

POINT *to* POINT

Winter Edition 2022

ARMSTRONG'S POINT COMMUNITY NEWSLETTER

Taking a break from the chill



Come in...

Neighbours and friends share their achievements and talents with you...



Armstrong's Point
THE HERITAGE REPORT

Walking around the neighbourhood...

... you might have noticed our fading, standard-issue black and white street signs. The Heritage Committee believes that a new year signals it's definitely time for a new look. We've long thought that something with a historic flair, befitting a Heritage Conservation District, would be more suitable and with design suggestions now presented to the APA Board, finally we have our approval.

The new street signs will be doing double duty, pointing the way forward, as well as back, to our history!

April Kassum
Chair, Heritage / Beautification Committee

Running the New York City Marathon November 6, 2022

by Carla Loeppky

There was a great deal of disbelief and excitement when my name was selected to run in the 2022 NYC Marathon! I had entered the lottery as an Athlete with a Disability (I have a condition called SCA- Spinal Cerebellar Ataxia- which primarily affects my vision and balance) but still the odds were 1 in 8 that I would be accepted.

I trained for about 30 weeks, following a steady program that continually challenged me. In the beginning it still felt too good to be true and I doubted that I would actually get to the start line. I had run a few half-marathons in the past but training for a marathon is a whole different ballgame. Shelly would always be ready to pick me (and Rosie our dog) up on a moment's notice - it took me a long time to figure out nutrition and Shell had to deal with some calls where I was in crisis! I was worried about injury: by the end, I was falling on about half of my runs. My body hurt a lot. In fact, due to severe pain in my left hip and shin splints, I had been taking a break from running the final three weeks, instead visiting my osteopath weekly for intense treatments. Taking a break definitely impacted my fitness level but I was more interested in actually running the race than my time...

The training journey definitely was a family affair. Being accepted as an AWD meant that I could apply to run with a Guide. I asked my son Henry - 21 years old and very fit - if he would be interested in that role. I don't think he'll ever understand how meaningful it was to me to have him train alongside me (we ran together probably twice a month) and then run in the marathon as my Guide. I know it wasn't easy for him to change his running speed and stride length to match mine.

I just loved every moment of being with him.

Prepping for the marathon was one thing. Prepping for a trip to NYC was quite another! I have my wife Shelly to thank for taking the stress out of the trip planning. She arranged all of the travel and accommodations (there were 6 of us going so it wasn't an easy task) well in advance...

Gold stars for this amazing woman.



A custom shirt for the marathon

Fast forward to race weekend

A great friend created a custom shirt for the occasion. Note my name on the front and the Candace House logo on the shoulder? I was raising funds for Candace House www.candacehouse.ca an organization which supports families attending the trial where a loved one has been the victim of a homicide. This campaign raised over \$13,000!

Picking up our race kits from the race expo - the theme was "It will INSPIRE you". And it did!



Having fun at the expo!



Race Day

Hen and I were up at 3:45 am to catch our Uber to the AWD buses.

On the way we sang along to Lizzo's "It's About Damn Time" and had a few laughs. I was sooooo nervous!

Some of you might recognize that Hen is wearing Kelly Van Camp's shirt! Yes! Kelly was part of the marathon too! He had been a fun part of the training - often crossing paths during our respective training runs with a fun comment - and this was a special way to honour him.



Kelly's shirt and Dunkin' Donuts toques

It was also really cool meeting other AWDs. I was in awe of the number of marathons people had run and the general excitement in the air. This group of people is simply amazing - overcoming challenges to live out their dreams. I was so incredibly honoured to be a part of it all.

After arriving at the staging area on Staten Island, we did not hesitate to get our Dunkin' Donuts toques. Although the race day was going to be warm and humid (think 23 degrees and 80% humidity - not fun running conditions), I was super excited to snag a toque! (The bridge you see in the background was the first bridge we ran - about 2 miles long).

Every time a group of racers would roll out of the staging area there was cheering and clapping! Excitement was very very high! We took a little walk to the therapy dogs section to enjoy some snuggles...



Team Achilles

Walking to the start line - you'll see a sea of neon yellow shirts. They all belong to Team Achilles and would either be a runner or a guide - NYC is their big marathon and they come out in droves.

On the course

The crowds were SO INTENSE! Very loud and fun! But our favorite fans by far were Shelly, Brina (Henry's girlfriend), Glynis (sister-in-law) and Kim (Glynis' best friend). Seeing them several times along the course lifted our spirits immensely.



