

THE WORD

From Winnipeg



L'ARCHE
WINNIPEG
Newsletter #54

The 7th Annual Casera Credit Union's Walk with L'Arche A Success Despite the Flurries



by Lara Beth Reimer

*Director of Fund Development
and Communications*

Blowing snow, ice and a northerly wind – over 243 participants and volunteers braved the spring snow storm and participated in the 7th Annual Casera Credit Union's Walk with L'Arche on Sunday, May 1st. Despite the weather, over \$37,000 was raised in support of the L'Arche Café project.

Loyal friends and new faces alike bundled up and took part in the festivities. Although the walk route had to be slightly altered due to the ice and snow, participants had the opportunity to walk past the future home of the L'Arche Café at 119 Regent Ave West.

The celebration continued indoors as guests were treated to a Zumba warm-up by Wendy Elias and performances by the Walsh Twins and the L'Arche Sunshine Group. The young and young at heart enjoyed balloon art created by Mago the Magician and special guest appearances by Casera Credit Union's Fat Cat and Hi Neighbour Sam. The Knights of Columbus, Maple Leaf Foods, Domino's Pizza, Giant Tiger and McDonalds generously donated food and refreshments for the barbeque which followed
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(l. to r.) Sitting: Kerri Irvin-Ross, Minister of Housing and Community Development; Rosann Wowchuk, Minister of Finance. Standing: L'Arche member Rick; Daryl Reid, MLA for Transcona; Vic Reykdal, Chief executive Officer of NVR Holdings Ltd. and owner of the property at 119 Regent West; L'Arche member Gilles.

On May 11th a provincial government press conference was held at the site of the future **L'Arche Café** at 119 Regent Avenue West.

Rosann Wowchuk, Minister of Finance, came to Transcona to announce a new "Neighbourhoods Alive! Tax Credit", which could benefit projects like the L'Arche Café.

All Café details on pages 4 & 5

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

7th Annual Walk a Success ...

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the walk. The L'Arche Café Committee and a group of generous volunteers kept everyone warm by serving piping hot coffee and tea.

CHVN FM radio personality, Rea, hosted the formal part of the program which included greetings from Jim Maloway, federal MP for Transcona-Radisson, Hugh McFayden, Leader of the PC Party of Manitoba, Daryl Reid, MLA for Transcona, Bidhu Jha, MLA for Radisson, Russ Wyatt, City Councillor for Transcona and Faye Jashyn, Liberal Candidate for Transcona. Brenda Mose, Volunteer Coordinator for

L'Arche Winnipeg, then took a moment to recognize all of the dedicated volunteers who generously donated their time to the walk event. Prizes were awarded to the top fundraiser, Tim Sale, second place fundraiser, Michelle Roy, and the top fundraising team, Team Lucas, lead by Luc Girouard, raised \$2,416.00 winning them the trophy.

Thanks to the generosity of our corporate sponsors, L'Arche Winnipeg can proudly say 100% of pledges raised at the walk will directly support the L'Arche Café Project. This year's major corporate sponsors, TD Canada Trust, Dundee Wealth Management, Olympic Builders Supply, North American Lumber, Vickar Community Chevrolet, and our naming sponsor Casera Credit Union were presented with a plaque at the event as a token in recognition of their kindness and commitment to making our community a better place. Our media and prize sponsors, Kehler Reality, CHVN 95.1 FM, IGNITE 107,

Wheeler Funeral Chapel, The Running Room and the Transcona Biz, were also thanked in a speech given by the Director of Fund Development.

Brent Thomas, CEO of Casera Credit Union, was unable to attend the event due to an out of town conference. However, he had this to say after the Walk:

"Although the weather conditions were not ideal, organizers and volunteers of the L'Arche Walk are congratulated for a well organized and successful event.

Supporting community initiatives is important to Casera Credit Union and we are proud to support the L'Arche Walk.

Directing the proceeds from the Walk to the start up of the L'Arche Café is a great opportunity for the members of L'Arche and the community."

You Are Invited to Our L'Arche Gatherings

Are you interested in opportunities to get to know L'Arche members? We have two different gatherings each month (except during the summer) where our whole community gathers and which are open to guests attending.

