





Annual Luncheon October 20th 2009

Mission

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

The Centre for Lifelong Learning

CREATIVE RETIREMENT MANITOBA PHILOSOPHY

- ◆ People in all of their diversity have the right of access to education across their life-span.
- ◆ 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 Manitoba are active in governing, shaping and delivering programs.
- ◆ Seniors have a very valuable role to play in their communities by sharing their knowledge, skills and life experience.

THE HONOURABLE FLORA MACDONALD

Stateswoman, visionary, humanitarian, trailblazer... these terms only begin to describe the remarkable woman who is Flora MacDonald.

For 16 years (1972-1988) Flora MacDonald served as a Member of Canada's Parliament for Kingston and the Islands, holding three high-profile Cabinet positions during that tenure. One of those positions, Secretary of State for External Affairs, meant that she was the first female in Canadian history to hold such a post, as well as being one of the first female foreign ministers anywhere in the world. A trailblazer indeed!

When Flora MacDonald's political career ended two decades ago, her passion for making a difference in the world shifted into international humanitarian work. Since then she has served on the boards or advisory councils of numerous prominent organizations, including CARE Canada, Commonwealth Human Rights Initiative, and Doctors Without Borders. As an indication of the impact Flora MacDonald has had, she was named Companion of the Order of Canada in 1998 for working toward improving "the human condition in Canada and around

the world" and being a "leading figure in the movement to alleviate human suffering worldwide."

Among her many humanitarian efforts, Flora MacDonald has founded Future Generations Canada...a grassroots organization dedicated to working with rural Afghan communities to develop a better standard of living for their people. She operates this organization with absolutely no government assistance or support. Instead, Flora MacDonald is a hands-on, in-the-field worker whose efforts have resulted in clean water, basic health care and education being brought to parts of rural Afghanistan.

With her tireless work to create a better world, we can add yet another term to describe Flora MacDonald... an Inspiration!



HONOURS

- St. Andrew's Society of Toronto Scot of the Year Award, 2009
- Made a Member of the Order of Nova Scotia in 2007.
- Awarded the Padma Shri, a civilian award, by the Government of India in 2004.
- Awarded an Honorary Doctor of Laws by Memorial University of Newfoundland in 2003.
- Recipient of the Pearson Medal of Peace in 1999.
- Promoted to Companion of the Order of Canada in 1998.
- Appointed Officer of the Order of Canada in 1992.
- Peter Raymont made a NFB documentary of her 1976 leadership bid.
- Kingston's harbour in front of City Hall is named the Flora MacDonalld Confederation Basin in her honour.

**Donations to Future Generations
Canada can be made at the
website <www.futuregen.ca>**



LUNCHEON SPONSORS

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- Starbucks Coffee Company - River & Osborne
- Keg Steakhouse & Bar Restaurants
- The Old Spaghetti Factory
- Tom Russell
- University Of Winnipeg Athletics
- Victor Fox Foods
- Winnipeg Free Press
- Winnipeg Goldeyes
- Winnipeg Symphony Orchestra
- YMCA - East Kildonan

LUNCHEON COMMITTEE

Marilyn Lockwood (Co-chair)
Nadia Burke (Co-chair)
Bill Burns
Dwili Burns
Elaine Delannoy

Darlene Golinowski
George Kennedy
Maureen Kennedy
Pearl McGonigal
Helen Norrie

Helen Quinn
Marian Schneider
Margaret Steele
Winnifred Warkentin

Thank you to all Volunteers

LUNCHEON MENU

Ambassador Bread Basket & Butter

*Spinach Salad with Strawberries
and Triple Berry Vinaigrette*

*Chicken Orange - 5 oz Grilled Chicken Breast stuffed
with Mandarin oranges, smothered in Citrus Cream Sauce*

Oven Roasted Chateau Potato

Green Beans Almondine

Tiramisu Cake

Coffee/Tea

PROGRAM

Host. **Maureen Kennedy**

O Canada

Welcome **Margaret Steele**
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

