



*Heather Stuart*



# Annual Luncheon November 9<sup>th</sup> 2010

## **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.

## LUCILLE & NIGEL BART OF ARTBEAT STUDIO

**L**ucille Bart, BA. Executive Director of Artbeat Studio Inc. is a professional potter with extensive experience in production, marketing and teaching. She is a certified counselor and holds a deep appreciation for the therapeutic value of the creative process and restorative potential of art making. Her education, passion and family experience with serious mental illness provides the ongoing impetus for developing Artbeat Studio as an organizational model for empowering participants with strategies and resources for their mental health recovery and connection with meaningful work.



**N**igel Bart, BFA, is the Founder and Studio Facilitator of Artbeat Studio Inc. Music and art play an essential role in his life and are a great resource in his recovery from Schizophrenia. Recognizing a strong connection between his own mental health and creativity Nigel sought ways to support other artists in similar circumstance. Artbeat Studio Inc. opened in 2005 with guidance of his parents, a committed board of directors, and supportive funders. Nigel has produced an award winning anti-stigma video “Inside Out”, exhibited paintings at the National Art Gallery of Ottawa, and remains a dedicated advocate for equitable opportunity and acceptance of persons with mental illness.



# HEALING AND EMPOWERMENT THROUGH CREATIVE ENDEAVOUR



## **Vision**

To enable consumers of mental health services to engage in artistic expression that promotes recovery, empowerment and community.

## **Mission**

To provide studio space, community and opportunity for creative initiative to facilitate mental, spiritual and economic health. Artbeat Studio is a mental health consumer initiated, peer directed, and recovery oriented program. This community-based studio accommodates artists whose mental health, social connection, and income make it impracticable for them, individually, to acquire a workspace where they might advance their artistic technique safely and securely. The artists are supported and mentored in managing their own workplace, production, and marketing within the operating parameters of the studio.

# LUNCHEON SPONSORS

PLATINUM



## GOLD

RETIREMENT LIVING BY **revera** 

Portsmouth  
Retirement Residence

The Waverley & Rosewood  
Seniors' Community

The Wellington  
Retirement Residence

## SILVER



**ALL SENIORS CARE**  
LIVING CENTRES™

## PARTNERS

**Assiniboine**   
CREDIT UNION™

 **Pollard  
Banknote  
Limited**

## TABLES

**CAMBRIAN CREDIT UNION  
CIBC  
GREAT-WEST LIFE**

**SCOTIABANK GROUP  
STEINBACH CREDIT UNION**

## **SPECIAL THANKS TO:**

- Assiniboine Credit Union
  - BeautiControl
    - Marilyn Marostica
  - Canad Inns – Polo Park
  - Canada Safeway
  - Computer Avenue
  - Commtech Office Solutions
  - Concordia Eye Care Centre
  - IMAX
  - Keg SteakHouse & Bar Restaurants
  - Manitoba Liquor Control Commission
  - Manitoba Moose
  - Manitoba Theatre for Young People
  - Pegasus Publications Inc.
  - Prairie Ink Restaurant
    - Grant Park
  - Prairie Theatre Exchange
  - Shoppers Drug Mart
    - Dakota Street
  - The Old Spaghetti Factory
  - The University of Winnipeg
    - Virtuosi Concerts Inc.
  - Winnipeg Blue Bombers
  - Winnipeg Symphony
  - YMCA-YWCA of Winnipeg
  - Xerox Canada
- 

## **LUNCHEON COMMITTEE**

Darlene Golinoski  
Anne Jenkins  
George Kennedy  
Maureen Kennedy

Marilyn Lockwood  
Helen Norrie  
Elizabeth Ruby  
Marian Schneider

Margaret Steele  
Winnifred Warkentin

***Thank you to all Volunteers***

# LUNCHEON MENU

## CANAD PARMESAN

RED SKIN GARLIC MASHED POTATO

5OZ BONELESS CHICKEN BREAST LIGHTLY BREADED AND FRIED  
GOLDEN BROWN, TOPPED WITH TOMATO BASIL SAUCE AND  
MELTED MOZZARELLA CHEESE

AMBASSADOR FRESH BAKED BREAD AND BUTTER

SEASONAL VEGETABLE MEDLEY

CREAMY CAESAR SALAD

SEATTLE'S BEST COFFEE, DECAF AND TAZO TEA

BLACK FORREST CAKE

# PROGRAM

Host. . . . . Maureen Kennedy

*O Canada*

Welcome . . . . . **Margaret Steele** President,  
Creative Retirement Manitoba

Greetings . . . . . **The Honourable Jim  
Rondeau**, Minister of Healthy  
Living, Youth and Seniors

