

[illegible]

NEIGHBOURS

MANITOBA NEIGHBOURS

Friendly Manitoba

Scripted on the province's license plates, "*friendly*" is a well-chosen attribute to describe Manitoba's peoples and places. From 1971 to 1975, Manitoba's license plates bore the slogan "Sunny Manitoba: 100,000 Lakes". But this was changed to "Friendly Manitoba" presumably due to conflict with Minnesota's "10,000 Lakes" slogan. The new baseplate, featuring the slogan "*friendly*", which is still in use today, was first issued in February, 1976.

Yes, there are any number of reasons why our provincial license plates proudly proclaim us ***Friendly Manitoba***. Our province has garnered a strong and ongoing reputation as an open, warm-hearted community, with opportunities galore, satisfying all tastes and ranging from entertainment to cultural to simply enjoying our plentiful "great outdoors". Through each endeavour, a remarkable contingent of ambassadors - and a service industry that personifies the essence of hospitality, are dedicated to ensuring visitors are left with a favourable impression both of the province and its people.

Located in the geographical centre of Canada and easily accessible by air, rail or road - Manitoba has long been one of Canada's top tourist destinations. It also has been a preferred setting to bring people together for regional, national and even global conventions.

For those wishing to settle in Manitoba, our province holds a special appeal. Manitoba remains an unspoiled, affordable place to live, possessing a landscape of open skies and rich with natural beauty where people enjoy clean air and water, peace and security, and a good quality of life.

A great number of the 1.2 million people who today live in Manitoba have come from other lands, spurred on by the promise of opportunity, and in return bringing with them their traditions, faith, food and music, which has greatly enriched our culture and broadened our scope of our planet.

These New Manitobans have built and developed strong cultural communities based on their backgrounds. The diverse ethnic tapestry is part of what makes living in Manitoba so exciting.

As to why people have chosen to call Manitoba home: It's simply because Manitoba offers a great quality of life: reflected in affordable housing, good neighbourhoods, and medical benefits. Jobs provides good wages, safe working conditions and generous benefits. Workers' rights are some of the highlights of working in Manitoba. The province's employment rate is high, and there is a demand for workers in a number of exciting fields.



MANITOBA NEIGHBOURS

Canada's education system and its schools rate among the best in the country, from elementary through to post-secondary. Many of the movers-and-shakers both in Canada and indeed throughout the world benefitted from the education they received here.

While in 2009 Winnipeg was ranked 11th as the best place to live in Canada, many choose to make their home in one of Manitoba's picturesque rural regions - be it a community or locale surrounded by prairie or inland from one of the plentiful and pristine lakes.

The "Home of 100,000 Lakes", our north country also features a myriad of pristine lakes and rivers. Meanwhile, the southern sandy beaches are



among the world's finest.

For those who prefer a little comfort with their penchant for nature, Manitoba also offers luxury resorts, nestled amid the province's natural majesty. One can still enjoy the outdoors at a wilderness lodge or at a resort that offers everything from fine dining to a first-rate golf course.

Manitoba's heritage can be explored at provincial museums or historic sites. Or, if one prefers sports or the arts, there is no shortage of events or venues for both.

Fabulous golfing, theatres and museums, nature hikes, summer and winter sports and family fun

opportunities are just a sampling of the activities to be enjoyed in Manitoba. The many facets of Manitoba — from Arctic tundra and lush parkland to a golden prairie and bright city lights — ensure that there is an activity to suit every taste during every month of the year.

Whether planning a visit or "just passing through", it's guaranteed you will long remember your adventures in *Friendly Manitoba*.



Manitoba Neighbours is a celebration of our province. Its pages highlight and expand upon what has just been glimpsed upon here. You will discover through the stories and beautiful accompanying photographs the history of the province and many of its landmarks. Also you will be afforded a guided tour through Manitoba's most scenic regions, and be entertained at provincial festivals highlighting both community and culture. Perhaps most importantly, you will learn about the people, past and present, who have helped shape the province economically, historically and culturally. It is a book to be treasured - sure to be enjoyed and appreciated for many years to come through the oncoming generations.

So whether you are reading this book for pleasure or reference, we welcome you to begin your journey through the people, places and heritage which make up your *Manitoba Neighbours*.



MANITOBA NEIGHBOURS

The Boy From Winnipeg

His reputation became known worldwide for a brief 143 days in 1980. His legacy continues to this very day.

His name was Terry Fox, and the incredible courage and dedication exhibited by this young man remains an inspiration to people everywhere.

While remembered as the boy from British Columbia, Terrance Stanley Fox was actually born in Winnipeg, Manitoba, on July 28, 1958. He was the second of Rolly and Betty Fox's four children and, as the saying goes, a born athlete: a determined and energetic participant in all sports, including soccer, baseball and diving. His father remembers Terry as extremely competitive in all endeavours, athletic and otherwise. He said his son didn't like to lose.

In junior high basketball became Terry's passion. He loved the game, even though he was just five feet tall. But with his natural tenacity he practiced every day, honing and improving his skills until he became one of the school's best guards.

