

THE WORD

From Winnipeg



L'Arche
Winnipeg
Newsletter #46

April showers bring May flurries?

2008 Walk with L'Arche brings out record number of participants and exceeds \$50,000 goal

by **Karen Griffin**
*Communications & Fund
Development Officer*

Neither rain, nor sleet nor a snowy May afternoon could keep 382 people from coming out to support the **Casera Credit Union Walk with L'Arche** which took place Sunday, May 4th at Assumption Hall.

Participants were grateful to have the hall to provide shelter from the elements. The Knights of Columbus set up their barbecues beneath a gazebo next to the hall doors and warmed themselves with coffee courtesy of McDonald's.

Some of the 73 Walk volunteers arrived bright and early to help set up and welcome teams and individual



Walkers starting off from Assumption Hall

walkers.

Rosalie from HTE Canada treated early birds and volunteers to some pre-event relaxation on her shiatsu massage bed. Limber and ready to hit the snowy streets, walkers couldn't help but forget the flakes with the summery tunes of Winnipeg's own steel drum band, the Panhandlers.

The 'What is a Friend?' essay contest revealed the talent of four Winnipeg students whose entries made it to the finalist stage and reading at the Walk. They were: Virginia Kampen, Taylor Kadobiansky, Jennifer Simpson and Branden Walker. Park Pontiac generously donated the prize, an 80 gigabyte Ipod classic. The panel of judges who had the difficult task of selecting the winner were L'Arche assistant Linda Cook, Constable George Ehr of the Winnipeg Police Service, Paul Moreau of the L'Arche Winnipeg

Board of Directors, and L'Arche Winnipeg members Kevin and Gilles.

Nine year old Jennifer Simpson, member of the St. Anne's Road Casera Credit Union and a grade three student at HS Paul school in St. Vital, took home the prize for her winning entry, published in this edition of the Word.

Community Leader Dennis Butcher began the walk with a welcome and a prayer in the hall. The crowd, with the Fat Cat of Casera Credit Union and Sparky the Fire dog in tow, then moved to Kern Park for the official start of the walk.

After walking in a winter wonderland, runny-nosed and pink-cheeked faces arrived to the warmth and energy of the festivities awaiting them at Assumption Hall. Starbucks coffee was

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L'Arche Winnipeg's 35th Anniversary Celebration

Sunday, July 6, 2008
1:00 p.m. - 4:00 p.m.

St. Boniface Cathedral lower hall
190 de la Cathedral Ave.

Luncheon, brief program

Guest speaker:
Sr. Marie Paradis,
Founding Director

RSVP by June 20 to:
237-0300, ext.0
or by email:

office@larchewinnipeg.org

Suggested donation: \$5.00 at the door (children 12 and under free)

For more information on L'Arche, visit the L'Arche Winnipeg Web site at:
www.larchewinnipeg.org

We Just Can't Say Enough About L'Arche !

Submitted by Kevin's family

We would like to take this opportunity to thank L'Arche for all they have done for Kevin. Kevin joined L'Arche in 1978 when our family was transferred to Gillam by the Royal Canadian Mounted police for two years. Gillam offered no schooling or programs for Kevin and we turned to L'Arche hoping he could join the community for the two years we were going to be away. When we returned we found that Kevin was a different person.

Under Agnes Kelly's care he had grown into a confident, independent and outgoing young man. He loved Agnes and living at L'Arche, and after two years there he was doing some things we never imagined him doing. L'Arche had become his home and he had grown under Agnes's love and encouragement. Agnes was excellent for Kevin; she expected a lot from him and treated him as a person capable of many things.

We remember when she insisted that he could learn to ride a two-wheeled bike. They worked on it for one whole summer and although Kevin never mastered it, he gained the confidence to ride an adult three-wheeler which gave him a lot of independence. She also signed him up to run the 3 km run at the Manitoba Marathon one year. He never got very far, but he tried it!

Kevin has made many wonderful friends among the assistants at L'Arche although Agnes Kelly will always be in our hearts as the one who helped Kevin grow from the child we left in her care to the young man we returned to.

Jackie and Jody from England were very special to him and he to them. Hugh Samson has been an exceptional friend, even taking Kevin home to Nova Scotia for his holidays. Kevin loves the time he spends with Hugh and the camaraderie they share. Kevin also loves his "German Girls", the two Ruths and Katie. He loves to tease them and be teased back and it is great to see Kevin's fun mischievous self in their company. The dedication and love shown to Kevin from



Kevin, enjoying a dance with Constance at our recent Walk with L'Arche celebration

the assistants at L'Arche has been remarkable.

