





# Creative Retirement Manitoba

Annual Luncheon  
October 30, 2007

## **Mission**

Creative Retirement Manitoba contributes to the well being of older persons and their communities by developing and offering innovative and interactive learning opportunities.

*“Learning is to the brain, what exercise is to the heart”*

# ALEXANDER MICKELTHWATE BIOGRAPHY

Recognized as one of the most exciting, emerging talents on the musical stage today, Alexander Mickelthwate, music director of the Winnipeg Symphony Orchestra, is praised for his “splendid, richly idiomatic readings” (LA Weekly), “fearless” approach and “first-rate technique” (Los Angeles Times). The German-born conductor has attracted attention for his charismatic presence on the podium and command of a wide range of musical styles. Mr. Mickelthwate’s directorship of the Winnipeg Symphony became even more highly anticipated, following performances imbued with “vitality and emotional relevance ... the orchestra responded to his passionate and clear direction with a renewed sense of vigor.” (Winnipeg Free Press)

Alexander Mickelthwate was the associate conductor of the Los Angeles Philharmonic for 2006-2007, where he has also served as assistant conductor. During his tenure as assistant conductor with

the Atlanta Symphony Orchestra, which he completed at the end of the 2003-2004 season, he co-founded the new music ensemble Bent Frequency, which was hailed by Gramophone Magazine as “one of the brightest ensembles on the scene.” Always striving to engage young people in music, he conducted more than 60 Young People’s Concerts with the Atlanta Symphony. He continues to get young people excited about music through his work with the WSO’s Education and Outreach program.

As a guest conductor, Mr. Mickelthwate has appeared with symphony orchestras throughout the United States and Canada. Mr. Mickelthwate made his European debut with the Hamburg Symphony in April 2006. Since then he has appeared with the Orchestre Philharmonique de Monte Carlo and the Stuttgart Radio Symphony Orchestra.

Mr. Mickelthwate grew up in Frankfurt in a musical family. He developed his musical talent at an early age as a cel-

list in youth orchestras and chamber groups, as a singer in a professional choir, and as a pianist and organist. He studied conducting and piano performance at the Musikhochschule in Karlsruhe as well as at the Eötvöses Institute in Hungary.

After winning a Peabody merit scholarship, Mr. Mickelthwate studied at Baltimore’s Peabody Institute of Music with Frederik Prausnitz and Gustav Meier. Further studies took place with Seiji Ozawa, Robert Spano, and André Previn as a fellow of the Tanglewood Music Center and with Leonard Slatkin at the National Conducting Institute in Washington, D.C.

Mr. Mickelthwate is married with a young son.



## LUNCHEON SPONSORS

### PLATINUM



### PARTNER



**The Free Press**  
We're there for you

### TABLES

Cambrian Credit Union

Cangene Corporation

CIBC

Norman Coghlan

Great-West Life

Manitoba Blue Cross

RBC Royal Bank

Royal LePage Dynamic Real Estate

– Bill Burns and Carol Carbert

Sturgeon Creek Retirement Residence

### DONOR

Wawanesa Insurance

---

**AGELESS HEROES AWARDS**



## **SPECIAL THANKS TO:**

Bill Burns

Birchwood Honda West

Carole Dufault

Christine Melnick, MLA

Coghlan's Ltd.

Computer Avenue

Don Carlson

Fort Garry Hotel

Hastings Hearing Centres, Ltd.

Jennifer LaBella

Landmark Gallery

Manitoba Opera

McNally Robinson Booksellers

Nygard

Pegasus Printing

Rae and Jerry's Steak House

Reg & Elaine Delannoy

Shira Wood Design

Starbucks Coffee Company

The Safeway Companies

The Friends of the Assiniboine Park  
Conservatory Gift Shop

University of Winnipeg Wesmen

Valerie Denesiuk

Victor Fox Food

Winnipeg Symphony Orchestra

Winnipeg Youth Symphony

Orchestra String Quartet: *Katherine  
Bonness, Elizabeth Kent, Dorice Lee,  
Heather Stewart*

---

## **LUNCHEON COMMITTEE**

Marilyn Lockwood (Co-chair)

Nadia Burke (Co-chair)

Dwili Burns

Arlene Butson

Janet Handel

Pearl McGonigal

Marilyn McMullan

Helen Norrie

Marian Schneider

Margaret Steele

Winnifred Warkentin

# Program

Host - **Bill Burns**

O Canada

**Winnipeg Youth Symphony Orchestra, String Quartet**

Welcome - **Jack Atchison**

President, Creative Retirement Manitoba

Greetings - **The Honourable Kerri Irvin-Ross**, Minister of Healthy Living, Minister Responsible for Healthy Child Manitoba, Minister Responsible for Seniors

