



Have you seen Candace?

It was with quiet reverence the audience at the November meeting of the RRC Heritage Group listened to the compassion and understanding expressed by Wilma Derksen as she told her story following the murder of her daughter Candice in 1984.

Encapsulating the events in her life, briefly before, and since 1984, Wilma's warmth and enthusiasm for the tasks she has set herself was truly inspiring.

Wilma's latest passion is to bring to fruition a place of quiet refuge for victims of crime where families can get support and understanding. It is to be known as Candice House.



Wilma Derksen

To learn more about Wilma Derksen go to her web site:
www.wilmaderksen.org

Wilma also has a TEDx Talk at:

http://www.youtube.com/watch?feature=player_embedded&v=U7Byq9sW_XU

Invitation – RRC's annual holiday reception:

Exchange District Campus: Date: Monday, December 16, 2013

Time: 3:00 – 4:30 p.m.

Place: Jane's Restaurant, Paterson GlobalFoods Institute

Notre Dame Campus: Date: Tuesday, December 17, 2013

Time: 3:00 – 4:30 p.m.

Place: Voyageur Dining Room, Building A

Notre Dame Night Shift Employees: Date: Monday, December 16, 2013

Time: 10:00 – 11:30 p.m.

Place: Prairie Lights Dining Room, Mall Level

The Executive team and I look forward to seeing you.

Best wishes,

Stephanie

Stephanie Forsyth
President & CEO
Red River College
2055 Notre Dame Avenue
Winnipeg, Mb, R3H 0J9
[\(204\) 632-2360](tel:(204)632-2360)



Retirements:

Leslie Walsh

After 33 Years of dedicated service at RRC, Leslie has decided to retire. A Come & Go Reception will be held on **Tuesday, December 10** between 2:00 – 5:00 p.m. in the Prairie Lights, all are welcome. In lieu of a gift, Leslie has requested that donations be made in her name to the RRC Nursing Endowment Fund. Donations can be made at the reception or online at: <https://me.rrc.mb.ca/OnlineDonation/> A retirement card is available for signing at the Reception Desk on 6th floor of C Building until Friday, December 6.

Aaron Koodoo

After over 40 years of dedicated service to Red River College, Aaron Koodoo, Chair of Construction Trades, has decided to retire. A retirement reception will be held on **Wednesday, December 4**, 2013 from 2:30-4:30 p.m. in the Voyageur cafeteria. Official program to begin at 3 p.m. Refreshments will be served. Please join us in wishing Aaron well in his retirement! Cards will be available to be signed in Room A 134 with Lorrie Musick/Chris Hanstead/Katrina Florendo and in Room A 145 with Christina Lambert. Should you wish to make a donation towards a gift, there will be an envelope at each location well. Hope to see you there!

Obituaries:

Peter Cogill

It is with deep regret we note the unexpected passing of Peter Cogill while on vacation in his beloved England. Peter was the storekeeper at Stevenson for many years and will be sadly missed by all who knew and worked with him. He was truly a gentleman in all his actions and words. Our condolences go out to his wife and family. A memorial service was held on Wednesday November 13th at 2PM at the St. John's Anglican Cathedral at 135 Anderson Avenue Winnipeg, MB.

Our deepest condolences go to Shelia Johnston whose husband, Garth Scott Wannan passed away. The funeral was held on Friday, 29 November at Thompson "In the Park" Funeral Centre.

Gail Shimonek

Gail celebrated her retirement from RRC with a Come & Go Reception in the Prairie Lights on **Thursday, 28 November**. In lieu of gifts Gail requested that donations be made to the Applied Commerce & management Endowment Fund – Business Administration Mentorship Awards.

Nirdosh Ganske

A retirement reception for Nirdosh Ganske will be held on **Monday December 9th**, 2013 between 2:00 and 4:00 p.m. in the Prairie Lights (NDC). In lieu of a gift, Nirdosh has requested that donations be made to the "PEACE AWARD FOR REFUGEES". Envelopes for donation and cards for signature will be available in P411, Roblin Center with Helen Pollard and in B100, Notre Dame Campus with Valerie Howat.

RRC Heritage Group

Editor:

Michael Gale, mrgsoton@gmail.com

Chair:

Dorothy Derksen, dorothygd@mts.net

Assistant Chair:

Dale Watts, dalewatts@shaw.ca

Secretary:

Mary Hayes, mhayes@mts.net

Past co-Chairs:

Gerry Varnes & Ron Blicq

Founders:

Bob Barr & Don Kennedy

Red River College Heritage Group Liason:

Elena Grinshteyn, egrishteyn@rrc.mb.ca
204-631-3324

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Red River College
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Ray Newman

President extraordinaire.

Since retiring from RRC 23 years ago and turning 80 this past September Ray has continued his passion for slo-pitch softball.

He has been to 9 World Series tournaments and received 4 World Series rings, 2 with the Winnipeg Flashbacks, and 2 with the Minnesota Legends, a Minneapolis team.

I'll let Ray explain where he plays and for whom:

In the winter I play slo-pitch with 2 teams--The Mesa Regal Reruns, a 55yrs+ team and also with the same team in a 75yrs+ team league with the younger players removed.