Grace . . . . . Laurie Howard

Luncheon

Wine Raffle Draw . . . . .	<b>Maureen Kennedy</b>
Introduction of Guest Speaker . . .	<b>Winnifred Warkentin</b>
Guest Speaker . . . . .	<b>Nigel and Lucille Bart</b>
Thank you & presentation to Guest Speaker . . . . .	<b>Winnifred Warkentin</b>
Presentation of <b>Ageless Heroes Awards</b> . . . . .	<b>Dave Tompkins</b> , Manitoba Blue Cross
Rainbow Auction . . . . .	<b>Maureen Kennedy</b>
Closing Remarks . . . . .	<b>Maureen Kennedy</b>



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

### VIVIAN CAMERON

Vivian Cameron, nominated by Pat Walmsley, is a longtime member of Manitoba Prairie Quilters. She has been instrumental in organizing, making and distributing quilts of all sizes to adults, babies and children (referred to as ABC quilts). Under her direction she and other quilters have produced over 3,000 quilts. Vivian herself makes between two and five quilts weekly. She also makes soft pillows for children from the north flying to and from Winnipeg for medical reasons. Vivian is determined to use every scrap of fabric (whether purchased by her or donated to her) to create quilts for someone under stress in need of a warm cuddle. Vivian has inspired many quilters, showing them quicker methods. Her team provides quilts to Children's Hospital, the NICU at St. Boniface Hospital, St. Amant Centre, Healthy Start for Mom and Me, Pregnancy Crisis Centre, Bone Marrow and Stem Cell Transplant Cancer Ward, Global Quilting and Stahl Centre for World Service.

### SHIRLEY KALYNIUK

Shirley Kalyniuk, nominated by Rosburn Community Resource Council, is the longtime Mayor of the Town of Rosburn and Vice-President of the Association of Manitoba Municipalities. Shirley dedicates her time and energy as a volunteer on community committees and helping with events in the area. Shirley has been a great influence in keeping the local hospital available with a doctor. This has been a huge challenge. She has managed to increase programs and services that are keeping the community thriving. An example of this is her active role in "Community in Blooms". She will go out and be sure the plants are watered and looked after. With the combination of her strengths and encouragement Shirley connects with the young as well as the seniors introducing new ideas gained from her outreach to other municipalities.

### **DAVE MURRAY**

Dave Murray, nominated by Dorothy Orebanjo, volunteers with a CNIB group called Transitions. Dave, who is visually impaired, helps others going through vision loss. His insights are personal as well as gained through years of volunteering with the Canadian Diabetes Association and the Celiac Society. He initiated and facilitated a diabetic support group at CNIB and regularly volunteers on outings, guiding blind clients. He has a deeply committed value to give back to the community and undertakes this commitment seriously and with modesty. Dave continues to strive for self improvement and has an unquenchable thirst for knowledge that inspires him to continue attending workshops and information seminars. He demonstrates enthusiasm for new projects and remains motivated and self sufficient in his efforts to achieve further goals. Dave has the gifts of both encouragement and inspiration, and has been able to impart valuable information about community resources as he shares.

### **YIDDISH WOMEN'S READING CIRCLE**

Yiddish Women's Reading Circle, nominated by Elaine Stern, is being honored for keeping the Yiddish language alive. The Yiddish Reading Group has over 20 members. Many have come to the group not knowing any Yiddish and now can read and speak the language. With an aging population the Yiddish language was dying and this group of various retirement ages is keeping the language alive. UNESCO published a report that states that "the Reading Circle activities have resulted in the revitalization of Yiddish language competence in its members. Reading the texts aloud and group discussion on the texts, as well as language issues more generally, has allowed for an invigorating exchange between more and less fluent Yiddish speakers." An anthology of English translations of short stories written by Yiddish women authors was published as a result of the Circle's translations.

## **BRIDGING THE GENERATIONS NOMINEES**

### **LYDIA CHEGWIN**

Lydia Chegwin, nominated by Wyllea J. Mikliechuk, is a committed volunteer at Fred Douglas Place and beyond. She is involved with the meal program as a silent coordinator between the Kiwanis Chateau and Fred Douglas Place. She watches for those who sign up for dinner and then do not come, making sure that dinners are taken to their apartments. Lydia helps with clean up and Monday night Bingo. As an avid gardener, she cares for the plants in the dining room. As a retired Serving Sister from St. John's Ambulance, her knowledge of first aid continues to benefit many. Lydia visits residents who have been hospitalized and follows up by helping with grocery shopping and subsequent visits to the doctor. Lydia is an active member of Knox United Church. She assists at the services with handouts and the collection plates. She works at the church's annual Harvest collection and outgoing food parcels as well as helps with clothing distribution. She volunteers weekly in the Tuck Shop at Central Park Lodge.

