



Winnipeg Chinese Senior Association

温尼伯华人老年协会

桑榆之光 Newsletter

2022.10.20

第10期

总第18期

年会聚焦

华协2022年会会长致辞

各位会员、各位朋友，

去年4月份，疫情处于严重流行阶段，政府正在号召居民接种疫苗，人们还多是待在家里，以减少病毒的传播。

为了向会员们传递和普及有关疫情和疫苗的信息，我们先后举办了5场覆盖不同知识面的专题讲座，邀请了杨熙教授，张素蓉医生，Helen Liu 药剂师和马国祥博士这些专业人士，为会员们讲解和答疑。每场均有上百人参加，平均达120多人。这些讲座，对于会员们增强防疫知识，缓解紧张和茫然，保护自己和家人，保护社区和居民，起到了非常积极的作用。

根据当时的疫情，华协继续在网开办各种兴趣课，包括声乐2个班，素描3个班，彩绘3个班，手机摄影2个班，以及1个英语中级班，总共有近200名会员参加了这些课程。

网上免费健身课依然每周进行，包括太极、广场舞、健身操、瑜伽、八段锦、排舞和新开办的柔力球，累计参加健身活动的人数达到数千人。会员们根据自己的时间和爱好，灵活选择不同的健身课，使得大家在闭门居家的情况下，依然能够参加集体活动，这对保持身心健康，有着不可忽视的作用。同时，华协还开办了丰富多彩的网上活动。比如，系列手工课，RBC的系列财务知识讲座，首届食品节，中秋活动，首次欢度重阳节暨MB150庆典，针织活动，小规模的外郊活动，《红楼梦》系列讲解，种子交换，新年音乐会，欢度中国春节等等。这些安排对于活跃会员们的生活，增加会员们之间的交流，缓解疫情带来的压力，都会起到一定的积极辅助作用。累计参加这些活动的人数达到数千人，仅仅中国春节晚会就有440多人参加。



另外，我们还组织了参加线下曼省马拉松和Terry Fox Run，华协为Terry Fox基金会募捐近千加元。最近，Terry Fox基金会为华协组织积极募捐和参与活动颁发了奖状。

疫情初期开办的种菜养花群和厨艺群依然一位难求，定期地组织各种各样的互动活动，得到了会员们的积极参与和响应，互动频繁，沟通热烈。手工和缝纫俱乐部也不时开办一些活动。

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本期主编：杨素萍

编委：

旭影 王琳
戴蓉 王凤岐
Sunny Qu Rose Ju
尹荔 雨朦

爱
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主编：Kris

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华协2022年会长致辞 (接续)

从去年的5月份开始,在每个月的20日,华协开始定期出版月报 (Newsletter),截至这个月,月报已经累计出版16期,另外还有四期增刊。现在,每个月的20日,已经成为很多人期盼的日子。宣传组的义工们,活动前要制作广告,活动中要拍照,拍视频,计人数,活动过后还要写报道,制作宣传视频。还有一些会员义工,人虽不在年月历小组和宣传组之中,但也积极参与协会的宣传工作。我时常感叹:这些义工们,可真棒!

过去的一年,协会的活动,得到了加拿大各级政府和公益组织的鼎力支持。去年,华协圆满地完成了1个联邦的项目,3个省项目,2个市政府项目,以及5个社区项目。我想,大家印象深刻的,应该是ProtectMB的项目,华协及社区共有600多人领到了华协宣传疫苗接种的T恤衫,还有北苑饭店的现金打折卡。同时,我们还得到了RBC银行的年度赞助,还有很多华人商家赞助了华协的大型活动。我代表温尼伯华人老年协会和1300多名会员,向加拿大各级政府和各社区基金会,向RBC银行,向支持和赞助我们的商家,表达真诚的谢意!

