



ROTARY CLUB OF WINNIPEG NEWSLETTER

DECEMBER 2024

The mission of Rotary is to "provide service to others, promote integrity, and advance world understanding, goodwill, and peace through [the] fellowship of business, professional, and community leaders".



DECEMBER



"He who cures a disease may be the skillfullest, but he that prevents it is the safest physician."
Thomas Fuller

DISEASE PREVENTION AND TREATMENT MONTH



TAKE ACTION: Get Involved, Join Rotary

Disease prevention and treatment is one of the Rotary Foundation Areas of Focus. And for good reason. The health and vitality of a person, a family and a community can be seriously impaired by what in many cases is a preventable disease. Disease prevention is a keystone to progress in other areas because of the interplay with other areas of focus like Water and Sanitation and Maternal & Child Health.

This is one of the Foundations Areas of Focus and one in which many of us would be aware of the numerous projects around the world supported by clubs and the Foundation. Look at your role in promoting improved health at home and abroad and supporting these vital programs that contribute not only to healthy communities but peaceful communities.



IN THIS ISSUE

- DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH
- UPCOMING EVENTS
- RECENT EVENTS
- NEW MEMBERS
- HEALTH, WELLNESS AND CELEBRATION
- ROTARY YOUTH PROGRAMS
- HOLIDAY GIVING PROGRAM
- VOLUNTEERS AT SALVATION ARMY KETTLES
- MCEACHERN ESTATE AND MEDIA COVERAGE
- PICTURES SPEAK A THOUSAND WORDS
- PITIKWÉ SKATE PARK
- ONE PALLET ONE COMMUNITY- PAUINGASSI FIRST NATION
- ROLL A HIPPO FONDATION
- ROTARY CLUB OF WINNIPEG @ 100
- HONOURING INDIGENOUS PEOPLE HIP
- ROTARIAN OF THE YEAR 2024
- SOCIAL MEDIA LINKS

UPCOMING MEETINGS & EVENTS:

December 4, 2024 – **Annual General Meeting** for Rotary Club of Winnipeg, at the Winnipeg Winter Club at 6:00 pm.

December 11, 2024 – **Rotary Zoom Meeting** at 7 pm Craft Talks by New Members **Terry MacLeod & Charlie Cheffins**

December 18, 2024 – **In-Person Rotary Celebration with Family & Friends** at 6:00 pm. Venue to TBA

January 8, 2025 – **In-Person Rotary Meeting** with **Vicki Burns** speaking about **‘Industrial Hog Farming and the State of Lake Winnipeg’** at the Winnipeg Winter Club at 6:00 pm. Vicki is currently Treasurer of “Hog Watch Manitoba” and Director of “Save Lake Winnipeg Project.”

RECENT EVENTS:



Rotary Club of Winnipeg impacting the community - Pitikwe Skate Park

NEW MEMBERS:

Ankita Soni (She/her)

Ankita Soni currently practices as a Pharmacist and Owner at the Medicine Shoppe Pharmacy, located within Kenaston Village Mall. Prior to her role as an entrepreneur, Ankita served the Northern Communities of Manitoba, The Pas, Cross Lake and Thompson for over a year.



Driven by the passion of giving back to our community, Ms. Soni has collaborated with many organizations including Cancer Care Manitoba, Children's Hospital Foundation Manitoba, Red Cross Canada, Riverview Health Centre Foundation, Deer lodge Centre Foundation, L'ARCHE Winnipeg and Winnipeg No-Kill Pet rescue shelter. Besides, she also supports local cultural and sports events by generous donations.

Ms. Soni's efforts to emphasize the importance of feminine hygiene led to collaboration with Fort Gary Women's Resource Centre in Winnipeg (FGWRC) and Moon Time Connections (MTC). MTC is a national Indigenous-led period equity group, under the umbrella of True North Aid. Honoring International Women's Day 2024, Soni donated hygiene products to FGWRC and feminine products to Moon time Connections.

Ms. Soni's recent project, ONE PALLET ONE COMMUNITY, the initiative of TRUE NORTH AID, in collaboration with the Rotary Club of Winnipeg, recently addressed the health and wellness needs of, CORMORANT, Northern Indigenous Community of MANITOBA. With this collaboration one pallet full of HYGIENE PRODUCTS were collected and shipped to CORMORANT.

