

GRATITUDE

The L'Arche Winnipeg Newsletter June 2026 Issue 99



50 years & BEYOND



Photos from our 22nd Annual Walk with L'Arche



Margaret & Cecilia crossing the finish line together

Walk with L'Arche: Where Friends Help Us Grow and Thrive



Mira Ramlal

Communications &
Fund Development

"My friends are here with me. They believe in me, Here I can grow and thrive. I come alive inside!"

The Voice To Be Me —by L'Arche Winnipeg & Danielle Savard

On a beautiful spring day on May 3rd, over 400 participants gathered for the Vickar Automotive Walk with L'Arche, our largest fundraiser of the year. Together, we walked and rolled along the Transcona Trail in support of the 25 Core Members who call L'Arche Winnipeg home. Thanks to your incredible

generosity and effort, we've raised a remarkable **\$58,575** in support to our community's needs and dreams as we continue to grow and evolve. Among our supporters are Brian and Christie Lysack, who have attended the walk for the past five years and were this year's top fundraisers.



Brian & Christie receiving a prize

"We fundraise because it's a worthwhile cause and helps people maintain their independence," they shared. "The event is important because it's nice to come together as a community and celebrate the walk's success." The day was

filled with moments of connection and celebration. Guests enjoyed burgers and hot dogs, live music from Deception Drive, face painting, balloon artists, prize draws, and a special original song performed by L'Arche Winnipeg's Core Members. **(Check out page 3 for details on our upcoming music showcase June 12!)** Core Members express that they enjoy the yearly event, as it is a time when they feel celebrated and get to see familiar faces from the community who have supported them and the walk for years.

"I saw many people from the homes, from the office, and from the cafe" stated Core Member Margaret Krieg, who was attending her 8th walk event. "I had a good feeling when I saw them, People knew me, I felt happy when they cheered for me and I recognized some of them".

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Follow L'Arche Winnipeg and L'Arche Tova Café on Facebook and Instagram for more!

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We would like to express a heartfelt thank you to our naming sponsor Vickar Automotive Group, along with all of our sponsors, event partners, community contributors, and the 80+ volunteers who gave their time and energy so generously. Thank you to everyone who came out to walk, roll, celebrate, and support our Core Members, and contributing to making this year's walk a success. We can't wait to see you again next year! Check out our walk photo album : larchewinnipeg.org/get-involved/the-walk

22ND ANNUAL VICKAR AUTOMOTIVE GROUP WALK WITH L'ARCHE

MEDIA PARTNERS Free Press, CHY 95.1 FM, LA LIBERTE, 201

EVENT PARTNERS RECYCLE EVERYWHERE, Corpells WATER, Culligan 70 Years, LARCHE TOVA CAFE, Pratts, COTTAGE BAKERY, 432 Pharmacy, Rotary Club of Winnipeg - Transcona

COMMUNITY CONTRIBUTORS

Annemarie Wiebe	Folkorama	MARO MATCHA	The Hive
Assiniboine Park	FortWhyte Alive	Noel Delaquis	The John Russell Honey Company
Avidity Hair Salon Conservatory	Genesis School of Dance	Olympia Cycle	The Keg Steakhouse + Bar
Axe Throwing Winnipeg	GET OUT! Escape Rooms	Petals Florist	The Tbox Virtual Golf
BabyBaby	GoodLife Fitness	Red Door Property	Time Lapse Escape Rooms
Black Market Provisions	Home Depot	Mgmt Services Inc	Transcona Golf Club
Blaze Ink Tattoos	Jack Pott's Thrill Zone	Rita Lecuyer	True North Sports + Entertainment
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Chevaliers de Colomb	Karla Dueck Thiessen	St-Léon Gardens	Winnipeg Canoe Rentals
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Chez Nous	Missionnaires Oblates De Saint Boniface	The Birchwood Inn	Yip Fitness
Christine Fleetwood	Manitoba Liquor & Lotteries	The Gargoyle Theatre	Zealous Medi Spa
Clementine Café	Manitoba Museum		
Crystal Cann	MTYP		
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L'ARCHE Winnipeg 50 years & BEYOND

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A Friend Like Patricia
By Piroska Kulcsar

I first met Patricia in the fall of 2010. She lived in Laine House, and I came as a visiting assistant from a different home. She must have had mixed feelings about me at first, as she ran away when I tried to shake her hand and introduce myself. I was reassured not to take it personally; she would often run away when her emotions were high, even when she was in fact, very happy to see someone. When I moved into Laine House in 2012, I had the chance to see this in action, when long-term friends like Eva, or her brother Dan, came to visit. We always assumed that

she was overwhelmed by emotion and was in need of a quick break before she could enjoy the highly anticipated visit. But again, sometimes she ran away because, let's be honest, who was this stranger trying to shake her hand? I had the privilege of being Patricia's housemate for nine years. I got to be her friend through happy moments and hard ones. Such as, when she gradually lost the ability to walk on her own. When she was not able to run away, an intentional look away, or a strategically used blanket over the head would do the trick. She introduced me to the TV show *The Beverly Hillbillies*, and it remains a comfort watch for me to this day. Patricia, just like the characters in the show, loved a good swim in the "cement pond." She was also an amazing bowler. Patricia was a great listener and confidante to numerous assistants who had the chance to become her friend. During my time, she was very close to all of her

housemates, especially Nicole. She grieved her loss greatly, the same when she lost her housemates Clive and Ross, who she was especially close to.