Grace - **Tom Graham**

## **Luncheon**

Introduction of Guest Speaker  
- **The Honourable Pearl McGonigal**

Guest Speaker/Performer - **Alexander Mickelthwate**

Thank you to Guest Speaker - **Winnie Warkentin**

**Winnipeg Youth Symphony Orchestra, String Quartet**

Presentation of **Ageless Heroes Awards**  
**Ken Hildahl**, Manitoba Blue Cross

Rainbow Auction and Wine Raffle Draw

Closing Remarks — **Bill Burns**

# LUNCHEON MENU

## Chicken Orange

5 Oz. Grilled Chicken Breast stuffed  
with Mandarin Oranges Smothered in a Citrus Cream Sauce



Ambassador Bread Basket



Caesar Salad



Duchess Potato



Vegetable Medley - Carrots, Broccoli & Zucchini



Raspberry Mousse in a Chocolate Gourmet Cup



Coffee or Tea

# CREATIVE RETIREMENT MANITOBA PHILOSOPHY

- ◆ People in all of their diversity have the right of access to education across their lifespan.
- ◆ Lifelong learning promotes well-being intellectually, emotionally, physically, socially and spiritually.
- ◆ The well-being of individuals and the health of communities are interconnected.
- ◆ Retirement presents a creative opportunity for individuals to enrich their lives and that of their communities.
- ◆ People involved in Creative Retirement are active in governing, shaping and delivering programs.
- ◆ Seniors have a very valuable role to play in their communities by sharing their knowledge and life experience.



Creative Retirement Manitoba



# 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 60 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

**KEN OSWALD** has been nominated by the Seven Oaks Community Gardens Committee in recognition of his contributions to the revitalization of the Chochinov Bay Park in the Seven Oaks Community. Ken has been absolutely vital in planning, working with the City for funding and work approvals, organizing hired labor, coordinating volunteer work efforts and keeping everyone informed of progress. Through his involvement, Ken shares his experiences and knowledge with everyone, always keeping them aware and involved. He is quick to offer praise and seeks feedback on his ideas and doesn't hesitate to suggest use of someone else's.

Ken has demonstrated tremendous integrity by treating all members of Community Venture, a day program dedicated to serving adults living with mental challenges with the same respect as others. Since they became part of the project, he involves them individually and collectively and always seems to find them an appropriate task they can achieve on their own. Ken has also been involved with Marymount School's new garden program, helping to get organized and teaching students.

**JEAN JOHNSON**, nominated by John Boittiaux, is very much a person with compassion and loving concern for all and a person with deepest respect for her Creator. She demonstrates an

eagerness to learn, has an inquiring mind and an enthusiasm to experiment with and test new ideas in the computer classroom and has a unique ability to be a source of inspiration to students requiring assistance in many aspects of their lives.

She provides mental and social stimulation to all she comes in contact with, teaching them patience and compassion as well as the intricacies of the world of computers. She adapts the courses to meet the needs of the variety of students. As well as developing course materials for her computer students, she has the mechanical and mathematical abilities to dismantle and rebuild old computers to equip classrooms used for instruction. She has inspired other CRM members to instruct home-bound persons on how to use computers and enrich their lives.

During her working years Jean always went the extra mile to ensure clients made the best of their knowledge, training, and experience and encouraged them to improve their life situations with additional training.

Jean thrives on the life long learning process and has recently become involved with immigrant EAL seniors. Known as a person of foresight and vision, intuition and judgment, a thinker, a person of devotion, sincerity and humility, Jean continues to be an influential source of inspiration. Her love for teaching and sharing knowledge with other people motivates them to excel.

## BRIDGING THE GENERATIONS NOMINEES

**KATIE BERG**, nominated by Victor Kuzyk, has made a strong and meaningful volunteer connection to two school communities in the River East Transcona School Division. She is an active participant in the “Kids (12 years average) and Seniors (78 years average) are Cool – Walking Is Too” program.

Katie is a vivacious and outgoing Senior who shares her favorite stories and bits of wisdom with young people who in turn greet her with much warmth and admiration. She is involved in the Senior Readers Program which brings students and seniors together on a weekly basis to read and share their experiences. During a lengthy stay in the hospital, the students took their books to her to continue this valuable experience.

Katie continues to display much love and admiration to all and especially the youth.

**DIANE GILLIS**, nominated by Jo Millard, started her retirement from teaching in September 2006 as the initiator and principal of the Razzle Dazzle School – formed to provide one on one instruction to four children, who, with their other two siblings and parents were forced to take sanctuary at Crescent Fort Rouge United Church in August 2006 to avoid deportation to Pakistan. This included teaching, planning curriculums and recruiting about 40 volunteers per week as the four children were all at different learning levels. The parents also

needed to learn the English language.

In February 2007, Diane and her husband were instrumental in obtaining permission for the children to attend public school. She then became involved in transporting them and obtained an educational assistant position at the school, primarily to continue working with these children.

As the parents are unable to leave the church and the children are only allowed to leave to attend school, Diane continues to be involved by attending parent/teacher meetings and in general, ensuring that the children lead as normal a life as possible. Diane has shown great leadership, courage, initiative and imagination in her dedication to these children and their family, who continue to live in sanctuary.

