

# THE WORD

From Winnipeg



L'Arche  
Winnipeg  
Newsletter #48

## Gearing Up For The 5th Annual Walk With L'Arche

by Hubert Pantel

Casera Credit Union's Walk with L'Arche will take place on Sunday May 3, 2009 and is shaping up to be another fun-filled family event. With prizes, free food, clowns, and live music all back for the 5th edition of the Walk, we hope that many of you will also return and bringing family and friends with you to experience the 1k or 5k Walk & Party Celebration.

### Register

Registration fees are \$10 for adults, \$5 for seniors, students, or those on fixed income. Fill out the registration form found in our brochure and return it to the L'Arche Office, preferably before the Walk. It is also very helpful if pledges raised are brought in to the Office before the Walk, in order to reduce line-ups & wait time on May 3rd.

Registration and pledge forms can also be printed from our website, or contact our Office and we can send you as many as you need.

### Collect Pledges

Fundraise by letting family, friends, co-workers know you are walking for L'Arche and ask them to sponsor you. The more you raise, the more gift certificates you can earn. Prizes will be given to the top two individual fundraisers. See our brochure or website for details.

### T-shirts

Raise a **minimum of \$50** in pledges, and you will receive a Walk T-shirt. Please note that in order to guarantee having your T-shirt on the day of the walk, you must submit your registration form & T-shirt request to the Office by **April 4th**. Otherwise, T-shirts will be ordered post-event for pick-up at our Office at a later date.

### Teams

Creating a team, walking with friends, adds more fun to your day. A mini-



*People enjoyed the 2008 Walk & festivities in spite of a surprise snowfall.*

imum of five people is needed to create a team. Choose a team captain, a team name, and encourage each other to raise funds, as there is also a trophy and prizes for the top fundraising team. You can get team T-shirts made with the team name on the back. Note that the same conditions apply for each team member wanting a T-shirt: each individual must raise the minimum of \$50, and submit registration form & request by April 4th.

### Essay Contest

The kids' writing contest returns for a second year. Kids in grades 3 through 5 are invited to write an essay on "What does caring mean". The winner will receive an iPod. Deadline for submission of essays is April 1st, 2009.

### Gathering on May 3

Check-in time is between 12:30 and 1:45 p.m. on May 3rd. Assumption Hall not being available for us this year, our gathering place will be just next door at Blessed Sacrament Par-

ish Centre, 710 Roanoke in Transcona. Pick up your numbered bibs and T-shirts, and submit final pledges in order to be eligible for prizes. The Walk starts at 2:00 p.m. sharp, the party starts as soon as walkers return and will go on till 5:00 p.m. The **Dust Rhinos** will have you dancing, you'll enjoy our own **L'Arche Sunshine Group**, as well as food, drinks, draws & prizes.

### Volunteer

A lot of volunteers are needed to help make this Walk a success, and to ensure that 100% of the pledges you raise go to help maintain and improve the quality of life of L'Arche members with developmental disabilities. Please contact our Volunteer Coordinator **Theresa Meinders** at the L'Arche Office if you can help before or on the day of the Walk.

Thank you for the pledges you raise, for volunteering to help us again this year, it is much appreciated. See you on May 3rd!

*For more information on L'Arche, visit the L'Arche Winnipeg Web site at:  
[www.larchewinnipeg.org](http://www.larchewinnipeg.org)*

## A Sense of Belonging, of Being Loved and Cared For

I must tell you that for the last 34 years my family and I have been extremely thankful that Dorothy is part of the L'Arche community. We say it often and to everyone who meets Dorothy. We are always singing the praises of L'Arche. I feel it is definitely special.

My sister Dorothy has been part of the L'Arche community since 1974. She was 38 years old and now is almost 73. It has been a wonderful time in her life.

What strikes one immediately is the sense of community. Everyone is equally important whether it be the residents, the director, staff or volunteers. Each one is given opportunities to contribute in meetings and discussions. Everything possible is done to normalize each aspect of their daily lives.

Dorothy has made many friends at L'Arche. The individual homes socialize with one another so there are many opportunities for people to connect with one another. They are also treated as individuals, not always going out as a group but having some one-on-one time or personal time with an individual, whether it be



*Dorothy giving a hug to a departing assistant*

a L'Arche member or volunteer. This aspect is very important in order to develop their sense of self.

