

November 2023

Seniors

Centre Without Walls

Phone: 1-855-204-8148
to join the class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 am Legal Information Ted Koskie	2 10 am Electricity 1950s Bill Waiser	3 10 am Piano Music	4
5	6 10 am Pabion Bird Notes 10:30 Coffee Chats	7 1:00 pm Security Devices Terry Berglund	8 1:00 pm Diabetes Melissa Lowenberger	9 10 am Art with Christy	10 10 am Piano Music	11
12	13 10 am Benefits of Nature 10:30 Coffee Chats	14 1:00 pm Internet and zoom information	15 10:00 am Spoons Allison	16	17 10 am Piano Music	18
19	20 10 am Addison Soddie 10:30 Coffee Chats	21 1:00 Creativity Brain CLOSED full Preregistered	22 10:30 AM Giddy Up and Whoa	23	24 10 am Piano Music	25
26	27 10 am Computer Help 10:30 coffee chats	28 1:00 creativity closed full	29	30 10 am Art With Christy		

November, 2023 Seniors Without Walls

Ted Koskie Legal Information for Seniors

Services - We are a full service, transactional and litigation law firm, serving a broad range of clients on a variety of matters. We are well known for our expertise in: arbitration mediation; labour; wills and estates; real estate; and family law.

Bill Waiser – Electrifying Rural Saskatchewan In the 1050s

Bill Waiser: Saskatchewan's historian - Dr. Bill Waiser (DLitt)

The University of Saskatchewan (USask) distinguished professor emeritus in the Department of History is a specialist in western and northern Canadian history, specifically Saskatchewan history. For Waiser, people and their stories have always been at the forefront of his interest in how the province was shaped and why he went into history as a career.

“Everyone has a story. I like research and uncovering new things,” he said. “History is about looking for stories inside the bigger story. I try and write history that way.” Waiser was born in Toronto, but visited his paternal grandparents’ homestead in Manitoba every summer. He went to Trent University in Peterborough, Ont., where he studied with prominent Manitoba historian W.L. Morton, before coming to USask as a graduate student in western history. From there, he went on to have a distinguished and decorated career in his field.

In 2017, Waiser was named a member of the Order of Canada, the country’s highest civilian honour. This recognition complemented his appointment to the Saskatchewan Order of Merit in 2006 and his election as a Fellow of the Royal Society of Canada (RSC) in 2007. In 2018, Waiser earned the RSC’s J.B. Tyrell medal for outstanding work in Canadian history and the Governor General’s History Award for Popular Media (The Pierre Berton Award), as well as the Governor General Literary Award for Non-Fiction in 2016 for his book, *A World We Have Lost*.

Waiser’s research was used in the exoneration of Chief Poundmaker, more than 130 years after the Plains Cree chief’s conviction for treason-felony.



Bibi Baksh – Pabion Bird Notes Program

Bibi Baksh-Pabion develops and oversees communication strategies for BirdNote. She brings a lifelong love of birds as well as a background in crafting communications aimed at connecting people with nature and the outdoors. Bibi comes to BirdNote from roles managing public relations and digital marketing for the City of Boynton Beach and Palm Beach County. She holds a Bachelor's Degree in Broadcast Journalism from the University of Central Florida and a Master's Degree in Communication & Media Studies from Lynn University. She resides in Florida and spends her free time photographing birds as well as hiking and biking through the South Florida landscape.



BirdNote is an independent media production organization that brings joy, inspiration, and hope to millions of people around the world who value birds and the environment we share.

Terri Berguld, Personal Security Devices Lifeline Canada

Program manager with Phillips Lifeline in Saskatchewan, Terri Berglund, said the device uses GPS signals to find people registered in their database. “It’s a personal help button they wear on their wrist or around their neck,” she said. “To get help they press the button, and it goes straight to our communicator centre in Toronto in under 30 seconds, so they can get the help they need.” Berglund said Phillips Lifeline is in the works to become designated as a wandering device in the near future. Among other tools include The Missing Seniors Network to help locate wandering patients. The online website allows family and friends to register a senior with dementia.