在近一年的时间里,在协会倡导的健康和快乐理念的基础上,我们充分地利用了网上交流的形式。同时,在疫情缓解的间隙,华协还适时地组织了诸多的线下活动。既保证了会员们的安全,又让会员们保持了活跃和沟通。

老年协会这些项目和活动的成功举办,离不开广大会员朋友的参与和支持。在过去这一年期间里,有100多位义工,以各种形式,为老年协会的活动献计献策和奉献力量。同时,有500多人次,和2万

人次分别参加了华协的线下和线上活动。在此,我向所有支持和参加老年协会活动的人员和义工们,表示深深的敬意。

在开展活动的同时,华协也在进一步完善组织建设,先后完成了By-Law和过去四年的报税工作,还完善了财务制度和章程。华协还在原有WCSA Excellent Volunteer Award之上,增设了WCSA Victor Mah's Award和WCSA Service Award两个新的奖励和鼓励奖项。同时,华协的助理队伍也从2个人扩充到5个人,华协的4个群里的会员人数也达到了1300多人,很多年轻人也加入了华协的义工队伍。华协还进一步扩展了与更多社团的联系与合作。今年3月份,华协的近50名义工,参加了温尼伯南区Harvest活动,得到了市议员Janice Lukes的赞誉。

一年来的经历和感受使我坚信,只要我们的不改初衷、一如既往,就一定能够按照我们的理念和设想,把老年协会越办越好,让更多的人,加入到我们的团队中,并让更多的人从中受益。



WCSA President's Speech at AGM 2022

Members and friends,

During last April when the pandemic was at its height, the Manitoban government was appealing for everyone to get vaccinated, and to stay home for reducing the spread of the virus.

In order to inform our members about the pandemic and vaccines, Winnipeg Chinese Seniors Association (WCSA) held 5 special lectures covering different knowledge areas, inviting professionals such as Professor Xi Yang, Dr. Surong Zhang, Helen Liu, and Dr. Guoxiang Ma to

answer members' questions. Hundreds of people participated in each lecture, with an average of more than 120 people per event. These lectures played a very positive role for members in enhancing their knowledge of pandemic prevention, relieve concerns and confusion, protect members, their families, and the community at large.

According to the pandemic situation at that time, WCSA continued to offer various art classes online, including 2 vocal music, 3 sketching, 3 color painting,

2 smart phone photography, and 1 intermediate English class, with nearly 200 members attended these courses.

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WCSA President's Speech at AGM 2022 (接续)

Free weekly online fitness classes continue, including Tai Chi, Square Dance, Aerobics, Yoga, Baduanjin, Line Dance, and the newly launched Tai Chi Softball. Members can choose different fitness classes according to their own schedules and hobbies, so that everyone can still participate in group activities even when they stayed at home, which plays an important role in maintaining physical and mental health of our members. The number of people participating in these activities reached thousands.

At the same time, WCSA also launched a variety of online activities. For example, a series of handicraft workshops in April, financial knowledge lectures by RBC, the first food festival, Mid-Autumn Festival, the first celebration of the Double Ninth Festival and MB150 celebration, knitting activities, field trips, series of explanations on Dream of the Red Chamber, the second seeds exchange, the New Year's concert, the Chinese New Year gala, and so on. These activities played an affirmative role in enriching the lives of members, promoting interaction among members, alleviating the pressure brought on by the pandemic. Thousands of members participated in these activities. For example, more than 440 people participated in the Chinese Spring Festival Gala alone. In addition, we also took part in the Manitoba Marathon and Terry Fox Run. During that time, WCSA raised almost a thousand of dollars for the Terry Fox Foundation. Recently, the Terry Fox Foundation issued WCSA an award Certificate for its participation and fundraising.

The gardening group and the cooking group established during the early stage of the pandemic remains active. Regularly organized interactive activities received enthusiastic participation and response. Crafting and sewing clubs also held events from time to time.

Starting from May last year, on the 20th of each month, WCSA began publishing a monthly Newsletter. As of this month, 16 issues had been published, and there were four additional special issues. Now, the 20th of every month has become a day that many people look forward to. Many volunteers of the Publicity team produced the events' advertisements, took photos, and videos, count the number of attendants, and write reports

and make promotional videos after the event. Some other members not in the newsletter group and publicity group, also carry out the publicity work. These volunteers are awesome!

In the past year, the activities of WCSA were fully supported by governments at all levels and other non-profit agencies. Last year, WCSA successfully completed 1 federal project, 3 provincial projects, 2 municipal projects, and 5 community projects. I think everyone was impressed by the ProtectMB project. A total of more than 600 people from WCSA and the community have received T-shirts promoting vaccination, as well as discount vouchers from North Garden Restaurant. At the same time, we also received the year sponsorship from RBC, and sponsorship from many Chinese businesses for our large-scale activities. On behalf of WCSA and more than 1,300 members, I would like to express my sincere gratitude to all levels of governments and community organizations in Canada, to RBC, and to the businesses who supported and sponsored WCSA!

