

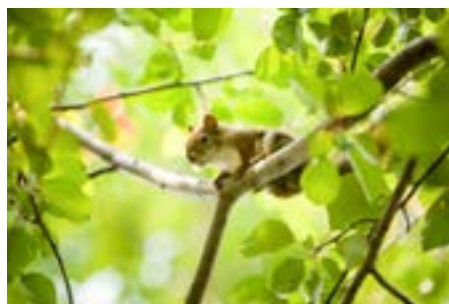
Spring Edition 2020

POINT *to* POINT

ARMSTRONG'S POINT COMMUNITY NEWSLETTER

Spring in Armstrong's Point: Going from "sleep mode" to "refresh"

*In this issue, we're all about renewal.
Inside: power up with inspiration and updates*



Photos: Top - Darlene Irwin, Bottom - Ash Raichura



Armstrong's Point
THE HERITAGE REPORT

Heritage Committee Update

Keep an eye open...

With the completion of the Middle Gate entrance gardens, the Heritage Committee is focusing its attention on the installation of a large information plaque in the garden.

The heritage plaque will include the origins of Armstrong's Point, turn-of-the-century notable historic residents and the recent designation as the first official heritage neighbourhood in Winnipeg.

If you have any suggestions regarding possible beautification projects, please contact: April Kassum
akassum@shaw.ca or 204-5104803

April McDonald - Kassum



wpl.winnipeg.ca

Library Renovations nearing completion

“Almost 100 years ago, Cornish was constructed with the help of a grant from philanthropist Andrew Carnegie. He strongly believed that a public library must be free to all but in that era, the concept of universal access didn’t exist.

Renewal of Cornish Library is being undertaken with great care to preserve the character of the building within its established historic neighbourhood, while addressing the community’s expressed desire for improved access and more usable spaces. Cornish has a special place at the heart of the Armstrong’s Point community. Its history is treasured by area residents, who are proud of the role this facility played in shaping our city. Today, the people from the Point, West Broadway, and Wolseley neighbourhoods value the library for its programs, children’s facilities, and its always welcoming atmosphere.”

- Winnipeg Library Foundation

Life lessons from the Camino: What I learned on my 800-km walk

by Sandra Thacker from her article for CBC Manitoba, January 4th, 2020

Ten years ago, I decided that when I retired, I was going to go on a walk. Not just any walk, but an 800-kilometre, month-long kind of walk. In other words, the Camino de Santiago ancient pilgrimage — a walk that begins in Saint-Jean-Pied-de-Port, France, and ends in Santiago, Spain. So this past fall, I filled my backpack, laced up my hiking shoes and, with a Winnipeg friend, headed to Europe.

“What matters most are the people in our lives, sharing a meal, good health and being grateful in general.”

Pilgrims have been walking the Camino for religious reasons since the late Middle Ages. Their goal was to make it to the Cathedral of Santiago, where (tradition has it) the remains of the Apostle St. James are held. Today, there is an entire network of routes throughout Europe that lead to Santiago. We chose the Camino Frances, also called the French Way.

It takes most people about 35 days to walk it. I gave myself the goal to complete it in 31 days, to mark 31 years since I began my career. I trained for it by going on long walks leading up to my departure. But nothing could prepare me for the physical and mental challenges that lay ahead.

On our very first day, after walking the strenuous uphill climb over the Pyrenees - we walked for 35 kilometres before finally finding accommodations at 7 p.m. - I wondered what I’d gotten myself into. The next several days were equally physically challenging, and the terrain was difficult.

Early on, I wondered whether or not we would complete this journey. Many people do quit. The Camino

pushed me outside of my comfort zone, that’s for sure. Soon, however, I began to feel stronger and looked forward to walking each day.

We got into a routine of leaving early, in the dark. Our day ended early to mid-afternoon, depending on the difficulty of the trails. By this point, the Camino had become a metaphor for my life. I was saying goodbye to my old job. My new job was walking all day, taking care of my blistered feet and embracing small moments of joy along the way.

The final stage of the walk, into Galicia, represents rebirth into a new life. It’s described as spiritual. And for me, it was. I felt joyful, walking through forests, enveloped by the smell of eucalyptus trees. What a luxury to spend so much time outdoors. To have time to think and to meet people from around the world. How often do we get that chance in our everyday lives?



For five weeks I carried everything I needed on my back. It made me think a lot about how we are burdened by our belongings. I came home inspired to live a simpler life, with less stuff.

I was reminded that what’s important in life is not stuff, or a fancy home or big achievements. What matters most are the people in our lives, sharing a meal, good health and being grateful in general.

Armstrong's Point's Holiday Party December 7, 2019

Photos by April Kassum



The halls were decked...

Younger guests enjoyed the media room with movies and games, and when it was time for the silent auction draw, Julian and Brogan Antonation stepped up to assist. Thanks to the APA Board and especially the Social Committee of Pete Firlotte, Kym Antonation,

The tables were set...

Jocelyne Hullen and Sandy Thacker for organizing the food and the auction. Many thanks to our hosts April and Diamond Kassum for the hospitality they have extended through the years, establishing the Heritage House Tours which have helped to define

We were greeted by friends, neighbours and family.

Armstrong's Point, and sharing this wonderful restored home with thousands of visitors through five successive tours, and all of us here in Armstrong's Point, on so many occasions like this one.

BULLETIN BOARD



In memory of **Charlotte Penner**, who loved West Blanchard Park and the red chairs that used to sit there. Charlotte passed away on December 31, 2019. She devoted many hours towards preserving and celebrating our neighbourhood. She was all about having more fun - organizing summer barbeques and Christmas parties for the residents and also with her inspiring ice sculptures.

We miss you Charlotte.

Announcing the new APA Website:

www.armstrongspoint.com

Thanks to Diamond Kassum, Ash Raichura, Kym Antonation and web designer Joey Ste. Marie.

APA connects with Sara Atnikov

Late in December APA connected with Sara Atnikov, the new Executive Director of West Broadway Biz. In time for the holidays, we made a donation of food hampers to Siloam Mission on behalf of both our organizations and we're looking forward to continue to work with West Broadway Biz.



Global News photo

APA Board Members:

Diamond Kassum - *President*
Sandy Butterfield - *Vice President*
Marvin Tiller - *Treasurer*
April Kassum - *Secretary*
Kym Antonation
Scott Antonation
Peter Firlotte
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April Kassum

Wayne Ryzniczuk

Kelly Van Camp

Newsletter:

Editor: Darlene Irwin

Design: Randy Butterfield

Social Committee:

Peter Firlotte

Tree Committee:

Ivan Sabesky

Point to Point: Armstrong's Point Community Newsletter. Send contributions, suggestions to: d.irwin@mymts.net



Sheri's Spring Garden

The Gallery ...



*On a misty night,
Middle Gate
photographer Larry
Isacoff captured this
shot of Blanchard
Avenue looking west.*

A view so familiar to us all is revealed in a whole new way. We are enabled to see things with fresh eyes, when a photographer happens to be out and about.