Dorothy is a very special person who loves people and outings. Over the years she has flourished and joins in most of the activities. She has even tried her hand at the golf course by hitting a bucket of balls at the driving range.

She has become more aware of her wants and needs and has learned to voice her opinions and has developed a sense of fun and adventure. She is aware of current events and she will phone to remind me to note the time of certain holidays and events. Vacations are an important event in the lives of the residents and Dorothy has been on many. She has enjoyed each one in different ways. Each resident has this opportunity with the vacations being geared to each individual. This must take much planning on the part of the staff.

Dorothy is very proud to be part of the L'Arche community and each time she makes her pledge she reminds me of this. L'Arche celebrates life and take every opportunity to make events special: birthdays, holidays, Halloween, Thanksgiving, Christmas, and the comings and goings of assistants.

L'Arche not only provides a place to live and the necessary care, but also provides a sense of belonging, a sense of being important and of being loved and cared for. Isn't this what we all want: a family, a community, not perfect but full of fun and fellowship.

The above are just some of the things that the L'Arche community provides to people with developmental disabilities. I can't say enough good things about L'Arche: it has been a blessing for Dorothy and for us, her family.

*- Submitted by Val Chitty*

## Caritas Award to be presented to L'Arche Winnipeg

The Catholic Foundation of Manitoba has chosen L'Arche Winnipeg as the recipients of their **2009 Caritas Award**. Caritas means "charity and compassion towards all people" and the award has been presented annually since 1979 to either an individual or an organization. The Foundation is recognizing L'Arche Winnipeg's 35 year commitment to the well being of people with developmental disabilities and its' message of compassion and hope for the world. Since its' inception in

1964, the Foundation has dispersed nearly one million dollars.

The Caritas Award will be presented to L'Arche Winnipeg at the Foundation's annual dinner on **Thursday April 23, 2009** at the Convention Centre. There is a reception at 6:00 p.m. and the dinner is at 7:00 p.m. Tickets are \$80 each and can be obtained by contacting the Foundation at 233-4268. Each year, approximately 750 guests attend the dinner & award ceremonies.

## Reflections From The Community Leader

by **Dennis Butcher**  
*Community Leader*

L'Arche Winnipeg is unique in the larger and older L'Arche Communities in Western Canada in having (usually) sufficient volunteer assistants in the homes of the Community. I say usually since we have just come through a summer where our respite costs for several months were at a record level. Since then twelve new assistants have arrived, and we have a number of others who are waiting for their work permits.

Historically and presently we have been blessed with a wonderful group of people who have come from the four corners of the world literally (including Asia, Africa, Europe, and more recently Australia, South America and the Caribbean). They come for a variety of reasons: to work with people who have an intellectual disability, to see a new part of the world, to improve their English speaking ability, to find and build community, out of a sense of service or Chris-

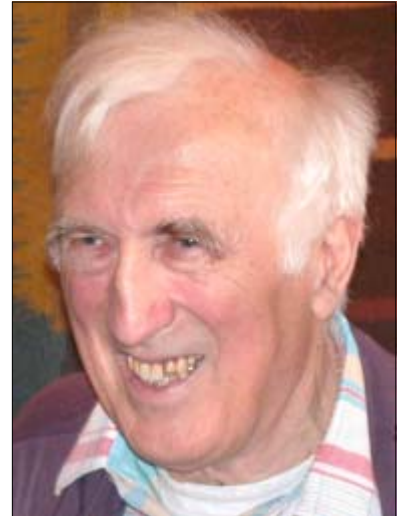
tian commitment, and for some, to emigrate to a new land with possible new opportunities (as did my ancestors and likely yours in earlier generations), and for less obvious reasons. For whatever reason(s) they come, they quickly learn what "living L'Arche" is about and enter into the responsibility and joy of creating home where those with and without disability live, work and share life together.

Having been here more than eight years, it is good to see a number of members from the same family arriving over the years, friends recommending friends to come for a while, and more coming with experience in other L'Arche Communities. The only disappointment I have is that in contrast to many Ontario, Quebec, and Atlantic Communities, we have few native born Canadians in the homes and I'm told it may be because of the "live-in" expectation of our Community for the first two years. I am hopeful with the increased stipends made possible with increased government funding, the additional

hours "away" for assistants in the second year, and recent overnight changes for new mothers and single fathers, that more Canadians will come to the Community for our and their mutual experience of belonging to and building a faith based Community with people with different abilities, cultures and religions.

