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# The Wire

Volume 4 Issue 2

November 2020

## 7 Facts about The Poppy



As Canadians pause to remember those who fought for our freedom on Remembrance Day, Nov. 11, here are seven facts about the poppy.

1. The poppy is often worn on the left lapel on a jacket or shirt, and as close to the heart as possible.
2. The debris and rubble from First World War in France and Belgium caused soil to become rich in lime, causing the small red flowers to grow around gravesites of dead soldiers.
3. The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem In Flanders Fields in 1915.
4. Moina Michael was on duty in the reading room two days before the Armistice in 1918 at the YMCA Overseas War Secretaries' headquarters in New York, a place where U.S. servicemen would gather to say their goodbyes to family before heading overseas, where after reading In Flanders Fields made a personal pledge to always wear the poppy as a sign of remembrance and for "keeping the faith with all who died."
5. People can thank Anna Guérin for the artificial poppies worn on lapels. Inspired by Michael's thought of the poppy as a memorial flower when attending the national American Legion convention as a representative of France's YMCA Secretariat in 1920, Guérin felt the scope of the memorial poppy could be expanded to help the needy, suggesting artificial poppies could be made and sold as a way of raising money for the benefit of orphaned children and others who had suffered greatly as a result of the war.
6. In 1921, Guérin visited Canada and convinced the Great War Veterans Association of Canada (predecessor to the Royal Canadian Legion) to adopt the poppy as a symbol of remembrance in aid of fundraising, which it did on July 5 of that year.
7. Today, the Poppy Campaign is one of the Royal Canadian Legion's most important programs. The money raised from donations provides direct assistance for veterans in financial distress, as well as funding for medical equipment, medical research, home services, long-term care facilities and many other purposes.

## 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!



### Carrot Pie

2 cups cooked pureed carrots  
2 eggs  
2 cups evaporated milk  
1/4 tsp cinnamon  
1/2 tsp ground ginger  
Dash salt  
3/4 cup brown sugar  
1/8 tsp nutmeg  
Pie crust in a pie plate



Preheat oven to 350 F. Whisk all ingredients together until well combined. Pour into crust and gently tap on counter to remove air bubbles.

Bake for 55-65 minutes until crust is golden brown.

## Jig Saw Puzzle Loan Program

If you love jig saw puzzles and would like to try different ones, give Leanne a call to arrange to borrow one.



## Upcoming Programs

### Via ZOOM

#### How to Shop for Groceries Online

Thursday, November 5, 1:00-2:30

Register by [October 29](#)

#### Italy Travels

Tuesday, November 17

11:00 – Noon

Register by [November 10](#)

### In Starbuck Hall

#### Exercises with Liza

14 Tuesdays, [October 1](#) – [December 15](#)



Sunday, November 1

#### Functional Fitness

23 classes, Mondays & Fridays, [September 28](#) –  
Dec. 18 (no class Oct. 12) 10:00 – 11:00

Register by [September 21](#)

Participants will need a set of light weights,  
bands, and a yoga mat.



## Gifts from the Kitchen

Learn how to make your own infused vinegar, dry soup mix in a jar, and a sweet cookie mix. You will get a shopping list, recipes, labels and decorating ideas. We will cover helpful tips and ideas to get you going so you can recreate these ideas for all the people on your list, or for yourself! A list of supplies you will need will be provided upon confirmation.

November 26

6:30 pm - 8:30 pm

Online Program via  
Zoom

Please register by  
November 19

#### To Register:

Call: 204-885-2444

Visit: [www.mhrd.ca](http://www.mhrd.ca)

Email: [Info@mhrd.ca](mailto:Info@mhrd.ca)

## New Covid Testing Procedure: Appointments required.

Starting Monday, October 26, all appointments for COVID-19 testing will be booked through a provincial call centre or online. Appointments can be booked by calling 1-855-268-4318, or by visiting the Province of Manitoba COVID19 [online booking appointment website](#).



# Abstract Acrylics BC Blues

**November 19**  
**7:00 pm - 8:30 pm**  
**Online Program**  
**Cost: \$30**

\*Participants will need to purchase supplies - supply list will be given upon program confirmation



**Macdonald-Headingley**  
RECREATION DISTRICT

Have you been wanting to explore your artistic side or try your hand at acrylics? BC Blues is a simple, abstract landscape that is suitable for beginners or intermediates!

Please Register by November 12

To Register:

Call: 204-885-2444

Visit: [www.mhrd.ca](http://www.mhrd.ca)

Email: [Info@mhrd.ca](mailto:Info@mhrd.ca)

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.

## Holiday String Art for Adults

Thursday, December 10

6:00 pm - 8:00 pm

Online Program via Zoom

Jump in to the holiday spirit with some do it yourself holiday string art! You will use a hammer, nails and string to create a piece to jazz up your home decor. Our instructor will guide you through to the completion of the project. Supplies included and will be available for pick up or delivery upon confirmation of the program.



**Macdonald-Headingley**  
RECREATION DISTRICT

Register by December 3

To Register:

Call: 204-885-2444

Visit: [www.mhrd.ca](http://www.mhrd.ca)

Email: [info@mhrd.ca](mailto:info@mhrd.ca)

## The Poinsettia Project

The holiday season is a time for family, friends and neighbours to gather together and celebrate. This year that is not an option for many seniors who are limiting their social interactions in order to stay healthy.

Buy a community senior a Poinsettia plant to help brighten their holiday season and show you care. The plants can be delivered to a specific senior living in the RM of Macdonald that you know or to one of the seniors on our list. The plants will be delivered the week of December 6.

Call Leanne for more information. **204-735-3052**

**\$20 per plant**



## Seasonal Flu Clinic Schedule

No appointments necessary

Remember: ✓ bring your Manitoba Health Card

✓ bring and wear a non-medical mask

✓ wear short or loose-fitting sleeves.



Meadow Brook Club House 44 Bayview Cres Mon. **Nov 2**

3:00 pm – 7:00 pm



Oak Bluff Recreation Centre 101 Macdonald Rd Tues. **Nov 3**

3:00 pm – 7:00pm



La Salle Caisse Community Centre 80 PR 247 E Mon. **Nov 9**

3:00 pm – 7:00 pm

## 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.**