In the past year WCSA made full use of the online communication platform to advocate its concept of health and happiness. Once the pandemic eased, WCSA organized many in-person activities in a timely manner. It did not only ensures the safety of members, but also kept members active and communicating.

The success of these projects and activities of WCSA is inseparable from the participation and support of all members and friends. More than 100 volunteers contributed to the activities of WCSA in various forms. At the same time, more than 500 people and 20,000 person-time participated in the in-person and online activities of WCSA. Here, I would like to express my deepest gratitude to all the members and volunteers who support and participate in the WCSA activities.



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WCSA President's Speech at AGM 2022 (接续)

While carrying out the activities, WCSA was also further improving its organizational governance. It had completed the By-Laws, the tax returns for the past four years, and had also improved the financial system and articles of the association. In addition to the existing WCSA Excellent Volunteer Award, WCSA added two new awards, the WCSA Victor Mah's Award and the WCSA Service Award. At the same time, the board assistants of WCSA expanded from 2 to 5 people. The number of members in the 4 groups of the WCSA reached over 1,300, and many young people also joined the volunteer team.

WCSA has further expanded its ties and cooperation with more organization. In March this year, nearly 50 volunteers from WCSA participated in the Harvest event in South Winnipeg and were praised by the City Councilor Janice Lukes.

The experience and feelings of the past year have made me firmly believe that, as long as we do not change our original intentions and continue as always, we will be able to make WCSA better and better, and allow more people to join our team, and allow more people benefited from it.



协会动态 WCSA News

9.18 高尔夫入门和体验课

CSA & MCGA promoted Golf Class for beginners

9.30-10.2 华协温尼泊湖寻鹰摄影之旅

A Photography Trip for Exploring Wild Eagles

10.7 减糖饮食座谈会

Diabetes Diet Symposium

10.16 重阳敬老节大联欢

The Celebration of the Double Ninth Festival



活动预告 Upcoming Events

9.20-2023.03.30 华协启动血糖测试服务

WCSA Free Blood Glucose Test Launched

10-21 视频编辑(2) Video Editing workshop Series (2)

10.26 RBC 年度经济趋势分析 RBC Annual Market Update

11.5 华协第3届社区种子交换和砍瓜评奖活动 The Third Community Seeds Exchange and Chop Melon Awards

11-01 彩绘讲座二 Painting Lectures Series 2

11-04 视频编辑(3) Video Editing workshop Series 3

11.12 浅谈合理用药与处方精简 Do I Still Need This Medication?

11-18 视频编辑(4) Video Editing workshop Series 4

活动掠影

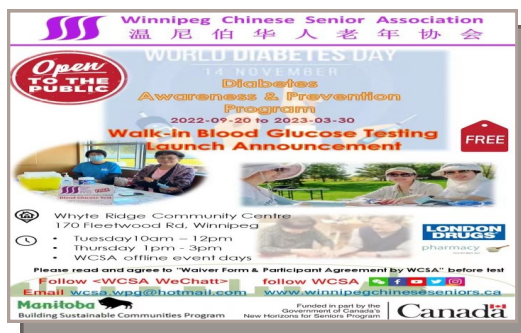
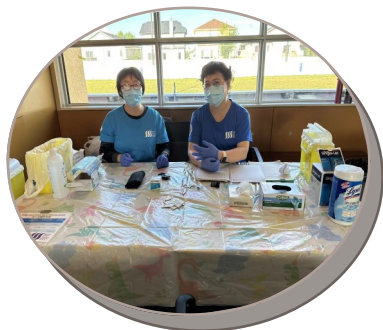
华协启动血糖测试服务

九月二十日，华协walk-in 免费测试血糖服务在社区办公室正式开展。这是华协“警惕和预防糖尿病”项目的三要素之一，其余两项是健康饮食和健身运动。这个项目由联邦和省政府资助，持续到2023年3月30日。

当前，加拿大的糖尿病及潜在患者超过

1170万，高于30%总人口比例。糖尿病并发症可能导致失明、中风、截肢、肾衰竭和心力衰竭，显著缩短寿命。为了增强社区对糖尿病的防治意识，华协和联合PAL55+，经过培训的义工于每周二(10:00-12:00)和周四(13:00-15:00)在 Whyte Ridge 社区中心(170 Fleetwood

Rd)，用国语和英语为到访的协会成员和居民提供免费血糖检测服务。



Free Blood Glucose Test Launched in WRCC

On September 20, the Walk-in Free Blood Glucose Test Service was officially launched by the Winnipeg Chinese Senior Association (WCSA). "This is one of the three elements of the Diabetes Awareness and Prevention Program", Ms. Yan Jiang, the President of WCSA said, "and the other two are Healthy Eating and Fitness Exercise. This program will positively improve the quality of life and prolong the life expectancy for the residents in our community".

