



Olympic Building Centre's Walk with L'Arche a Success

by **Diane Truderung**

*Director of Fund Development
and Communications*

The 12th Annual Walk on May 1, 2016 was a great success. The event was attended by over 370 people, and over \$69,000 was raised in support of L'Arche Winnipeg. There were over 100 new walkers. The pledges raised will be used to maintain and improve the quality of life of L'Arche members and their volunteer assistants.

Friends, family, sponsors, supporters and pets gathered at the Oxford Heights Community Club to enjoy this fun filled day. Participants collected pledges and then walked either the 1 or 5 kilometer route in support of L'Arche Winnipeg. The festivities began with the L'Arche Music Group. Balloon displays both small and large provided a very decorative look and created a party atmosphere. Thank you to Larry and Tova Vickar for once again sponsoring this wonderful balloon display.

After the Walk, the participants enjoyed a delicious barbeque provided by the Knights of Columbus. Food items were donated by the Knights of Columbus, Domino's Pizza, Wellington Fine Coffee, Olympic Building Centre and the L'Arche Tova Café.

The celebration continued indoors as guests enjoyed the music provided by the Andrew Brown Band. Mago the Magician once again displayed his talent by creating balloon figures. There was also face painting for the children and karaoke singing for everyone!

The top individual fundraiser was **Kathy French** who raised \$2,771.00, and the second top fundraiser prize went to **Anita Warkentin**, who brought in a total of \$1,635.00. The top fundraising team was **Olympic Building Centre** who had 36 walkers and raised \$9,280.00.



Clockwise, from left: top individual fundraiser Kathy French addresses the crowd, with walk teammates Hazel and Clive from L'Arche; view of the large crowd at Oxford Heights Community Club; walkers of all ages enjoy the warm and sunny day; Stacey shares her joy by hugging friends; Blaine Reimer from Olympic Building Centre receives sponsorship appreciation plaque from Diane Truderung.

Thank you to our naming sponsor, Olympic Building Centre, and to the other major sponsors of the Walk: Vickar Community of Dealerships on Regent, Casera Credit Union, Kildonan Place, Wyatt Dowling Insurance Brokers, NVR Construction, TD Canada Trust, Enterprise Holdings, Co-op, BPG, The Benefits Planning Group Ltd., North American Lumber and the Running Room. Also thank you to all of the participants, the vol-

unteers, and everyone who donated prizes for the event, Transcona Biz., and all who made the 12th Olympic Building Centre's Walk with L'Arche such a huge success.

Please join us again next year for the Olympic Building Centre's Walk with L'Arche, which will take place on **Sunday, May 7th, 2017** at the Oxford Heights Community Club. We hope to see you next year!

For more information on L'Arche, visit the L'Arche Winnipeg website at: www.larchewinnipeg.org or the L'Arche Tova Café website at: www.larchetovacafe.com

Donated Quilts a Heart-Warming Initiative

Anna Maendel first met L'Arche member Russell when he was with his good friend Anita Warkentin on a visit to her old friend Peter. Anna is a member of the Fairholme Hutterite Colony in Portage la Prairie, which operates a quilting business. Anna, a teacher and a quilter, decided she wanted to make a custom quilt for Russell. As she learned more about L'Arche Winnipeg, Anna decided to make a custom quilt for each core member of our community so that everyone could be warm and no one would be left out - 22 beautiful, colorful double size quilts have already been completed!

Anna did not do it alone, she was blessed with the generosity, help, and crucial design ideas of many other quilters. Each L'Arche member was asked about their interests and favourite colors, and the ladies went shopping all over Winnipeg looking for just the right fabrics, colors and designs to match peoples' interests. They even managed to find a large square of a cowboy roping steers for Shelton, who had said he loved cowboys and the color blue.

On May 25th, Liz Gauthier (Volunteer Co-ordinator at L'Arche) and Anita Warkentin spent the day visiting Fairholme Colony and brought back the finished quilts. They were treated to a community lunch and shown how the quilts are made. Anna showed them her long-arm quilting machine and explained how, once all the fabrics are chosen for the quilt, cut and pieced together, they are layered with the soft washable quilt batting and a soft flannel backing especially chosen to match the quilt front and the special likes of the person.

Crawling around on the floor with glue and basting needle is a task of the past. Today, Anna is able to hook up her quilting machine to a computer, and the long-arm machine takes care of quilting the layers together in whatever pattern she programs in.

The workshop is amazing, but Anna could not have done all the work without the participation and love of all the other quilters involved: Pat Crandal of Edwin, MB as well as other members of the Country Lane Quilters; Roberta Stone of MacGregor, MB; Marie Minaudier of St. Claude; Andrea and Judy Maendel of Fairholme; all offered crucial design ideas. Pauline Basel of Baker and Rita (Maendel) Wurtz of Oak River donated fabric, while a string



Anna, displaying the quilt for L'Arche member Lee Ann who said she likes angels.

of gifted seamstresses helped by sewing quilt tops: Carissa, Delia, Julie, Serena and Ilsa (Baer) Maendel of Fairholme; Phoebe (Wurtz) Hofer of Sky View and Claudia (Wurtz) Hofer of Valley View.

- compiled by Liz Gauthier & Hubert Pantel



Ross likes the Winnipeg Jets & the color blue

See all 22 quilts made for L'Arche at:
<https://www.facebook.com/FairholmeLongArmQuilting/>
 You can also view a video of the long-arm quilting machine used to make the quilts in the "photos" section.



