



A Rainy Night in Winnipeg



Creative Retirement Manitoba

**Annual Luncheon
November 10, 2004**

Mission

Creative Retirement promotes the health and well-being of individuals and communities through developing and offering innovative learning opportunities with and for older persons.

GAIL ASPER

**CORPORATE SECRETARY, CANWEST GLOBAL COMMUNICATIONS CORP.
PRESIDENT, CANWEST GLOBAL FOUNDATION
MANAGING DIRECTOR, THE ASPER FOUNDATION**

Gail Asper obtained her B.A. and LL.B. from the University of Manitoba in 1981 and 1984 respectively. After receiving her call to the Bar of Nova Scotia in 1985, Gail practiced corporate and commercial law with Goldberg & Thompson before joining CanWest – creation of the Canadian Museum for Human Rights in Winnipeg. Ms. Asper is a member of the Board of Directors of CanWest Global Communications Corp., Great-West Lifeco Inc., and the Great-West Life Assurance Company, London Insurance Group Inc., London Life Insurance Company, Canada Life Assurance Company and Canada Life Financial Corporation. She serves and has served on the Boards of numerous not-for-profit groups and is currently co-Chair of the Manitoba Theatre Centre Endowment Campaign and Chair of the Manitoba Theatre

Centre Foundation, as well as Vice Chair of the Council for Business and the Arts. She is the past Campaign Chair for Winnipeg 2002 United Way Campaign and a member of the Board of Directors for the United Way of Winnipeg. She's currently a Governor of the Hebrew University of Jerusalem. Gail received the 2000 Max Nathanson Young Leadership Award and in 2002 was the first recipient of the Volunteer Centre of Winnipeg Award for Outstanding Community Leadership, as well as the YMCA/YWCA Women of Distinction Award for Community Volunteerism. In 2002 she also received the Queen's Golden Jubilee Medal. She is married to Dr. Michael Paterson and has two children, Stephen and Jonathan.



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AGELESS HEROES AWARDS



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LUNCHEON COMMITTEE

Marilyn Lockwood (Co-chair)

Helen Norrie (Co-chair)

Shirley Bradshaw

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Peggy Prendergast

Don Ross

Marian Schneider

Barb Sparling

Archie Speers

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Bob Washington

Richard Denesiuk

Ingrid Wedlake

Marjorie Wood

CREATIVE RETIREMENT MANITOBA PHILOSOPHY

- ◆ All people have the right of access to education
- ◆ Lifelong learning promotes intellectual, physical, emotional and social well-being
- ◆ The well-being of individuals and the health of communities are interdependent
- ◆ Retirement presents a creative opportunity for individuals and communities
- ◆ People of all backgrounds and ages learn, grow and change
- ◆ Older people govern Creative Retirement and deliver its programs

LUNCHEON MENU

MIXED GREENS WRAPPED IN CUCUMBER SERVED WITH RASPBERRY VINAIGRETTE



**BONELESS BREAST OF CHICKEN STUFFED WITH WILD RICE AND CRANBERRIES, TOPPED
WITH CRANBERRY AU JUS**



POTATO CROQUETTE



JULIAN VEGETABLES



DOUBLE CHOCOLATE MOUSSE IN A CHOCOLATE GOURMET CUP WITH FRESH FRUIT GARNISH



ACCOMPANIED WITH AMBASSADOR BREAD BASKET AND COFFEE/TEA

PROGRAM

HOST - *BOB WASHINGTON*

O CANADA

WELCOME - *PEGGY PRENDERGAST*
PRESIDENT, CREATIVE RETIREMENT MANITOBA

GREETINGS - *ANITA NEVILLE*, MP WINNIPEG SOUTH CENTRE

GREETINGS - THE HONOURABLE *THERESA OSWALD*, MINISTER
RESPONSIBLE FOR SENIORS

INTRODUCTION OF GUEST SPEAKER - *HELEN NORRIE*

“WHY CANADA NEEDS A CANADIAN MUSEUM FOR HUMAN RIGHTS”
GAIL ASPER

THANK YOU - *JACK FRANCIS*

TOAST TO THE QUEEN

GRACE - *JO MILLARD*

LUNCHEON

VISUAL PRESENTATION & DOOR PRIZES

PRESENTATION OF AGELESS HEROES AWARDS

KEN HILDAHL, MANITOBA BLUE CROSS

BILL BRACE - 2003 RECIPIENT AGELESS HEROES AWARD "BRIDGING THE GENERATION"

TOONIE PRIZES DRAW

CLOSING REMARKS – *BOB WASHINGTON*



Ageless Heroes Awards

The Ageless Heroes Awards recognize individuals for their contributions to the community through their passion for learning and their ability to bridge generations. Creative Retirement Manitoba's Ageless Heroes Awards celebrate the spirit and vitality of men and women over 65 and showcase the commitment of Manitoba Blue Cross to healthy living.

