

The Wire

November 2024

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Poppy Stories

The Royal Canadian Legion is once again proud to present "Poppy Stories", an initiative that allows Canadians to scan a lapel Poppy with their smartphone. With every scan, you'll be introduced to a fallen soldier with a story to remember. The stories expand on where and how soldiers grew up in Canada, their family history, pre-war careers, and even some of their passions.

Visit PoppyStories.ca on your smart phone starting October 25 to scan your Poppy and meet some inspiring Canadians who gave their lives in service of our country.



On November 11 at 11 a.m., Canadians across the country join to collectively pause for two minutes of silence to honour, thank and remember the Fallen. This sacred moment also symbolizes Canada standing sen-



Be part of making a difference

They served and sacrificed for our freedoms. Becoming a member of the Legion is the ultimate way to show your gratitude and give your support.

You don't have to be a Veteran to join and make a difference.



Historic Sites of Manitoba: Domain War Memorial (Domain, RM of Macdonald)

Source: Glen Toews

Sanford Memorial Cairn - National Inventory of Canadian Military Memorials (NICMM) - Memorials - Remembrance - Veterans Affairs Canada

Cooking with Gwen

Gwen is a Meal Coordinator for the La Salle, Brunkild, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.



Carrot Cake Roll with Cream Cheese Frosting

For the Carrot Cake:

- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 3 large eggs
- 1/2 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1 teaspoon vanilla extract
- 2 cups finely grated carrots
- 1/4 cup powdered sugar (for rolling)

For the Cream Cheese Frosting:

- 1 package (8 oz) cream cheese, softened
- 1 cup powdered sugar
- 1 teaspoon vanilla extract
- 1/2 cup unsalted butter, softened

- **Preheat Oven:** Preheat your oven to 350°F (175°C). Line a 15×10 inch jelly roll pan with parchment paper and lightly grease it. This ensures an easy release of the cake and a perfect shape.
- **Prepare the Cake Batter:** In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt. This mix of dry ingredients will add the essential flavors and leavening agents.
- In a large mixing bowl, beat the eggs, granulated sugar, and brown sugar until thick and pale. Add the vanilla extract and mix well. Gradually fold in the dry ingredients until just combined. Gently fold in the grated carrots for a touch of sweetness and texture.
- **Bake the Cake:** Spread the batter evenly into the prepared jelly roll pan. Bake in the preheated oven for 10-12 minutes, or until the cake springs back when lightly touched. The cake should be soft and slightly springy to the touch.
- Remove from the oven and immediately turn the cake out onto a clean kitchen towel dusted with powdered sugar. Carefully peel off the parchment paper. Starting at a short end, roll the cake up with the towel. Allow the rolled cake to cool completely on a wire rack. This rolling step helps create the cake's signature spiral.
- **Prepare the Cream Cheese Frosting:** In a large mixing bowl, beat the softened cream cheese and butter until smooth and creamy. Gradually add the powdered sugar and vanilla extract, beating until the frosting is smooth and spreadable. This will be the creamy, tangy filling that complements the sweet carrot cake.
- **Fill and Roll the Cake:** Unroll the cooled cake and spread an even layer of the cream cheese frosting over the surface. Re-roll the cake (without the towel) and place it seam-side down on a serving plate. This final roll ensures that the frosting is evenly distributed and that the roll holds its shape.
- **Chill and Serve:** Refrigerate the cake roll for at least 1 hour before slicing. This chilling time allows the frosting to set and the flavors to meld. Serve chilled and enjoy this elegant Carrot Cake Roll with Cream Cheese Frosting!

<https://cookiespedia.com/carrot-cake-roll-with-cream-cheese-frosting>

Exercises with Liza

Riverdale Apartments | 12 Thursdays, Sept 26 - Dec 12, 2024 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Liza!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Liza, these classes are designed to be both effective and accessible.

Gentle Body Balance

Oak Bluff Recreation Centre | 12 Wednesdays, Sept 11 - Nov 27, 2024 | \$120.00

Join us for a holistic fitness experience designed to enhance your overall well-being through gentle and mindful movements.

Create Your Own Tooled Leather Key-chain or Bookmark

Tooled Leather Workshop

Sanford Legion | Saturday, November 16 | 1:00pm – 5:00pm | \$50.00

Discover the art of leather crafting in our upcoming workshop, where you'll have the opportunity to create your very own leather key-chain or bookmark.

Pep In Our Step – Older Adult Exercises!

Sanford Legion | 14 Wednesdays, Sept 11 - Dec 11, 2024 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Agnes!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Agnes, these

Resin Jewelry Workshop with Britt

Caisse Community Centre:MPR | Wednesday, November 13 | 6:30pm – 8:30pm | \$60.00

Come join us for an evening of creation, connection and community! This hands-on workshop is perfect for anyone looking to explore the art of resin jewelry making.