Outsider her work, Soni enjoys spending time in nature and listening to music. Ms. Soni loves to learn about mindfulness practices, and she mentions that making it a routine can truly transform one's life! Soni firmly believes that well-being of a community is defined by Physical, Mental and Social health and she is passionate about helping people live healthier lives by providing personalized care and contributing to Health and Welfare of the society.

Personalized Support & Services

- Free Prescription Delivery
- Diabetes Products & Services
- Prescribing for Minor Ailments
- Blood Pressure Monitoring
- Compliance Packaging
- Compression Therapy



Ankita Soni
B.Sc. Pharm
Pharmacist
Owner

Kenaston Village Mall
1859A Grant Ave
Winnipeg, MB R3N 1Z2
P: (204) 306-0515
F: (855) 983-1797
E: ms0426@store.medicineshoppe.ca

Hours of Operation
Mon: 10:30 AM - 6:00 PM
Tue to Fri: 10:00 AM - 6:00 PM
Weekends and Holidays: CLOSED

  @medicineshoppekenaston

NEW MEMBERS:

John Precious Nnam

John Precious Nnam was born in Enugu, Nigeria.

He holds a MSc. in Flood Risk Management from the University of Hull, UK. He obtained a Bachelor of Engineering and Master of Engineering (Civil Engineering) from the University of Nigeria.

John currently works as a Support Worker in the Community Residential Program at St. Amant and as an Emergency Response Volunteer for the Canadian Red Cross.

Before coming to Canada, he was an Assistant Lecturer at the Department of Civil Engineering, Enugu State University of Science and Technology (ESUT) in Nigeria, where he taught undergraduates. His career also includes a role as Civil Engineer I at the Highway Department, Ministry of Works and Infrastructure in Enugu, Nigeria and as a Graduate Engineer at Awka Capital Territory Development Authority in Awka, Nigeria.

John is happily married to Blessing, and they have a daughter, Eliana. Outside of his professional life, John enjoys playing chess and basketball.



We are so happy to welcome John Nnam and Ankita Soni.

WINNIPEG ROTARY'S MODEL UNITED NATIONS ASSEMBLY (MUNA) 2025

Dear Rotary President's & Members of District 5550,

Attached is some introductory information on the upcoming Winnipeg Rotary's "Model United Nations Assembly" (MUNA) 2025.

We hope that this information will assist you to:

promote MUNA 2025 to High Schools in your area and encourage your Rotary Club to sponsor one or more delegations to MUNA 2025.

The Information Sheet sent to your email has the contact information for Jerry Storie and Jane Markesteyn for more details on this.

Jerry Storie
jerrytstorie@gmail.com

HEALTH, WELLNESS AND CELEBRATION:

10 Tips for Staying Healthy - courtesy: [Heathline](#)

Maintaining your health involves adopting proactive habits that benefit your physical and mental well-being. Here are 10 science-backed strategies to help you live a healthier, longer, and more fulfilling life:

Get Moving

Engage in at least 150 minutes of moderate aerobic activity weekly to improve heart health, brain function, mood, and overall fitness while reducing chronic disease risks.



2. Eat More Whole Foods

Prioritize unprocessed foods like fruits, vegetables, nuts, and whole grains for better nutrition. Limit processed foods high in sugar, salt, and unhealthy fats.



3. Prioritize Sleep

Adults need at least 7 hours of quality sleep nightly to support brain function, immune health, and emotional well-being while reducing risks of chronic conditions.

4. Stay Hydrated

Drink 9-13 cups of fluids daily to aid digestion, energy levels, and brain function. Opt for water over sugary drinks to maintain hydration effectively.



5. Drink Alcohol Responsibly

Limit alcohol to 1 drink per day for women and 2 for men to prevent liver damage, heart disease, and other alcohol-related health concerns.



6. Avoid Smoking

Smoking harms nearly every organ and increases the risk of heart disease, cancer, and respiratory issues. Quitting, regardless of age, significantly improves life expectancy.

7. Embrace Preventive Care

Regular check-ups and screenings (e.g., cholesterol, glucose levels, cancer screenings) help detect potential health issues early, making them easier to manage.

8. Know Your Numbers

Keep track of key health indicators like blood pressure, BMI, and cholesterol. Address abnormalities through lifestyle changes or medical interventions.