- ▶ **The Love of Learning Award** will be presented to an older adult who pursues or shares knowledge gained through study or experience.
- ▶ **The Bridging the Generations Award** will be presented to a senior who is committed to activities that reach out to and earn the admiration of younger persons.

LOVE OF LEARNING NOMINEES

Gerald Brown, Winnipeg — retired from his position as Chief Librarian with Winnipeg School Division #1 in 1992 but has continued his commitment to school libraries by travelling around the world to advise governments, school divisions, library associations and local libraries on how to train their librarians. He shares his love of learning not only with professionals but also with the children he meets wherever he goes, often in an informal setting such as the local swimming hole. Gerry has also devoted much to this city's music community.

Gerry will not be present at the awards presentation as he will be in Sri Lanka giving further instruction on information literacy and resource based learning.

Lois Forsythe, Portage La Prairie — graduated from the University of Manitoba with a Bachelor of Arts degree after reaching the age of 65. In the year 2000 she wrote a biographical story for the book *Extraordinary Ordinary Women*, published by the Manitoba Clubs of the Canadian Federation of University Women. In recent years Lois was the driving force which enabled the University of Winnipeg to begin offering courses in Portage la Prairie for the Certificate of Theology program. In June 2004, at the age of 84, Lois herself graduated from that program. She was a model for the other students in the program and was recognised at the graduation as an inspiration to them all in their quest for knowledge and understanding.

In the words of her nominator, “Lois is a keen student of history, politics, community and sports. She is respected and consulted for her knowledge and wisdom about community and life. Her inquiring mind will always lead her to be a lifelong learner.”

Sophie Shinewald, Winnipeg — a former teacher, now in her 90's, has never ended her education, regularly taking courses in the University of Winnipeg Continuing Education program. This is only a part of her busy life as she is also a volunteer at the Gwen Sexter Creative Living Centre and a member of its Board of Directors. New technology does not faze her; Sophie is

an avid computer user. She regularly keeps in touch with friends and family by means of email as well as being an Internet “surfer.”

With her boundless appetite to learn and keep up with the times Sophie Shinewald is an inspiration to everyone in the community who has come to know her.

BRIDGING THE GENERATIONS NOMINEES

Katie Berg, Winnipeg — as a volunteer at Prince Edward School, reads with students individually and helps them grow in their skills. By her help and her warmth she inspired a great deal of affection from her students and the teachers in the school. She participated in a community walk, not just keeping up, but challenging the youngsters. She inspired one student to comment “Seniors aren’t that old!”

Katie has truly made a difference to many “at-risk” students in the River East area.

Arlene Butson, Winnipeg — has a lifelong commitment to volunteering her time to help children and her community. She is a dedicated volunteer at Bonnycastle School where she works in the library, as well as being a teacher helper in the classroom. Her special area of interest is the “Family Centre”, a program developed to help pre-school children with school readiness skills and their parents with parenting skills.

Arlene is also active in her church and is a part of a large and close family reflecting her strong values of community and family.

Bill Lamb, Winnipeg — after retirement from the military, began a career as a volunteer at Ecole Lansdowne School where he has assumed the position of a virtual staff member going to the school on a daily basis. Bill has attained the trust and admiration of the entire staff. His quiet, positive, organised manner has a calming effect on the students assigned to work with him. He shows respect to the children and they, in turn, demonstrate an affection and respect that few volunteers command.

In the words of his nominator, “Mr. Lamb often speaks glowingly about his students. The most telling remark was when Mr. Lamb stopped to speak to me about the joy he experienced when he noted that a grade two student finally was able to read a book that he had been practising with the boy. Judging by the smile on Mr. Lamb’s face I suspect the child wasn’t half as happy as his tutor. It is that sort of commitment that makes Mr. Lamb an exceptional volunteer and an inspiration to our staff.”

