that she could follow the progress of Proteus online. After six months of rehabilitation, the healthy seal was released back into the water, conditioned to survive on its own. Now, I can’t help but feel our current health system might learn something here – just saying! I know it’s not possible, but to hear about such a wonderful and efficient way to administer treatment is heartwarming.



Facebook post: “Our seal pup pal Proteus has returned to the ocean.”

A message from Ryan Michael was posted on Facebook – “Happy Friday everyone! Our seal pup pal Proteus has returned to the ocean, and we figured the group might like to see it. That happy day is finally here, all thanks to your call Beth Ulrich.” Beth’s reply was, “Amazing! What a joyful moment, and he’s back where he belongs. You created this beautiful community, Ryan. We knew how to respond.”

Here’s a bit more important information on The Vancouver Aquarium Marine Mammal Rescue Society. “We respond to over 300 marine mammal emergencies each year and operate Canada’s only dedicated marine mammal hospital facility. Our mission is clear: to rescue, rehabilitate, and

release marine mammals in distress. With your support, sick, injured, or orphaned seals, sea otters, sea lions, turtles, and small cetaceans are given a second chance at life.”

<https://www.vammr.org>

Even though Beth was somewhat nervous, I know she handled the situation calmly and in an efficient manner. This is the first time I have heard of this type of rescue and rehabilitation. It is comforting to hear of such a successful rescue of an abandoned distressed harbour seal pup which was lying helplessly on the beach and received the care it needed. I’m enormously proud of the way my daughter acted quickly to save this baby seal’s life. ■

You are invited to the upcoming Pan Canadian CBSS Summit 2026 “The Power of Community: From Local Vision to National Action on Ageing”

June 7-9, 2026
**Victoria Inn in Winnipeg,
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Join the second pan-Canadian Community-Based Seniors’ Services (CBSS) Sector Summit.
Building on the success of the 2024 Summit in Ottawa, the 2026 Summit will

once again bring together and energize CBSS organizations and allies from across the country to move from vision to action for a stronger, more unified CBSS sector.

We believe strong communities are the foundation of a just and inclusive ageing future. The 2026 theme, The Power of Community: From Local Vision to National Action on Ageing, celebrates the essential role of grassroots organizations in shaping policy, building systems, and supporting older adults to age with dignity, purpose, and belonging in their communities.

The 2026 Summit is proudly hosted by HelpAge Canada in partnership with the pan-Canadian CBSS Leadership Council.

Why Attend?

This 1 ½ -day hybrid event will feature compelling speakers, promising practices, practical tools, engaging workshops, and a renewed call to collective action on ageing in community. Plus, attendees can connect with like-minded people and organizations from across the country.

The 2026 Summit offers:

- Connection: Build and deepen relationships across provinces, territories, and sectors
- Learning: Access tools, models, and knowledge to strengthen your local work
- Momentum: Share progress since 2024 and align around the next phase of sector development

- Advocacy: Shape collective messages and solutions to bring to decision-makers

Since the 2024 Summit, and with guidance from the pan-Canadian CBSS Leadership Council, we’ve held 19 community consultations across the country. What we heard will directly shape the 2026 Summit.

Registration Fees

- Options:
Cost (Before April 15)
In-person - \$315.00
Cost (after April 15)
In-person - \$350.00

What’s Included

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Banquet Dinner (June 8)
Meals on June 8-9

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Celebration of Life

- Planning
- Memorial
- Funeral
- Grievance

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Those we love
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13	DIGNITY MEMORIAL
14	TILLWELL ECO-FRIENDLY CREMATION FOR MANITOBA FAMILIES
14	KENDRA L. d'EON, BARRISTER, SOLICITOR, NOTARY PUBLIC - KLD LAW
15	WESTWOOD MEMORIALS
15	ARBOR MEMORIAL
16	BRUNET MONUMENTS
16	BRANCH & PYRE CREMATION CARE

Your Wishes, Their Peace of Mind: The Importance of Planning Ahead



By Michael Gibbens - Dignity Memorial Funeral Homes and Cemeteries

Thinking about funerals is never easy. They are emotional, often overwhelming events, and the financial and logistical demands can add even more strain. Yet taking time to plan ahead can spare your loved ones from many of the pressures that arise after a loss. By making your wishes known in advance, you give your family clarity and comfort at a moment when they need it most.

The passing of someone close is always accompanied by difficult decisions. Families frequently find themselves asking: *Did she want a traditional service and burial? Didn't he mention wanting to be cremated? Should the ceremony be held at the*

funeral home or in our place of worship? What music or readings would feel right?

Without guidance, relatives often struggle to answer these questions and worry about choosing something the deceased might not have wanted. Preplanning takes away this uncertainty. It allows your family to focus on supporting each other rather than making rapid decisions during a stressful time.

According to the Federal Trade Commission, planning ahead empowers individuals to make thoughtful, informed choices about funeral arrangements. It also provides the freedom to compare services and

prices, ensuring decisions are based on preference rather than pressure. When done in advance, planning can be approached calmly and on your own schedule, giving you time to consider each detail.

Preplanning can also offer financial benefits. By arranging services ahead of time, you may be able to lock in current prices and reduce the impact of future inflation. More importantly, it relieves your family of unexpected expenses and the responsibility of arranging everything themselves. Instead of worrying about logistics, they can use that time to share memories, find comfort in one another, and celebrate your life.

One helpful first step is simply writing down your preferences. Many families find tools like the *Dignity Memorial® Personal Planning Guide* useful. This no-cost, easy-to-use booklet walks you through each aspect of final arrangements in a clear, fill-in-the-blank format, ensuring your wishes are recorded in a straightforward and organized way. Ultimately, choosing to prearrange your funeral or cremation is a deeply personal decision—but it is also a meaningful gift. It lifts a significant burden from the people you love, offering them clarity, peace, and the reassurance that they are honouring your wishes. ■



Why a prepaid funeral makes sense...

It's only natural to make plans that safeguard against the unexpected—that's why we buy insurance and plan our estates. A prepaid funeral, along with prepaid cemetery arrangements, is no different. Planning ahead for a funeral is a pragmatic decision that protects your family's financial resources and helps to ensure **your** final wishes will be honoured.

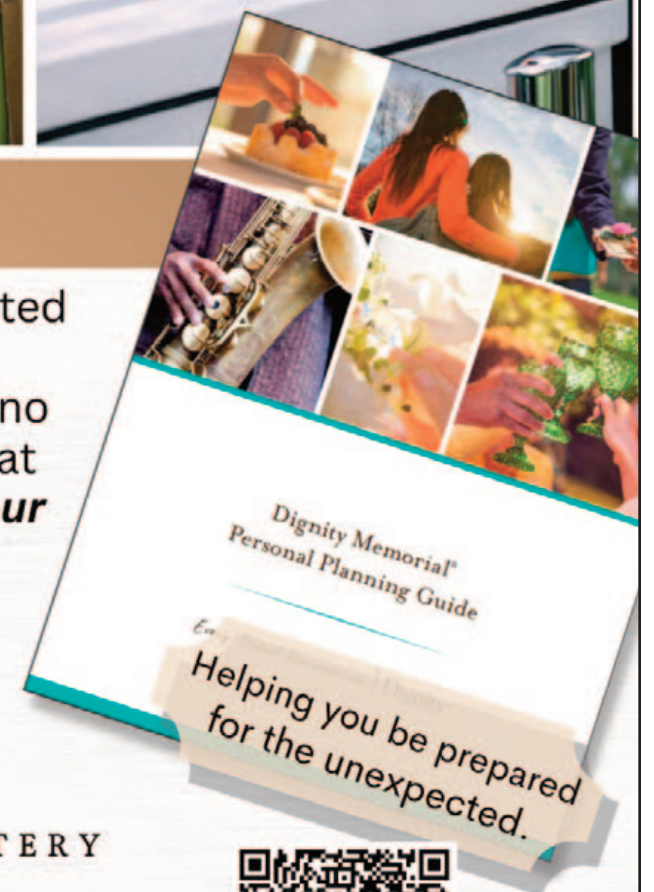
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Tillwell Aquamation: The Gentle, Affordable End-of-Life Choice for Manitoba Families

Headingley's Tillwell Inc. offers families dignity, accessibility, and environmental stewardship - Submitted

When Dwayne Till read a National Geographic article about water cremation several years ago, he knew he'd found something important. As a Métis entrepreneur whose upbringing had instilled in him the values of care, stewardship and innovation, the concept resonated deeply.