If you would like to attend one of these gatherings, please call our office at 237-0300 ext. 0 a few days before to confirm the event is happening and to let us know how many people are coming.

Our **October Prayer Night** will be a special remembrance service of deceased L'Arche Winnipeg members.

L'Arche Night

2nd Thursday of the month,
7:00 to 8:30 p.m.

Prayer Night

4th Thursday of the month,
6:00 p.m. to 8:00 p.m.
(supper provided by L'Arche)

Place:

Salle Vanier
525 Day Street



LauraLee and Russell enjoying drumming workshop

April 10th was the wind-up celebration for the music component of the **Outreach Program**. Participants got the opportunity to learn some fun drumming techniques, along with rhythms from West Africa, Cuba & Brazil with instructor Jamie Carrasco. Music is a wonderful way for our members to make new friends, express their thoughts and feelings and learn new talents and skills.

Thank you to the **Ancient Mystic Order of Samaritans** for their donation which now allows us to purchase our own drums and musical instruments for the program.

We would also like to thank the Peter Curry Foundation for providing operational funding for the Outreach Program. - by Nicole Dola

L'Arche Winnipeg, Inc. Annual General Meeting

Tuesday June 28, 2011
Starting at 7:00 p.m.

Salle Vanier (side entrance)
525 Day Street

Refreshments will be served
All are welcomed to attend.

An Abandoned People

by Jim Lapp
Community Leader

At the end of March my daughter Emily invited me to go to her church. The pastor of her church gave a very good sermon on the issue of Biblical justice. He gave a list of at least 30 categories of injustice in the world like war, racism, poverty, etc. Both Emily and I were surprised that he made no mention of people with disabilities. I should not have been surprised that they are excluded from his list, because they are excluded from society around the world.

The roughly 130 million people with developmental disabilities in the world are socially isolated and in many places rejected and hidden away, or abandoned by their families. In some poorer countries the mortality rate for children with developmental disabilities under five is 80% compared to 20% for children without disabilities. As a group they suffer from exploitation, rejection, isolation and abuse.

Their families often suffer the same poverty and rejection. In many countries in the world you would be hard pressed to find anyone with a disability, as they are so well hidden by their families because of the social stigma of having a connection to a person with a disability.

(Hear Our Voices A Global Report : Inclusion International <http://hpod.pmhclients.com/pdf>)

[HearOurVoices.pdf](#)

L'Arche Winnipeg is a member of the International Federation of L'Arche which according to the directory on its website (<http://www.larche.org/home.en-gb.1.0.index.htm>) has 149 communities (some probationary) in 40 countries around the world. The Mission of L'Arche is "To make known the gifts of people with intellectual disabilities, revealed through mutually transforming relationships." While most of the world rejects people with an intellectual disability we have discovered their gifts. Through our Solidarity committee the members of L'Arche Winnipeg support communities in Argentina, Brazil, the Dominican Republic, Haiti, Honduras, and Mexico. Recently I read the following story from Jonathan Boulet-Groulx about life in Honduras.

"As far as I can see, Honduras bears an enormous resemblance to Haiti when it comes to the situation of people with disabilities. It's the poverty, I suppose. The people who are different, incomprehensible, the ones who seem to have no value because they aren't capable of going to school or helping around the house - these people live their lives isolated from society. Marginalized, excluded, impoverished by the lack of human contact, the one who is different is also alone. The poverty of a society often drives the exclusion of those who are most fragile."

He tells the story of Nicolas, a man with severe handicaps who lives with his

mother. Nicolas is always smiling and laughing and clearly has a gift of love to share with his mother and others who come to visit. She receives some financial support from a niece in the USA but still has to work to support Nicolas and herself. She leaves Nicolas on the bed when she goes to work, locks the door and hopes that he will be O.K. When asked about her son's future Nicolas' mother replied: "I don't see a future for my son. I simply hope we are lucky enough that he dies before I do..."