Clive likes farms & farm animals



Russell likes vehicles

A Time For Making Hay, A Time For Celebrating Birthdays

by **Jim Lapp**
Community Leader

Since becoming community leader of L'Arche Winnipeg in January 2009 I have been amazed by what God, the Creator, has revealed to me. The most powerful message is that the Spirit of God is alive in all creation, in every human being. My sense of the Spirit is one of inclusion, all are loved and welcomed. If we are fortunate, our eyes are at least occasionally open to this reality. For me personally the Spirit has been most clearly present to me in my time at L'Arche. As soon as I arrived in September 1974, as an agnostic, I was welcomed and accepted as I was. I felt very vulnerable in front of the anguish of our members who had just come out of the institution but at the same time had a sense of the Spirit of God walking with us. As many people have said before, L'Arche's spirituality is experiential and you need to live it intuitively.

I moved to the L'Arche Farm east of Lorette in May 1975. It was for me a time of struggle and a time of grace. Over the last several weeks I have had unexpected meetings with one former assistant, Bill Hanson, and a former neighbour of the Farm, Paul Desmarais. Both of them expressed how L'Arche had changed their lives forever.

Paul lived very close to the Farm, worked in the city and farmed part time. He befriended us and helped us out in many ways. He told me that one day he came home from work and checked our hay field and told us that it was ready to be raked. Later, towards suppertime, he was a bit surprised when we all dropped by in the van to say we couldn't rake the hay because we had to go to Rosseau Court (the first L'Arche home, in Transcona) to celebrate a birthday.

In a discussion with another local farmer they both agreed that we had made the right choice in putting a person celebrating a birthday ahead of making hay. The other farmer said he would not miss any more birthdays because of work. Neither would Paul. Matters of the heart should always come first.

Bill Hanson called me up to ask if L'Arche Winnipeg would consider helping a neighbour of his in Flin Flon. I invited him to the office and we discussed how L'Arche had affected him so many years ago.

At that time, he was looking for some meaningful work when he noticed an ad in the Winnipeg Free Press for a position as an assistant at L'Arche Winnipeg. After meeting with the founding community leader Sister Ma-

from someone in Flin Flon who needed his help with a housing application. He said that when he got home he would help her. In my mind, L'Arche had taught him to be a servant leader. I knew both Paul and Bill when these



Paul Desmarais (left) and Robert Morgan (past assistant at the Farm), were both in Winnipeg last month and visited with old friends at L'Arche, including Hazel (pictured above).

rie Paradis for four hours, he was convinced to give up his new car salesman job and come to live at L'Arche. The people he lived with at L'Arche loved and accepted him as he was. It changed him. When he left L'Arche he returned home to Flin Flon, took up a job in maintaining the local hospital, and became a city councillor. While we were talking he received a phone call

stories took place but I had no idea how deeply their experience of L'Arche had affected them. The Spirit of God had touched their lives and changed them.

I wonder how many other people have been affected in this way. Hopefully, God will reveal more of these very touching stories to me.

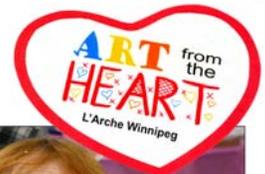
Save the date

3rd Annual Art Show at the Café

The 3rd Annual L'Arche Winnipeg Art show "Art from the Heart" will be held on Thursday, September 1st at the L'Arche Tova Café, 119 Regent Ave. West between the hours of 11:00 am to 4:00 pm.

Come and see the beautiful artwork created by people with intellectual disabilities. There will be an array of items that you will be able to purchase. Refreshments will be served. The money raised from the Art Show will go towards L'Arche programs.

The Art Show will be held on the last day of the Transcona Biz Market Garden.



L'Arche Tova Café Celebrations

In April, the L'Arche Tova Café at 119 Regent Ave. West celebrated its 4th anniversary, as well as the purchase of the building that houses the Café. This was truly an exciting event as the Café now has a permanent home. The purchase of the Café building was made possible through generous donations, as well grants.



Our social enterprise is very thankful for the support shown to the Café.

The Café is open Monday to Saturday from 8 AM to 2 PM. The Café has a full menu which serves breakfast all day, lunch items, desserts and beverages. Catering services are also available. Let us cater to you! Our menu is available at www.larchetovacafe.com or call 204-421-9388.

The L'Arche Tova Café provides training and employment for individuals with developmental disabilities. We hope that you will come to the Café for a great meal and to also meet our participants.



Larry and Tova Vickar were part of the Café celebrations and were called upon to cut the anniversary cake.

Café Baking at Transcona Biz Market Garden in July and August

L'Arche Tova Café will once again be participating in the Transcona Biz Market Garden every Thursday this summer. This event will begin on Thursday July 7 from 11 AM until 3 PM and will run through until the end of August. There will be fresh bread, scones, squares, butter tarts and a variety of other baked goods for sale. Drop by the Transcona Centennial Square (3 doors west of the Café) to purchase your fresh baking. Hope to see you there!

Weekly North East Business Exchange Meetings at Café

The North East Business Exchange meetings take place every Thursday at the Cafe from 8:30 am to 9:15 am. This is an occasion for business owners (commercial location or home base) to connect with each other, discuss ideas, explore how to work with each other and how to connect with community organizations.



You do not need to have a business or be a community group in the North East area in order to attend these meetings. There is no fee to belong to this group, and you are welcome to attend any Thursday that you are able

to. We hope you can come join us at a weekly "we achieve more together" meeting!

GRATITUDE FROM WINNIPEG

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