It was his physical education teacher who suggested that Terry try out for cross country running. Terry had no particular interest in the sport, but because of the great respect he had for his coach he started training, soon excelling at running as he had at every other sport he attempted, impressing his coach with

his strong work ethic, along with his endurance and stamina.

After graduating with honours from Port Coquitlam Secondary School, he enrolled at Simon Fraser University to study athletic human kinesiology, with the goal of pursuing a career in physical education.

Terry was just 18 when he began to develop a pain in his right knee. Physicians diagnosed him with osteosarcoma, a form of cancer more prevalent in men; one that usually strikes between the ages of ten to twenty-five. The only treatment to halt the spread of the disease was to amputate the affected leg, which in this instance was performed several inches above the right knee.

The surgery was followed by weeks of intense chemotherapy. Terry once again relied upon his considerable fortitude to fight both the physical pain and emotional trauma from losing his leg, particularly devastating to an athlete. One way Terry coped was by focussing his concern and compassion on other patients he had met while in the hospital – particularly younger children dying from cancer.

Within weeks of his surgery Terry returned to his beloved sports, participating in wheelchair games and fitness activities. After he



MANITOBA NEIGHBOURS

was fitted with a prosthetic leg and grew accustomed to the initial discomfort, Terry began running. He'd made the decision to run across Canada to raise money for cancer research. His endeavour was to be called the Marathon of Hope. Terry's goal was to raise one dollar from each Canadian citizen. He began his training by running one-quarter mile. This proved difficult since Terry's prosthetic leg was not designed for such high-impact activity. The constant jolting and rubbing of the cup on the prosthesis caused his leg stump to become inflamed, blistering and bleeding. But Terry's long-ingrained competitive nature and persistence carried him through, and by the time he completed his training just 14 months later, Terry had run 5,085 kilometres.

Terry began his preparation for the Marathon of Hope by writing a letter to the Canadian Cancer Society, stating his intention. The following is what he composed:



"My name is Terry Fox. I am 21 years old, and I am an amputee. I lost my right leg two-and-a-half years ago due to cancer. The night before my amputation, my former basketball coach brought me a magazine with an article on an amputee who ran in the New York Marathon. It was then when I decided to meet this new challenge head on and not only overcome my disability, but conquer it in such a way that I could never look back and say it disabled me. But I soon realized that would only be half of my quest, for as I went through the sixteen months of the physically and emotionally draining ordeal of chemotherapy, I was rudely awakened by the feelings that surrounded and coursed through the cancer clinic. There were the faces with the brave smiles, and the ones who had given up smiling. There were the feelings of hopeful denial, and the

feelings of despair. My quest would not be a selfish one. I could not leave knowing these faces and feelings would still exist, even though I would be set free from mine. Somewhere the hurting must stop...and I was determined to take myself to the limit for this cause.

I feel now is the time to make good my promise. I have been training for eight months, running on an artificial leg. Starting with half a mile, I have now worked up to thirteen-and-a-half a day, adding half a mile weekly. By April next year [1980], I will be ready to achieve something that for me was once only a distant dream reserved for

the world of miracles; to run across Canada to raise money for the fight against cancer. The running I can do, even if I have to crawl every last mile. But there are some barriers I cannot overcome alone. We need your help. The people in cancer clinics all over the world need people who believe in miracles. I am not a dreamer and I'm not

saying that this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to."

The Canadian Cancer Society approved of Terry's plan, with the proviso that he and best friend Doug Alward would have to raise their own funds for the cross-country trip. Undeterred and with typical optimism, Terry and Doug solicited sponsorships from such large corporations as Imperial Oil, the Ford Motor Company and Adidas, managing to acquire needed donations, including running shoes, a van, money for gas and travel, and even a running leg.

Terry began the Marathon of Hope on April 12, 1980, when he dipped his right leg into the

MANITOBA NEIGHBOURS

Atlantic Ocean at St. John's, Newfoundland. His intention was to do the same once he completed his run in Victoria, British Columbia. His daily goal was to run about 42 km per day.

Terry was initially disappointed with the slow reception he got during the first days of his run. But his spirits picked up when he arrived in the town of Portaux-Basques, Newfoundland, where the town's 10,000 citizens presented him with \$10,000. From then on, things improved steadily. He received a triumphant reception when he ran through Ontario, with crowds of people lining the streets to cheer him on. Provincial police escorted him for the duration of the run in Ontario. In Ottawa he met with Governor General Edward Schreyer and Prime Minister Pierre Trudeau and was the guest of honour at many sporting events.

But most rewarding to the determined young athlete were the large number of donations that poured in from all over the country.

Sadly, Terry was unable to complete his run. A severe coughing spell necessitated a visit to a doctor in Thunder Bay. The news was grim: the cancer had metastasized to his lungs. After 143 days and running a total of 5,373 km, Terry Fox had to give up his Marathon of Hope.