We just can't say enough about L'Arche; the patience, love and care that Kevin receives from the people who volunteer there and who live as part of the L'Arche community is amazing. The peace that L'Arche gives us in knowing that Kevin is happy and will always have such a loving home with people that are so dedicated to

providing the best opportunities and comforts to him is indescribable. When we learned we were transferred to Gillam it seemed such a hardship for Kevin and for us, we never realized at the time that it was a blessing in disguise because it allowed Kevin to grow in the love of the L'Arche community.

A heartfelt thank you to everyone that makes this possible.

Korean Translator Sought

During the past 2 years, our Community has been welcoming a number of assistants from Korea. Most of the Korean applicants have difficulties finding people to send references for them written in English, as English is not a commonly used language in Korea. We have been processing approximately 4 Korean applicants per year.

We are looking for one or two people who would be interested in translating some references for us (from Korean to English) three or four times per year.

The transactions can be done entirely through email. The reference

in need of translation would be emailed to the translator. Translated references would then be emailed back to the Assistants Coordinator.

In return for this service, a small honorarium (\$50.00 per reference) check would be sent to the translator.

If anyone is interested in providing this service for L'Arche Winnipeg, please contact:

Linda Filjak
Assistants Coordinator
L'Arche Winnipeg
(204) 237 0300, ext. 2
email: linda@larchewinnipeg.org

Reflections From The Community Leader

by **Dennis Butcher**
Community Leader

This year the L'Arche Winnipeg Community marks its 35th year of members with and without developmental disabilities living together supported by friends, staff, volunteers and families. I have been reminded of the history in the preparation of a small piece in honor of Fr. Olivier Valcourt, who died several months ago and, as priest at Blessed Sacrament Roman Catholic Parish, was very supportive of the creation of the first home, L'Aîné, on Rosseau Avenue East beside the Church. Encouraged by Father Valcourt, people of his Parish attended two Vanier retreats held at Naramata Centre in British Columbia and at Gimli, Manitoba and following the latter, Jean Vanier asked Sister Marie Paradis to be the Founding Director and members of Blessed Sacrament Parish to form the first Board. From those beginnings, the Community now includes 27 members with a develop-

mental disability and an almost equal number of assistants living together in six homes and two apartments.

Even with recently improved governmental funding, our current Board and administration recognizes that if L'Arche Winnipeg is going to continue as a member of the Federation of L'Arche Communities we will continue to need the support of our families, friends, volunteers and benefactors as the government is not willing to support the membership and travel in the Regional, Zone, and International structures, the retreats, certain unique staff positions (e.g. Community Events, Accompaniment, Volunteer Coordinator), and fundraising staff to enable these important aspects of L'Arche to continue. Towards this end, we have begun to host "Discover L'Arche" one hour events to acquaint present and potential supporters to our work. Through this Individual Planned Giving initiative, we are encouraging families, friends, and supporters to

consider giving gift bequests in wills, securities, insurance for the long term survival and expansion of the Community. A Board committee is presently looking at the advisability of setting up an endowment fund for the long term.

As our members age, we have had to work to make our homes more accessible (elevators, ramps, wheel chair accessible washrooms and bedrooms, walk in tubs), purchase an accessible van and through our "Healthy Aging" program look at retirement, and "end of life" issues (wills, funeral planning, etc). The L'Arche Café / Meeting Place project, for which we are attempting to get money for a feasibility study, may be part of our strategy for aging members and a means of mission and outreach to the wider community as our members reveal their gifts in the creation of a more human society.

In closing, I would like to take the opportunity to encourage you to join us on Sunday July 6th at 1:00 p.m. at St. Boniface Cathedral lower hall, to celebrate the past 35 years. The afternoon will include lunch provided by Prairie Grass Bakery, a slide show of the past 35 years, and a message by the Founding Director Sr. Marie Paradis, now of Toronto, as well as the opportunity to visit and reminisce. Hope you can come!

New Accountant at L'Arche Winnipeg

As of December 19 2007, L'Arche Winnipeg has a new part-time accountant in the person of Leona Bergson. Leona, with her husband Wayne and daughter Nicole, are Transcona residents since 1991. Leona previously worked at Winnipeg Harvest for 15 years where she was the Administrator and accountant, and spent a year as Alumni Relations Assistant for the Alumni Association of the University of Manitoba, before deciding to come to L'Arche Winnipeg.