Patricia & Ross at Laine House in 2020

When I think of Patricia now, I can picture her reunion with old friends who were gone before her, and it fills my heart with joy. The last few years of her life, she was unable to do all her favourite activities as often as she used to, like swimming, bowling, and dancing. But she was surrounded with love and care in her new home at Dayspring, where the house members made sure her life was

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still full of fun and laughter. When I close my eyes and listen, I can still hear her saying hi, and hear her infectious laughter. The angels are lucky to have her. I am looking forward to meeting her again when the time comes.



Core Member's Performing *The Voice To Be Me!* At The 22nd Annual Walk Event



The Voice To Be Me!

By **Grace Slivinski**

Events Coordinator

*"We're singing **L-A-R-C-H-E**
Gives me the voice to be me
We're singing **L-A-R-C-H-E**
With you and with God I can
be who I was meant to be"*

The Voice To Be Me —by L'Arche Winnipeg & Danielle Savard

These words were sung out by L'Arche Winnipeg's Core Members in front of the 400+ people gathered at this year's "Walk With L'Arche." This was our community's debut performance of an original song created and sung with music therapist Danielle Savard who has been working

with our community since October 2025.

Through the Government of Canada's New Horizons Seniors Grant, our community has been able to purchase new sound equipment, musical instruments, music movement tools and work with a professional over the past year to create, practice, and record L'Arche's original music.

Almost every Tuesday afternoon, The L'Arche Winnipeg Community Circle Day Program has enjoyed the company, creativity and musical talent of Danielle Savard, a Certified Music Therapist and Local Winnipeg Singer/Song writer. Kaelyn Regher, one of our newest Core Members, (meet her on page 4!) has been particularly enjoying the social opportunities provided in our Community Circle



L'Arche community members and Danielle composing a song together.

which she has been attending for the past year as she transitioned

into living in a L'Arche home. Kaelyn has a particular spirit for people, self-advocacy, and song.

"I loved helping Danielle with the recording, she's friendly, loving and fun to be around. It's super meaningful to have my words in songs. Music is my outlet when I'm upset, it makes me calm and then I feel good inside."

Kaelyn also noted that it is special to have her parents see her perform. *"I love seeing how happy my dad is when he is proud of me, it's a good feeling"* she said, referring to her performance at the L'Arche Walk.

We are excited to amplify the voices of the L'Arche Winnipeg community through song at our upcoming **Music Showcase, The Voice to Be Me.**

Join us on June 12th, from 7:00 –9:00 PM at All Saints Ukrainian Orthodox Church for an evening of sing-alongs, original L'Arche songs, sharing, and refreshments from Tova Café. Alongside music therapist, Danielle Savard.

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The event is **FREE** to attend, but we ask that you **RSVP** through Eventbrite, by scanning the QR code to the right or by visiting the L'Arche Winnipeg office at 118 Regent Ave E. For those interested in supporting our Day Program Fund and helping us create opportunities like music therapy within our community, **donations by cash or card will be accepted at the door.** We can't wait to share this evening with you!



Tova Vickar A Legacy of Inclusion and Compassion

Tova's presence will be deeply missed within the L'Arche Winnipeg community. Her joyful spirit, compassion, and care were evident in the way she treated our community and each of its members with warmth, dignity, and respect. Despite their busy schedules, Tova and Larry attended countless events, fundraisers, and celebrations throughout the years, making a continual effort to stay involved and get to know our community on a personal level. She was not afraid to have fun, lighting up community events with her joyful spirit and readiness to break into a dance move. Together, Tova and Larry Vickar played a transformative role in supporting L'Arche Winnipeg. Their generosity and vision helped establish the Tova Café, a space rooted in their deep belief in empowering people with intellectual disabilities and celebrating the unique gifts they bring to our community. Thank you, Tova, for touching the lives of so many and for the lasting difference you made in our community. A tribute honouring Tova's enduring impact will appear in our upcoming November newsletter.

Welcoming New Friends! Introducing our Newest Member



Kaelyn, joined May 2026

I am: Friendly, Loving, Caring, of Tender Heart

I love: My Family, Church, Escape Rooms

I hate: Peas, Corn, Shredded Carrots

I dream: of becoming a Paramedic

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