Back in the hospital enduring another round of devastating chemotherapy, Terry was gratified to know that his efforts had not been in vain. Others had taken up his cause. The CTV television network organized a nationwide celebrity-studded telethon that raised \$10.5 million in one evening. By February 1981, the Marathon of Hope had raised \$24.7 million. With Canada's population standing at 24.1 million, Terry Fox's dream of having each Canadian donate a single dollar to cancer research had been realized.

Before he died on June 28, 1981, nearly a year after stopping his run and just one month

short of his twenty-third birthday, Terry Fox was the recipient of many honours.

Perhaps the highest tribute came on September 18, 1980 when Terry Fox was named a Companion of the Order of Canada. Former Manitoba Premier and then- Governor General Edward Schreyer traveled to Port Coquitlam to personally present the medal to Terry.

Terry's legacy has not been forgotten. His dedication motivated people around the globe to take up his cause, their efforts eventually raising \$450 million towards cancer research since Terry's death. One way this has been accomplished is with the annual Terry Fox Run. Every year on the second day after Labour Day, thousands of people in 60 countries follow the example set by the young Canadian by joining in a run to help fulfill Terry's dream of finally finding a cure for the dreaded disease that strikes millions of people each and every year.

The boy from Winnipeg would be proud to know that his unfinished effort had been a resounding success.



MANITOBA NEIGHBOURS

Variety - the Children's Charity



Since it was established in 1978, Variety, the Children's Charity has raised more than \$22 million in Manitoba to meet the special needs of children of all abilities. Because of

Variety's dedicated efforts, children are able to participate more fully in life's activities. Variety provides funds for adapted equipment so that special needs children can run as well as walk; play hockey instead of watching TV; "read" computers even though they may be blind. Variety has also donated \$200,000 for a pediatric play area in the upgraded CancerCare Manitoba Treatment Centre.

Variety the Children's Charity of Manitoba is associated with Variety Canada under the auspices of Variety International.

Variety is recognized as one of the premier children's charities in the province. It operates with a volunteer Board of Directors, a dedicated group of volunteers and a very small staff, headed by Executive Director Wayne Rogers. Rogers' dedication to his position is evident. He worked many years as a volunteer for the Charity before accepting his executive role.

In 1978 the Special Needs Committee was set up to review requests for assistance for individual children. Variety's mandate is to fund the immediate, tangible needs of children. The Charity does not fund research, travel, education, or prescription drugs.

Throughout the years the committee has approved funding for artificial eyes, specialized or adapted tricycles and bicycles, closed circuit readers, wheelchairs, hearing aids,

walkers and much more.

Variety is looking forward to meeting more needs among Manitoba's children, and hopes to expand its programs. Funding of individual requests has ranged from \$300.00 up to a maximum of \$5,000.00 based on funding availability.



Funds raised by Variety's efforts also go to providing dental programs, special arts programs, scholarships and camp programs.

Among Variety's successful fundraising campaigns are the "Art for the Heart" Celebrity Art Auction event, which is held every 2nd year and is sponsored by Mayberry Fine Art and Delta Winnipeg. Artworks created by Manitobans are showcased at the event, which are auctioned to the highest bidder during the evening. Art for the Heart events have included pieces from: Jim and Jan Tennant, Bob Silver, Graeme Sifton, Thomas Steen, Dave Angus, Aidan O'Brien, Doneta Brotchie, Premier Gary Doer, Mayor Sam Katz, Carol Bellringer, Rita Van Leeuwen, John Buhler, and many other notable citizens from Manitoba's corporate, political, media, and business communities. Mayberry Fine Art Gallery is a major sponsor, donating all the art supplies, providing an artist's coach and in



MANITOBA NEIGHBOURS

addition looks after framing each unique piece of art. The Delta Winnipeg donates and serves gourmet appetizers and desserts while the Manitoba Liquor Control Commission provides the refreshments.

This year's confirmed celebrity artists include Winnipeg Chief of Police Keith McCaskill and Kish Kapoor, President, Wellington West Holdings Inc.

Also on the agenda was the Annual Subway Variety Golf Tournament. In 2009, \$84,696.60 was raised through the event, bringing the 12 year total to \$653,596.60.

This great day of golf features valuable prizes, on-course activities, lunch provided by Subway and a banquet following the tournament.

The event was held for the first time at the beautiful Niakwa Country Club, where 152 golfers participated. Toronto Maple Leafs hockey legend Doug Gilmour was on hand, hitting shots for the golfers. He also had his picture taken with each team and presented a speech at dinner.

The 2010 charity golf tournament was again held at the Niakwa Country Club on Monday, June 14.

Each year Variety, the Children's Charity of Manitoba, honours a community-minded person, someone who has made an outstanding commitment to Manitoba. The annual Gold Heart Humanitarian of the Year Award Dinner recognizes this special person who has "made a difference".

In 2009, Bill Knight was honoured with the

Humanitarian of the Year Award at a dinner on November 19th at the Delta Winnipeg. Past recipients of this honour have included: Jim Penner, John and Bonnie Buhler, Janice Filman and Gail Asper.

