

Checking in – Elders' Newsletter – March, 2022

The Theme for March is Balance:

A perfect focus for a month when the hours of light and darkness are balanced in our part of the planet.



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**“No matter how long the winter,
spring is sure to follow.”**

- Proverb from Guinea via Garden Digest



The Seine River in March



A UU is told “I hear you deny the divinity of Christ.”

“That’s not true!” said the UU, “We don’t deny the divinity of anyone.”

Equinox

By Shirley Kitchen

Balanced here
on the edge of dark
edge of light

We move past
branches splintered
against the sky
receding drifts
black with snow mites
winds circling

Move past
to the memory of
crocus pussy willow
rasp of crow

Lost to our childhood
herald of spring
lambs wobbling
into life

We rely now on
moss greening
the sun's painful glint
the river's crack
earth's unrest



Early spring at The For

On the Air! By Roger O York



Roger in summertime before "Covid" struck, broadcasting RY Crisp at the remote studio

About five years ago my wife Alison mentioned that CJNU 93.7 FM Nostalgia Radio was looking for volunteers. "I'd like to try that," I thought, "nothing ventured, nothing gained." I went for the initial interview and was accepted to train with a mentor.

I met several very talented broadcasters, who over time were able to coax some skills out of me. Before long, I was putting together an hour's worth of songs and doing a broadcast under their supervision. I trained as an operator, but apart from needing to know how things worked, I was only interested in being an announcer. After a bit, I was offered a time slot of my own (Fridays from 9:30 am to noon) and paired with an experienced operator/ producer. On May 5th, 2017, the very first RY Crisp program was aired. That was close to five years ago! On Friday, March 11th, 2022, we aired the 237th RY Crisp program!

I have had several different producers, but the team we have now has been together for over a hundred of those shows: Bev Smith taking requests and welcoming visitors who have questions about our station, and "Country Jim Tomko" my producer and good buddy, who, although he has his own show (Old Time

Country") Monday nights from 8 pm to 10 pm, still gets a kick out of producing my show.



Recently our remote studio was at the "Oak Table", Augustine United Church. Right, Bev Smith; Centre "Country Jim Tomko" and Left, Me

When Covid reared its ugly head, we thought we wouldn't be able to continue broadcasting due to the restrictions. But many of our broadcasts were done via SKYPE from home, with the operator in their home, the broadcast equipment at the main studio downtown and the announcer in their home. We're now broadcasting from remote studios again and in the near future we'll be back to giving the public a chance to drop by and say hello. Learning more about the music from the 1900's to the 1980's has been great, and the whole experience has been very rewarding. If you like music from the past, are technically inclined or have the desire to go "on air", I recommend going to the CJNU website (CJNU.ca) and learning more about our community owned and operated nostalgia station. Perhaps you too would like to volunteer and find your niche in the many aspects within the organization.





What was your family's intergenerational wisdom?

Doug Wasyliw sent along this interesting idea for getting to know each other:

Doug's family: "Money is like manure, left in one spot, it rots. Spread it around and it does a lot of good!"

"Elbow grease - the magic ingredient that gets things done!"

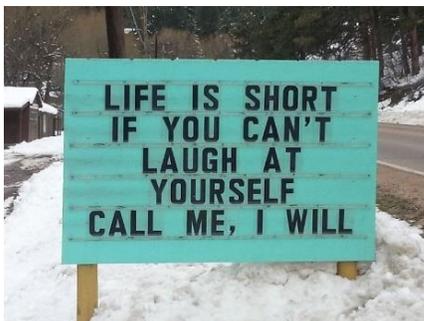
Lynn - "A penny saved is a penny earned."

"Waste not, Want not."

Gini Martin: "A stitch in time saves nine."

Be Aware by Robert Fulgham

Be aware of wonder.
Live a balanced life –
Learn some and think some
And draw and paint
And sing and dance
And play and work
Every day some.



The way to get started is to quit talking and begin doing." - Walt Disney via [Inc.](#)

Walking with sons...by Gary Hyland

Once they mastered walking there was a moment that was magical. I'd hold out my hand and without hesitation they would plant theirs in mine, soft and small as a nestling. I could lead them anywhere then. Into quicksand. Into traffic. But, often, I let them lead me—Stooped, shuffling down walks and alleyways, Through stores, along the weedy river shore While they explored spiders, candy wrappers, strange stones, robins, bulldogs and pinball games. They'd point and scurry and I'd skitter after Their trusty charge, dispensing facts and names. Those walks were by far the best, improvised From whims, me feigning, then filled with, wonder.

From Love of Mirrors, 2008



Ice break-up on the Assiniboine River

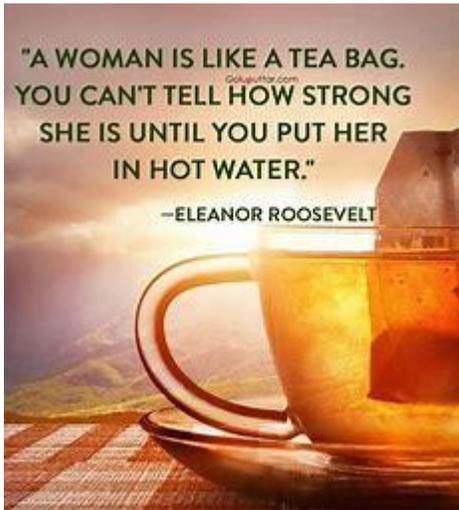


Q. Why did the UU cross the road?

A: To support the chicken in its search for its own path.

A Unitarian Universalist died, and to his surprise discovered that there was indeed an afterlife. The angel in charge of these things told him, "Because you were an unbeliever and a doubter and a skeptic, you will be sent to Hell for all eternity—which, in your case, consists of a place where no one will disagree with you ever again!"

The wisdom and wit of Eleanor Roosevelt

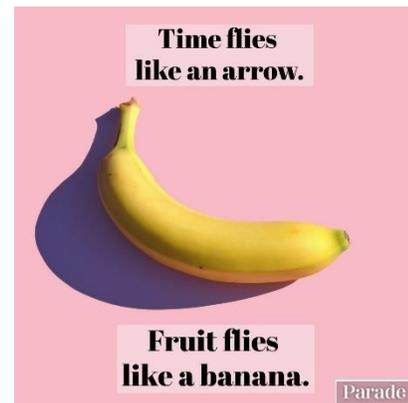


Minding the nest at Fort Whyte

An Irish Blessing for St. Patrick's Day -



May your Troubles be LESS
and your
Blessings
Be MORE
And nothing but **HAPPINESS**
Come through your
DOOR



GRAYING BUT GRINNING

folks who rate themselves happiest
are often those between 82 and 85

on average
geezers are more relaxed
setbacks aren't the end of our world
quietude and jollity are considered partners not foes
decisions are made more rapidly unwaveringly
small stuff isn't sweated
unexpected pleasures pop up
tensions balanced better
practitioners of forbearance

sole caution

elder-joy remains more an accomplishment than a condition

~ by Tom Owen-Towle in "Growing all the Way to the Grave"

Checking In is created monthly on behalf of the Unitarian Universalist Church of Winnipeg Pastoral Care Team. Thanks to Doug, Roger and Alison, Shirley, Gini, Marlene and Bonnie for their contributions to this issue.

Your comments and contributions of news, photos, memories, poetry, stories and more will be greatly appreciated!

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