Melissa Lowenberger Diabetes Presentation

Melissa Lowenberger has been a registered dietitian for 17 years. She has been a certified diabetes educator for 13 years. She grew up in Treaty 4, in Wynyard and moved to Treaty 6 to attend University and continued to live and work in Saskatoon and area since becoming a Registered Dietitian. She has worked in a variety of settings such as clinical care, kidney health, long-term care and community. She currently works in chronic disease management with a focus on diabetes. She enjoys camping, fishing, Ukrainian dancing, book club and spending time with her family. She is a proud mom and dog mom, and she enjoys traveling with her husband and family.

PA RX The Benefits of Nature

Research shows that kids and adults who spend more time in nature are happier and healthier. PaRx is breaking ground as Canada's first national, evidence-based nature prescription program. PaRx is an initiative of the BC Parks Foundation, driven by health-care professionals who want to improve their patients' health by connecting them to nature. Featuring practical resources like quick tips and

patient handouts, its goal is to make prescribing time in nature simple, fun and effective. Each prescriber who registers with PaRx will receive a nature prescription file customized with a unique provider code, and instructions for how to prescribe and log nature prescriptions. Patients can also access special offers from our proud partners to reduce their barriers to nature access across Canada.

Giddy Up and Whoa – The history of Horse Transportation in Rural Saskatchewan

Alexis Jones (she/her)

Programs & Volunteer Coordinator

Western Development Museum

50 Diefenbaker Drive, Moose Jaw, SK S6J 1L9

P: 306-693-5989

E: ajones@wdm.ca

Glen Larson – Addison Soddie

I grew up in rural Saskatchewan, farmed for a good part of my life and currently live in Saskatoon. I'm a recreational writer, having now released three books. Somewhere along the way, I became a violin enthusiast and, as well as learning to play, I'm doing some finishing, rebuilding, repair and resale. Look up my contact info and drop me a line. I can talk violins all day!

Addison Sod House National Historic Site of Canada Kindersley, Saskatchewan

Address : Highway 21, Rural Municipality of Oakdale no. 320, Kindersley,
Saskatchewan

With fewer than a handful of functioning sod houses in existence, this would definitely be a National Historic Site worth visiting. In 1911, a carpenter from Britain by the name of James Addison built a substantial sod house near Kindersley, Saskatchewan, and he built it to last. The key was a permanent, quality roof to protect from the elements.



https://www.pc.gc.ca/apps/dfhd/page_nhs_eng.aspx?id=10265

This documentary by Steve Wolfson, made in 2013, features Addison's daughter, Edith Gardiner. At the time, Edith (who grew up in the house), still lived in and maintained this beautiful structure.

Video at: <https://glenclarson.com/2020/01/17/the-addison-sod-house/>

The Addison Sod House National Historic Site of Canada is located in the rural municipality of Oakdale, Saskatchewan. Triangular-shaped dormers light the upper floor. Set back from the road the house forms the centre of an original prairie homestead amongst outbuildings surrounded by a garden and shelterbelt plantings. Official recognition refers to the sod house on its footprint.

Carpenter Jim Addison built Addison Sod House in 1909-1911 as the residence for his family on his homestead. The care with which the sods were prepared and constructed ensured that this house survived for much longer than many others of its kind.

Computers with Shoshana and Kyle - Ask you computer and technology related questions about cell phones, computers, zoom, and other devices

Shoshana Green

University of Saskatchewan

I am an educator with over a decade of experience in the field of teaching English as a Second Language. I am an experienced teacher of English for Academic Purposes. I hold a Master of Education degree with a specialization in education policy. I am a creative problem-solver with a passion for writing.

Allison Kimbley - Métis Culture Learn to play the spoons

At the University I took my degree in Education through the SUNTEP program (Saskatchewan Urban Native Teaching Education Program).