9. Manage Stress Effectively

Chronic stress can lead to health issues like hypertension and depression. Use techniques like exercise, meditation, or creative hobbies to promote relaxation.



10. Practice Safe Sex

Protect yourself from sexually transmitted infections through open communication, regular testing, vaccinations, and barrier methods.

Key Takeaway

Small, intentional lifestyle changes can profoundly impact your overall well-being. By prioritizing these habits, you set yourself up for a healthier and more rewarding life.

ROTARY YOUTH PROGRAMS:

Radiating hope: Youth take action for peace

What can youth do about the dangers of nuclear weapons? As it turns out, quite a bit. This past week, more than 150 students gathered at the Museum to share how they are taking action for peace at the 4th Annual Youth Nuclear Peace Summit.

The idea behind this summit arose when three friends grew deeply concerned about the threat of nuclear weapons, especially as tensions rose between the U.S. and North Korea in 2017. They wanted to do something and knew that students could make a difference if they united. That idea grew into the first Youth Nuclear Peace Summit. Created by students, for students, the event seeks to empower the next generation to create a world free from nuclear weapons.

This year's summit featured students from seven schools across North America. Throughout the two-day event, students learned from expert speakers from Japan, the United States, the United Kingdom and Canada. They also participated in hands-on workshops and connected with their peers.

A highlight of the event was when students presented their own research. Topics included busting myths about nuclear weapons, an exploration of the Treaty on the Prohibition of Nuclear Weapons, and the impacts of nuclear mining and testing on Indigenous communities.

The event gave students an opportunity to practice critical thinking skills, learn how to drive change through civic engagement and gain confidence with leadership skills. Now, the students will be able to put those skills to use advocating for peace and making the world a safer place for everyone.

The Canadian Museum for Human Rights is proud to be a partner of this event, along with several other partners, including **Rotary D5550 WPP**, SGI Canada, Manitoba Association for Rights and Liberties, International Physicians for the Prevention of Nuclear War Canada, ICAN, Reverse The Trend and the University of Winnipeg Department of History, The Canadian Commission for UNESCO, The Conflict and Resilience Research Institute Canada, **Rotary Club of Winnipeg and Peace Days**. Click photo for link to details:



HOLIDAY GIVING PROGRAM



&



Together, we can make a difference in the lives of these little brothers and sisters.

Every November our Club's "**Holiday Giving Program**" chooses a local program or organization to support with items specifically requested for. This year, we are supporting **Big Brothers Big Sisters of Winnipeg** by providing craft supplies and games for the children. BBBS was chosen because we believe that making crafts and playing games are invaluable for kids—they spark individual and group creativity, build important skills, and of course, bring a lot of joy.

BBBS has provided a list of items to help make this initiative a success. Donations can be something from the list below, a crafting idea of your own or a financial donation. You can e-transfer your donation to Sandy at accounting@winnipegrotaryboard.ca Please label it as '**Holiday Giving: BBBS**'. If you opt to make a cash donation, any amount over \$20 is eligible for a charitable income tax receipt.

1. Paint Nights:

- · Project Paint: if Crayola paint is available, please opt for this brand.
- · Paint brushes: all sizes
- · Canvasses: all sizes
- · Aprons or old shirts to protect clothing

2. Games:

- · Uno, Battleship, Jenga, Connect 4
- · Magnatiles sets

3. Crafting Supplies:

- · Beads and string
- · Modeling clay or Play-Doh
- · Craft kits (such as friendship bracelet kits, bead art)

Gifts can be brought to the **December 4th** meeting at the Winnipeg Winter Club or to my office. Please message me for the address and times I am available. If you have any wonders if your craft ideas would be suitable for the children, please do not hesitate to email or text me at **204.898.5227**. Thank you.

Yours in service and fellowship,

Jeannette Brigit

Jeannettebrigit0@gmail.com

Cell/Text: 204-898-5227

VOLUNTEERS AT SALVATION ARMY KETTLES



At Polo Park assisting the Salvation Army in their Kettle Campaign. Thanks so far to Frank, Gobi (Rotaract UoW), Daniela (Rotaract UoM) Kofi (Rotarian) and Abraham (Koffi's friend)



Rotary Friend & Rotarian Koffi



Rotarian Jeannette and Koffi



ROTARIAN Peter and Rotaractors

DRUM MAKING

Several of us made drums with Master Conrad at the Spirit Horse Centre on October 30. It was a tough job putting the sinew on a needle through the wet hide. We are all very proud that we accomplished this.