The annual Gold Heart Gala is another major, high-profile event held in support of Variety. The Gala began as the Celebrity Dinner, which followed the Annual Variety Telethon. Each Gala offers a creative new theme, and Variety partners and friends come out to enjoy an evening of fun, dancing, prizes, and great food. Sponsorship Opportunities include Corporate Table Sponsorships, Centerpiece Sponsor or Prize Sponsorships. In 2008, Variety celebrated a very special milestone during its 30th Anniversary Gold Heart "Champagne and Pearls" Gala. The Live Auction raised close to \$50,000.00 which included the purchase of medical equipment and specialized items for children.

Earl's Restaurants have partnered with Variety for the Hearts of Blue and Gold Bomber Dinners, which enables Variety families to attend Bomber home games throughout the Football season. Earl's Restaurants on Main Street and on

Pembina Highway host Fundraising Dinners throughout the year. These dinners have proven be a great success, the highlight being the opportunity for fans to meet Blue Bomber stars of the past and present.

The annual Gold Heart Campaign is a project of Variety International, with millions of specially-designed little gold pins being sold around the world. Variety International is very fortunate to have established the connection with Hollywood that has allowed



MANITOBA NEIGHBOURS

images from some of today's blockbuster movies to be featured on the Gold Heart pins.

Variety's Gold Heart Campaign is a major fund raising project for Variety, the Children's Charity of Manitoba. Manitoba is also known as the North American Gold Heart sales leader, per capita, and sells an unprecedented number of past years' pins to avid collectors.

Local storyteller and children's entertainer Cindy Robin has also offered a unique contribution to the Charity. Cindy shares a very special magic with children. This magic has been displayed through her prolific writing and personal readings, performed through appearances at Chapters and The Children's Hospital (where she does readings through the hospital's closed circuit TV broadcasts), along with the assistance of her puppets.

Throughout the years, Cindy has put to paper her many uplifting, positive messages in her stories, including the story of Shilling Bear who has now made his debut on CD.

Shilling Bear is a story about kindness and sharing, in which a poor Victorian family teaches a well-to-do family the true spirit of giving, through the gift of a very special teddy bear.

Cindy approached Variety with the generous offer of donating a portion of the CD sales proceeds.

It is important to note Variety's celebrity Ambassadors. Foremost among this elite group is Winnipeg's own Monty Hall, International Variety Ambassador, who has worked tirelessly for the Charity for many years. Other Ambassadors of note include: the late Bea Arthur, Harry Belafonte, Lance Burton, Sir Michael Caine, Sir Sean Connery, the late Don Ho, Paul Hogan and Roger Moore.

One of the most exciting and expansive projects on Variety's agenda is the construction of the Variety Heritage Adventure Park (VHAP). Parks Canada is working together with Variety to build a new \$1.5 million adventure park at The Forks National Historic Site. It will replace the former playground that was removed in 2006. The VHAP will be built within an area measuring approximately 50 metres by 55 metres, to be located just northeast of the Manitoba Children's Museum and just south of the new Canadian Museum for Human Rights currently under construction. The VHAP will provide enjoyable, rewarding and memorable recreational and educational opportunities for visitors, featuring a variety of unique, interactive play structures, a water feature, a natural landscaping flow and will also include a small outdoor performance area for interpretive programs and presentations, giving particular focus to the historic stories that happened here. The heritage themes and other key Forks stories will play an important educational role for families and school groups. Thousands of Winnipeg families with young children along with hundreds of elementary age school groups will benefit from the recreational and educational aspects offered by the VHAP. Another plus to the project is that the park construction will create jobs and increase tourism that will benefit and strengthen our community as a whole. The VHAP will enhance the overall Forks experience and will create yet another world-class attraction for people to enjoy during their visit to The Forks and Winnipeg.

Construction will begin in April 2010 with a completion date slated for October 2010.

The Government of Canada has invested \$600,000 into this project through Canada's Economic Action Plan. Parks Canada is working with Variety to raise the additional funds required.



MANITOBA NEIGHBOURS

Madison's Canwest Climb

"Small Steps Make a Big Difference"

On November 15, 2009, three-year-old Madison Didham from Winnipeg took a giant step forward (actually a lot of small steps) when she boldly undertook the challenge to climb 30 flights of stairs to reach the staircase summit of CanWest Place. It was a dedicated effort in support of the Lung Association of Manitoba.

Quite a feat for such tiny feet, but Madison's energetic determination paid off as she successfully completed her 602-stair trek, raising \$1,884 for the cause. Madison was the youngest climber ever to participate in the event.

Madison's parents, Jeff and Cari Didham, entered her into the fourth annual Conquer the Globe: StairClimb for Clean Air because the energetic little trooper had been "climbing stairs ever since she could walk."



Madison's grandparents live on the 12th floor of the Courts of St. James and, according to mom Cari, "Madison always chooses to take the stairs."

When Jeff heard about the fundraiser he immediately thought that if Madison enjoys stair-climbing so much, why not let her give it a try for a worthy cause.

Together with dad Jeff, Madison practiced hard for the event, accomplishing as much as 387 steps on her own in her months of training for the big day.