http://www.larche.ca/reporters/jonathan/mwen_pa_fou/en

So what does this mean for us here at L'Arche Winnipeg? It confirms that the work of L'Arche is very important around the world, especially in sharing the gifts of people with a developmental disability. I also believe it means that we have to do more to support people with a developmental disabilities and their families here in Winnipeg outside of L'Arche and, where possible, around the world. Expanding our mission, doing outreach, sharing our message with the wider Winnipeg community takes on a greater importance. It is something we as a community need to reflect on more thoughtfully. And we need our friends and supporters to reflect on these issues with us further. If you have any thoughts to share with us please email me:

jjmlapp@larchewinnipeg.org

Solidarity with L'Arche Brazil

Our Solidarity Social last March netted a profit of \$1,800, which helped with some of the cost involved in sending 3 L'Arche Winnipeg members (Ripple, Felice and Shelton) to Brazil for 2 weeks in May, allowing them to visit the L'Arche community there. L'Arche Winnipeg is twinned with the Brazilian community and we raised funds each year through "Solidarity" to help them out. This trip was meant to help us know each other better & build up the bonds of friendship.

"They were happy to receive us", says Ripple, "I felt very welcomed and they did their best to make us feel at home."

Felice was struck by the friendship that developed between Shelton and Jonas from L'Arche Brazil, who is bed-ridden and doesn't speak. "Shelton just loved him, would go to Jonas, hold his hand, be happy just to sit with him," says Felice, "it was beautiful to see this friendship happening without words being spoken."



Shelton (keyboard on lap) enjoying music therapy session with L'Arche Brazil members. Inset: Winnipeg's Ripple, Felice & Shelton in Brazil for a memorable friendship-building visit.

The Dream Soon to Become a Reality: **L'Arche Café** to Open This Summer

The Dream

When talk of a L'Arche Café resurfaced about 4 years ago, the timing seemed right. Many of the people with a developmental disability welcomed by L'Arche over its' 35 year existence were reaching retirement age, and there was need for some kind of a day program to offer them meaningful activities in their retirement. Our Mandate also speaks of outreach in the community, to make known the gifts of people with a disability.

A Café could do that, and more. The idea grew & evolved gaining more supporters and a lot of enthusiasm. You will read in Gerry Wolfram's article the many steps needed and undertaken to take the L'Arche Café from dream to reality.

The L'Arche Café Outreach Project committee wrote a mission and goals statement as follows:

Mission

L'Arche Café is a place of welcome, nourishment and celebration where our common humanity is accepted and honoured.

Goals

The L'Arche Café aims:

TO EXTEND the hospitality of L'Arche, particularly the welcoming spirit of our members with a developmental disability, by offering delicious food and drink to our neighbours in an inviting atmosphere.

TO ESTABLISH a business model that empowers members with a developmental disability to have a meaningful role that nourishes, challenges and encourages them in every day life.

TO RAISE the awareness and visibility of L'Arche in our local community of Transcona and Winnipeg

TO WORK in solidarity with our international community by offering fair trade & environmentally conscious items to our customers and friends.

TO CELEBRATE the gifts of all those around us by using the space of the L'Arche Café to showcase creative talents such as art, music, food and dance.

TO PROVIDE opportunities where our local community can gather and volunteer to share our many and multifaceted gifts and talents.



Handing out food samples at June 2008 Hi-Neighbour Festival

Creating artwork for the L'Arche Café at an activity night in June 2008



Enthusiastic group of L'Arche Café servers around the Café sign in November 2008



L'Arche Café group catering the annual Fundraising Luncheon in October 2009



119 Regent Ave. West



Serving tables at Jazz Night in February 2009

The Reality

A letter of intent to lease the building at 119 Regent Avenue West in downtown Transcona was signed on February 23rd, 2011.

The exterior of the building has been renovated, and renovations to the inside are currently being done.

L'Arche Café will have nearly 2,000 square feet of space, with seating for approximately 40 to 45 customers.

A Project Manager was hired in April on a short term contract to tend to many of the setup details and permits.

Some funding has been secured from Foundations. Once members with a developmental disability start working at L'Arche Café, there will be additional "Day Program" funding from Family Services & Consumer Affairs.

A General Manager was hired in May - Belinda Squance. L'Arche Café will also employ one chef, four members with a developmental disability along with two job coaches.

Opening of the L'Arche Café is expected to take place later this summer. Check our website for updated information.

Studies & Surveys, A Business Plan, Grants & Work Experience All Needed to Create a Unique Meeting Place in Transcona

In June of 2007, House Leaders met for their annual retreat, which was led by Evelyn MacLellan. And when the idea of opening a Café surfaced and was discussed with some enthusiasm, Evelyn noted that a similar idea had come up in the community many times over the years.