Create Your Own Christmas Ornament

Oak Bluff Recreation Centre: Board Room | Sunday, December 8 | 1 pm – 5 pm | \$50.00

Creating with Leather and Beads

Unleash your creativity and add a personal touch to your holiday decorations in this hands-on workshop! Join us as we guide you through the process of

For complete program descriptions or to register, please visit www.mhrd.ca or call 204-885-2444



Domain Remembrance Day Services

The program starts at 10:30 with a program outside at the Cenotaph followed by coffee/juice and donuts in the Domain Hall.

All are welcome!

Sanford Remembrance Day Services Sanford United Church: 10:45-12:20

10:45 am – Church service Commences

11:40 am – Church service ends

11:45 am – March or drive to Cenotaph for the laying of the wreaths

12:00 pm – Laying of the wreaths

All are welcome!

Lunch and Learns

Presentations are free but you must register by calling 204-736-2255. There is a charge for the meal.

Gordon Goldsborough, local author of **Abandoned Manitoba**, **More Abandoned Manitoba**, and **On the Road to Abandoned Manitoba** will be here to talk about his adventures. He will also be selling a few of his books to anyone interested in having a copy of their own.

-Starbuck: Wednesday, November 13 @ 12:30

-Brunkild: Monday, November 18 @ 12:30 -Sanford: Thursday, November 21 @ 12:30

Beginning Genealogy—FREE

You will learn how to become family history detectives. You will participate in discussions, learning along the way how to find, and evaluate clues in actual case studies; helping you develop the skills necessary to pursue your own family history.

Each presentation usually takes approximately two, to two and a half hours depending on participation, and any follow up questions after.

Thursday, January 9: Sanford Legion

Monday, January 20: Caisse Community Centre-La Salle

Please register by calling Leanne at 204-736-2255 or by registering online at [MHRD](#)

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: November 18 (presentation)

Sanford: November 7, 14, 21 (presentation), 28

La Salle: Nov 4, 25

Starbuck: November 6, 13 (presentation), 20, 27

See the GEMS menu to find out what yummy delights are being prepared for each meal!

All meals are \$10 per meal. Call Leanne to sign up at least a couple days in advance.

204-735-3052



**Tickets \$20 p.p. and are available by calling
Leanne at 204-736-2255**

Meal catered by Starbuck Catholic Church
Door prizes, 50/50 Raffle

If you are unable to attend but wish to assist an older adult in attending, please contact Leanne at 204-736-2255 to buy a support ticket.

November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Time Change 	4 La Salle Beef & Broccoli Casserole	5	6 Starbuck Pork Cutlets Flu Clinic: Oak Bluff 3-6 pm	7 Sanford Roast Beef	8	9
10	11 No Meal Remembrance Day	12	13 Starbuck Chicken Fettucine Gordon Goldsborough@ 12:30	14 Sanford Spaghetti & Meatballs	15	16
17	18 Brunkild Ham & Texas Potatoes Gordon Goldsborough@ 12:30	19	20 Starbuck Liver and Onions	21 Sanford Meatloaf Gordon Goldsborough@ 12:30	22	23
24	25 La Salle Chili	26	27 Starbuck Homemade Soup	28 Sanford Chicken Fettucine	29	30
All meals served at 11:45 a.m. Please call ahead-Call Leanne at 204-736-2255 Lunch and Learn Presentations start at 12:30 All meals \$10 p.p. We will try to accommodate special dietary requests. Menu subject to change.						

Living Well, October 11, Update

More than 100 individuals came together in Oak Bluff, including attendees, speakers, and exhibitors, for our inaugural Living Well event in the R.M. of Macdonald. A heartfelt thank you goes out to the organizing committee and the fantastic volunteers who contributed to the success of this day! Pictures on page 7

MACDONALD SERVICES TO SENIORS

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Macdonald Seniors Advisory Council (MSAC)

- Mike Kukelko:
204-770- 7838
- Wendy Kukelko:
204-770-2361
- Bernice Valcourt:
204-272-5586
- Roy & Shirley Switzer:
204-736-3744
- Ronda Karlowsky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee Stokotelny
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, housekeeping, foot care, medical equipment loans, filling out forms, accessing information, 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 :

RM of Macdonald

Foot Care:

Karen Dingman: 204-996-2376
Melanie Cotroneo (204) 250-2260

Hair Care:

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

Housecleaning Services:

Elsie-204-461-2999-La Salle
Margret-204-745-0863-call for service area
La Salle Cleaning Services: 204-805-4249 call for service area

Grief Counselling & Family Wellness: Brooke Robinson
(204) 361-5683

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