Jeff made the eventual climb with his daughter, explaining: "As a family, we can do it together and have some fun. The good she is able to do is something that she may not understand now, but she will one day."

How did Madison view her objective, recognized as Winnipeg's tallest skyscraper?



Madison



MANITOBA NEIGHBOURS

"It's big and big and big and big and big!" the courageous and eager toddler exclaimed. "Up to the sky."

Prior to the event, Lung Association coordinator Amanda Stephens said: "She'll be an inspiration. If a three-year-old can do it, then anyone can do it. You just have to put your mind to it. It's going to be great having some young blood at the event."

To show their support and appreciation, event organizers special-ordered a tot-sized participant t-shirt for Madison to wear during her climb.

Jeff admitted that by the end of the 17-minute climb, Madison "was doing a lot better than her dad." In fact, at the end of her climb, the little powerhouse celebrated her achievement by playing ball in the CanWest food court and even asking to go swimming at Grandma Hunney and Grandpa's.

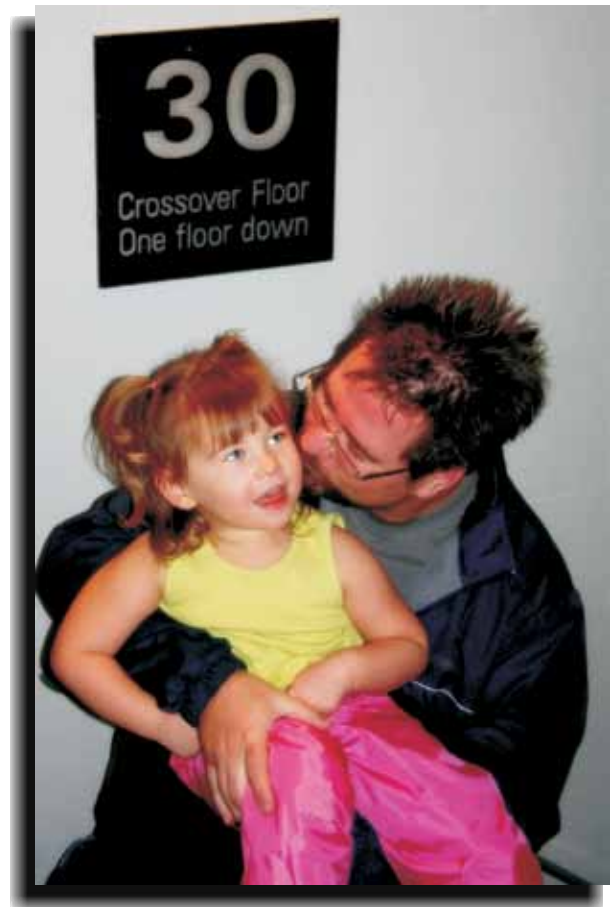
Cari recognized the importance of Madison's valiant effort. She appreciates the fact that both she and Jeff are blessed to have a healthy, active daughter, understanding that there are those who are not as fortunate.

Lung disease affects one in five Manitobans and can include such illnesses as lung cancer, emphysema, asthma, tuberculosis and influenza. In fact, the burning shortness of breath that would accompany a climb such as the one Madison undertook, is comparable to what many sufferers of lung disease experience daily.

What Madison Didham accomplished on that mid-November day should stand as an inspiration to all and an awareness both of the precious gift of good health and the need to support those afflicted with physical difficulties.

The overall lesson the Didhams want to instill in their daughter is that giving . . . even if only a little, can make a huge difference in the lives of many.

"If you can give your son or daughter only one gift, let it be enthusiasm." - Bruce Barton



*Support for Christmas Seals and other activities
help fund vital programs and services of the
Manitoba Lung Association.*

MANITOBA NEIGHBOURS

The Manitoba Forestry Association

Manitoba can boast a rich abundance of trees and forests that are an important part of our province's natural heritage.

The Manitoba Forestry Association (MFA) was created in the early 1970's, but its history stretches back even further - to the year 1919. That is when the Canadian Forestry Association (CFA) was established by a group of foresters, business leaders, legislators, and private citizens who believed Canadians needed to understand the important role forests played in our country's environment and economy. Up until that point there was a lack of awareness or even concern regarding the importance of maintaining and protecting our eco-system; the concept of natural resource conservation was barely understood by most. However, these progressive-minded and dedicated individuals moved forward, initiating their awareness campaign with a focus on forest fire prevention.

As the initiative expanded to encompass education around the entire forest eco-system, so too did the CFA, and in 1945 the Canadian Forestry Division - Prairie Provinces Division was created. This evolved into the Prairie Provinces Forestry Association and finally, the three prairie province's established separate

associations, and the Manitoba Forestry Association was born.

This successful legacy has since been nurtured by a committed and growing group of volunteers, funders, and MFA members who believe strongly in the importance of forest education.

Today, the Manitoba Forestry Association Incorporated operates as a not-for-profit, public service organization providing education programs for both adults and young people. The main focus is teaching people about the importance of our forests and related resources.

There are four recognized forest centres within the province.