L Lydia Sader, Winnipeg — at the age of 5 years, Lydia and her siblings left their home at Big Trout Lake, a reserve in N.W. Ontario to attend residential school, as her parents believed in the importance of education. After retirement as a Licensed Practical Nurse at Ninette Sanatorium, Rehabilitation Hospital and the Health Sciences Centre, volunteering became an important part of her life. To highlight only a few of a long list of her accomplishments Lydia has served on the Board and worked 3 days per week at the clothing depot of the White Cross Guild of HSC; worked with an inner city day care centre, and participated in Habitat for Humanity. Lydia was also an ambassador with the Pan Am Games, taking classes in French and Spanish to be better able to greet visitors.

She is a devout Anglican and member of Holy Trinity Anglican Church. Lydia is a dedicated volunteer, including working with seniors at day program and with “street people”. To quote her nominator “Lydia is an amazing role model. She has had many challenges in her life...her life experience has resulted in her being a profoundly compassionate person for all those whom she meets and all that she does.”

Valerie Wasny, St. Andrews — is a dedicated volunteer in the Target Reading Program in St. Andrew’s School in St. Andrews, MB. With warmth, enthusiasm and commitment she has encouraged and enabled struggling student readers to shed their fear of reading and to acquire reading skills and “to learn strategies to figure out the text within the books they choose to read”. In the process students have gained self confidence, improved self esteem and the knowledge that Val truly cared that they succeed. Val also shares her expertise with other volunteers and is always available to fill in when other volunteers are unable to attend a session.

Val is a remarkable volunteer who ably lives and practises the criteria for Bridging the Generations.

2003 AGELESS HEROES

Bill Brace - *Bridging the Generations Award*

The Reverend Canon Laurence E. Wilmot -
Love of Learning Award

Nominees:

Eira “Babs” Friesen

Margeret Campbell

Pat Fraser

Jessie Howell

Grace Ivey

Jean Johnson

Gertrud Linnemann

Bernice Marmel

Lawrence Ritchey

Pat Roberts

Mary Scott

Muriel Smith

Joyce Wyrchowny

SOME FACTS ABOUT CREATIVE RETIREMENT MANITOBA

- ◆ Creative Retirement Manitoba has provided **innovative lifelong learning opportunities** for seniors for **more than twenty years**.
- ◆ **CRM's members and donors provide more than 50% of CRM's operating costs**.
- ◆ **Volunteers** are a vital and integral part of CRM's programming.
- ◆ With more than **300 courses each year**, CRM provides Canada's most comprehensive and varied lifelong learning program for seniors.
- ◆ CRM's **Students and Seniors Together program** has worked at building bridges of appreciation and understanding between generations for more than eighteen years.
- ◆ **CRM is nationally recognized** as a leader in technological programming for seniors such as the **Seniors Resource Network**, <http://seniors.cimnet.ca>
- ◆ CRM delivers **55 Alive, Canada's most comprehensive older adult driving course**, in cooperation with the Canada and Manitoba Safety Councils.
- ◆ CRM has a vibrant and growing **membership of almost 2000 people**.
- ◆ Two years ago CRM relocated to 270 Sherbrook Street. Our new **Seniors Learning Centre** includes administrative offices, classrooms and the best equipped seniors' computer classroom in Winnipeg.

A RAINY NIGHT IN WINNIPEG

I grew up in Glasgow Scotland and I love the life and bustle of cities. In a clear childhood memory I am watching through the window of a travelling tram car as the lights of the city dance as they are reflected from the wet cobblestones. I watch the passing scene as it is being deformed by the rain running down the window. I have attempted, with this photograph, to recapture these childhood feelings of wonder and awe that still live within me. I have taken photographs, with many long breaks, since I was 12. It is only in the last few years that I have taken and constructed photographs that attempt to convey my emotional and intellectual responses to life.

John Buchanan is an accountant/social worker/therapist/story teller/philosopher. He considers all of these as forms of play and believes in 'Trying Soft'. He would advocate for the removal of the expressions of 'Will Power' 'Hope' and 'Should' from the language. His motto is "If it isn't fun better left undone"



John Buchanan