"I saw an opportunity to bring something meaningful to Manitoba," says Till, founder of Tillwell Inc., Manitoba's first and only aquamation facility. "This isn't just about offering another service—it's about giving families a choice that honours both their loved ones and the environment, while making it accessible to everyone."

What is Aquamation?

Aquamation, also known as alkaline hydrolysis or water cremation, is a gentle, flameless process that has been gaining acceptance across North America. Using a solution of 95% water and 5% alkali, the process accelerates the natural decomposition that would occur over time in the earth. The result is a dignified alternative to traditional cremation.

Benefits and Affordability

For Manitoba families, the benefits are clear:

- **Affordability:** At **\$1,295**, Tillwell is the most affordable end-of-life option in the province—significantly less than traditional cremation services that typically range from \$1,400 to \$6,500. The \$1,295 all-inclusive pricing is straightforward and accessible, with no hidden fees.
- **Sustainability:** It is the most sustainable choice available and requires 90% less energy compared to traditional cremation. It runs entirely on Manitoba's clean hydro-electric power and produces zero direct emissions.
- **Dignity:** The gentle process is respectful and returns 20% more

remains to families than traditional cremation.

Traditional flame cremation requires burning fossil fuels at extremely high temperatures, releasing carbon emissions and mercury from dental fillings into the atmosphere.

"We're not asking people to choose between affordability and dignity, or between sustainability and accessibility," Till explains. "Aquamation is gentle, respectful, affordable, and actually returns more of your loved one to you than flame cremation does. Access is key—everyone deserves these choices."

Company Profile and Commitment

Tillwell received full regulatory approval for human services in **December 2024**, making it Canada's first B Corp-certified funeral service provider—a designation that recognizes businesses meeting the highest standards of social and environmental performance.

The company dedicates 5% of net revenue to reforestation efforts through partnerships with Tree Canada and the City of Winnipeg, aiming to achieve carbon-negative operations.

Till emphasizes that pre-planning is welcome and encouraged, allowing individuals to make their own decisions and ease the burden on family members during difficult times. "Many people in our parents' and grandparents' generation are thinking about these things," says Till. "They want to plan ahead, understand their options, and make choices that reflect their values—without breaking the bank. We're here to have those conversations."

The facility in Headingley has been operating pet aquamation services for nearly a year, has served nearly 1,000 families and pet parents, and

is partnering with over a dozen veterinarians across Manitoba.

Contact and Location

For those interested in learning more about aquamation or pre-planning services, Tillwell welcomes questions and facility tours by appointment.

Tillwell Inc.

1-5 Fast Lane, Headingley, MB
Phone: **(204) 885-0409**
Website: www.tillwell.ca
Email: funerals@tillwell.ca

We are grateful to the Métis, Cree, Ojibwe, Oji-Cree, and Dene peoples for their traditional stewardship of the land on which we create and connect.

Peace of Mind is Priceless: Estate Planning as Your Last Gift

By Kendra L. d'Eon - KLD Law

A properly drafted Will is one the most selfless tasks you will ever do because you will not be here to see its benefits. More than that, a complete estate plan is something that your loved ones will truly appreciate.

An estate plan is an overall plan which considers what happens if you die or are incapacitated and can no longer make your own financial or medical decisions. The most common parts of an estate plan are a Will, Power of Attorney, and Health Care Directive, but an estate plan can also include insurance, investments, succession planning if you own a business, and the general organization of your affairs to make things easier in the case of an emergency.

There are many professionals who can help you build an estate plan properly (lawyers, accountants, financial advisors, etc.) but there are a lot of things that you can do yourself that may make a significant difference to your loved ones when you pass.

Reduce clutter: It can take weeks to clean a home that is full of memories, especially if those memories are buried amongst clutter. Clutter (including digital clutter) can create more work and expense for your Executor.

Talk to your family: Sometimes people complicate their Will needlessly because they avoided discussion with their loved ones. Asking beneficiaries if they even want the house or cottage (or whatever item you are considering) could allow you to simplify your estate plan.

Talk to your Executor: It is extremely helpful if your Executor knows what the job will look like while you are still here to answer questions and tell them your wishes. It is also important to ask them if they are willing to accept the job while you can still look for an alternate.

Organize your files: Going beyond reducing clutter, it is extremely

helpful if your Executor knows everything they need to know to handle your estate before your pass. There are many ways you can do this, but it is important to keep your information in one place for easy access. One such way is to purchase a pre-made guide that can help you gather relevant information. KLD Law recently launched our own Estate Planning Guide, which has been designed to include information about your entire estate plan from legal documents to online accounts and it even includes a place for child, pet, or plant care instructions.

For more information on how you can organize your estate and give the peace of mind of an estate plan check out KLD Law at www.kldlaw.ca/estate-planning-guide or call us at **204-989-9850**. ■



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Celebration of Life

The Quiet Work of Grief

Loss arrives quietly for some, suddenly for others, but it always changes the landscape of our lives. When someone we love passes away, the world keeps moving forward—traffic still hums, the sun still rises, conversations still happen—yet something within us has shifted in a way that words rarely capture.

Grief is often misunderstood as a single emotion, but it is really a journey made of many feelings. There is sadness, of course, but also longing, gratitude, disbelief, and sometimes even moments of laughter as memories surface. It can come in waves: a familiar song on the radio, the scent of

a favourite meal, or an old photograph that suddenly carries a deeper meaning. In these moments we are reminded not only of the absence of the person we loved, but also of the richness they brought into our lives.

Those who are grieving sometimes feel pressure to “move on” or return quickly to normal routines. Yet grief is not something that can be hurried. It unfolds at its own pace, quietly reshaping the heart. Some days may feel heavy and slow, while others may bring unexpected calm. Over time, the sharp edges of loss may soften, though the love that remains never disappears.

What many discover along the way is that grief is, in many ways, a reflection of love itself. We mourn deeply because we cared deeply. Every tear is a reminder of shared moments—conversations around the kitchen table, laughter during ordinary afternoons, lessons learned from a guiding voice, and the countless small acts of kindness that once filled everyday life.

Gradually, memories begin to take on a different tone. Instead of only reminding us of what is gone, they become a quiet source of comfort. The stories we tell about the person we lost keep their presence alive in subtle ways. Their values, humour, and

wisdom continue through the lives they touched.

In time, many people come to realize that while grief never fully disappears, it changes shape. It becomes gentler, less overwhelming, and more intertwined with gratitude. The pain of loss slowly makes room for appreciation of the love that existed—and still exists in memory.

To grieve is one of the most human experiences we share. It reminds us that our lives are connected in meaningful ways, and that the bonds we form endure far beyond a single lifetime.

Even in loss, love remains. (Anon.)

Westwood Memorials - Honouring Legacies: A Family-Owned Memorial Business Serving the Community - Submitted



In an era where large corporations dominate many industries, family-owned businesses continue to serve as the heart and soul of communities. One such business is **Westwood Memorials**, a locally owned memorial company that has been helping families honour their loved ones with dignity and care for almost 60 years. Westwood Memorials was started by Herb Link in 1966 out of his home in Winnipeg, Manitoba with a simple goal: to create high-quality, personalized memorials that serve as lasting tributes.