Assiniboine Credit Union Star Blanket Draw	Nan Colledge , Community Program Manager
Wine Raffle Draw	Maureen Kennedy
Introduction of Guest Speaker . .	Winnifred Warkentin
Guest Speaker	The Honourable Flora MacDonald
Thank you & presentation to Guest Speaker	Dorothy Dobbie
Presentation of Ageless Heroes Awards	Tim Kist , Manager Marketing Services, Manitoba Blue Cross
Rainbow Auction	Maureen Kennedy
Closing Remarks	Maureen Kennedy



SPONSOR OF

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 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

JACK AND LOIS FRANCIS

Jack and Lois Francis, nominated by Sophie Kolt, are both former professional journalists who have chosen to use their expertise to help others in the community. Active participants in the Senior Citizens' Writers' Workshop, they helped edit several members' books. They have also co-edited the Creative Retirement Manitoba magazine section of the quarterly course schedule for many years. Lois has demonstrated her love of learning by achieving a Certificate of Theology at the University of Winnipeg plus upgrading her skills in computers and creative writing at Creative Retirement Manitoba. Jack, besides acting as President of Creative Retirement and also taking courses, has assisted with publications of the Manitoba Farm Writers and Broadcasters Association, and has also edited the newsletter of the Sturgeon Creek Community Centre. To keep active, to keep moving, to keep the grey cells working is their most important goal!

BESSIE- MARIE HILL

Bessie-Marie, nominated by Frederica Borys, a retired teacher, has used her love of history and passion for travel to enrich the lives of students, tourists and many local citizens. A co-coordinator and host for Elderhostel, "Footprints across the Prairies", she researched the history, geography and special features of the prairie provinces, taking thirty cross-Canada trips by Via Rail and six trips to Churchill, Manitoba. She volunteered for the Manitoba Society of Seniors, leading numerous tours, with commentaries full of historical facts and intriguing trivia. She has arranged and narrated trips for the Retired Women Teachers Association. Bessie-Marie spends countless hours researching rural destinations for the trips. "She is like a walking Manitoba encyclopedia who makes history come alive." She arranged speakers for a weekly program at Stony Mountain Justice Group. Topics include Aboriginal issues, social issues, poverty and "Life on the Outside". As one supporter remarked, Bessie Marie demonstrates the spirit of life long learning.

NYAMATH HUSSAIN

Nyamath Hussain, nominated by Dorothy Orebanjo, has parlayed his own visual impairment and skills learned as a guidance teacher and group facilitator into a valuable role as a tutor and mentor. At Age and Opportunity, where he has worked as a computer instructor since 2002, he has helped scores of older adults demystify the World Wide Web and develop new word processing skills. At the Canadian National Institute for the Blind (CNIB) he has co-facilitated counselling groups for more than 15 years, aiding clients who are struggling with issues of vision loss in a gentle and supportive manner, generously drawing on his personal experiences to help those who seek his assistance. Through his sincerity, his gentle approach and his compassion for others who are travelling such a difficult path, Nyamath has been an invaluable support to all his clients.

GORDON KANNE

Gordon Kanne, nominated by the Gordon Howard Senior Centre in Selkirk, is a dedicated volunteer at the Centre, Lower Fort Garry, the library and the Selkirk Arts Centre. It is primarily at the Centre that he displays

his ability as a natural teacher. Gordon is an award winning wood carver who passes on his own newly learned techniques to the older adults in the wood carving club. His enthusiasm for sharing knowledge extends to the drawing, watercolour and acrylic painting classes which he also teaches. Gordon is a valuable asset to the Senior Centre; a modest talented volunteer who inspires and encourages his fellow students. Gordon derives great pleasure from his passion to teach others along with a thirst for learning new things that is very inspiring.