The fan club: Shelly, Brina, Glynis and Kim

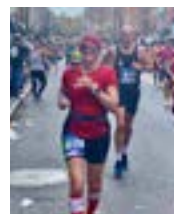
And it was clear that they were having so much fun along the way too. Making new friends and exploring the city!

Action Shots

First one is about mile 8, the first time we met up with our cheer squad. I had double vision almost from the start and if I stopped watching Henry, would weave all over the road. I was so scared of falling and not completing the run. But I stayed upright the whole race. A huge win for me.



Mile 8



Mile 18

The running shot was about mile 18 and I was pretty tired by then. I did consider ending early and just walking off but Hen tuned me up. Don't let the picture fool you - my body was extremely sore. And then finish line pics. The endorphins and tears were flowing!



The finish line!

What a great experience - I think of it as a mountaintop moment - reaching the pinnacle with all the feelings of: accomplishment, pain, joy, deep love for those that supported this journey... and the list goes on.



When Great Trees Fall in Armstrong's Point, continued

Residents of the Point have contributed eloquently on this topic before; now, neighbour Bret Dobbins writes:

"It's true ... I lack knowledge, style, finesse, and understanding of the Haiku world. As well, my science degree education and business coaching work have likely long ago hampered the flow of creative juices that enable most artisans to freely express themselves.

But for two years, ever since the City of Winnipeg had to remove the last of our four majestic elms on the boulevard in front of our century-old (wavy wall) Middle Gate house due to Dutch Elm disease, I've sadly watched the tiny replacement maple and oak starter trees try to grow to catch up to their mighty elm cousins on my neighbour's sites.

Regrettably, I'm not the only resident of The Gates who has suffered a loss of beautiful trees over the last decade. It's enough to make a grown man cry - or at least attempt a haiku as he ponders the loss."

~~~~~  
*soldiers standing tall  
 felled by a tiny warrior  
 new saplings now grow*

~~~~~  
*Cheers!
 Bret and Karen Dobbins*

Lives well lived

This fall we said goodbye to some longtime members of our community, including:

Pat Guy - on October 13 at the age of 102. Eighty-three years ago, a burst appendix held Pat back from what might have been a fateful 1939 voyage on the S.S. Athenia. Two years later she settled in Winnipeg with her husband Robert DuVal Guy - author of "Early Armstrong's Point" which is still given to new residents. The Guys raised five children at 135 East Gate. They hosted the 'Chamber Music Society of Lower East Gate' with concerts in their home. Pat often welcomed Gates neighbours into her home for the annual Christmas gathering. After moving, she would still

frequent the Cornish Library in her old 'hood. No doubt she would drive on by through the Gates, pausing at her former home to reflect on the many happy years spent there.

Obituary: <https://bit.ly/3gDnZ9F>

Brian Squair - on November 18 at the age of 87. Brian and his wife Kathy lived at 28 Middle Gate for 32 years. They raised their four daughters there, after taking over the home from another family with four girls. Brian had a busy career - first teaching in Dauphin and West Africa, then practising civil litigation in the Attorney General's office. After retirement, he and Kathy moved away but they later returned - this time to 45 West Gate, in 2014. For many years, Brian volunteered to select the wine for the APA Christmas parties. He could always be counted on to infuse fun and laughter at any neighbourhood event.

Obituary: <https://bit.ly/3ENhn0C>

APA Board Members:

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April Kassum

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Susie Strachan - *Chair*

Tree Committee:

Ivan Sabesky - *Chair*



Pezenas, France



un lapin magnifique



cherub



Picasso



antique market



street musician

The Gallery ...

Randy Butterfield continues to design Point to Point while he is in France and we asked him to send us a contribution for this edition:

My French Sketchbook

"This past summer I retired from a career of teaching drawing and illustration at Red River College. In September it was off to France for an extended period of time. I was immediately inspired to open up my sketchbook. Teaching others to draw all day, combined with raising a family didn't leave a lot of time for my own work. Freedom from that has allowed me to draw almost every day. I am inspired by the history and the way of life here in France. Here is a selection of some of my sketches."

If you would like to see more of "My French Sketchbook", follow me on Instagram at: @r.l.butterfield or on Facebook at: R.L.Butterfield To see my paintings, go to my website: rlbutterfield.com



Point to Point: Armstrong's Point Community Newsletter

Send contributions, suggestions to: d.irwin@mymts.net