Over the years, the business has remained in the family and has moved to 4284 Main Street in West St Paul, Manitoba. It is now operated by his son Curtis Link, who carries forward the legacy of craftsmanship, compassion and community.

What sets Westwood Memorials apart is not just their expertise in stonework but also their deep understanding of the emotional journey families go through when choosing a memorial. “Each memorial tells a story,” says Curtis Link. “We take the time to listen to families, understand their wishes, and create something that truly represents their loved one’s life and memory.”

The process of crafting a headstone is both an art and a science. From selecting the right memorial—to carefully engraving names, dates, and personal messages, every detail is meticulously handled. Advances in technology have allowed for intricate laser etching and customized designs, but the personal touch of

handcrafting remains at the core of the business.

Despite industry changes, Westwood Memorials remains committed to traditional values: quality, integrity, and personalized service. Whether working with grieving families or helping individuals plan ahead, they take pride in offering guidance and comfort during difficult times.

For those seeking a meaningful way to commemorate their loved ones, Westwood Memorials continues to be a trusted name. With a foundation built on family values and a commitment to excellence, they ensure that every monument stands as a lasting testament to a life well lived.

For more information, visit Westwood Memorials at 4284 Main Street or at <https://westwoodmemorials.ca>

<https://www.facebook.com/westwoodmemorials>

Find us on Instagram: https://www.instagram.com/westwoodmemorials?igsh=dDFIb3kyenV6Mnlu&utm_source=qr

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At Branch & Pyre Cremation Care, we understand that many cremation families are opting out of using a traditional funeral home for their memorial service or Celebration of Life, and instead look to family and friends to help them create something unique and more meaningful for their loved one.

When it comes to planning a Celebration of Life or memorial service, families are doing things

a little differently now, often times a little more casual, a little less formal.

For some, it might mean planning a tribute at a favourite local restaurant or hotel, or hosting a simple, intimate gathering in the backyard with the help of family and friends, while for others it might be a private moment shared over a glass of wine or a cup of tea, quietly remembering the good times right at home while

looking through photographs and sharing memories.

A Message from the owner:

“As a funeral director, for me it wasn’t always about the big funeral, the elaborate public tribute. Or how much families could spend to show how much they care.”

Throughout my career, some of the stories that I remember most were the simple ones. The private ones shared over a glass of wine, or during the ritual of lighting a candle at home. My clients taught me that even the posting of a memory on social media could be a profoundly meaningful act. And that didn’t cost a thing. I wanted to start a service for those families. The ones who wanted to say goodbye, simply. ■

Lee Barringer
Owner of **Branch & Pyre**

Branch & Pyre is a cremation service based in Winnipeg, Manitoba.

CANADIAN GRIEF ALLIANCE

The Canadian Grief Alliance (CGA) shares the shock and anguish of all Canadians at news of the tragedy in Tumbler Ridge, British Columbia. We join with people across the country in holding the people of Tumbler Ridge in our thoughts and prayers through their difficult time.

When grief is precipitated by violence and loss on a large scale, as in Tumbler Ridge, it is intense and overwhelming. Naturally, people there will turn first to family and friends for comfort and reassurance. Though not everyone will have lost someone in this tragedy, in a small community, everyone is impacted. Shock and grief will be widespread and touch all areas of daily life. Though compassion and support for the people of Tumbler Ridge is abundant, their needs for emergency medical and mental health support will extend beyond local resources. It is important for us all to remember that the grief that follows a tragedy like this is extensive and pervasive and will impact this community long after this tragedy has faded from the headlines.

Though the experience of loss and grief is universal, its expression is a unique reflection of the nature of the death and of the relationship between the bereaved person and the loss. In this instance, it will involve the whole community. Grief is much more than sadness and can include fear, disbelief, guilt, and anger. When grief and traumatic events intersect, it can also bring feelings like numbness and fear and persistent/intrusive thoughts. Some people may experience insomnia, loss of appetite, fatigue, or confusion. It shows up in emotions, thoughts, activities, behaviour, relationships, and values. People may feel helpless and unsure of 'how to help'; the importance of showing up, being present, and expressing care for people experiencing grief, without trying to 'fix' it, cannot be underestimated — now, and in the time to come.

People may be reminded of tragedy in their own lives and find that they are suffering with this news as well. The shocking tragedy that occurred in Tumbler Ridge, reminds us of our vulnerability and touches our shared humanity deeply.

Canada-Wide Support/Resources:

Crisis Line
Call **1-800-784-2433** or dial **9-8-8** if you are experiencing feelings of distress or despair, including thoughts of suicide.

310 Mental Health Support
310-6789 (NO AREA CODE) Call for emotional support, information and resources specific to mental health.

For online grief information:
www.AboutGrief.ca
MyGrief.ca - Module 25: Grief After Trauma can be found here.

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- ❖ Personalized Memorial Art
- ❖ Monuments and Lawn Markers in Granite & Bronze
- ❖ Cemetery Lettering ❖ Address Signs
- ❖ Columbaria ❖ Mausoleums ❖ Urns



SRI LANKAN SENIORS:

Seniors' Gift of Talents

By Senaka Samarasinghe

Conducted at Southlands Community Church on Feb. 21st (SAT) 2026 from 11.00 noon to 1.00 pm

The main objective of the Talent Show was to showcase the hidden talents of the members of the Sri Lankan Seniors Manitoba (SLSM).

Stage Show performed by Senior members: (1) Highlighted a video presentation exhibiting seniors' talents, (2) Folk Drama: A song from Maname, (3) Traditional one-sided drum played for various rhythms, (4) A group dance for a song from an old Sinhala

movie, (5) an old Sinhala hit song. There were nine invitees, and 150 tickets were sold, and all of them attended. At the end of the show, everyone enjoyed lunch.

SLSM extends gratitude to the Government of Canada's New Horizons for Seniors Program (NHSP). This funding has enabled our 'SL 55 Plus Seniors Active Healthy Living Program' to flourish from April 2025 to March 2026. SLSM appreciates Mayor Scott Gillingham's acknowledgement of our project proposal. ■



Therapeutic Recreation: Conducted by Kumari Ranasinghe

By Senaka Samarasinghe

Nearly ten years ago, Kumari Ranasinghe was the teacher at the Dancing School conducted by the Sri Lankan Association of Manitoba. Recently, Chandani and I met Kumari, and she happily expressed her newly achieved experience in Therapeutic Recreation (TR). As this is useful for Sri Lankan Seniors, both of us informed Doreen, President of Sri Lankan Seniors Manitoba (SLSM), and she obtained her

services on Jan. 30th (FRI), 2026.

With a smile on her face, she conducted the TR session to background music. She sang Sinhala and English songs intermittently along with the participants.

SLSM planned the Seniors Talent Show to be held on Feb. 21st (SAT) 2026. After the Yoga session, rehearsals were conducted for the proposed events of this show. ■



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Superior Care Health also offers free in-home assessments and care plans, flexible scheduling, affordable rates, regular checks, and 24/7 support and supervision to ensure clients receive the care that best suits their needs. Additionally, there are no long-term contracts or hidden fees.

For more information, contact: **Superior Care Health Inc.** at info@superiorcarehealth.ca or call/text **204-998-1797**.



Founded in 2021, **Superior Care Health Inc.** was created with a vision to help address Canada's growing shortage of healthcare workers and the increasing demand for home care services.

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Senior Scope Salute

To Notable Manitobans

Over the past 24 years, *Senior Scope* newspaper has been offering useful and entertaining information for older adults and seniors in Winnipeg and rural Manitoba. One of the main objectives of the newspaper has been to shine a spotlight on many Manitobans and their contributions to their community and the province. A planning committee is organizing a special event called "*Senior Scope Salute to Notable Manitobans.*" **This is a FIRST in Manitoba!**

On Thursday evening, September 17, 2026, at 7:00 p.m. we will gather at the Viscount Gort for an evening of celebration to salute notable Manitobans. Ed Schreyer, former Premier of Manitoba and Governor General of Canada; Susan Thompson,

former Mayor of City of Winnipeg; Al Simmons, top Canadian children's entertainer, and Juno Award winner, will be keynote speakers. Many other special guests will be in attendance.