Currently, there are more than 11.7 million Canadians living with diabetes or prediabetes, and the number is still growing. Diabetes has been proven to significantly shorten lifespan through its well-known complications such as sight loss, amputations, kidney failure, stroke,

and heart failure.

Prediabetes is a condition with higher blood sugar than normal, but lower than diabetes. Without proper management, Prediabetes can develop into diabetes. A worse case is someone has diabetes, but higher blood glucose is undiagnosed and causes discomfort until serious complications arise.

To help undiagnosed patients with early detection of high glucose levels, to raise the awareness on diabetes risks, and to delay or diminish the occurrence of its severe complications, WCSA and PAL55+ are working together to provide blood glucose test service in the Whyte Ridge Community Centre to the community members and all the residents.

This Walk-in Free Service is funded by the Government of Manitoba and the New Horizons for Seniors Program by the Federal Government. It runs from September 20, 2022 to March 30, 2023 inclusively. Tests are performed by trained and qualified volunteers every Tuesday (10:00 - 12:00) and Thursday (13:00 - 15:00).

If you have any questions, please email wcsa.wpg@hotmail.com.



活动掠影

华协组织 Terry Fox Run 义跑募捐活动



WCSA 户外运动俱乐部
Terry Fox Run – Team WCSA

日期: September 18, 2022
时间: 10am ~ 2pm
地点: Crescent Drive Park (781 Crescent Dr)
形式: 跑、走、自行车和集体娱乐活动等
捐款方式: <https://run.terryfox.ca/team/WCSA>

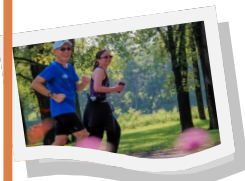
欢迎报名参加
关注<WCSA户外运动俱乐部>
wcsa.wpg@hotmail.com

Email wcsa.wpg@hotmail.com to register
Stay Safe
Stay Connected
www.winnipegchineseseniors.ca

Manitoba Building Sustainable Communities Program
Funded in part by the Government of Canada's New Horizons for Seniors Program
Canada



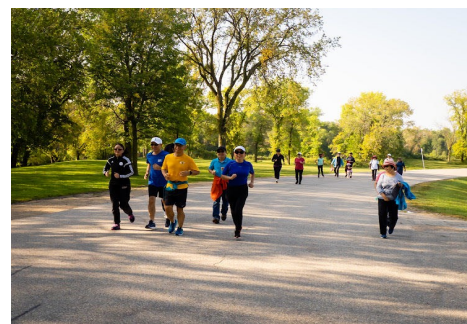
2022年9月18日华协迎来了一年一度的“Terry Fox Run”义跑募捐活动。这天秋高气爽、阳光灿烂，华协团队一行近30人早早地就来到了活动地点-Crescent Drive Park, Winnipeg. 大家在几位会长姜彦、柴健女士和刘松岩、秦葵嗣先生的带领下，有的进行了10公里以上的长跑，有的进行了5公里以内的短跑和徒步行走，还有的骑上了自行车，大家都非常兴奋，卖力。简易午餐之后，大家还开展了呼啦圈等其它集体娱乐活动，华协还在现场为大家进行了血糖测试。活动之前大家都在网上进行了募捐登记。此次WCSA团队募集金额超过了\$1200加元，为曼省癌症研究的资金筹集作出了贡献，受到了“Terry Fox Run”基金会的表彰。



Sandi: Thank you James for the memories and for the 197 photos that captured all our happy faces the fun events of the day. They are so clear.