**SHEILA MILNER**, nominated by Nancy Ann Parkhill and Donna Plant, received many accolades during her professional career as a teacher. She now volunteers at Mulvey School as part of the Laura Milner White Committee which was formed to continue her deceased daughter’s vision of providing enriching opportunities for all inner city students. She has volunteered as part of fundraising, programming and coordinating. Sheila Milner’s energy, spirit and gentle nature have created memorable connections to the students she serves. She has used her resources and talents to further bridge the

generation gap by helping expose these students to many new and rewarding initiatives that they might not otherwise have the opportunity to experience.

**HERMAN WEBER**, nominated by Larry Dewis, is a truly unique individual who communicates well with youngsters, middle-agers and seniors. He is well known for his commitment to sport and admired for his longevity. He gets involved, has a competitive nature, positive attitude, and forthright but caring way. He gets humour out of life and passes it along to others. He is a curling enthusiast playing with younger members and urging them to “play to win”. Without his continued involvement in sports a lot of younger athletes would not be participating. He says this involvement keeps him young and his vitality rubs off on his team mates and keeps them on their toes.

Herman is charismatic and gives everyone the time and respect they deserve. Others push themselves to match his accomplishments. Known to many as WEB, he takes a keen interest in families, giving them fatherly advice, and always includes youngsters in activities, motivating them and making sure they have a positive experience. He sets a good example by remaining active and practices a healthy lifestyle. His spirit and energy cannot help but be noticed and admired. He

trains with high school athletes daily. Herman’s influences span several generations and he can always be found around the hockey rink encouraging young players and cheering the home team. His participation in sport inspires people of all ages to be active in the community.

Herman still works full time, curls and plays hockey – his main love, two to three times a week and in the summer plays baseball and golfs with the same enthusiasm.

**LEONARD PERRY**, nominated by Tanis Maynard, is a generous, enthusiastic man who willingly donates his time, energy and knowledge for the benefit of others. He is a long time volunteer of Rainbow Resource Centre providing administrative and emotional support. His selfless nature and community contributions have made him a role model to people of all ages.

Leonard works with special education students in grades 4 to 6 reading, listening, sharing and expanding their knowledge and gives them opportunities to improve their levels of literacy. These children have many academic struggles and social and emotional needs. They are nurtured by and thrive on the individual attention which Leonard gives them and makes them feel important. He does this because he truly feels they are worth the time and effort.



Creative Retirement Manitoba



## **PAST AGELESS HEROES**

### **LOVE OF LEARNING AWARD**

**Betty Dimock - 2006**

**Marcel Pelletier - 2005**

**Lois Forsythe - 2004**

**The Rev Canon Laurence E. Wilmot - 2003**

### **BRIDGING THE GENERATIONS AWARD**

**John K. W. McKay - 2006**

**Betty Rudd - 2005**

**Bill Lamb - 2004**

**Bill Brace - 2003**

# SOME FACTS ABOUT CREATIVE RETIREMENT MANITOBA

- ◆ Creative Retirement Manitoba has provided **innovative lifelong learning programs that contribute to healthy aging for twenty-five years.**
- ◆ **CRM's members and donors provide almost 50% of CRM's operating costs.**
- ◆ **Volunteers** are a vital and integral part of CRM's programming.
- ◆ CRM moved to 270 Sherbrook St in 2002. The new **Seniors Learning Centre** includes administrative offices, classrooms and the best equipped seniors' computer classroom in Winnipeg.
- ◆ CRM has a vibrant and growing **membership of almost 2000 people.**
- ◆ With more than **350 courses each year**, CRM provides Canada's most comprehensive and varied lifelong learning program for seniors.
- ◆ **CRM is nationally recognized** as a leader in technology programs for seniors such as the **Seniors Resource Network** <<http://seniors.cimnet.ca>>
- ◆ CRM's **Students and Seniors Together program** strengthens neighbourhoods and communities by building bridges of appreciation and understanding between generations.
- ◆ CRM partners with more than 32 organizations to deliver its education programs.
- ◆ CRM was awarded a Sharing the Flame award given by the Canadian Council on Learning in 2007 for its innovative work in adult education.

## JENNIFER LABELLA, ARTIST

Jennifer LaBella holds a Bachelor of Arts and a Master of Landscape Architecture degree from the University of Manitoba. For over 25 years, she has been a landscape and garden designer. As sole proprietor of Ivy League Landscape Design, Jennifer specializes in designing beautiful home landscapes in the Winnipeg and surrounding regions.

Jennifer is also an accomplished artist, specializing in watercolours, and has won several awards for her paintings. She has been shown in Manitoba and Ontario, and has many works in private collections across the country. In 2005, Jennifer participated in the “Bears on Broadway” project, painting three of the concrete sculptures for CancerCare Manitoba. Jennifer teaches watercolour and drawing classes for Creative Retirement Manitoba.

When she is not designing landscapes or painting, Jennifer can be found riding and training horses in the art of dressage.

“My life in Manitoba, travels to Africa, and love of horses has given me great appreciation for nature, the beautiful and varied scenery of the prairies, and all forms of life. It is a pleasure to share my experiences through my art.”



*Jennifer LaBella*

A sampling of Jennifer's artwork, as well as landscape designs, can be seen at [www.landscape designer.net](http://www.landscape designer.net). Her oil painting “Sunflowers” is on the front cover of this program .