The evening's program will reflect on *Senior Scope's* rich collection of interviews and articles, accompanied by delectable bites and light musical entertainment.

If your business would like to sponsor a table, please contact Bud Ulrich for details. **Pre-registration is required by June 1, 2026.**

Email: bulrich50@mymts.net or Phone: 204-792-7740 (Bud)
Net proceeds will go to **Myeloma Canada** (Cancer).

Stay tuned! More details to follow in the upcoming issues of *Senior Scope*.

SRI LANKAN SENIORS:

Discussing the Bus Program for South End Seniors Participants

By Senaka Samarasinghe

Renee - Pembina Active Living
Songyan - Winnipeg Chinese Senior Association
Senaka & Chandani - Sri Lankan Seniors Manitoba
Sorace & Kavita Mulchand - Guyanese Association of Manitoba Inc-55 Plus Group

No. 134, Plaza Drive on Feb. 5th (THU) 2026 from 1.30 pm to 2.30 pm.

Conducted by: Acting Deputy Mayor, City of Winnipeg, Councillor Janice Lukes, Waverley West Ward, and Nafiya Naso, Senior Advisor - Community and Public Relations

During the meeting, they discussed the possibility of a monthly transportation program for seniors, including renting a bus to take seniors grocery shopping from a central

location. Based on your feedback, this service is not currently needed.

However, there was a strong interest in organizing monthly social outings for seniors. These outings were identified as a great opportunity to connect, stay active, and enjoy time together. The contact information noted for both transportation companies, Transit Plus and Horizon Grant, was discussed during the meeting.

- Contact Information:
- (1) Tony's Team Transport: 204-489-3200
 - (2) EZ Transit Services: 204-800-5430
 - (3) Transit Plus: <https://info.winnipegtransit.com/.../winnipeg-transit-plus/#>
 - (4) New Horizons for Seniors: <https://www.canada.ca/.../new-horizons-seniors-community...>



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The Pros Know 55+ 2026 Show Dates & Locations

Active Living & Resource Expos

Four more Pros Know Expos in 2026. | Details at: prosknowexpos.ca **FREE ADMISSION FREE** Yup! Free!

Step 3: Yup! Even More NEW Cool Stuff for 2026!

Even More Cool Stuff!

Marching right along here...So, 'I See' said the guy who had his glasses tuned up at The Pros Know Expos this year.

Yup, you heard that right! Thanks to our dear friends and one of our 'Cool Stuff' sponsors, the 'Specsavers' (8 Locations), in town here, seniors can come to the shows and get a little eye-glasses tune-up done. That's cool!

8 of the 11 Specsavers locations in town will be participating as mentioned, as both sponsors and awesome citizens by giving seniors attending the shows, a little help with their eyewear. It just goes hand in hand with Specsavers commitment to our better health and general well-being.

After you get your tune up done, you'll be able to visit the scores of other great seniors resources around the shows that are available to help all of us live better lives. That's no lie! The various organizations and businesses who participate each year, are here to do just that, help us live better and help us live longer...

Case in point; Our dear friends from Canadian Footwear, will be holding some 'Foot Measuring Clinics' to help start the processes for you to get proper fitting shoes. This information will be written down for you, so you can take it to any of their 4 locations around the city to find the perfect fitting footwear. Who knows, there might be some other perks in this for you as well. You'll have to come to shows to find out.

We're also working on having a 'Blood Pressure Clinic' with other ideas in the works to help you along in your journey. More to come in future reports...

In the next column, you'll see the dates, locations and times for the four shows in 2026. Pick one or more, come on your own or do your own car-pool with friends, but come. The first 150+ folks who come in the door will get great resource bags provided by Red River Coop stores for you to take home brochures and Senior Scope Newspapers. Hope to see you there! *Thank you to all, and stay well! Trish & Rick!*

The Pros Know 55+ Show Times: 10:00am - 3:00pm
Active Living & Resource Expos

North End | Sgt. Tommy Prince Place
90 Sinclair Street
Wednesday, May 20th, 2026 ✓
Theme: Active Aging in Place

Charleswood | Charleswood United Church
4820 Roblin Blvd.
Wednesday, May 27th, 2026 ✓
Theme: Community Services Access

Fort Garry | Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.
Wednesday, September 23rd, 2026 ✓
Theme: Wills, Estates & Power of Attorney

St. Vital | Dakota Community Centre
1188 Dakota Street
Thursday, October 1st, 2026 ✓
Theme: Fraud & Scam Prevention

Wow! ...all 4 Shows!



More to come!

See the full list of 'NEW' Cool Stuff for 2026 on our website;
Yup! Cool Stuff at: prosknowexpos.ca

Register now and Walk with the Alzheimer Society this May & June - It's more than just a walk!

- Alzheimer Society of Manitoba

The IG Wealth Management Walk for Alzheimer's is the Alzheimer Society of Manitoba's largest annual fundraiser, supporting local programs and services that improve the quality of life for people living with dementia and their families. It's more than just a walk — it's a powerful day for our community to come together to connect, celebrate and show that no one facing dementia walks alone.

"The IG Wealth Management Walk for Alzheimer's brings people together in a meaningful way," says Aimee Palmer, Regional Vice President of IG Wealth Management. "When we gather as a community to raise awareness and funds, we create momentum that directly supports families and strengthens the programs and services they rely on."

Every day, nine Manitobans are newly diagnosed with dementia. Today, more than 20,300 people in Manitoba are living with the disease — a number expected to rise to 39,100 by 2050. As these numbers grow, so does the urgent need for accessible information, person-centred support, and meaningful community connection for families navigating dementia.

"For nearly 18 years, IG Wealth Management has proudly supported the Alzheimer Society because we understand the challenges families face," says Aimee. "The Walk for Alzheimer's is one of the most meaningful ways we can stand alongside those impacted and show our commitment to community. I'm so proud to be a part of it."

By participating in the Walk, Manitobans send a powerful message of hope — reminding people living with dementia and their care partners that they are not alone.

"The Walk holds personal meaning for me as well," Aimee adds. "My grandmother lived with Alzheimer's for more than 10 years. Her story reminds me that behind every statistic is a family. As more



Manitobans are diagnosed with dementia, it's more important than ever to create awareness and hope for families."

This year's Winnipeg Walk takes place on Saturday, May 30, at the Lyric Theatre in Assiniboine Park. Sign up on the official Walk website today to start raising pledges, growing your team and creating awareness about dementia in your community!

Visit alzheimer.mb.ca/wfa to get started.

THINGS TO DO - MARCH 2026

Free online education sessions:

Respecting a Person's Wishes When Making Tough Decisions

Tuesday, March 24, 2-3 pm
Virtual via ZOOM

Eventually, the person living with dementia that you are caring for will need help from someone they trust to make decisions. But what does it truly mean to respect their values, wishes and autonomy? And what should decision-makers consider? This session will cover advocacy principles and strategies to ensure the person living with dementia remains at the centre of every decision. Register today at alzheimer.mb.ca.

Minds in Motion

Locations available 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.

Community Partner Programs

Learn more about the following programs and register at alzheimer.mb.ca/community-programs.

Connect & Create

Mondays, Feb 23 – Mar 30, 1:30-3:30 pm, Gwen Fox Art Gallery, Selkirk
Cost: \$50 per participant

Through this program, people living with mild to moderate signs of dementia can enjoy guided art classes. Enjoy six step-by-step acrylic painting classes with local artist, Barb Hoffman, who will guide you through composition, colour and brushwork.