"I chose to come to L'Arche to enhance my personal faith journey as well as to be involved in a vibrant community based organization", says Leona. She already knew some members of our community (Michelle & Hazel) who have volunteered to work at Winnipeg Harvest. She also knew Tom, from having worked for one summer at the Manitoba Developmental Centre in the early 80's.

"I am pleased to be part of a committed team of people who are dedicated



Leona Bergson

to providing superior care to our members with a developmental disability in an environment of faith and compassion", says Leona, noting that the first few months here have been very challenging and rewarding.

L'Arche Winnipeg, Inc. Annual General Meeting

Tuesday, June 24 2008

Starting at 7:00 p.m.

**Salle Vanier (side entrance)
525 Day Street**

**Entertainment provided by the
guitar & clarinet duo
"A Taste of New Orleans"**

Refreshments will be served

**All are welcomed to attend. Only
members of the Corporation have
the right to vote. To become a
member, call 237-0300, ext. 0
by June 19th.**



Part of the 21-person team X-MAN'S CREW, which took the trophy for top fundraising team, collected a total of \$8,908.10. The two top individual fundraisers were also part of this team: Gerard Lecuyer (\$3,580) and Ron Wally (\$2,050).



A fun celebration for all ages.

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served to warm the walkers while the L'Arche sunshine group, lead by Marcie Gerbrandt, was busy warming hearts.

There was a line up for hamburgers and hotdogs, as the Knights of Columbus kept warm by doing a stellar job at the barbecues. Hamburgers were provided by the Northwest Company, hotdogs by Maple Leaf Foods, and enough pizza to feed a small army arrived from Domino's to leave a satisfied smile on the face of the hungriest walkers.

Mago the magician made the hall a colorful zoo with his balloon animals while creative volunteers painted everything from butterflies, rainbows and spider man on children's faces. McDonald's and Domino's both provided coupons for free French fries and pizza. CBC's Beverley Watson, our emcee for the day, kept the party going and invited Bidhu Jha, Daryl Reid and Russ Wyatt to extend greetings on behalf of the province and the city.

Communications and Fund Development Officer Karen Griffin thanked the many sponsors who donated funds,

products and services to make the Walk such a successful event. "The Casera Credit Union Walk with L'Arche would not be as successful without the generous support of our sponsors," she said.

Over 100 prizes lining the tables at the back of the hall were a testament to the support of businesses and individuals who believe in the work L'Arche Winnipeg does in its commitment to people with and without developmental disabilities.

Gratefully recognized for their support were: The Winnipeg Foundation for providing a \$6000 grant to assist us to raise awareness of the Walk through television advertising on CBC, Citytv and Global, and The St. Stephen's-Broadway Foundation for covering the cost of Walk brochures and posters. CHVN was thanked as the event's media sponsor committing \$2,500 in promotional air time for three consecutive years, and special thanks was given to our eight major financial sponsors including: Best Sleep Centre, Casera Credit Union, Doug MacDonnell of Dundee Wealth Management, North American Lumber, Olympic Builders Sup-

ply, TD Canada Trust, Vickar Community Chevrolet and Wyatt Insurance and Financial Services.

The event concluded with a lively performance from Celtic band the Dust Rhinos, bringing participants, members and member assistants to their feet for a jig.

With Casera Credit Union as a new naming sponsor, more involvement and a net revenue exceeding \$52,000, the 4th annual Walk with L'Arche was a smashing success.

"The annual Walk With L'Arche has become one of our major fundraising activities as well as being a "fun" raising event - a chance to party and celebrate with friends in the wider community," says Dennis Butcher, Community Leader.

As our fundraising demands increase, the need for more community support increases. We strive to make the 5th Annual Walk with L'Arche, bigger, better and even more exciting than the last. What makes an event more exciting than inviting more of our friends to join us? Come out and see what's in store at next year's Walk with L'Arche event.



Jeff Dveris from Park Pontiac presents iPod to essay contest winner Jennifer Simpson



A total of 77 entries were received from schools and churches for the Essay contest. A team of 15 students from Collège Pierre Elliott Trudeau raised \$380, and the 28-member team **Soul Sisters** raised \$1,709.74



The Knights of Columbus barbecued & Domino's served pizza for all the hungry walkers. There was a definite festive spirit in a packed Assumption Hall.

