

GRATITUDE

The L'Arche Winnipeg Newsletter February 2023 Issue # 89



19th Annual Vickar Automotive Group Walk with L'Arche

By Eliane Vieira and Jelynn Dela Cruz

After three consecutive years of virtual editions, we are happy to resume the 19th Annual Vickar Automotive Group's Walk with L'Arche in person. The walk will take place on **Saturday, May 6th, 2023, at Oxford Heights Community Club, 359 Dowling Avenue East, in Transcona.**

In celebration of L'Arche Winnipeg's 50th anniversary, our golden jubilee, the walk will incorporate special activities, music, food, and several prizes for participants who join the event.

We hope all previous year's participants will return for this popular family-friendly event. The walk will raise much-needed funds for L'Arche Winnipeg in a way that brings together people with and without disabilities in a celebration of life. Joining the walk event is an excellent opportunity to experience first-hand what L'Arche is all about and start new friendships. Check-in and last-minute registration tables open at 12:30 PM on May 6th, and the walk starts at 2:00 PM.

Registered participants can walk either 1 KM or 5 KM on the wheelchair-friendly Transcona Trail and then return to the Oxford Heights Community Club for free food, prize draws, and entertainment for the entire family!

Event Registration & T-shirts

Mail in or drop off your registration form & registration fee to the L'Arche Winnipeg office (118 Regent Avenue East), or register online at www.larchewinnipeg.org.

Adult registration is **\$10.00**. Child & Senior registration is **\$5.00**.

To receive a free Walk t-shirt, your registration form, registration fee, and a minimum of \$100.00 in pledges must be received at the office by Friday, April 7th, 2023. You can continue to raise more pledges until May 6th, the day of the walk, noting that no t-shirt requests will be accepted after the April 7th deadline.

Volunteers

We expect hundreds of people to join the walk this year, and we will (See Page 2)

Core members, community members, and their cuddly pets at the Vickar Automotive Group Walk with L'Arche in May 2018

Four L'Arche Winnipeg Members Awarded the Queen's Jubilee Medal

By Eliane Vieira and Jelynn Dela Cruz

The L'Arche Winnipeg community celebrates the honour of having four members receive the **Queen Elizabeth II Platinum Jubilee Medal**. Hazel V., Jim Lapp, Diane Truderung, and Larry Vickar were nominated to receive the medal. The ceremony happened on December 7, 2022, in the Queen's room in the Legislative Building in Winnipeg.

The honourable Lieutenant Governor of Manitoba, Anita Neville, awarded the medal to Manitobans nominated for their community leadership and public service. Several individuals whose work and volunteer activities stand out were honoured for creating healthy, safe, prosperous, and vibrant communities in the province.

Hazel V. is a L'Arche Winnipeg founding core member. For 49 years, Hazel has been an inspiration to other L'Arche



Hazel receiving the medal from The Honourable Anita Neville, MLA Nello Altomare, and Premier Heather Stefanson.

members, neighbours, and the local community. She volunteered at the L'Arche Tova Café, represented the community at many events, and has maintained long-term friendships in L'Arche and Transcona. Hazel expressed her gratitude for winning the medal with her typical, friendly smile.

Jim shares thoughts on receiving his award alongside Hazel:

"We both joined L'Arche Winnipeg in 1974. Hazel is one of the most gracious people I have ever known."

Jim Lapp has been with L'Arche Winnipeg, in various roles, for almost 50 years as well. He retired in December 2021 from his role as Executive Director. Since then, he has been (See Page 3)

(Continuing from Page 1 — 19th Annual Vicker Automotive Group Walk with L'Arche) need many volunteers to make it a success. If you want to help, contact our Volunteer Coordinator, Maureen Manning by e-mail at volunteer@larchewinnipeg.org or 204-237-0300 ext. 103.

Volunteers help to ensure that 100% of your raised pledges will go towards improving the quality of life for people supported by L'Arche Winnipeg.



Walk with L'Arche 2018 attendees.