Dalnavert Museum Dementia-Friendly Tours

Saturday, March 28, 2026, 10-11:30 am, Dalnavert Museum, Winnipeg
Cost: \$24 +tax per pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

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

Tune-Up Café

Bi-weekly on Tuesdays, 6:15-8 pm, Convalescent Home of Winnipeg
No fee to attend, registration is required
A program where people living with early to moderate signs of dementia and their care partners can meet, sing and sip. Tune-Up Café is an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! No prior music or singing skills are needed to join in on the fun.

Vivace Voices Choir

Tuesdays, Feb 3 – Apr 21, 6:30-7:30 pm, Canadian Mennonite University, Winnipeg

Cost: \$175 per pair

Enjoy revisiting familiar tunes and learning new ones! This program is designed for people living with early to moderate signs of dementia and their care partners.

Singing in a choir is a challenging and joyful experience. Join us and learn to sing new and familiar music while making connections with those around you. No prior choral experience is required.

Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. There are a variety of unique groups to choose from, so you can find the right fit for you. Learn more at alzheimer.mb.ca.



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Things To Do - WINNIPEG

COIN / STAMP COLLECTING

Manitoba Coin Club Inc. - 4th Annual Spring Coin, Stamp and Collectible Show. Sat. Apr. 25, 10-4, at East Selkirk Hall, 711 Old Henderson Hwy in East Selkirk. \$5 Adm.

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.)

CREATIVE ARTS / CRAFT SHOWS

The Art Group - Art show and sale, Sat. Mar. 28, 11 am-4 pm, at Chalmers Community Centre, 480 Chalmers Ave. Silent auction proceeds to the Community Centre.

Riverbend Seniors - Bake & Craft Sale, Sun. Mar. 15, 11 am-3 pm, at 400 Osborne St.

Charleswood United Church - Craft sale May 9th, 4820 Roblin Blvd. Lunch \$10. Vendors wanted \$25 a table. Call 204-832-3667.

The Winnipeg Model Railroad Club - Annual Open House, Apr. 18 & 19, Sat. 10-5, Sun. 10-4, at Charleswood Legion Hall, 6003 Roblin Blvd. Wheelchair accessible on west of Legion only. Admission by donation (cash only) - part of the proceeds goes to support St. Amant Center. Snacks and drinks available for sale. Cash Only. Demonstrations, the entries and winners in the model and photography contests will be on display. Learn more about The WMRC through its blog, published by Paul Ulrich: winnipegmodelrailroadclub.blogspot.com

Prairie Canada Carver's Assoc. (PCCA) - Annual Show and Competition, Sat. May 9 & Sun. May 10, 9-4 pm, Pembina Curling Club, 1341 Pembina. \$7 per day at door. Under 12 free. Info: www.prairiecanadacarvers.ca, or contact Doug Fyfe dougmfyfe@shaw.ca, 204-396-6409 or Lynda Baxter lyndabaxter0@gmail.com, 204-255-6216.

LUNCHEONS / DANCE / MUSIC

Norwood Saint Boniface Legion Hall - Old-Time Dance Fridays, 1-3 pm, doors open at noon. 134 Marion St. Live Band (violin, accordion, guitar). \$5 cash adm. (snack at 2 o'clock). Info: 204-233-5892

Millennium Library - Programs & Events calendar: winnipeg.ca/library

Friendship Force Winnipeg - Join Friendship Force and change the way you see the world. Friendship Force is an international organization which promotes world peace through travel, cultural exchanges and home stays. Members enjoy lunch meetings participate in a book club, a walking group and a bridge marathon. For info: www.friendshipforcewinnipeg@mymts.net or phone 204-452-5299.

The Forever Young Club - "Fabulous February" dance Feb. 28, 7-11 pm, at Anavets #283, 3584 Portage Ave. 1950's, 60's, 70's, 80's music with DJ's Rick & Trish. R Non-members \$15. Reserve by Feb. 24. Call/text 204-261-4442 or fycwpg@gmail.com. Cash bar, light lunch, 50/50 draw, door prizes.

Al-Anon/Alateen Gratitude Day - Sat. Apr. 11, 10-3:30, doors open 9 pm, at St. Eugene Church, 1009 St. Mary's Rd (back door, basement hall, elevator access). Bring your own lunch. Ticket \$5. Info: Al-Anon Office: 204-943-6051 or Jackie: 203-997-5193

A&O Support Services for Older Adults - Powerful Tools for Caregivers, 6-wk Course via ZOOM, Wednesdays, 6-7:30 pm, Apr. 15, 22, 29, May 6, 13 & 20. Register: 204-956-6440, intake@aosupportservices.ca

Charleswood Active Living Centre/Charleswood Senior Centre - 50/50 Raffle - Buy tickets to support the Centre and maybe take home half the pot! Tickets: www.charleswoodseniorcentre.org or 204-897-5263 or in-person at 357 Oakdale Dr. Wpg (hours on website). LGCA 7911-RF-49516.

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

Winnipeg Art Gallery (WAG) - Wednesday Nights at the Gallery. WAG-Qaumajuq will offer free admission to the galleries every Wed. night (5-9 pm) for the next three years. Visit <https://www.wag.ca>

SPORTS / FITNESS / GAMES

The Greater Winnipeg Senior Golfers - looking for Men, 55 and older, who wish to golf in a fun, weekly league, May-Sep. We have about 75 members, who live in Wpg. You'll play in a different foursome ea mo. at various golf clubs within an hours drive of Wpg. Or play as a SPARE (walker or cart-rider). Info: Bryan Crandell 204-889-6577, bcrandell1969@gmail.com or www.gwsgwpg.com.

Archwood 55 Plus Inc. - Bingo: Jan. 28, Feb. 25, Mar. 5 at 820 Cottonwood Rd. Doors open noon, games begin 1 pm. Concession Available. The Progressive keeps building. Contact us about Sandhills Casino Trip in February. Lottery Lisc # 5635-BI-47768.

Lady Bowlers - Bowl Fridays, 12:45 pm at Polo Park Lanes for fun. For ladies of all ages. Or be a spare. \$13.50 per week, includes 3 games, also a Luncheon and prize money at end of season. Off over Christmas. New bowlers welcome. Call/text for info: 204-770-3903

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

Pickleball - Seniors 55 plus are invited to learn to play Mondays and Thursdays, 1-3. No experience required. Coaching provided if needed. Club paddles provided. Intermediates play Tuesdays and Fridays, 1-3 at Sergeant Tommy Prince Place, 90 Sinclair St. Instructor Bonnie Gabbs, 78 yr old past physical education teacher who also plays Pickleball. 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.

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

Monthly Caregiver Support Group - Meeting Tue. Feb. 24, 5 pm at Lions Manor (320 Sherbrook St.) 1-hour meeting geared toward those caring for older individuals. Group members share their experiences with burnout, grief, sadness, love, what works and helps. 204-930-9632. gmarsh@lhc.ca

Canadian Hard of Hearing Assoc. (Mb) - Support Group, monthly meetings, Feb. 20, Mar. 20, 1-2:30 pm, St. James 55+ Centre, 3-203 Duffield St. (Next to Deer Lodge Hospital). Free, no membership required. Info: chhamanitoba@outlook.com

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

Canadian Mental Health Association - cmhaacrossmb.ca

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.

VOLUNTEERING

Actionmarguerite St. Boniface, 185 Despina St. - Volunteers needed to transport residents in wheelchairs to their in-house appt's, 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). 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 Inc. - looking for a bible study teacher. Classes will be every week for 1 hr and can be pretty flexible as to what day. Please contact Samantha Silvester. 204-284-2881, vcabrini@mymts.net for info or volunteer opportunities.

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. 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.

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

Dufferin Senior Centre - 377 Dufferin Ave. Chair Exercise, Thursdays 10 am; Dances every 2nd Sat. Live bands & light lunch. Members \$10 / non-members \$12.



CJNU Welcomes Host Sponsor, The Manitoba Historical Society for the Month of March

Founded in 1879, the Manitoba Historical Society stands as the second-oldest organization of its kind in Canada—a testament to generations of Manitobans who believed that understanding our past is essential to shaping our future.