Pic - Conrad, Sanjay Strini, Peter, Dhruvi and Nancy



MCEACHERN ESTATE AND MEDIA COVERAGE MENTIONING ROTARY CANADA FOUNDATION

Dear Rotarians,

Below is another message from Jennifer Jones, Trustee, The Rotary Foundation and Chris Etienne, Director, Rotary International concerning the on-going McEachern Family Dispute, the negative media coverage concerning the Rotary Foundation Canada and Rotary's efforts to tell Rotary's side of the story and bring truth to Rotary members and the public in Canada.

The message below includes a link to a Podcast prepared by our District Governor, Peter Tonge. This is a special episode dedicated to this issue.

Dear Club Presidents,

We are reaching out to update you on Rotary's around-the-clock work to effectively communicate the truth regarding the McEachern family dispute.

After a pause in inquiries, two more media outlets, including the Daily Mail, a tabloid newspaper known for its sensationalist coverage in London, United Kingdom, and The Globe & Mail in Canada, have contacted Rotary. Dean Rohrs, Rotary Foundation Canada's primary spokesperson on this matter, has conveyed our messages and vigorously defended Rotary. Despite our best efforts, we anticipate that there might be further articles with misleading headlines, similar in tone and perspective to the initial stories and biased against Rotary.

At this stage, Rotary continues to actively counter this orchestrated media campaign. As part of our efforts to tell Rotary's side of the story and bring truth to Rotary members and the public in Canada, we have teamed up with Peter Tonge, District Governor and a regular host of Talking Rotary (a podcast produced in Zones 28 and 32 in Canada) to release a special episode dedicated to this issue. Since 2020, DG Tonge has hosted this podcast from Winnipeg, Manitoba, talking about the good works of Rotary clubs in the district, the zone, and around the world.

Click this [link](#) to listen to the podcast episode, which offers a well-rounded view and aims to clarify the truth behind the story.

Please be assured that The Rotary Foundation Canada, Rotary International Communications, Legal and other areas are working together to address this matter proactively.

Sincerely,

Jennifer Jones, Trustee, The Rotary Foundation

Chris Etienne, Director, Rotary International

PICTURES SPEAK A THOUSAND WORDS



Students gathered at the Museum to share how they are taking action for peace at the 4th Annual Youth Nuclear Peace Summit.



John Nnam and Ankita Soni



Bike A Thon to raise funds for Polio eradication



Charleswood, Assiniboine, Winnipeg West, Winnipeg downtown and e club Rotary clubs joined in a Remembrance Day service. Speaker was Col. Jodie Hanson.



PITIKWÉ SKATE PARK



We attended the launch of Year 2 at the Pitikwe Skatepark on Nov 15th.

Rotary donated \$5,000 to Pitikwe Skatepark for the construction of two ramps and the purchase of a sound system.

See attached speech & a couple of photos.

Pitikwe Skatepark - Celebrating year 1 & Launching year 2

Hello everyone and welcome to Pitikwé Skatepark! It's an honour to be here celebrating our 1st year with you all. My name is Mike Coffey and I'm fortunate to be the Director here at Pitikwé. Although what we do here is bigger than any one individual role, I feel I can offer a rather unique perspective on our space. That being the perspective from the driver's seat.

I would like to share a story with you from my time here. This tale isn't for the faint of heart and showcases a display of raw human emotion. This past summer I had the pleasure of teaching skateboard lessons in conjunction with a wonderful organisation called "The Link." This program brought residents of our cities group homes to our space to learn a new skill.

At one of these lessons a boy named Jordan came to me with a singular goal in mind, to learn to Ollie. Now if there's one thing in life that I have over achieved at it would be getting this toy (skateboard) off of the ground. So I rose to the occasion and shared my knowledge with Jordan. Wouldn't you know it he turned out to be a very quick learner. In just 2 hours he had accomplished something that took me 6 months of my childhood attempting daily.

He collapsed on the ground in a pool of sweat from the adrenaline. It brought him to tears, but these weren't tears of sadness but that of sheer joy. He looked up at me and said "I wish my Mom was alive to have seen that, thank you." I got choked up, I'm not made of stone and I felt the full weight of that moment.