Prizes

To make things even more exciting for participants, we welcome prizes from the local business community, organizations, and individuals. If you have a prize to donate, please send an e-mail to office@larchewinnipeg.org with a brief description of what you can donate.

Extra brochures, pledge forms, registration forms, and information are available both for download on our website (larchewinnipeg.org), at the L'Arche Tova Café (119 Regent Avenue West), and at our main offices (118 Regent Avenue East).

With any further questions, feel welcome to call 204-237-0300 ext. 100.

We look forward to seeing you all on May 6th!



Community members performing at the Walk with L'Arche 2018.



It's L'Arche Winnipeg's Golden Jubilee!

Join us for our 50th Anniversary celebrations, all year long.

2023 marks L'Arche Winnipeg's Golden Jubilee—and we're excited to celebrate with friends, supporters, and the wider community! Throughout this year, we will incorporate our special 50th anniversary celebrations into our traditional events in a way that allows us to cherish our rich history. We will share stories, reconnect with friends, and rejoice in a big way together at a dinner and dance party!

We start the year off with a new celebratory logo (above). In partnership with L'Arche Canada, we have developed a unique logo to be used this year only. The logo will make its appearance on our website, posters, social media channels, and a variety of merchandise for sale later this spring.

Look forward to the launch of our new website, which will feature a fresh new look with easy-to-navigate, accessible features that better reflect the goals of our vibrant community.

After three years of celebrating virtually, our Walk with L'Arche fundraising event will resume in-person this year on May 6th, with the option to still participate virtually. Join us in marking this milestone with a variety of exciting entertainment, food, and prizes to share with our wider community!

Our biggest celebration will take place on August 26th, with our 50th Anniversary Gala Dinner. Held at the Club Regent CanadInns event centre, this evening will feature storytelling through L'Arche Winnipeg's history, a 3-course dinner, special performances, and a chance to dance the night away with the community. Tickets will be available for

purchase later this spring.

Those looking to support our celebration of this milestone with us today can look no further than either placing a donation or purchasing a special 50th anniversary wall calendar, while supplies last. Each calendar is \$20 and features memories, quotes, and stories from our past and present. Calendars can be purchased



Noah, Kitty, and Stacey on the cover of our special 50th anniversary Wall Calendar. Proceeds go towards 50th anniversary celebrations.

during office hours at 118 Regent Avenue East.

Throughout the year, our social media channels will share stories of our community to inspire and inform about our 50th anniversary celebrations. Please continue to check our website, Facebook, and Instagram to stay up to date. We look forward to celebrating with you!

If you wish to join us at events or to support us by making donations towards the events, please contact us at office@larchewinnipeg.org or visit larchewinnipeg.org!

(Continuing from Page 1 — Four L'Arche Winnipeg Members Awarded the Queen's Jubilee Medal) a volunteer and dear friend to all L'Arche members. Jim is known for his advocacy for the rights of people living with disabilities. His journey inspired many to follow the same path. Jim acknowledges the award by mentioning how fulfilling it is to advocate for a better world. He has two grandchildren who make him even more motivated to work towards a better future for all.

Diane Truderung is an active member of the East Kildonan and Transcona communities. Diane retired as Director of Fund Development and Communications at L'Arche in the summer of 2021, having helped get the L'Arche Tova Café started. In her previous role, she served on the café management committee which helped get the café through its early struggles. Her business experience, wisdom, and commitment to L'Arche were integral to the café's success.

In her retirement, she continues to sit on several boards, including the L'Arche Winnipeg Board of Directors. Over her career in philanthropy, Diane received many awards for her excellent service to the community, including the Service and Dedication Award from the Transcona Museum.

About the medal received, Diane remarks:

"I am very honoured to be chosen as a recipient of the Queen

Elizabeth II Jubilee Medal.

I believe it is important to contribute to your community. Today many programs are made possible by the dedication of volunteers."

Larry Vickar is a long-term friend of L'Arche Winnipeg and an active supporter of our mission. He received his award not only for his support of L'Arche, but also for his commitment to many other non-profit agencies in Winnipeg, the Philippines, and Israel.