The Sandilands Forest Discovery Centre, located approximately 100 km east of Winnipeg near the town of Hadashville, offers acres of natural forests, nature trails and educational facilities. It allows students—many of whom would not have the opportunity otherwise—the opportunity to experience firsthand the richness of this fragile resource, and to better understand our natural heritage.

Founded in 1957, the 120 hectare site was granted to the Manitoba Forestry Association for the purpose of conducting youth education programs in forest conservation. The first group of students to visit on June 1, 1957 came from Earl Grey School in Winnipeg.

Today, the Sandilands Forest Discovery Centre remains true to its original vision over 50 years ago—to provide an outdoor teaching facility where visitors can learn about forests in a natural setting. The next half-century is sure to see the Centre continue to evolve, as the need for forest education and awareness becomes ever more important to people of all ages.

MANITOBA NEIGHBOURS

The Sandilands Forestry Discovery Centre is the planting site of our Commemorative Tree planting program. These commemorative trees have been planted throughout the site to assist in the regeneration of this forest.

Located north of Fisher Branch near Hodgson along Highway 17, the Interlake Forest Centre (IFC) offers visitors the opportunity to sample some of the unique natural history of Manitoba's Interlake. The facility, which will celebrate its 27th anniversary in 2011, includes:

- a log cabin shelter
- an observation tower
- two self-guided walking trails (Spruce Grove Nature Trail (1.2 km) and Megwaakwaang Nature Trail (habitat), along with a family picnic area.

The Duck Mountain Forest Centre (DMFC) is located on the east side of PR 366 just 16 km south of Minitonas in the Duck Mountain Provincial Forest. The Loggers and Haulers Association chose the area as a site for development to stage a Forestry Exhibition. In 1998, the Swan Valley was named the Forest Capital of Canada. One of the requirements of the Forest Capital award was to complete a legacy project – the Duck Mountain Centre.

The centerpiece is the Frank Marvin Visitor Centre, a multi-purpose building housing displays and artifacts depicting the early times of the Duck Mountains.

There are five hiking trails with a total length of 10 km that pass through the natural beauty of the Boreal Forest, accompanied by signs which identify the many species of trees native to the area, while the forest includes lakes, meadows, beaver ponds and thickets.

The Beaver Island Trail presents a variety of trees, including large white spruce, jack pine and trembling aspen. The forest floor is rich with a variety of plants and evidence of wildlife abounds.

The Atikameg Forest Centre offers guided tours of the boreal forest in Clearwater Lake Provincial Park and in town at the Rosie Mayne Trails.



THINKTREES
MANITOBA FORESTRY ASSOCIATION

MANITOBA NEIGHBOURS

Jocelyn House Hospice

Adding life to final days

Since 1983, the mandate of Jocelyn House Hospice has best been defined by their philosophy:

Because people live here.



Our mission is to carry on the dream of Jocelyn Hutton - adding life to final days for the terminally ill, and their loved ones, by providing care and comfort in a home-like setting.

Jocelyn House Hospice provides comfort, care and compassion for people who are living the end of their lives; those who can no longer stay in their own home but choose not to spend their final days in a hospital. Not only do the staff and trained volunteers provide a positive and supportive environment that adds a good quality of life for people in the final stages of terminal illness, but they also offer support and guidance for families and loved ones. In order to best meet the needs of each resident, they actively involve family and friends in the caring process. They believe there is comfort and relief for the dying when they know that the people they care about most are included in the nurturing arms of the Jocelyn House family.

Jocelyn House Hospice understands how difficult it can be both for the individual and his or her fam-

ily when this time comes. To that end, they strongly adhere to the Golden Rule: One should treat others as one would like others to treat oneself. Working together, staff, volunteers, families and residents create and foster an environment of trust, respect, support and acceptance. Maintaining dignity is of paramount importance.

This is further emphasized by the bright atmosphere and the scenic, peaceful surroundings. The residence has 4 bedrooms and is located at 177 Egerton Road on the Seine River in St Boniface - St Vital area, nestled within the trees and the solitude of the riverbed. The house itself is welcoming; people are instantly greeted by friendly and smiling faces and the aroma of a delicious, home-cooked meal.

Residents are allowed to come and go as they please, as they would in their own homes, and to keep as active as they like. There are opportunities both for sharing the company of others and to enjoy times of solitude. Jocelyn House Hospice is intended to feel like home - warm and comfortable, and it is, primarily because of the remarkable people who strive to make it so.



Families are encouraged to participate: to ask questions or express concerns. Both families and residents have the information, knowledge, control and power to make decisions about care.

Staff and volunteers understand the special and sensitive nature of their work and are deeply committed to end of life care. They possess the skills, training and support to be outstanding at their tasks. They have time to spend with residents and families. They respect confidentiality, through which they also foster trust.

Jocelyn House Hospice works hard to make a difference and considers it both an honour and

MANITOBA NEIGHBOURS

a privilege to care for the people who enter their doors. They also take pride that residents and their families appreciate and acknowledge the special treatment they receive.