The idea lay dormant until the fall of 2007, when we were able to apply for a Sustainable Communities Grant to Assiniboine Credit Union (ACU). Our application was successful: as a result six Assistants took their training to become Certified Food Handlers, Salle Vanier became licensed by the province as a Banquet Hall/Food Preparation facility, and plans progressed to introduce the L'Arche Café idea to the Transcona community during the annual Hi Neighbour Festival. By this time, a faithful group of volunteers had joined to form the L'Arche Café Committee. In June 2008 we were able to test people's receptivity by handing out a variety of free food

samples at the street festival and surveying their responses to establishing a L'Arche Café in downtown Transcona. Festival-goers were positive in their support of our dream.

First Experience

In November of 2008 the L'Arche Café was officially "launched" with a three-course dinner (serving 80 guests in two sittings) in an elegantly decorated Salle Vanier. Original artwork by our members graced the walls and a "kitchen" was curtained off. The response from diners was overwhelmingly positive. And we learned a great deal about teaming to prepare and serve food that would please and satisfy people. In February of 2009 an evening event was held in Salle Vanier. The Mardi Gras Jazz Night featured internationally-inspired finger foods, drinks and live entertainment; namely a trio of jazz students from the University of Manitoba. June of 2009 saw us once again serving people at the Hi Neighbour Festival

a choice of desserts and Fair Trade coffee and tea, which have become our hallmark. In the fall of 2009 we catered lunch for over two hundred guests at the Circle of Hope Fundraising Luncheon.

A Dedicated Committee

By June of 2009, we knew that we needed folks with more resources and skills to get the project up and running. And so another group of faithful volunteers gathered at an invitational lunch to form the L'Arche Café Strategy Committee (now called the L'Arche Café Committee.) This group has worked steadily for the past two years to move things along. The Supported Living Program of Family Services and Consumer Affairs was consulted and we were told L'Arche was well-positioned to launch the Café as a Day Program for individuals with developmental disabilities in the Winnipeg area.

In 2010 volunteers once again served food at our L'Arche booth at the Hi Neighbour Festival

and later catered the fundraising luncheon in the fall.

With the support of a Solidarity Grant from L'Arche Canada and a second Sustainable Communities Grant from ACU, we began to work with SEED (Supporting Employment & Economic Development) to concretely develop our project in the form of a social enterprise (an enterprise that has a social purpose other than commercial). Carinna Rosales of SEED worked first to prepare a feasibility study and then, with funding from the United Way, a full business plan to test the viability of our project. Staff and volunteers explored potential funders and submitted grant applications for start-up costs, including renovations. By January of 2011, an appropriate location had been found and a Letter of Intent undertaken with the building's owner.

In March of 2011, Kerniel Aasland joined

us as project manager and has been working closely with Jim Lapp, helping to plan the renovations, researching costs, exploring permit requirements, assisting in finding the L'Arche Café manager, and generally shepherding the project along through all the bumps and challenges. In early May Belinda Squance was hired as our L'Arche Café manager. Proceeds from our annual Walk with L'Arche in May were designated to support the L'Arche Café project.

Almost There!

We once again promoted the L'Arche Café at this month's Hi Neighbour Festival in Transcona, with a heightened sense of enthusiasm and accomplishment in being able to set up our street display right in front of the actual L'Arche Café building and being able to say to people "Here it is!"

by Gerry Wolfram

Fun for all at the 7th annual Walk



L'Arche Sunshine Group got the crowd to sing along with them.



An impromptu conga line formed to the music of the Walsh Twins.



Team Lucas

Lara Beth & Dorothy from L'Arche presented top fundraising team trophy to **Team Lucas**, who raised \$2,416.00.

The individual top fundraiser was **Tim Sale**, who raised \$3,165.00 and shared this thought: *"I offer thanks for the privilege of working with great people that share a vision of inclusive communities. One of my favourite hymns is "Draw the circle wide, draw it wider still...That's what will make for a peaceful world."* (Chorus: Draw the circle wide. Draw it wider still. Let this be our song, no one stands alone. Standing side by side, draw the circle wide).