GORJANA RADULOVIC

Gorjana Radulovic, nominated by Lan Doan and Lynne McCarthy, has been a valuable member of Age and Opportunity's English as an Additional Language (EAL) class for the last six years. Arriving from Yugoslavia to Canada in 2001 she brought her skills as an Environmental Engineer and has shared her knowledge of issues such as water conservation with her class. Gorjana has worked as an interpreter at the Health Sciences Centre Ambassador Program, at the Heritage Centre of the Asper Jewish Community Centre and with the Immigrant Women's Counselling Services. Gorjana contributes earnestly to the

betterment of immigrant women's issues as well as the difficulties they face adjusting to Canadian life. Gorjana has a passion for continued learning and shares it with others through classes and volunteer work.

DANIEL REAGAN

Daniel Reagan, nominated by Dodie Johnston, has dedicated more than 30 years of his life to students in northern Manitoba. He first worked as teacher, principal, consultant and superintendent in the Frontier and Flin Flon School Divisions. Retirement did not end his passion to ensure that all northern students, at both the middle and high school levels, have an opportunity for equal and quality education. Because northern schools are small, their course options can be limited but Dan has become a tireless advocate for enhanced programming in remote communities. His efforts have led to inclusion in the curriculum of well-received technical/vocational courses, including cosmetology and power mechanics. Dan's belief that students need to see education as relevant to their own lives, gives him inspiration to operate with the idea that nothing is impossible. Dan is very active in sharing his Love of Learning with the youth in the communities.

DR. ISAIAS SCHOR

Dr. Isaias Schor, nominated by Lan Doan and Lynne Mc Carthy, has, since his arrival from Argentina, embraced the opportunity to show his love of learning. He attends English as an Additional Language (EAL) class where he is a thoughtful participant and leader in presenting ideas for discussion. While Dr. Schor volunteers for several organizations, his passion is sharing his expertise in the area of diabetes, particularly at Mount Carmel Clinic where he acts in an advisory capacity. He continues to expand his knowledge of this disease by reading, attending conferences and contributing to professional literature. Dr. Schor enjoys international recognition for his work in nutrition and the study of diabetes. He shows remarkable skill in passing on his knowledge to his colleagues and classmates and a real thirst for lifelong learning, while navigating the complexities of English, his second language.

BRIDGING THE GENERATIONS NOMINEES

DOUG ANDREW

Doug Andrew, nominated by the Rossburn Community Resource Council, has devoted unlimited time and energy to the various projects in his community. Through his involvement in the agricultural 4-H club, the promotion of school building and development of the local museum, Mr. Andrew has inspired and furthered the education of the youth of the area. He has gathered artifacts and historic treasures maintain the collection of the museum. He has been very successful in obtaining grants to hire students to work with him. Mr. Andrew remains the president of the museum after twenty-one years and still finds time to assist in beautifying the local park and serve as Vice Chair of the Rossburn Senior Drop-In Centre. He is an inspiring and much admired volunteer in his community.

IDA SHAW

Ida Shaw, nominated by Nancy Dyck, has been a volunteer at R.B. Russell Vocational High School for the last ten years. She arrives faithfully at the school each Monday and Tuesday (despite, rain, hail, snow or bus delays), assisting in the counsellor's office, completing paperwork and listening to waiting students "with compassion and kindness". She attends all Open Houses, concerts and graduations where she welcomes and directs guests. She is also famous for her baking, which she spends hours at home to bring in to treat staff and students. Ida is a powerful role model to the students because of her consistent dedication. Ida Shaw walks into a room and changes her environment and lifts the hearts of all who come into contact with her, with a smile and a gift from the heart. Ida is a person committed to activities which reach out and earn the admiration of younger persons.