Larry's contributions to L'Arche Winnipeg include a major donation for constructing L'Arche Winnipeg's social enterprise – L'Arche Tova Café. The café was named after his dear wife, Tova Vickar, who is equally a friend and supporter. Larry is known for his big heart continually demonstrated through his philanthropic initiatives in our neighbourhood, the city of Winnipeg, and abroad.

About this recognition, Larry says:

"To be recognized for good deeds is always appreciated, to be included with deserving persons like my friends Hazel, Jim Lapp, and Diane Truderung is a double honour. They are so instrumental in creating a world where everyone belongs!"

Today, we celebrate this achievement with these four L'Arche Winnipeg members who are proud representations of our mission and vision. We hope that L'Arche members will continue using their talents to uplift others and to allow the community's light to shine for everyone around to see and be truly inspired by.



Larry, Hazel, and Jim together at the award ceremony in the Manitoba Legislature.

The Grammar of Jubilee

By Dr. Paul Doerksen, PhD.

Board Member of L'Arche Winnipeg, Associate Professor at Canadian Mennonite University

As a member of the L'Arche Winnipeg Board of Directors, it's exciting to participate in the marking of our Jubilee, the celebration of fifty continuous years of shared community life. To be part of either the central celebration event or any of the related events is to join in the fun and exhilaration of truly celebratory parties with people we love and who are committed to each other in sustained celebration. Just as it's important and even necessary for individuals and families to celebrate milestones, so it is for institutions like L'Arche Winnipeg. To celebrate is not some self-indulgent display of decadence; it's a necessary element of what it means to be faithful to our communal calling.

When described in this way, we're thinking of 'Jubilee' as an event, and rightly so. However, while the word 'jubilee' is technically a noun referring to an event, it turns out that it can also be used as a verb, an action word. That is, it's proper grammar to say that we

are going to 'jubilee together as a community.' I'm not just 'verbing a noun' here; rather, I'm trying to show that to jubilee can refer to on-going activity as well as a specific event. Here's where I'm reminded of the biblical notion of jubilee, most prominently described in Leviticus 25 and 27. There in the Hebrew Scriptures we find a good number of activities to which the nation of Israel is called as part of a year-long Jubilee, activities which include observing hallowed time without work, giving respite to the land, proclaiming freedom, restoring property to previous owners, supporting the poor, and even forgiving debts. These activities, and others, make up the actions of 'jubileeing.'

I'm quite taken by the combination of factors that make up the marking of Jubilee. That is, I think we as a community should embrace a full-on celebration without guilt or reserve – it's party time for us, and rightly so. It's also time for sharing, restoration,

forgiveness and the like, but not as some kind of penitential making up for or 'balancing out' our partying, but as other faithful dimensions of the same thing – Jubilee.

50 years of community would not have been possible without your continuous faith and generosity.

You can help L'Arche Winnipeg build an even stronger future for all by making a tax-deductible donation.

With your support, we can continue working for our shared vision of creating a world where everyone belongs.

For more information, call us at 204-237-0300 ext. 100, e-mail us at office@larchewinnipeg.org, or visit our office at 118 Regent Avenue East.

Legacy Endowment Fund Reaches Goal After One Year

By Eliane Vieira

Shortly over one year after its creation, the *L'Arche Winnipeg Community Fund in Honour of Jim Lapp*, reached its goal of \$100,000.

L'Arche Winnipeg and the Winnipeg Foundation created the fund in November 2021. Generous donors and long-term friends Tova and Larry Vickar wished to honour the retiring Community Leader's dedication to our community for over four decades. The Vickar family committed to matching donations towards the endowment fund, dollar for dollar, up to **\$50,000**.

Thanks to the generosity of several individuals and businesses, we have reached our goal of raising \$50,000 in just over one year. One specific donation of \$27,000 was made in memory of our dear core member Dorothy and her passion for celebrating life. That allowed us to reach our goal even faster.

Dorothy loved to go on vacations and



Larry Vickar donates \$50,000 to Jim Lapp legacy fund and hands a large cheque to our Director of Fund Development.

enjoyed sharing those moments with her friends.