Now outside of these walls there simply isn't a scenario in which this moment takes place. Our paths don't cross and Jordan doesn't receive that feeling of accomplishment he so desperately needs. That feeling of accomplishment is a very powerful thing, it has the power to change ones trajectory altogether.

Your support lays the foundation for these often life changing moments. We share the same goal of a safer downtown. Places like Pitikwé can be that safe haven for our downtown community and can foster change within that community. I would like to thank you all for your continued support and I look forward to our shared bright future!

Mike Coffey, Director, Pitikwe Skatepark
November 15, 2024



ONE PALLET ONE COMMUNITY- PAUINGASSI FIRST NATION

This is the last call to make a donation to the project of the Honouring Indigenous Peoples committee of the Rotary Club of Winnipeg. I am happy to report that the Rotary Club of Gimli has pledged **\$300** to this project. We have extended the timeline for the fundraising to December 15. Please consider making a financial contribution to this project - via e-transfer to our usual email address. If you have already contributed: Many thanks! See the summary of the project below. Thanks for your support.

PROJECT SUMMARY

Earlier this year, we packed a pallet for the Cormorant community. Now, the community of Pauingassi has asked us for help and supply hygiene products. Pauingassi is a remote Anishnaabe First Nation, about 280 km northeast of Winnipeg, that can only be reached by air or winter road. Lina, a community member says: "The food prices are unbelievably high and people tend to struggle to meet their needs. Cost of living is beyond belief!" The attached presentation gives a bit more context. We plan to help with a shipment of hygiene products. Similar to our Cormorant project, we will work together with our good friends at True North Aid and recently inducted Rotarian Ankita Soni, the owner of the Medicine Shoppe pharmacy on Grant Avenue at Kenaston.

We will pack a pallet for Pauingassi with the things they need the most: toothbrushes, brushes / combs, sanitary pads, shampoo, hand soap, body lotion, and deodorant.

By the end of November we want to raise **\$1,500** so that we can place the order in **December and ship the pallet via truck in early 2025**. Please e-transfer your donation to our usual email address at accounting@winnipegrotaryboard.ca. Every contribution over \$20 will be acknowledged with a tax receipt. Also, please share this project within your circles.

Thank you for your help and please let me know if you have any questions at all.

Peter

Cell: (403) 795 1211

**SHIPPING
HYGIENE PRODUCTS
TO PAUINGASSI**

Why Pauingassi?
Because of our relationship with the community

Why Hygiene Products?
Because that's what is needed

PAUINGASSI

"An Anishnaabe First Nation, about 280 km northeast of Winnipeg and 24 km north of Little Grand Rapids."

"Pauingassi is remote and has a winter road. In the spring and fall season, a helicopter transports passengers to the Little Grand Rapids airport and from there they can travel by plane to Winnipeg. During the summer the airplanes land on the water. Freight is very expensive!"

The slide features a photograph of a pallet wrapped in clear plastic, containing several boxes of hygiene products. To the right is a satellite map showing the location of Pauingassi in a rural, wooded area northeast of Winnipeg, Manitoba.

ROLL A HIPPO FOUNDATION



ROLL A HIPPO FOUNDATION

141 - 4918 Gloinnzun Crescent

108 Mile Ranch, B.C.

V9K 2Z0 Canada

T: 778.872.4402 • E: info@rollahippo.org

November 2, 2024

Dear Rotary Club of Winnipeg,

On behalf of the Roll a Hippo Foundation, I want to thank you for your very generous support of the **1000 Survival Garden Project**.

Working in partnership with your club and the Rotary Club of Hillcrest in South Africa has greatly facilitated the distribution of hippo water rollers and survival garden kits.