JEAN SMITH

Jean Smith, nominated by Kimorie Lees, comes with the heartfelt support of three Grade 6 students, Mari, Morgan and Kyla, who describe her “as the nicest person in the whole wide world” and like a grandma to them. Jean worked with the girls as part of the Oak Lake Community School knitting club, also known as “Jean’s Purls”. The club has been meeting during one noon hour every week for two years, bringing together Grade 3-8 students and staff and offering them a chance to learn the art of knitting. Through Jean’s mentorship, the club has also provided a safe place to talk, help one another and share events in each other’s lives. One of the knitting club projects, knitting squares will be sewn into a blanket and donated to the local seniors’ home. A retired teacher herself, Jean has been Bridging the Generations through many other involvements.

MURRAY ROUGEAU

Murray Rougeau, nominated by Diane Trudering, is a retired firefighter who has been a dedicated volunteer in Transcona for many years. He was a founding member of the Transcona Optimist club, a past president of the Maple Leaf community club and an executive of the Oxford Heights baseball association. Currently Murray chairs the Transcona Parks Renewal Committee and is safety coordinator for the Transcona Hi-Neighbour Festival. Murray’s most visible role is that of Mr. Graffiti who spends countless hours cleaning up the graffiti that stains his neighbourhood. When four youths were recently arrested for more than 400 incidents of graffiti tagging, Murray intervened. The Winnipeg Police Service agreed not to charge the four, but to have them work with Murray to remove the graffiti. Along with their mentor, the youth logged 450 hours of labour cleaning the properties they defaced. It is through the mentorship of Murray, working with the four youth who learned that community involvement can have a strongly positive aspect.



PAST AGELESS HEROES RECIPIENTS

LOVE OF LEARNING AWARD

Tom Graham - 2008

Jean Johnson - 2007

Betty Dimock - 2006

Marcel Pelletier - 2005

Lois Forsythe - 2004

Laurence E. Wilmot - 2003

BRIDGING THE GENERATIONS AWARD

Doreen Wilson - 2008

Herman Weber - 2007

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-eight 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.
- ◆ CRM moved to 270 Sherbrook St in 2002. **The Centre for Lifelong Learning** 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 community 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.

CREATIVE RETIREMENT MANITOBA IS GOVERNED BY AN ELECTED BOARD OF VOLUNTEERS:

President *Margaret Steele*, Past President *Sophie Kolt*, Vice President *Gordon Throp*, Treasurer *Tom Hamson*, Secretary *Rais Khan*. Officers: *Lynne Axworthy*, *Darlene Golinowski*, *Bonnie Macdonell*, *Peter Peters*, *Helen Quinn*, *Sharon Sinclair*, *Sally Thomas*, and *Walter Tkach*.

THE COVER IS A COLLAGE OF PHOTOS FROM FUTURE GENERATIONS CANADA'S WEBSITE

FUTURE GENERATIONS CANADA

Founded and led by humanitarian and visionary Flora MacDonald, Future Generations Canada (FGC) is a grassroots development organization dedicated to the empowerment of the Afghan people. FGC stimulates and assists rural communities as they work towards a better standard of living for their people.

Operating with a holistic vision of its work in Afghanistan in the fields of health, education, economy, environment and peaceful society, FGC provides training and guidance to help the Afghan people help themselves with long-term development solutions. One hundred percent of donations go directly to funding our programs in Afghanistan. Since 2003, the communities of Bamyan province in central Afghanistan have:

- Planted 850,000 trees
- Provided solar-powered lighting for 400 families
- Provided clean water to more than 50 villages
- Established local governance, creating more than 100 shuras (local councils) in Bamyan Province
- Elected a woman as the leader of one of the shuras, a first for Bamyan province
- Assisted with building 8 schools and ensuring 13 schools were registered
- Assisted 10 villagers to qualify for entrance to Bamyan University to be trained as teachers
- Provided access to literacy training and employment for villagers, especially women
- Funded access to sports programs which now includes about 50 soccer teams

DONATIONS TO FUTURE GENERATIONS CANADA CAN BE MADE AT THE WEBSITE <WWW.FUTUREGEN.CA>

Program printing compliments of Commtech Office Solutions