What is a friend?

Jennifer Simpson

A friend is...
 Someone who is careful and nice and shares toys together
 Helps them work for stuff they need help with
 They listen to each other
 Respect each other
 When they get hurt, check on them
 Say stuff that won't hurt their feelings
 If you get something ask if they want to use it
 Play a lot at school
 Talks together
 Listens to each other
 Spends time together
 Laughs together
 Has fun with each other
 Goes places together
 Keeps secrets
 Gives love away
 Lets everyone play.



THANKS to all our volunteers who helped with our annual Walk with L'Arche. There were over 70 people who collectively donated 335 hours of their time.



Emcee **Beverley Watson** with L'Arche member **Ross**, who won the Early Bird Draw of a free two-night stay at Crescent Beach Cottages & Motel.



Terry Wiebe from L'Arche (centre) with **Brent Thomas** and **Karen Robertson** of Casera Credit Union who received a plaque in recognition of their support of the Walk & Party Celebration.



Heartfelt Thanks to all who Supported Casera Credit Union's Walk with L'Arche 4th Annual party celebration



- ABC Tools
- Advance Paper Box
- Alycia's Restaurant
- Aqua Books
- Aruba Massage Therapy Clinic
- Assomption Parish
- CBC Winnipeg
- Canad Inns
- Candle Co. Antiques & Gifts
- Central Dental Supplies
- Century 21
- Councilor Russ Wyatt
- Crescent Beach Cottages
- Curves
- Delaquis Sales
- Domino's Pizza
- E-Children Ltd.
- Eldon Zigarlick
- Feline Fine, a Place for Cats
- Flea Whiskeys
- Fort Whyte Alive
- Gerta Hes
- Giant Tiger
- Grace Café
- Guardian Traffic Services
- H&R Block
- HTE Canada
- Harley Davidson Winnipeg
- Hastings Hearing Centre
- Henry Schein Ash Arcona
- Inn at the Forks
- Jamac Specialties
- Ki Therapies Winnipeg
- Kick FM, 92.9
- Kildonan Place Shopping Centre
- Knights of Columbus
- LaSenza - Polo Park
- LITE
- Maple Leaf Foods
- Manitoba Children's Museum
- Manitoba in Motion
- Manitoba Theatre for Young People
- McDonald's
- Panhandlers
- Park Pontiac Buick GMC Ltd.
- Prairie Theatre Exchange
- ProCan Sales
- Pearl Family Dental Centre, Dr. Tom Colina
- Portage Avenue Dental Group, Dr. Richard Corrin
- Russ Wyatt
- Sinclair Dental
- Star Truss Systems
- Tache Pharmacy
- The Dust Rhinos
- The Mulberry Tree
- The Northwest Company
- The Running Room
- Thunder Rapids Fun Park
- Transcona Biz
- Transcona Optical
- U-Puttz Black Light Mini Golf
- Valerie Wolbert
- Winnipeg Transit
- World of Water
- Yoplait



Welcoming Juliette at Dayspring

by **Manuela Schmidt**
House Leader—Dayspring

In the past year Dayspring underwent a few significant changes. After saying good bye to Greg and Marge, Leonard was warmly welcomed in June 2007. Leonard, as well as Dorothy and Tom, adjusted quickly to the new situation and soon everybody was excited by the prospect of filling the fourth spot in the house.

It was not easy to find a new member for the house who would be a good match, but after a few months Juliette and her family came for their first visit to Dayspring. They liked the house right away and Juliette especially was excited by how much room she has to use her walker inside, with no difficulties. Dorothy was extremely happy to see Juliette, because surprisingly they knew each other from taking the same bus a few years ago. The first visit went really well and arrangements for a weekend visit were quickly made. With her kind character, it did not take long for everybody at the house to like Juliette and she also felt very comfort-



Juliette and Manuela working together at our April Activity Night

able here. The decision for her to be our new member was not a difficult one, and Juliette moved to Dayspring in February 2008. Her family was very supportive and helped her to move and to decorate her room. Juliette felt at home right away. With her great sense of humor, her kind

and friendly character, and her caring attitude towards others, it did not take long for everybody to enjoy living with Juliette. She is very open and quickly made new friends in the community. It is great to have her at the house and we are looking forward to sharing joyful times with her in the future.