In the summer I play on 2 teams again, with the Cardinals in Charleswood in a recreational league on Tuesdays and with the St. James Ichabods, a 65yrs+ team in a competitive league in Winnipeg on Mondays and Wednesdays. Since I live out of town, at West Hawk Lake during the summer, I don't always get to play every game during the week but I do go to the out of town tournaments with the Ichabods--Steinbach, Morris, Altona, Portage la Prairie.



Ray receiving the Golden Bat



Ray & Bev Newman

The World Series teams are a little different. As you can imagine the skill level goes up and to be more competitive the teams are selected. As a result I was picked up by the Flashbacks in Winnipeg and we won tournaments in Las Vegas, 2004[70's] and Phoenix, 2008[75's] where we received rings. Because I play down south with some of the Minnesota Legends team members they asked me to play in the World Series tournaments with them and we won in Las Vegas, 2010[75's] and Florida, 2012[80's] and received rings.

I was featured in a bulletin in 2012 with a picture showing me being presented with a gold bat as MVP of the tournament with the Minnesota Legends.

Please do not forget to send in your stories, and a picture if possible, to let your former colleagues know what you are doing now and/or where you are. The pages of the January Newsletter are looking very bare at the moment.

January, 2014 speaker will be: **Prof. Gerry Gray on the Upper Fort Garry.**



DO YOU WANT TO DANCE?

By Dale Watts

ABC's *Dancing with the Stars*, now in its 17th season with over 12 million viewers, and its CTV Canadian counterpart, *So You Think You Can Dance Canada*, which ended in September 2011 despite an audience of over 1 million viewers, are two television reality shows that captured the imagination and attention of their audiences. Enticed by the flair and excitement of trained dancers partnered primarily with celebrities to perform ballroom, Latin and cabaret-style dancing, we've had an opportunity each week to view dance partners who've worked hard to perfect brief, but creative, dance routines.

There are numerous formal opportunities to learn how to ballroom and social dance in Winnipeg such as Ted Motyka's Dance Studio, 460 Main Street; Shirley's Dance Studio, 255 Tache; Patricia's Dance Studio, Unit 20 – 2025 Corydon Avenue in the Tuxedo Park Shopping Centre and the Arthur Murray Dance Studio at 904 St. James Street. Several of these studios also have weekly dance "practices" or periodic dance occasions. The yellow pages or Google identify numerous other local studios.

Most of these studios accept persons who may just want to drop in occasionally for a lesson and quite often bringing a dance partner is not necessary. However, some studios operate on a contract basis which requires the beginning dancer to commit to, and pay for, a specific number of weeks or lessons. It's worthwhile comparing the prices each studio charges for lessons. While some are more costly, they may be worth it for the quality of instruction provided.

While most of us will never reach that level of athleticism and competitive skill—some professional ballroom dancers start as early as age four or five—it does not prevent even the most rhythmically-challenged among us from learning social and ballroom dance basics and enjoying the pleasure of whirling about the dance floor with a partner.

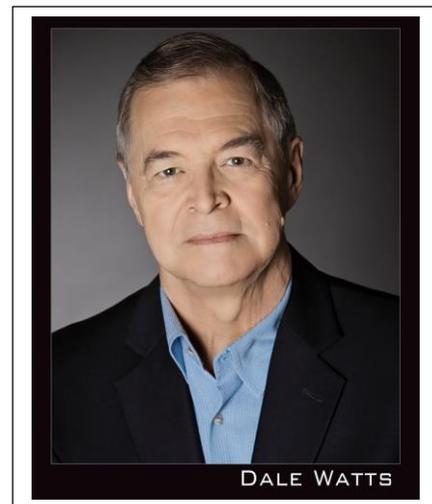
The benefits of being involved in ballroom and social dancing are many: exercise that keeps the body and brain active; stress reduction and improve relaxation; contributes to better posture, stronger bones and muscles as well as weight control; is a creative outlet because it is an art form based on techniques which fosters new skills; allows insight into different cultures because of the variety of dances as well as enables us to meet and make new friends with similar interests

In all cases, for the more serious-minded, there is an opportunity to take private dance lessons at an increased cost which will significantly improve an individual or a dance couple's skill level at a faster pace than group lessons will. For the adventurous, some studios also encourage their students to enter into dance competitions and will help prepare them for these events including devising the dance choreography. Dance competitions are exciting events and worth trying at least once.

If taking lessons at a dance studio is a bit too formal, the City of Winnipeg Leisure Guide also offers dance lessons in short-term courses from beginners to advanced levels at various locations around the city.

For those for whom weekly dance lessons become part of a lifestyle, there are dance clubs around as well. One such club is the Westview Dance Club in Winnipeg, which advertises as "a non – profit, volunteer run, organization providing ballroom dance lessons to member couples in a social, non-competitive setting. The club offers lessons in Waltz, Foxtrot, Rumba, Cha-cha, Swing and Tango." Lessons are structured to accommodate dance couples at all levels of proficiency. The dance lessons, socials and dinner dances offer fun, entertainment and a great opportunity to practice the lessons learned!

So, if the waistline is blossoming and the idea of another winter stuck on the couch watching TV isn't that appealing, think about getting involved in dancing. There are lots of benefits, including maintaining or improving one's health, for a relatively small investment.



DALE WATTS

**The new electronic interdependence recreates the world in the image of a global village.
Marshall McLuhan 1911-80 Canadian Communications Scholar.**