A big thank you to all you who labour in our homes and Community!

## Vanier honoured



On December 27, **The Globe and Mail** newspaper announced that Jean Vanier was the recipient of their **2008 Nation Builder Award**. This award is given to "a Canadian who inspires, unites, and contributes to the common good."

You can read the Globe and Mail article at:

[www.theglobeandmail.com/nationbuilder2008](http://www.theglobeandmail.com/nationbuilder2008)

As well, a recent series of articles on Jean Vanier (correspondence between Jean Vanier and journalist Ian Brown) published in the Globe and Mail can be read on the L'Arche Canada website: [www.larche.ca](http://www.larche.ca)



**S**alle Vanier, our Community gathering space, was transformed into a restaurant on November 28th as we tested our **L'Arche Café** abilities by serving a meal to 80 family members and friends in two separate sittings. The special soups, breads and desserts got rave reviews! Thank you to everyone who put it on. We also thank **Assiniboine Credit Union** for helping to fund the L'Arche Café project.

## “Hear Ye” Volunteers: L’Arche Needs Your Help

by Theresa Meinders  
Volunteer Coordinator

We are embarking on a very active portion of the year, *springtime*.

Spring 2009 is brimming with possibilities and projects.

### 1. Circle of Hope Fundraising Luncheon: Preparation Team

The L’Arche Café Project has taken on the catering of our fundraising luncheon, and we have a delicious fare to offer. We are looking for some help to prepare the food, both on Saturday March 28 (afternoon), and Sunday March 29 (morning) or in the afternoon to help with the clean-up.

### 2. Speakers’ Bureau: First Task

With the Walk with L’Arche fast approaching, we have an excel-

lent topic to bring to school groups, particularly the younger kids – an **Essay Contest** with the chance of winning an iPod. Join me as we develop a small presentation (12-18 minutes) and connect with local schools and develop relationships while talking about L’Arche.

### 3. Walk With L’Arche

Approximately 80 volunteers are needed to make this day a success. Please be specific about where you’d like to help out, all efforts will be made to accommodate your choice.

First come, first served.

**Pre-Walk Work** – Join us on the planning committee to shape and cover all the details of the walk. Meetings will be held every 2-3 weeks for 1.5 – 2 hours. We also need help for the distribution of brochures and posters.

### Day of the Walk, May 3, 2009

#### Jobs include:

- Registration [10 spots]
- Grounds
  - o Set-up [6]
  - o Clean-up [8]
- Raffle/Prizes [6]
- Food [6]
- Entertainment
  - o Face Painting [3]
  - o Mascot [2]
- Market Table [3]
- Driver [1]
- Walk Marshalls [14]
  - o First Aid [2]
- Support/Runners [6]
- Vol. Sign-in Table [2]

Please contact me by email - volunteer@larchewinnipeg.org or by phone (237-0300 ext 20), I would love to hear from you !

## Come Discover L’Arche

### Circle of Hope Fundraising Luncheon

by Maxine Kehler  
Communications and Fund  
Development Officer

This spring we will be hosting our first annual Circle of Hope Fundraising Luncheon. The luncheon will take place on Sunday March 29, from 1:30 – 2:30 p.m. at St. Martyrs-Canadiens Parish Hall at 289 Dussault Avenue in Windsor Park.

We at L’Arche Winnipeg are extremely grateful for the dedication our supporters have shown, even through tough economic times, and this event will allow us to thank them while at the same time encouraging them to invite friends, family, and co-workers who may be interested in supporting L’Arche financially. While we continue to negotiate with government regard-

ing funding, look for support from community and private foundations and at the same time explore ways to be more efficient with the funds we do have, needs continue to increase.

The spring luncheon will be an opportunity to let the community know more about the role L’Arche plays in the lives of its members, test the catering capacity of the L’Arche Café, a program we are currently developing, and invite donors to join our Circle of Hope, a recognition program for those who make significant financial contributions to L’Arche Winnipeg.

If you would like to attend the luncheon, host a table, or just learn more about the event, please feel free to call us at 237-0300.

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