From its earliest days, the Society has embraced a broad mandate: to preserve, promote, research, and educate. That mandate continues to guide our work today, offering countless ways for people to explore the province's rich and varied history.

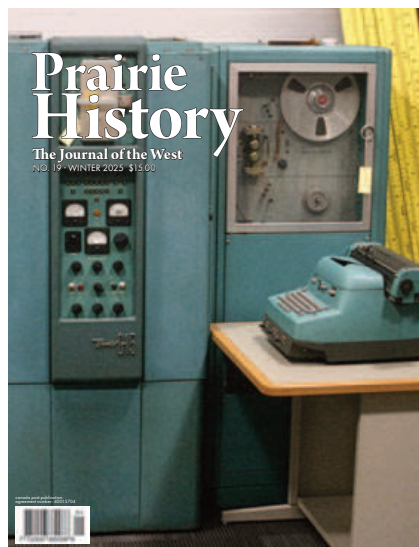
The MHS has long championed excellence in historical writing and storytelling. Our Margaret McWilliams Awards remain among the most respected honours for books about Manitoba's past, while our centennial business and organization awards celebrate the institutions that have helped define our communities for a century and more.

These recognitions do more than acknowledge achievement; they reinforce the idea that history is a living, evolving conversation between generations.

Public education has always been at the heart of our mission. The Society's early collections of books and artifacts helped lay the foundation for the Archives of Manitoba, the Winnipeg Public Library, and the Manitoba Museum—institutions that continue to serve as pillars of public knowledge. Over the decades, we have published

books and articles about all facets of provincial history.

Today, our acclaimed website (mhs.ca) opens doors to Manitoba's built heritage, historic sites, and the remarkable individuals whose stories form the fabric of the province.



We continue to broaden access to history through our Prairie History magazine, widely admired for its breadth, depth and accessibility.

We offer informational videos, field trips, lectures, and tours that bring the past to life. Our award-winning smartphone app, MHS InSite, extends this mission even further,

allowing users to explore Manitoba's historic places on the go. With its location-based stories and intuitive design, InSite helps uncover the province's hidden gems and fascinating secrets right where they happened.

The Manitoba Historical Society is uniquely positioned to nurture the calm, clarity, and determination needed to chart a thoughtful course forward. Our long history of stewardship, combined with a commitment to innovation, ensures that Manitoba's stories will continue to inspire.

For those who wish to support our work, membership and financial contributions play a vital role in sustaining the MHS mission. By joining or donating, you help keep prairie and Manitoba history vibrant for current and future generations. To learn more or to get involved, please contact the Manitoba Historical Society today.

Manitoba Historical Society

710A One Lombard Place, Winnipeg, MB R3B 0X3
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www.mhs.ca

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grantpark

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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 gimlinewhorizons.org

Ile des Chênes/Landmark, Ste-Agathe - Yoga & chair/wall yoga. Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+ in IDC and Landmark. Free yoga in French in Ste-Agathe. No exp. needed. Info, 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 204-444-2504; **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 **Whittemouth/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. Leisure Guide - 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. Tues-

days, 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 - Info: cwllorette@gmail.com.

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: 204-424-5285

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

Selkirk Community Church - Grief Share Grief Support Group, Thursdays, Mar. 5-May 28, 6:30-8:30 pm, at 6569 Provincial Trunk Hwy 9. Help and encouragement after the death of a loved one. Info: josiah@yourscc.ca, 204-818-4429, or griefshare.org.

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 (Carla Walker, Program Volunteer Coordinator). <https://www.patportercalc.com>

Steinbach - The South East Artists - Show and Sale, Sat. May 9, 10 am-4 pm, at the Clearspring Mall. Come and see artists at work and have the opportunity to purchase original art pieces.

Steinbach - The 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, Bowling, Pickleball (Stony Mtn School: Tue. 6-8:30 & Thur. 6:30-8:30 pm, & Stonewall Collegiate: Sat. 10 am-12:30 pm), 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 South Interlake 55 Plus, 374 1st St. W, Stonewall. Beginners welcome, no formal instruction.

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

Teulon - The New Horizons Sterling Lounge Senior Centre - Hosts Senior Sunday Bingo, Sundays Feb. 22-May 17, 1-3:30 pm at Fry-Days Restaurant, Teulon, corner of Hwy 7 and PR 415. Win the Penny Pot Bingo! Baking and crafts available by donation. Follow us on FB for Bingo updates. Our handle is TBFR Seniors. Info: afritz54@gmail.com

Thompson Seniors - 204-677-0987, thompsonsensiors55@gmail.com

SPORTS



Welcome back to the second column of Pickle Juice, where I do my best to share insights into this ever growing game creatively designed, where all ages and abilities of mobile folks could play together. I am welcoming myself back too. With all the jibber jabber, I must apologize, as I made an error on the last issue and thought I would get sliced, smashed, lobbed, or driven out of Pickle ball writing. I am going to clear up my error right away and thank my fellow pickleball "Master" (lmao) for finding it.

It was the part about the kitchen or NO VOLLEY ZONE. I wrote that you could not enter this area unless the ball bounced in it. NOT TOTALLY ACCURATE. You can enter that zone anytime you like, BUT, the follow-up (which was accurate and important), you cannot hit a Volley (ball in the air) with a foot on the line or in the kitchen. ALSO right after the ball is hit, your momentum could possibly carry you into the NO VOLLEY ZONE, which is a FOUL. If and when you do enter the kitchen, usually to hit a ball that bounces

in it, both your feet must get re-established out of the KITCHEN before you hit again. This will make more sense to you when you get on the court. There, redeemed! Let's continue.

I did say I would share about how the game started and why it was named PICKLEBALL. I think this would be helpful as the name itself doesn't give any hints. I searched around the world wide web and found a couple stories which is perfect "JUICE" for this column.

The JUICE I discovered that back in 1965, on Bainbridge Island Washington, USA, a couple of neighbour Dads named Barney McCallum, Joe Pritchard and Dick Brown came home to find their children inside and bored. They invited their children outside to their badminton court. They couldn't find any working birdies/shuttlecocks. Looking around they found a whiffle ball, pulled out ping pong paddles and began creating a game where their children could enjoy and be active. They brought the net down to 36 inches (okay to sag to 34 inches in the middle). To their surprise they found the game enjoyable, if not more than the children, and started to create rules and scoring and that would allow all shapes and sizes, ages and abilities to play together. More and more they

invited neighbours and friends to try this easily addictive game. As they continued to play and the interest grew, the game and equipment also grew with their new found passion.

Now the name. As the game grew they realized it needed a name. In one interview, one of the founders, Barney McCallum shared that there were a couple of family Cockapoo dogs named Lulu and Pickles. Pickles apparently liked chasing the ball around when they played. Then expressing the need for a name, one of the wives suggested naming it PICKLEBALL. The name resonated. Just imagine, if Lulu had an interest it could have been named Luluball.

Now, I did find some other Juice saying that the dogs were not around before the naming. Other Juice reports were that the name came from one of the wives who was involved in rowing. Rowing teams would often have extra rowers who often teamed up together to form a team, which was termed Pickle. So from this forming of varied rowers and Pickleball having similarities to varying sports, this version in the naming is out there. Pretty juicy eh!?!?!?

Now you'll know what to tell your family and friends when you tell them you were out at Pickleball,

before they start sniffing around for dill, vinegar or pickling spice.

The game was designed to be fun, encouraging everyone, especially non-sporty types to become sporty. Some learn quicker than others. I would say to those ones, be kind and patient to new players because the game was designed that way before competitiveness. I guarantee you will have more fun and friendship in that style of game than in a competitive one. In the next issue I will share 'Juice' about playing levels that will help you on your journey, OR even better, you are most welcome to start without it. There are many welcoming Pickleballers that would be happy to help.

