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# The Wire

Volume 3 Issue 11

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## GEMS starts up again!

With the great job we Manitobans have done in reducing the cases of Covid-19 through extra hygiene practices and social distancing measures, Shared Health and the RHA have said we may resume our congregate meal programs through out Manitoba as long as we follow safety protocols and our venues will allow for group meals.

We are pleased to announce the Starbuck meal program has begun and anyone who cannot attend in person may still have their meal delivered. If you are interested in attending the Starbuck meal program or in getting a meal delivered to you, please give Leanne a call to get your name on the list. Please note that seating is limited because we must ensure adequate spacing between diners.

Beginning on August 6, a very small group of people will be eating in at the Sanford Legion on Thursdays. Home delivery of the meals will continue for most people. Unfortunately, the space is not large enough to accommodate everyone. As we progress through this, fingers crossed, that we will be able to expand. Stay tuned!

# Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!



## Ingredients

## Rhubarb Pudding Bars

### CRUST

- 1 cup graham cracker crumbs
- 2 tbsp. sugar
- 1/4 cup melted butter

### FILLING:

- 1 cups sugar
- 3 tbsp. cornstarch
- 1 pkg strawberry jello
- 4 cups rhubarb, finely chopped
- 1/3 cup water
- 1 1/2 cups mini marshmallows

### TOPPING:

- 1 pkg frozen cool whip topping, thawed
- 2 pkgs instant vanilla pudding
- 2 2/3 cup milk

## Directions

- Preheat oven to 350°F. Pan size 9X13 baking dish
- In a large bowl, combine crust ingredients and set aside 2 tbsp. press remainder into the baking dish. Bake crust for 8-10 minutes. Remove and set aside to cool.
- For filling, combine rhubarb and water in a large sauce pan. Cook over medium heat until softened, 3-4 minutes. Stir in sugar, cornstarch and jello until thickened. Pour over crust and top evenly with marshmallows. Chill in refrigerator until set.
- In a large bowl, mix together pudding and milk. Fold in whipped topping. Spread over marshmallow layer and refrigerate until set.
- Sprinkle with reserved graham cracker crumbs. Slice and serve. Enjoy!

## Upcoming Programs

Something to look forward to in the fall:

Virtual Programs:

- ♦ Wills & Estates on Sept. 23
- ♦ Advance Care Planning on TBA

There are many interesting and educational programs being offered online. If you are connected to the internet but are unsure on how to access these programs or would like some help with apps like ZOOM, call Leanne for information.

## Macdonald-Headingley

RECREATION DISTRICT

**Fall 2020**

*Program & Community  
Resource Guide*



**Macdonald-Headingley**

RECREATION DISTRICT

Fall 2020 Program & Community  
Resource Guide is

**ONLINE & Open for  
Registrations**

COVID-19 is unpredictable, and programs may need to be changed or cancelled. Due to this uncertainty, there will be no print copy of the Fall 2020 Guide. A PDF copy and complete listing of programs may be found on our website.



Scan the QR Code for quick  
access to the Fall 2020 Guide  
or go to [www.mhrd.ca](http://www.mhrd.ca)

For more information  
and updates:  
Call 204-885-2444  
Email [info@mhrd.ca](mailto:info@mhrd.ca)

## TOGETHER APART ICE CREAM FRIDAYS

Come out and join us for Together Apart Ice Cream Fridays with special guests "Just Me and You" who will entertain and delight you!.

**Free Outdoor Activity**

- Refreshments will be served.
- Bring a chair and bug repellent (just in case).



**Friday, August 14: Riverdale Apts, Starbuck  
at 1:00 p.m.**

**Friday, August 21: Sanford Rec grounds,  
Sanford at 1:00 p.m.**

In case of inclement weather, the events will be re-scheduled.

## Nordic Pole walking loan program



Come and borrow a set of Nordic walking poles and enjoy all the benefits they have to offer! Increase your cardiovascular capacity, strengthen and work 90% of your muscles and improve your balance.

Check out our instructional videos for more information and benefits of walking with Nordic Poles.