The endowment fund's dividends will support L'Arche core members living their best lives. From achieving personal goals to making dreams come true, including fun destination vacations, the fund will fulfill Lapp's legacy of creating a better world for individuals with intellectual disabilities. If you wish to make a donation to the ***L'Arche Winnipeg Community Fund in Honour of Jim Lapp***, please choose one of the following options.

- **Donate online through the Winnipeg Foundation portal:** Visit wpgfdn.org/LArcheLapp

- **Phone the Winnipeg Foundation at 204.944.9474 or 1.877.974.3631** and mention the fund name when making your donation over the phone.

- **Give by Cheque:** Please write the cheque payable to "The Winnipeg Foundation" and write on the memo line: "L'Arche Winnipeg Community Fund in Honour of Jim Lapp."

MAILING ADDRESS:

The Winnipeg Foundation
1350 - One Lombard Pl
Winnipeg, MB, Canada, R3B 0X3

Note: The Winnipeg Foundation will be responsible for issuing tax receipts for donations of \$20 or more directly to the donors.

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Interim Editor: **Jelynn Dela Cruz**

L'Arche Winnipeg Inc.
118 Regent Avenue E.
Winnipeg, Manitoba, Canada R2C 0C1

Phone: 204-237-0300 ext. 100

Fax: 204-237-0316

Newsletter E-mail:

newsletter@larchewinnipeg.org

General E-mail:

office@larchewinnipeg.org

www.larchewinnipeg.org

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greet a familiar face, she has a knack for connection.

When it comes to working at the café, Stacey remarks: ***"I love working here. The people are great and the neighbourhood too."***

Looking to the future, Rob deJonge, the restaurant manager, also reflects on the new perspective that the café has given him when it comes to the potential of a strong community. He hopes to explore expanding in the future and to leave all future customers with the same appreciation that he has.

Rob shares: ***"The recipe for a restaurant that can last the test of time really is good food, great staff, and customers that keep coming back!"***

Stacey, Mary, Jim, and Rob are just four of the many people both with and without disabilities who make up the L'Arche Tova Café's dedicated, talented, and friendly team. *To everyone who has made the café as great as it is today, thank you for your important part in L'Arche Winnipeg's 50 years!*

Transforming the Community: Great Food, with Heart

REFLECTIONS ON THE L'ARCHE TOVA CAFÉ: PAST, PRESENT, AND FUTURE!

By Jelynn Dela Cruz

In recent years, the L'Arche Tova Café has played an irreplaceable role in community building across both the Downtown Transcona and L'Arche Winnipeg communities. Known for its *great food, with heart*, the café has served as a central hub for those wishing to share a comforting meal, with a homey feel.

What sets the café apart from the rest are the people whose passion for the customer experience, vision for an inclusive world, and expertise in the craft of food make it all happen.

To reflect on the role of the L'Arche Tova Café in L'Arche Winnipeg's journey to its golden jubilee, a simple, chilly walk down Regent Avenue West towards the café's warmth has offered

glowing insight. By doing so, one might have the pleasure of meeting Jim, Stacey, Mary, and Rob— each with their own stories to tell!

Jim Lapp reflects on the past by saying:

"Over the years, the café's warm welcome has resulted in many customers coming again and again. They appreciate everyone by knowing them by name."

To Jim, who has worn many hats in the history of L'Arche Winnipeg, the café has been a reliable bridge between the local community and the mission of L'Arche, making known the gifts of people who live with developmental disabilities. He shares with us that these gifts have been witnessed in action by café regulars since the café's founding in 2012.

For Mary, a long-term friend of L'Arche, volunteering at the café has easily become a key highlight of her week.

She often partners up with Stacey, another star server, to offer brilliant customer service. Mary tells stories of Stacey's talent for making people feel at home.

Whether Stacey is bringing a full array of tea to a table who would like to see their options, surprising birthday celebrants with a song, or opening her arms wide to



Stacey during a normal day at the L'Arche Tova Café, smiling and happy to be helping.