I will end by reminding you to play at a moderate pace, training your body to transition into the Pickleball matrix will be easy-peezy. In my experience there have been a few who have explored it but thought they were not a 55 plus-er, loved the game, but played too hard and their body responded. Gradual is good and stretching before and after is great too.

That's the JUICE!



Pickle Juice Issue 2 Mar/2026

February 24, 2026

Manitoba Government Launches Anti-Fraud Campaign to Protect Older Adults

The Manitoba government and the Winnipeg Police Service (WPS) have launched a new anti-fraud initiative called "Just Hang Up" to help protect older adults from phone scams, Justice Minister Matt Wiebe announced.

The campaign focuses on preventing common scams such as grandparent and emergency scams, where fraudsters impersonate a family member in distress to request

money. Some scammers now use information from social media or data breaches—and even artificial intelligence—to make their calls more convincing. According to the Canadian Anti-Fraud Centre, Manitobans aged 60 and older reported losing nearly \$350,000 to these scams in 2024.

The Just Hang Up campaign encourages people to end suspicious calls immediately, verify information with family members,

and report incidents. The initiative includes online resources, community messaging, and educational materials aimed at strengthening fraud awareness among older adults and their families.

With \$134,000 in funding from Manitoba's Criminal Property Forfeiture Fund, the campaign will also support community presentations delivered by the WPS Community Relations Division in partnership

with A & O: Support Services for Older Adults. Over the next six months, the program aims to reach more than 700 people through in-person sessions that provide practical tips to help prevent fraud.

March is Fraud Prevention Month in Canada, and additional information and resources are available through the **Just Hang Up** campaign website:

<https://justhangup.ca>

March 5, 2026

MANITOBA LEADING THE COUNTRY IN ACCESS TO FAMILY DOCTORS

From Among the Lowest Rates of Primary Care Access in Canada to the Highest in Just Two Years: Asagwara

The Manitoba government welcomes the findings of the 2025 OurCare National Survey, which shows Manitoba is leading the country in access to primary care, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

"Access is the front door to health care, and our government is reopening that door in Manitoba," said Asagwara. "It's encouraging to see that nearly 89 per cent of Manitobans report having a regular primary care provider but our goal is 100 per cent. When we formed government, too many Manitobans had lost access to care while clinics were stretched beyond capacity. We made a deliberate decision to rebuild primary care, to hire more physicians, expand training and recruitment pathways, open extended-hours clinics and modernize how patients find and connect to care. Today's results show

those choices are making a measurable difference."

The survey, led by researchers at the University of Toronto's MAP Centre for Urban Health Solutions and supported by the Canadian Medical Association, found 88.8 per cent of respondents in Manitoba report having a family doctor, nurse practitioner or regular primary care setting, the highest rate in the country and well above the national average of 82.8 per cent.

Since 2023, the Manitoba government has hired a net increase of 285 new doctors, reversing years of attrition and helping stabilize care in communities across the province. Manitoba is also retaining more newly trained physicians, with 89 per cent of family medicine residents who completed training in 2025 choosing to remain in the province and enter clinical practice. Today, 99 per cent of Manitobans in

Winnipeg are matched with a family doctor within the national standard of 25 days, many within 24 hours, up from 79 per cent when this government took office.

"Through the OurCare initiative, we had dialogues with hundreds of people across the country, including dozens in Manitoba, about what they wanted to see in a better primary care system. People were clear, everyone deserves access to high-quality primary care no matter where they live," said Dr. Tara Kiran, family physician and researcher at Unity Health Toronto's MAP Centre for Urban Health Solutions. "The results from our latest survey show that across Canada we aren't meeting the mark with nearly 5.8 million people who don't have access to primary care. But the good news is that Manitoba is leading the way, as 89 per cent of respondents from Manitoba said they had a family doctor,

nurse practitioner or primary care clinic, among the highest in Canada. There's still work to be done to get to 100 per cent but we also need to learn from what provinces like Manitoba are doing right."

The Manitoba government has also expanded extended-hours primary care clinics to provide evening and weekend access for non-emergency concerns. These clinics allow patients to be seen outside traditional weekday hours, helping reduce pressure on emergency departments while improving continuity of care.

According to the OurCare survey, timely and after-hours access remains a challenge nationally, making Manitoba's investments in expanded clinic hours particularly significant.

For more information visit <https://www.ourcare.ca/survey>.

SPORTS

The 1920 Winnipeg Falcons - Falcons' Olympic Gold and Icelandic Heritage Honoured at Jets Game



MANITOBA SPORTS HISTORY

By Scott Taylor
Photos by James Carey Lauder
and Images on Ice/Hockey
Hall of Fame

On a typically cold February night in downtown Winnipeg, more than a century after they stunned the hockey world, the Winnipeg Falcons were celebrated by the city's beloved NHL squad.

At Canada Life Centre, during the sold-out Winnipeg Jets-Montreal Canadiens match-up, the spotlight shifted briefly away from the NHL to honour a team that helped shape Canadian hockey history — and also the story of Manitoba's Icelandic community.

The evening celebrated two milestones at once: the remarkable legacy of the 1920 Winnipeg Falcons, Canada's first Olympic hockey champions, and the 150th anniversary of Icelandic language and culture in Manitoba. More than 100 years after their gold-medal triumph in Antwerp, descendants of the players and members of the Icelandic Canadian community gathered to remember a team whose story is built on perseverance, discrimination, war and ultimately historic victory.

Before puck drop, New Iceland singer Sol James (Heitha Forsyth) along with popular singer Soul Bear delivered the national anthem. In the stands sat grandchildren and great-grandchildren of the Falcons players — families whose connection to hockey history once received little attention.

For them, the night was deeply personal.

The Winnipeg Falcons were formed in the early 20th century by Icelandic Canadians who found themselves shut out of Winnipeg's established hockey leagues.

At the time, Winnipeg's Icelandic community largely lived in the city's West End. Many were immigrants or the children of immigrants, speaking their own language and maintaining their own cultural traditions. Hockey was already Canada's national sport, but opportunities weren't always equal.

Rather than accept exclusion, Icelandic players created their own teams. Around 1909 they began competing against each other before two clubs — the Vikings and the Icelandic Athletic Club — merged in 1911 to form the Winnipeg Falcons. The name reflected pride in their heritage; the falcon is Iceland's national bird.

Despite repeated attempts to join Winnipeg's top senior league, the Falcons were turned away. Instead, they played in rival circuits and smaller leagues, steadily building their reputation as one of Manitoba's strongest amateur teams.

Eventually, their talent became impossible to ignore.

WAR INTERRUPTS A DREAM

Just as the Falcons were beginning to make their mark, the First World War intervened.

Every player enlisted in the Canadian military. Two members of the team — Frank "Buster" Thorsteinson and George Cumbers — were killed overseas in



Above: The 1920 Winnipeg Falcons. Below: Rod Palson.



France. Those who returned carried the scars of war.

Hockey resumed in 1919, but the Falcons were no longer a young team. Rosters in those days were small — six skaters and a goaltender with few substitutes — yet the Falcons were exceptionally fit and determined.

Hardened by work, war and years of exclusion, they quickly became dominant.

Still unable to play in Winnipeg's senior league, the Falcons stormed through the Manitoba Hockey League, defeating teams from Brandon and Selkirk. When finally matched against the champions of Winnipeg's top league, the Falcons proved they belonged.

From there, they swept through Fort William and defeated Toronto to capture the Allan Cup, Canada's national amateur championship.

"They had to fight every inch, tooth and nail," said Cathie Eliasson, author of *Falcons Forever* and granddaughter of Falcons defenceman Konrad "Konnie" Johannesson. "Eventually, they became so good they couldn't be ignored."

That victory in Toronto gave them the right to represent Canada internationally, but there was little time to celebrate.

Within days of winning the Allan Cup, the Falcons boarded a train and then a ship bound for Europe. They practiced on the deck during the Atlantic crossing before arriving in Antwerp, Belgium, just as the 1920 Olympic Games were beginning.