### **ROMEO DUPASQUIER**

Romeo Dupasquier, nominated by Bev Collet, is an active participant in the Intergenerational Program that is a partnership between the Seniors' Resource Program and the local high school in Notre Dame De Lourdes, MB. Romeo shares his skills in carpentry, electricity and plumbing with young people. He has opened his woodworking shop for students, allowing them to use his equipment. He helped them create a hunting shack which was raffled off as a school fundraiser. Romeo has a passion for teaching handyman skills and is always thinking of something different to interest the young people. He encourages those he mentors to use their newly acquired skills to help their parents and understand that they will be able to carry these same skills to their own homes. As well as life skills, Romeo incorporates safety issues around power tools and respect for co-workers as part of his training program.

### **MARION MASSON AND DONNA COULING**

Marion Masson and Donna Couling, nominated by Kimorie Lees, are being recognized for their gardening activities with students at Oak Lake Community School. Using flower plugs donated by the local garden centre, Marion and Donna help students transplant the flowers into larger containers and teach them to nurture the plants under growing lamps. Later they take the students to the local seniors' housing complex and help them move the flowers into the special garden at the front of the seniors' home. The students enjoy participating and each spring the seniors look forward to their flowers. In addition Marion and Donna have donated hours working with school staff and students turning a barren corner of the school yard into a lush garden space. Phase one of this project is completed. It includes a sensory garden, a vegetable garden and student made stepping stones. Marion and Donna demonstrate encouragement and patience with the young gardeners, teaching them to make the community beautiful and grow their own food.

### **FLORENCE TERRY**

Florence Terry, nominated by Brenda Ryant, is known in the Kent Road School community as "Flo" and has contributed to the school for 20 years. Serving as immunization assistant to Grade 4 students three times a year, Flo hugs and calms the children before and after their shots. Working with ESL youngsters, she personally connects with them and collects articles at garage sales to help with the learning process. She spent hours working patiently with one eight year old boy who was new to Canada, our school system and spoke no English. Flo's safe and nurturing environment led to the child visiting her on the summer holidays. At Christmas concerts Flo and her husband, Del volunteer making costumes, supervising younger students or selling raffle tickets. On Grandparents' Day Flo shares her stories of growing up and each year she works at the annual Book Fair. At Field Day she loves doing face painting and she often judges at the Science Fair. As well as her dedication to Kent School, Flo is an active member of her church. She raised a Foster Child and is happy to walk youngsters to school when their parents are unavailable. Flo is a humble lady who has touched the lives of many children.



## **PAST AGELESS HEROES RECIPIENTS**

### **LOVE OF LEARNING AWARD**

**Bessie-Marie Hill - 2009**

**Tom Graham - 2008**

**Jean Johnson - 2007**

**Betty Dimock - 2006**

**Marcel Pelletier - 2005**

**Lois Forsythe - 2004**

**Laurence E. Wilmot - 2003**

### **BRIDGING THE GENERATIONS AWARD**

**Ida Shaw - 2009**

**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-nine 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 membership of almost 1500 people.
- ◆ With more than 350 courses each year, CRM provides Canada's most comprehensive and varied independent 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 30 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*, President Elect *Helen Quinn*, Vice President *Gordon Throp*, Treasurer *Sheila East*, Secretary *Bonnie Macdonell*. Officers: *Lynne Axworthy*, *Barrie Cranston*, *John Deacon*, *Darlene Golinowski*, *Peter Peters*, *David Schellenberg*, *Sharon Sinclair*, *Sally Thomas*, and *Walter Tkach*.

## HEATHER STUART PHOTOGRAPHER

Heather Stuart was born in Winnipeg, Manitoba in 1984. Heather is a self-taught artist from an artistic family that always encouraged her to explore and enrich her life through art. Heather's main mediums are photography and ceramics. She has studied sketching and painting at the WAG, and developed her love of film photography at Red River College. Heather claims she is at the peak of her current understanding of photography and it has opened up many opportunities for exploration through her lens. Heather's self-taught familiarity with all the different aspects of digital photography and lighting has lead her to become a young professional ready to use her discipline to achieve new heights. Heather describes herself as deeply family orientated with strong roots in the arts community in Winnipeg. Heather also describes her road in life as "having many twists and turns but would not change a single thing about it." Heather's passion for art started in her teens when she bought her first Canon SLR. She entered into contests and won. Through positive reinforcement, she was encouraged to continue to expand her knowledge of photography. Heather is at a point where her discipline and passion make it easy for her to produce artistic work at an exponential rate.



*Front cover photo 'Toronto' by Heather Stuart*



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