Said Daniel:

*"I came down the driveway and said 'I'll take it'.
This is paradise for me. This is my home
and people here are like family to me."*

Said Clifford:

*"Being here at Jocelyn House just makes it easier.
It took a little time to get used to it
but the people are so friendly and everything we
need is always here for us."*

**Said Leslie MacMillan,
daughter of Judge Ronald Morlock:**

*"I came to see the house and I fell in love with it.
As soon as you walk through the door there's
something there . . . some magic."*



Jocelyn House Hospice was founded by Bill and Miriam Hutton in 1983. It was established in memory and in honour of their daughter Jocelyn who had been diagnosed with terminal cancer at 17. Jocelyn's final wish was to live each day to the fullest and to die surrounded by family, friends and her community. When Jocelyn passed away on April 18, 1980 her wish had been granted.



Shortly afterward Bill and Miriam (who has since passed away) decided to use the house as a hospice. Despite some doubtful and negative responses from people who didn't think the project could or should be realized, Jocelyn House Hospice opened its doors in 1985 and since then has been an instrumental part of our well rounded healthcare system. Jocelyn Hutton was the inspiration for the first freestanding hospice in Western Canada. This has been due in no small part to tremendous community support, from both people and organizations that saw the worth of the project. Bill, however, also acknowledges a little "help from above".

Yet to maintain the high level of quality care and support that Jocelyn House Hospice provides remains dependent on community resources. There are many ways one can provide support, by donation or through planned giving options. By contributing to Jocelyn House Hospice, you are helping them to carry on with their mission and ensuring that their vision for the future, including an expansion, will become a reality.


JOCELYN HOUSE
HOSPICE
Adding life to final days

Big Brothers Big Sisters of Morden-Winkler

Story by Laura Matychuk - Executive Director

It was early winter 2009 when Sadie came into my office to talk about her son Nathan. Nathan has been a part of the Big Brother Big Sister Agency in Morden and Winkler for seven years and has been matched with his Big Brother Wayne since September 2003. Nathan is 16 years old.

Sadie was telling me about Nathan's eyesight and how bad it was getting. He had just been referred to see some specialists in Edmonton in January 2010.

They were afraid Nathan was losing his eyesight.

Nathan and Sadie had never flown anywhere so they were nervous about the flight and obviously concerned about seeing the doctors and, of course, what they might tell them. Nathan was, however, excited about going to Edmonton as he is a huge Edmonton Oilers and Dustin Penner fan. Nathan was starting to save every penny he got for birthday and Christmas presents in order to buy a ticket to an Oiler game while they were there. Sadie, though, was worried that he would never be able to save enough money to get that ticket, and the family could not afford to purchase a ticket on their own.

When Sadie left the office I immediately went on-line to the Edmonton Oilers web site to see if I could find a contact there that I could e-mail and see if there was anything we could do to help. I knew that somehow we had to get Nathan to an Oilers game before he lost his eyesight completely.

I was able to locate a contact and sent an e-mail and waited anxiously for a reply. Finally, a

couple weeks later, I got an e-mail back from Tyson, from the Edmonton Oilers front office, whose job it was to take care of requests such as mine. We arranged a phone conference so he could get the whole story. After our meeting, he told me he would make sure Nathan got to a game if the Oilers were in town when Nathan was in Edmonton. We confirmed the dates and sure enough Edmonton was scheduled to play against the Vancouver Canucks when Nathan would be in town for his tests.

Tyson and I continued to e-mail and call back and forth for a couple of months to finalize the details. We were able to arrange for Nathan and Sadie to watch a practice and see the game that evening.

The day before Nathan and Sadie were to fly to Edmonton I stopped at the house to see how everyone was doing. They were nervous of course but ready to go. I gave Sadie the agency camera so they could take pictures since the family did not have a working camera. I said my good-byes and wished them well.



A few days after they returned home, Nathan and Sadie came by the Big Brothers Big Sisters office in Winkler. Nathan was buzzing with excitement, and so was Sadie. They told me how they had been treated like royalty by the Edmonton Oilers organization. They went on to say that they were picked up at their hotel in time to go watch the morning practice, got to meet Dustin Penner and were taken on a tour of Rexall Place. Dustin presented Nathan with a signed stick, which Dustin was very excited about. The whole visit was even photographed and videotaped.

After the practice they were taken back to the hotel and later that evening they were picked up again by Tyson and a limo to go back for the game. On the way to the game, Tyson presented Nathan with a signed Dustin Penner jersey. At the game that night, they had club seats and their visit to the practice was shown on the jumbotron.



They also were given all kinds of Oilers merchandise for Nathan to take home to his four brothers and sisters. It was an unbelievable day! The only thing that could have made it any better for Nathan was if the Oilers could have beat Vancouver that night, but sadly they didn't.

Unfortunately, the doctors did not have very good news for Nathan. They told him that he would eventually lose his sight completely.

Remarkably, that news did not dampen Nathan's spirit as he had a great memory to keep him going for a very long time.

Both Sadie and Nathan thanked me for the wonderful experience and said that they will never forget that Big Brothers Big Sisters of Morden-Winkler helped make it happen.