Deposit: \$20.00

  
**Macdonald-Headingley**  
RECREATION DISTRICT

For more information:  
E: [info@mhrd.ca](mailto:info@mhrd.ca)  
P: 204-885-2444  
[www.mhrd.ca](http://www.mhrd.ca)

Pickup from our office at  
81 Alboro Street, Headingley  
Office Hours: Monday - Friday  
8:30 am - 4:30 am  
\*Contact us for alternate arrangements

## How To Make A Natural Insecticide From Rhubarb Leaves

We know the Rhubarb stalks and stems are perfectly edible, but the leaves are not.

### Rhubarb Leaf Insecticide Recipe

Cut the stems off the leaves to use in cooking or other activities, and keep the leaves for your insecticide.

Once you've got your rhubarb leaves, you'll need to boil them in water. Try to keep a 1:3 ratio between the leaves and water. For instance, if you've got a cup of rhubarb leaves, use three cups of water. Boil the leaves in a pot for about half an hour, and allow to cool.

Next, using a strainer, remove all the leaves from the pot. Add a little liquid dish detergent, and then pour the solution into a spray bottle. That's all there is to it!

Once you've made the [natural insecticide spray](#), begin spraying the various plants in your yard or garden. You might want to do this spraying in mid-morning or mid-afternoon so that it doesn't evaporate too quickly. Over time, you should start to see that insects find your plants less attractive.

**NOTE:** Always TEST the spray in a small area to make sure the plant will not suffer any damage.

While insecticide made from rhubarb leaves can be effective against insects on all different kinds of plants, you may want to exercise some caution and avoid spraying the solution on plants you plan to eat. <https://plantcaretoday.com/natural-pesticide-rhubarb-leaves.html>



## Back Words

All the answers in this game are *semordnilaps* — words that spell a different word forward and backward, such as *faced* and *decaf*.

1. Forward it describes the movement of water, like a river; backward it's the largest member of the dog family.
2. Forward they're cartographical charts; backward another person's unwanted email.
3. Forward it's a slightly naughty term for buttocks; backward it means to rebuff or ignore another person.
4. Forward it's the dried grass used in primitive roofs or for animal feed; backward it means small benign growths on the skin caused by a virus.
5. Forward it's a main feature of a bureau; backward it's a sum of money offered for information that helps solve a crime.
6. Forward, it's the absorbent sheet a baby wears; backward it means to have settled a loan.
7. Forward it's the collective term for cakes, pies, and ice cream; backward it's how you feel if you're in a state of mental or emotional strain or tension.
8. Forward it means to bring a letter or package to the proper recipient; backward it means hated or despised

- Did you know August has the highest percentage of births?
- Did you know unless food is mixed with saliva you can't taste it?
- Did you know the average person falls asleep in 7 minutes?
- Did you know a bear has 42 teeth?
- Did you know an ostrich's eye is bigger than its brain?
- Did you know lemons contain more sugar than strawberries?
- Did you know 8% of people have an extra rib?

1. Flow/Wolf 2. Maps/Spam 3. Buns/Snub 4. Straw/Warts 5. Drawer/Reward 6. Diaper/Repaid 7. Desserts/Stressed 8. Deliver/Reviled

## Macdonald Services to Seniors

Leanne Wilson  
Box 283

5-38 River Ave  
Starbuck, MB R0G 2P0  
Phone: 204-735-3052  
E-mail:  
mssi@mymts.net

### Macdonald Seniors Advisory Council (MSAC)

Ray & Joyce Kasur:  
204-736-3734

Vic & Viviane Bossuyt:  
204-895-0049

Carol & Dennis

Pascieczka:  
204-736-2681

Cindy Bestland:  
204-736-2667

Becki Ammeter:  
204-735-2380

Judy Shirliff:  
204-997-7966

Bernice Valcourt:  
204-272-5586

Barry Feller:  
204-736-4433

Susanne Moore:  
204-885-2444

## Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

### Service Providers Featured in Previous Issues:

#### Foot Care:

Karen Dingman: 204-996-2376

Leanne Maes: 204-771-4030

#### Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in Need of  
Drivers, and House and yard maintenance  
in all communities.**

**If you are interested in putting your name forward to  
be contacted when someone requires help with trans-  
portation or light house cleaning, please call Leanne.**