There is a Season

by **Barbara Pantel**
Healthy Aging Coordinator

L'Arche Canada recently organized a conference called "There is a Season", which was held in Arnprior, Ontario, from April 15 to 18 and was open to L'Arche members from across Canada. The conference focused on issues of aging and dying which many communities are presently facing with their members. There were a variety of guest speakers. Dr. John Scott from Ottawa spoke on how we need to be the voice of justice for our people. He was able to help us link what we value in our daily life and how it is linked to palliative care.

There were also several interesting workshops. People were introduced to the art of scrap-booking and how to use this technique to create life stories. L'Arche Arnprior helped us

to see what a meaningful day looks like to their seniors through their Seniors Program, and how their creation of wooden signs and other crafts contributes to Solidarity (helping other L'Arche communities in poorer countries). There was also a workshop on the importance of touch near the end of life, and information shared on walking together in loss. On Wednesday and Thursday morning, John Guido led us through a process of Storytelling. Once in small groups, each person was asked to relate a story from their experience on aging and dying. The group then gave the story a title and a subtitle. One story from each group was shared in the larger group. This method of storytelling was well received and added a very meaningful element to our conference.

All in all I feel it was a great conference and look forward to the possibility of a similar conference next year.

L'Arche Supported Through United Way of Winnipeg Campaign

Each year the United Way of Winnipeg kicks off its annual campaign in September, encouraging workplace support. On the pledge cards, donors can direct the United Way to designate to a particular charity, such as L'Arche Winnipeg. This can help donors plan and consolidate their annual charitable giving through a single pledge. To meet costs of administering over 10,000 donations going to 1,000 agencies every year, the United Way of Winnipeg charges a \$12 cost recovery fee per designation, which is deducted from contributions to agencies.

We are most grateful to the United Way of Winnipeg and all donors who designated L'Arche Winnipeg Inc. in the United Way's Campaign. If you would like to give to L'Arche Winnipeg Inc. through United Way payroll deductions, please speak to your employer.



The **Ukrainian Catholic Women's League** donated their time and talents to help L'Arche prepare 10,000 envelopes for our Easter mailing campaign. Thank-you ladies for all your hard work.

A great round of applause goes out to the students of **Calvin Christian Collegiate** whose community service program helped L'Arche with mailing the newsletter and with the Easter mailing campaign. Thanks for all your excellent help Calvin!

Volunteering opportunities

Fitness Buddy ~ Getting active is always more fun with a friend. Consider getting to know one of our members with a disability and working together to keep healthy. Two fine women in our community enjoy swimming and are looking for someone to enjoy the water with them.

Special Friend ~ Start a journey, make a new friend. Our members with a disability are some of the most welcoming people you will ever meet, and would love the opportunity of getting to know someone new.

House Friend ~ Get to know L'Arche and make some new friends in a welcoming environment. Activities are as varied as your imagination and could include: gardening, cooking, playing games, going out for coffee, baking and going for a walk.

Time commitments for these roles are approximately twice a month for a couple of hours. If you are interested in any of these opportunities, or have a different idea for a role please call (237-0300 ext. 20) or email (tmeinders@larchewinnipeg.org) or drop by the office. I'd love to chat about it with you. – *Theresa Meinders*

L'Arche at Transcona's Hi-Neighbour Festival



Ross, Yvonne, Sandra, Angela, and Genaro waving to parade watchers.

For the second year in a row, L'Arche Winnipeg actively participated in Transcona's Hi-Neighbour Festival, May 30th to June 1st.

We again walked in the Saturday morning parade, with the addition this year of our own float featuring a boat with various ark animals in it. We had a booth and display on the street Friday evening, Saturday and Sunday, greeting festival-goers and handing out information on L'Arche. We were also using the Festival as a "taste-test", handing out over 800 free samples of international foods: spinach feta buns, sweet fruit crepes, and flan.

Five of our assistants recently became "Certified Food Handlers" and we hope to move into the next phase of exploring the creation of a L'Arche Café in downtown/old Transcona. The café would allow our members with a disability to share their gifts of hospitality and friendship with café customers/visitors while the culinary talents of our international assistants could be highlighted. This winning formula would make a visit to

the L'Arche Café a very pleasurable experience!

THE WORD FROM WINNIPEG

L'Arche Winnipeg Newsletter # 46

EDITOR: HUBERT PANTEL

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Ce bulletin est disponible en français.

Needed: A Music Stand

If you have one to donate, please call 237-0300, ext. 0