Major event sponsors all received a plaque in recognition of their support for the walk. Lara Beth presents plaque to Steve Lipischak from Vickar Community Chevrolet.



Walkers going by 119 Regent West, future site of L'Arche Café.



- A dishwasher
- A video camera that plays 8mm tapes

If you have any of these items in good condition to donate to L'Arche, please call our office at 237-0300.

3rd Annual Circle of Hope Fundraising Luncheon Goes Italian

Sunday October 23, 2011

Précieux Sang Parish Hall

200 Kenny St.

Saint Boniface

1:30- 2:30 p.m.

If you would like to attend, please reserve your place by calling

Lara Beth Reimer at

237-0300 ext. 1

Email: lbreimer@larchewinnipeg.org

Thank you Volunteers *Merci les bénévoles* Danke Freiwilligen

by **Brenda Mose**
Volunteer Coordinator

L'Arche Winnipeg in the last quarter has welcomed talented volunteers into our community. L'Arche Winnipeg's mission and vision has been realized through partnering with volunteers who share the same beliefs.

"Kindness is the language which the deaf can hear and the blind can see" - Mark Twain.

Speaker's bureau

The speaker's bureau is made up of volunteers, assistants and members with disability, who are trained in making presentations to churches, schools and clubs about L'Arche.

This year, the speaker's bureau has made a total of seven presentations to seven organizations, which include churches and schools. We are constantly looking for speaking engagements where we are able share the life changing stories experienced through the journey in L'Arche. Liz Gauthier, who is also a house friend for The Ark, has been actively seeking speaking engagements through phone calls and emails. It is also an opportunity for our members with a disability to express their experience in L'Arche. Contact Brenda Mose for more information on how you can get involved.

The Winnipeg Foundation 90-Hour Giving Challenge

The Winnipeg Foundation celebrated its 90th anniversary in April with a 90-hour online giving challenge, allowing people to donate to the designated charity of their choice, with a matching formula by the Winnipeg Foundation. L'Arche Winnipeg was the recipient of 17 such gifts during that time period, for a total of \$926.10, to which The Winnipeg Foundation added another \$412.94.

Thank you to everyone who supported us by designating their donation to L'Arche!

Volunteer Projects

Boehringer Ingelheim Canada Ltd employees (photo) dedicated a day from their busy schedules and assisted in the much needed cleaning up in the garage of one of our homes.

The volunteers got a chance to learn more about L'Arche Winnipeg and meet some of the members with a developmental disability. Ricky, who is a resident at L'Ainé, said that "It was a good job and thank you".

On behalf of L'Arche Winnipeg we would like to thank George Dyker, Mike Remo, Bruce Kent, Keith Sanheim, and Andrew Henderson for the extreme garage make over.

"The world is hugged by the faithful arms of volunteers" - Terri Guillemets



For more information on how to bring sunshine into someone's life through volunteering, please contact Brenda Mose, Events and Volunteer Coordinator by phone (204) 237-0300 ext 20, or by email: bmose@larchewinnipeg.org



7th Annual Casera Walk with L'Arche Volunteers

The cold wintery day did not deter the 68 volunteers who participated in the 7th Annual Casera Credit Union's Walk with L'Arche which was held on May 1st 2011. The event's success was dependant on the commitment of these volunteers. The major roles carried by volunteers include the walk committee, walk marshals, bake table, kitchen crew, setup crew and entertainment. The welcoming smiles of the volunteers certainly brought a ray of sunlight to the event!



A profound *thank-you* to all who supported
Casera Credit Union's 7th Annual
Walk with L'Arche & Party Celebration



Major Event Sponsors

Casera Credit Union, Dundee Wealth Management, Ignite 107, CHVN 95.1FM,
North American Lumber, TD Canada Trust, Olympic Builders Supply,
Vickar Community Chevrolet

Media and Food Sponsors

Domino's Pizza, Giant Tiger, Knights of Columbus, Maple Leaf, McDonald's,
Transcona Business Improvement Zone, Kehler Realty Ltd., Running Room

Prize Sponsors

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Prairie Theater Exchange
Thunder Rapids
Rumor's Restaurant & Comedy Club
LITE
YMCA-YWCA of Winnipeg
Chatters Beauty Supply & Salon
7 Eleven

