



Regina Rambler

Your community news magazine



Winter 2024

Read this issue online at <https://rambler.nwone.ca/2024-Winter/>

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From the editor

Irenka Farmilo

There are a lot of new elements in this season's magazine, starting with the masthead. Our old one, tried, true and trusted, was not available to us in a format we could manipulate, despite our best efforts to contact previous Rambler editors. Instead we used open software to create a new logo cost-free and added Norma Elliott's website building skills (aided greatly by live-in software engineer) to create a new layout method. Her web layout can produce a web document in a single or multiple columns, which you control. We're now firmly in the digital age. (Resistance is futile, as the Borg would say!)

So now you can read the Rambler as a hard black and white paper copy in two columns, as a digital colour pdf in two columns, or as a web document. That's our response to feedback from

those who liked the magazine look of the two-column format but found it irritating to read two columns on a screen. With the web version you can also enlarge the typeface to suit your needs, simply by zooming in. Both electronic versions have a hyperlinked table of contents so you can click and connect with the article you want to read.

Also new is an extended interpretation of our "neighbourhood." This issue ventures slightly beyond our usual scope to spotlight Andrew Haydon Park and a downtown cooking school offering one-off classes in gourmet and ethnic cuisine. After all, our community doesn't exist in a vacuum.

where? Sometimes you can follow it. At other times it disappears into the floating vegetation.

Look for Pied-billed Grebes until the water freezes. In early November one was close to the shore by the Cassells entrance. Unlike Canada Geese, Pied-billed Grebes aren't very good flyers. You won't see them gather in large flocks and, apparently, they make their journey at night, so you won't see them leave.

Kudos!

To Helen Mason for her novella *Maybe Yes, Maybe No*

The novella appeared in the October 2024 issue of WordCity Literary Journal. Using a first-person narrative, Helen shows what it might be like to have bipolar disorder type 1. Her settings will be familiar to Northwest One readers.

Read the entire story here:

wordcitylit.ca/2024/10/11/maybe-yes-maybe-no-a-novella-by-helen-mason/



Spotlight: Matt Cordell Hughes: Activist, musician, teacher

Rick Sellick

On a sunny Thanksgiving weekend, I sat down with Matt Hughes in his 21st-floor Regina apartment. I knew I was in for an interesting conversation with Matt when he introduced me to his five-year-old cat who was sitting close to the door. This is Zamboni Macaroni, Matt said, and he knows and responds to his name. Mr. Macaroni took no time at all to come over to make friends.



Matt was born on July 17, 1941, and lived for a time in San Antonio, Texas where a sister lives to this day. His love of music grew from an early age when he asked for and received piano

lessons. He is a citizen of both the U.S. and Canada (1987), and he describes himself as an army brat who moved many times over his young years. Early on, his father moved the family to Japan as part of the U.S. occupation

army after World War II. He has also travelled to England, France, and Germany. But by far his favourite country is Greece, and Santorini is a place he highly recommends everyone should see at least once in their lives.

Matt has lived in Regina with his husband Roger Johnson since 2019. They have known one another for the past 44 years and were legally married in 2003. They moved to Ottawa after a stint in Toronto where Matt was a condo president for a time. But they found Toronto too large and too expensive a place to live and, like Goldilocks, Matt finds Ottawa to be just right.

Matt's biography, which he thoughtfully provided to me, describes him as a pioneering activist whose 1984 challenge against Acadia University secured the first same-sex spousal benefits from a Canadian school. He was also instrumental in starting a gay social organization for students at Acadia University.

Matt is active politically and is proud that he and Roger helped to get Alexa McDonough elected leader of the NDP party in 1995. He is currently reading a book on Brian Mulroney (*On the Take: Crime, Corruption and Greed in the Mulroney Years*, by Stevie Cameron) in which she adds to the debate about Mulroney's time in office and corruption relating to the Airbus purchases. Matt's academic and working career revolved around studying and then teaching music. He taught a wide variety of music classes at Acadia University from 1969-1996. Previous to that he spent nine years at the University of Texas (Austin) and it's clear this is where he gets his southern drawl from, and he smiles when he says he's fluent in Texan. Over the years he taught piano and fortepiano (an historic precursor of the modern piano), along with music history, including two popular classes, "Out of the Closet" and "Queer Composers 101." During his academic career he was published multiple times with the University of Texas,

Yale, Columbia, Dalhousie, and the University of Toronto presses. As a master fortepianist Matt has performed in Canada, the U.S. and Europe and recorded for CBC and ATV television. In 2009 Matt donated his beloved fortepiano to the Canadian Opera Company, where it's used in earlier operas written by Baroque composers as well as Mozart, Donizetti, Rossini, and Bellini.

As we were finishing up, I asked Matt about living in Regina. He enjoys swimming and participating as part of the 4 O'Clock Connection steering committee. He marvels at his view from the 21st floor with the city spread out below. As this interview took place over Thanksgiving, he is thankful that we live among such friendly and welcoming people in Regina and that people are always eager to converse in the elevator. We can be thankful to have so many interesting people like Matt Hughes at NWOne.



Wellness Corner



The NWOne Wellness Committee is very active. Mark your calendars with these interesting upcoming events.

Upcoming events

Ann Bolster

It's an unfortunate fact of life that, as we age, we start to wear out. We can ignore the signs, we can complain, we can try to slow the processes, or we can accept and adjust our thinking — which sometimes means finally wearing a device or undergoing a procedure.

The NWOne Wellness Committee will be inviting speakers to our building to educate us on the many aspects of health and well-being, and clinic opportunities to address potentially serious problems. Early 2025 is a good example of our results.

Hearing Loss and Its Impacts

On **January 23**, from 7 to 8pm in the party room, audiologist Melanie Baur, MA, AuD, of the Care Clinic at Perley Health, will talk about the mechanisms of hearing, what can cause its loss, and what impact this loss can have on