Big Brothers Big Sisters of Morden-Winkler have two offices, one in each community:

We are open 3 days a week at 309 Main Street (ALG Professional Building) Winkler, Manitoba and 2 days a week at 114 Nelson Street, Morden, Manitoba.

Big Brothers Big Sisters of Morden-Winkler has been in operation since 1976.

Our Vision is to provide a mentor to every child who needs one and to engage the community we serve in the support and responsibility of "growing" healthy children.

Our Mission is to foster and enhance the emotional, social, intellectual and physical growth of youth from families in need so that they may further develop into healthy and responsible members of society. The primary means of attaining this goal is through the establishment of quality adult/child friendships.

We currently have 20 traditional Big Brother/Big Sister matches and 20 In-School Mentor matches. We have 10 children waiting for a traditional Big Brother or Big Sister.



Big Brothers Big Sisters



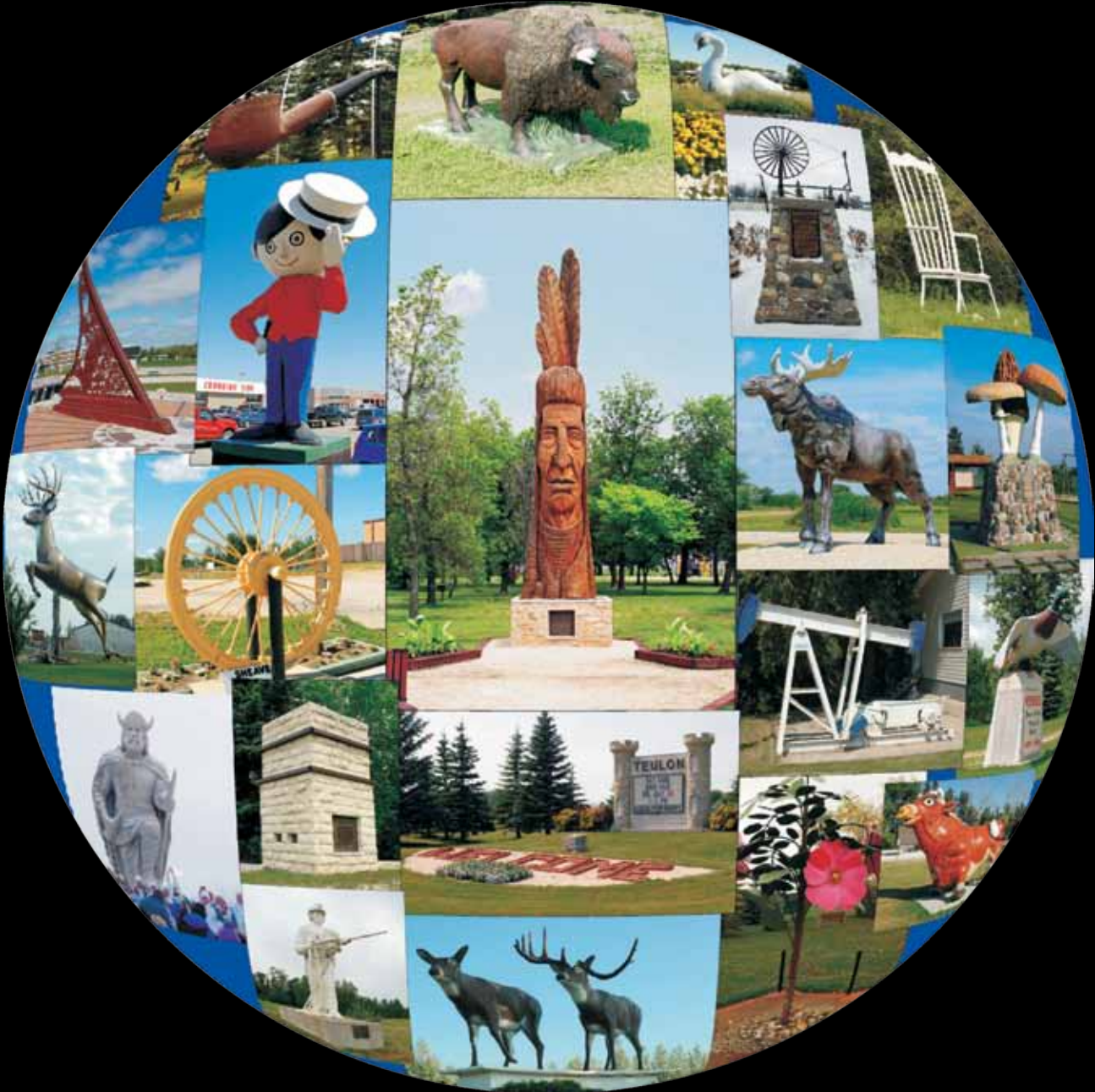
Live, Love, Laugh

Printed by



Minuteman Press

54 Mandalay Drive • Winnipeg, Manitoba R2X 2Z2 • 204-775-5211 • winnipeg@minutemanpress.com



**Feel Good Now
Practise That
Watch What Happens**