Hockey had not yet been introduced at the Winter Olympics — that wouldn't happen until 1924 — so the sport was played as part of the Summer Games.

The Falcons dominated the tournament.

Canada opened with a 15-0 victory over Czechoslovakia. In the semifinal, they defeated the United States 2-0 in a bruising contest. In the gold-medal game on April 26, 1920, Canada crushed Sweden 12-1.

Forward Frank Fredrickson led the tournament with 12 goals while teammate "Slim" Halderson added nine. By the end of the event, the Falcons had outscored their opponents 29-1.

Canada had its first Olympic hockey champions.

When the Falcons returned to Winnipeg in May 1920 after winning Olympic gold, the city erupted in celebration. A mile-long parade wound through downtown streets and civic leaders hosted a banquet in their honour.

The team that had once been excluded from local leagues suddenly became the pride of the nation.

Then, despite their achievement, the Falcons' place in history was virtually forgotten.

Because the 1920 tournament was held as part of the Summer Olympics, their gold medal was sometimes misunderstood or dismissed. For decades, the Falcons' accomplishment received little official recognition.

That changed in recent years thanks to historians, family members and community advocates who pushed for greater acknowledgement of the team's significance. In 2019, Parks Canada recognized the Falcons' victory as a National Historic Moment, while their legacy is also honoured in the Hockey Hall of Fame and the Canadian Olympic Committee Hall of Fame.

A NIGHT OF RECOGNITION

The recent tribute at Canada Life Centre was the result of months of work by Manitoba marketing and branding expert Rod Palson.

Originally from Hnaua, Manitoba — in the heart of the historic New Iceland region — Palson has spent decades developing major promotional campaigns, from the Winnipeg Whiteout in 1987 to the 1999 Pan Am Games bid presentation and numerous major marketing initiatives.

The Falcons tribute, however, was a project that was very close to his heart.

"On a night when the home team couldn't find a way to win, the Jets organization still proved it is elite when it comes to fans, community and appreciation for hockey history," Palson said. "It was a wonderful night and we can't thank them enough." ■

The Boulton | River Heights Retirement Community | Celebrating 20 years in Winnipeg

This past January 29th, 2026, The Boulton Retirement Residence celebrated their 20th Anniversary. The story behind this wonderful building is part of our Winnipeg culture, here's but a snippet of that story... Part 1.

"The history of The Boulton Retirement Residence traces back to the late 1970s, when Marwest built an apartment building on Boulton Bay near Kenaston Boulevard, adjacent to Joe Malone Park. The surrounding green space made the area attractive, and Marwest soon identified an unused parcel of City-owned land beside both the park and its building as a potential development opportunity.

In the early 2000s, Canadian National Railway sold sections of its nearby railway lands, and Marwest acquired a significant portion. Recognizing the broader community

value of these lands, Marwest entered into a land swap agreement with the City of Winnipeg. The city received the former railway lands, enabling the creation of walking paths and improved community connectivity, while Marwest obtained the city-owned parcel beside its apartment building. This parcel would become the development site for The Boulton Retirement Residence.

Although Marwest already operated senior apartment buildings, this new project marked its first step into a more service-oriented Retirement Living community. Construction moved forward, and The Boulton officially opened in early 2006. The residence quickly established itself as a welcoming and supportive environment for seniors, setting the standard for Marwest's future developments.



Cornelius W.V. Martens and Luise Sawatzky, Former Executive Director for nearly 20 years.

What began as a single retirement residence later grew into a substantial retirement living portfolio. Marwest has since expanded to seven operating retirement properties, with two more currently under construction; The Williston Oceanview (Nanaimo) and The Williston-Refinery (Winnipeg). The Boulton remains the foundation of this growth, representing a successful collaboration between thoughtful land use planning, community improvement, and a long-term commitment to enhancing senior living options."

For more information on **The Boulton Retirement Residence**, please call: **204.475.4500** during regular business hours... More to come on The Boulton in future issues.

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WHO WE ARE:

Seine River Services for Seniors is a non-profit organization that offers supports and resources to older adults living in the RM of La Broquerie and RM/Town of Ste-Anne.

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204-424-5285 or src@seineriverservicesforseniors.ca

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WORDSEARCH - INTERNATIONAL WOMEN'S DAY - Senior Scope

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

Achievement	Degree	Intelligent	Smart
Advocate	Diploma	Kind	Strong
Astronaut	Doctor	Masters	Study
Aunt	Dynamic	Mother	Success
Bold	Educated	Nurse	Support
Books	Education	Progress	Unity
Career	Equality	Read	Visionary
Caring	Female	Respect	Voice
Change	Freedom	Rights	Wife
College	Girl	School	Women
Confidence	Graduate	Scientist	Work
Courage	Help	Sister	

SOLUTION ON PAGE 26

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CROSSWORD - By Myles Mellor

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

ACROSS

- Easter creature
- Traditional Easter cake
- Time period
- Mom often has a ___ of treats at Easter
- Traditional Easter meal
- Spring is a time of ___
- Towel word
- Easter eggs are often made of this
- Cultivate the garden
- Historic beginning
- Looks for eggs!
- French for key
- Energy
- Used before a vowel
- They often come to Easter dinner!
- Candies given out at Easter (2 words)
- Make a hole for a new plant
- Egg containers
- Hello!
- ___ cushion
- Exerciser's target
- Eggs are often ___ at Easter
- Lettuce
- Unwrapped, a present for example
- They go green in spring
- Height, for short
- Easter bonnets!
- International body
- Having a hidden meaning
- Retriever, for short
- Guidelines, abbr.
- DIY project fastener
- Common pants
- Enjoyed
- Morning chatterbox in the garden
- Baby wear at the table
- Father
- Medical man
- Tech department

DOWN

- Easter celebrates the new ___ of Christ
- Comes closer
- Even so
- Cul-de-__
- Entrepreneur's degree
- Indian bread
- Easter tradition in the south (2 words)
- That girl
- Marshmallow chicks

SOLUTION ON PAGE 26

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

SOLUTIONS

WORDSEARCH - Solution

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

SUDOKU - Solution

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

CROSSWORD - Solution

1	B	U	N	N	Y	4	S	I	M	N	E	L			
	I	E				8	E	R	A	9	B	A	G		
10	R	O	A	S	T	11	C	H	A	N	G	E			
	T	R				12	S					13	P		
14	H	I	S	15	C	H	O	C	O	L	A	12	T	E	
				16	H	O	E			P		19	P	R	E
20	H	U	N	T	S	22	C	L	E	24	P	E	P		
25	A	N				26	G	R	A	N	N	I	E	S	
	T		28	J	E	L	L	Y	B	E	A	N	S		
	S								30	D	I	G	31	B	
			32	B	A	S	K	E	T	S	L	33	H	I	
34	P	I	N	E	I	35	D	36	I	R					
37	A	B	S	38	D	E	C	O	R	A	T	E	D		

LAUGH A LITTLE

With the increase of self-driving vehicles, it's just a matter of time before there's a country song where the guy's truck leaves him.

If I waited for all my ducks to get in a row, I'd never get across the street. Sometimes you just have to gather up what you have and make a run for it.

Me: Alexa, remind me to stop by the gym.
Alexa: I've added gin to your shopping list.
Me: Close enough.

As I get older, the more I regret all the people I've lost. Maybe being a trail guide wasn't the best job choice.

99% of all the things I worry about never happen. And they say worrying doesn't help.

Denial, anger, bargaining, depression, acceptance... 5 stages you go through when the morning alarm goes off.

Skin cells, hair cells, brain cells - they all die continuously. But fat cells seem to live forever.

There will always be... a 'LIE' in BELIEVE, an 'OVER' in LOVER, an 'END' in FRIEND, an 'US' in TRUST, and an 'IF' in LIFE.



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