

## HEARTSPACE WRITING SCHOOL

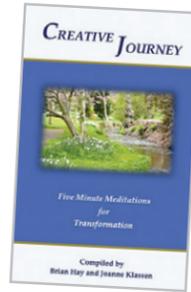


**Joanne Klassen, founder of HeartSpace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. HeartSpace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the HeartSpace website: [www.write-away.net](http://www.write-away.net) or contact Joanne Klassen at: [jklassen@write-away.net](mailto:jklassen@write-away.net)

## CREATIVE JOURNEY *Five Minute Meditations for Transformation*

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



**CREATIVE JOURNEY** is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB [www.mcnallyrobinson.com](http://www.mcnallyrobinson.com) Tel. 204-475-0483 or 1-800-561-1833

### Excerpts from CREATIVE JOURNEY:

#### WALK

By Anne Harding (AH)

*At Christmas people usually perch a fairy or an angel on the Christmas tree's top. But perhaps all trees have an angel in their branches somewhere.*

(Roger Deakin)

Yesterday I was walking outside the art room when I began to look at the trees. I noticed that one was labelled "Common Oak" (*Quercus Rebur*). I began to examine its bark, the patterns, shapes, ruts, holes made by insects, birds and mammals. The branches were still hanging onto their leaves although it was November. There were no acorns to be seen on the ground as they would have already been taken by birds or squirrels.

I looked up in the branches and thought about the piece I was reading the night before. Unfortunately, I was not able to see an angel but I was indignant that the tree had been labelled "common." I stroked its trunk and said "Take no notice of the label people have given you. You

are not common, you are wonderful, be yourself!"

As I walked away from the tree, I felt that an angel called me to go for a walk and remember that I am wonderful myself. (AH)

*I walk in nature and remember to be my wonderful self*

**BIO: Anne Harding (AH)**

Anne was a Primary teacher and worked with pupils with English as an Additional Language. Since retirement she has joined a Poetry Society and short story writing group. After attending a Transformative Writing™ course at Woodbrooke in 2009 she has returned for the Alumni Retreats every year since. The **Tools of Transformation** support her writing development. Anne is a member of the Religious Society of Friends (Quakers) and attends meetings in Telford. ■



#### SEE

By Bertha Fontaine (BJF)

*An intelligent man sees the differences, but a wise man sees the similarities.*  
(A Cree elder)

During a training session I attended in the 1980's, an elder spoke these words of encouragement to the attendees. I have often used this saying over the years, at home and in my work.

An example of this is a man from my home community who was labeled as hard to teach and unable to learn. The nuns placed Rusty in a "dummy" class in residential school because of his difficulties with math and most subjects. He couldn't keep up with the other students. He left school in frustration at an early age and no one tried to stop him, not even his family members.

Years later, I was visiting my parents when I came across Rusty, fixing cars two houses away. Although I didn't speak to him directly, my father proceeded to tell me that Rusty was a genius when it came to

cars. Dad said that Rusty could take a car apart and put it back together in top working condition. Most people who owned cars in my old neighbourhood, sought Rusty's help to repair their vehicles.

His neighbours chose to see Rusty as the genius and talented man that he had become. The elder's words reminded me of the true wisdom of seeing other's gifts rather than their limitations. (BJF)

**Wisdom comes in many forms.**

*I keep my eyes open to see the genius in others.*

**Bertha Fontaine (BJF)**

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative Writing™ program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors. ■

**OUR APOLOGIES.... to Erin Taves...** In the Oct. 13-Nov.2/17 issue of *Senior Scope*, we erroneously published the incorrect quote with her submission, "TREAT". Her quote should have read, "**My life is a treat. I accept all the goodness that life has to offer.**"

## PRAIRIE TALK - Now & Again

By Angela Temple



Tuesday, October 3rd, was another hopeful day for the Beausejour Gang to 'Rock and Bowl' and get those balls sizzling down the lanes with boisterous laughter and cheering all the way.

It was a battle between Sandra and Conrad the Rocket Man with the pins flying here and there leaving dust in the air. Sandra grabbed that High Single with her 195, with Conrad close on her heels. Conrad, the Rocket Man said "Enough, I am taking the High Triple"...and he did, with his 491. 'Twas indeed a pleasure to watch these two battle on, leaving the rest of us in their dust... with our headpins, gutterballs, etc..

Tuesday, October 17th, the Beausejour Gang hit the lanes once more for some rockin' and bowlin'.

What a day full of laughter and sizzling balls! It even crossed Diane's mind that perhaps a broom was needed to sweep up imagined shattered pins...

It was indeed a day marked by Double-doubles and even a Turkey! No matter that Thanksgiving Day dinner had come and gone. Conrad scored a Double-double in the first string, then again in the second string. Ted began with a Double-double in the second string, then wouldn't stop... had to score a Turkey and he did. Sandra scored her Double-double in the third string, as did Edna, scoring her Double-double also in the third string.

The Rocket Man, Conrad scored the High Single with 204, but he had Sandra with her score of 203 and Ted with his score of 193 hot on his heels. Ted scored the High Triple with 519, leaving both Conrad and Sandra as well as the rest of the Gang in his dust.

*Cheers all around,*  
Angela

## The Village Green Morris Men

Submitted by Jim Palmquist

I am part of a group of men dancers called The Village Green Morris Men. We practice at Crescent Ft Rouge United Church for free. But each year we have what we call our BIG SHOW after which we give all the monies raised, other than expenses, to the church in lieu of rent.

Morris dancing is a form of English folk dance originating mostly in the southern part of England, although this year we will be featuring Morris dances from all over the British Isles.

We started in 1974 for the Winnipeg Centennial celebrations. 2 of our dancers are still dancing with us and will be dancing at the show. One of these 2 men actually comes in each year from Quadra Island in BC to be in the show.

We have 12 dancers and 2 musicians. 7 dancers are over 70 years in age, 4 are between 55 - 70 and one spring chicken at 35 (he just joined us two months ago).



The Village Green Morris Men

We dance for the enjoyment mostly but we do gigs at nursing homes, schools, club events, coffee houses and several festivals around Manitoba. Call 204-775-1939 for info.

**Village Green Morris Men's BIG SHOW**  
Sat. Nov. 18, 7:30

**Crescent Ft Rouge United Church.**  
\$12, \$10 senior, \$5 kids over 5, tickets at door. An evening of old English Morris Dancing, with guests/musicians Susan & Paul Hammer and a new mummies play entitled "Snow White and the Seven Morris Men."



**QUALITY CARE MOVING**

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service • removal or storage service
- short and easy free in-home estimates

Phone - 204-990-4341 Wpg

Email: [qualitycare@mts.net](mailto:qualitycare@mts.net) Website: [www.qualitycaremoving.net](http://www.qualitycaremoving.net)

**MANITOBA Wild**  
Scenic Secrets of Manitoba

Pick up a copy at your local bookstore today!

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: [bills@mts.net](mailto:bills@mts.net) [www.manitobawild.ca](http://www.manitobawild.ca)