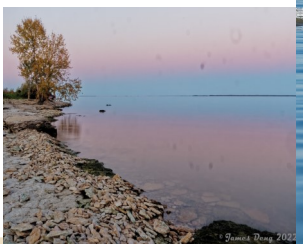
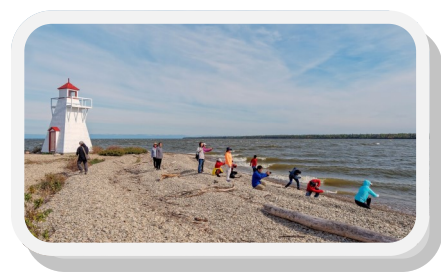
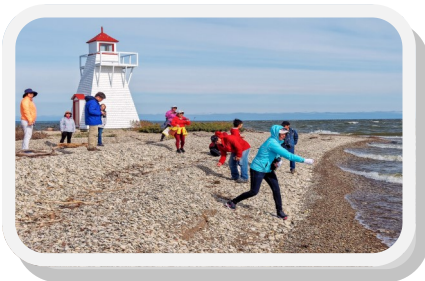
Sandi: Thank you WCSA for providing us such challenges and opportunities. It was indeed an enjoyable morning. Also I'm happy to know that my blood sugar is great. Thanks Qi Bao and her team.



活动掠影

华协温尼泊湖寻鹰摄影之旅

2022年9.30-10.2 日华协一行8个家庭在柴健副会长和摄影俱乐部邓老师、王琳班长的带领下驱车北上并转乘轮渡到达了温尼泊湖的马西森岛 (Matheson Island) 开始了他们梦寐以求的寻鹰之旅。他们兴高采烈, 也如愿以偿, 拍摄到了许多千姿百态的飞鹰、鹈鹕和其它野生鸟类, 还有美不胜收的湖光山色。希望大家通过照片一览这次活动的风采。学员们的摄影作品数量很多, 也都赏心悦目, 版面所限, 难以一一亮相。(作品来源: 华协摄影俱乐部)



活动掠影



高尔夫入门和体验课

2022年9月17日华协 (WCSA) 与曼省高尔夫协会 (MCGA) 联合推出了高尔夫入门和体验课 (Golf Introductory & Experience Class). 高协会会长付博及马洪教练亲自在The Golf Dome (地址: 1205 Wilkes Ave.) 为学员们进行了一个多小时的现场免费指导。华协共有7位会员报名参加。据现场报道, 当时4条球道火力全开, 会员们初握球杆便身手不凡, 打出了意想不到的好成绩。大家在一起谈笑风生、切磋技艺, 度过了非常愉快的宝贵时光。



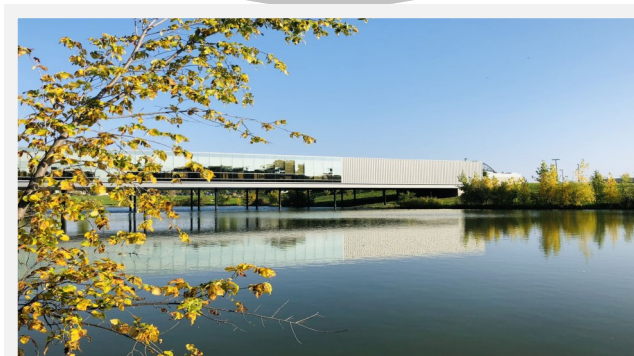
文学拾贝

诗声情韵醉金秋

【七绝】重阳

作者: Kris

飞高不舍紫萸香
云木烟峰隐故乡
孤雁斜行贪好景
红枫黄菊醉重阳

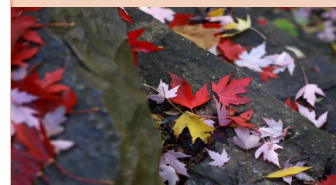


本文枫叶摄影: 黄士诚

片片枫叶情

作者: 曾经芳龄

风,停住了脚步
雨,止住了飘洒
七彩的叶
静卧在时光里.....
忆否
曾在树梢上眺望春风
曾在秋霜里渲染红尘
而今
飘落
宛若一只斑斓的蝶
憩息片刻
静候
银装素裹
静候
轻浅入泥
终归凡尘



秋望

作者: Sophia789

天有星河灿烂,
地有山水秀灵。
物华天宝堪须惊,
竟为自然天成。
人有百媚千姿,
花有风情万种。
宇宙万物争芳容,
惊叹无数画景!

醉秋

作者: 真情旋律

落日余晖美如画,
清风明月醉晚霞。
候鸟结伴翩翩舞,
暮色温婉度芳华!