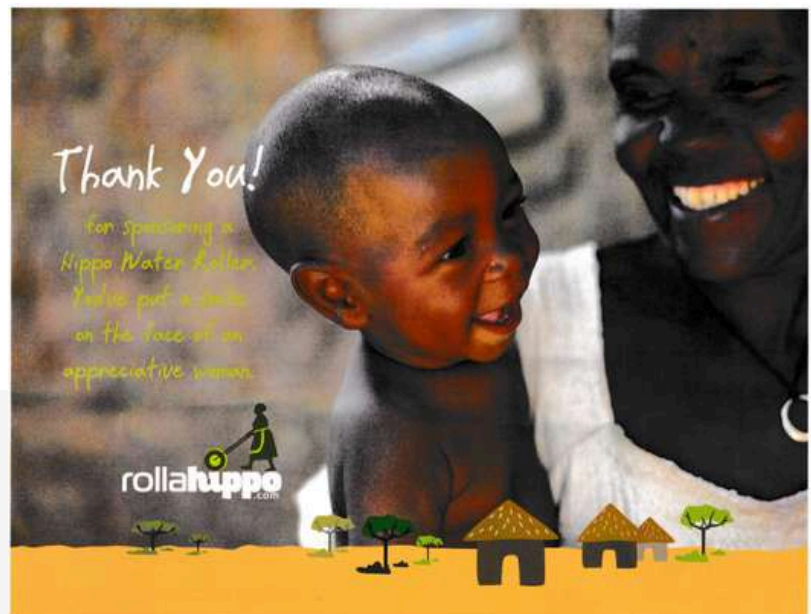
Through generous contributions, we have been able to provide women with hippo water rollers and gardening kits that contain essential tools and seedlings for starting small homestead vegetable gardens. This initiative has proven to be the most immediate and effective way to help these women achieve food security and self-sufficiency.

To show our appreciation, we have enclosed a Thank you Certificate, as a token of our gratitude for your generosity.

Best regards,

Linda Ryan

The Roll a Hippo Foundation



ROTARY CLUB OF WINNIPEG @ 100



Now in its Centennial Year, the Rotary Club of Winnipeg looks back at 100 years of unique and vibrant development. Learn more about 'the club that made Rotary International' - that is, the first Club outside of the United States, founded in 1910 in downtown Winnipeg.

The Rotary Club of Winnipeg holds a prestigious and pivotal role in the history of Rotary International. As the first club established outside of the United States, it was instrumental in transforming Rotary from a national organization into a global movement. Our club is a testament to the power of service, community leadership, and the enduring commitment to making a difference.

By tapping into our rich history, you connect with a legacy of innovation, fellowship, and impact that has inspired Rotarians worldwide. We invite you to explore the stories, achievements, and milestones that define our journey, and to join us in carrying forward this tradition of excellence. Together, we honor our heritage while continuing to shape a brighter future through Rotary.

<https://www.youtube.com/watch?v=FHZQUN68XEK&t=18s>

University of Winnipeg - Cultures from around the World

Nov 15th Frank and Nancy attended a celebration at the University of Winnipeg. It highlighted cultures from around the world. The Rotaractors were heavily involved in the organizing, and implementing. Anshika, sang a beautiful song, Mohammed was a co-emcee Rohit filmed it all. A wonderful, energetically entertaining evening topped off with delicious food.



HONOURING INDIGENOUS PEOPLE HIP

The National Commemorative Ceremony in Winnipeg for Justice Murray Sinclair was for certain, the most inspirational afternoon I have ever experienced. It was at the very heart of truth and reconciliation in Kanata, the place we know as Canada. Watching and listening to heartfelt reflections from the late Justice's Anishinaabe son and granddaughter, from Canada's first Inuk Governor General, the Prime Minister, the Lieutenant Governor of Manitoba, Grand Chiefs from coast-to-coast-to-coast, a host of extremely gifted Indigenous musicians, and lastly, Manitoba Premiere Wab Kinew, Canada's first premiere of First Nations descent, who began the closing address by singing his father's traditional death song in Ojibwe, ...well, it was a moment in time I will never forget and I'm sure will forever motivate a pursuit of "compassion" and "unwavering commitment" in anyone who experienced this amazing national commemorative ceremony. Miigwech, Mazina Giizhik-iban (One Who Speaks of Pictures in the Sky).

Courtesy : Darren Swanson on LinkedIn

Details here: - <https://lnkd.in/gz9B4ST5>



ROTARIAN OF THE YEAR 2024

CONGRATULATIONS TO RTN NAMA KOBWA BAGULA



CLUB MATTERS AND LINKS:

Wearing your Rotary Pin is a great way to engage people in conversation as someone asks, "What is that Pin for?" Let's be proud Rotarians and wear our signature Rotary pin. It is a great conversation starter.



- Get "In the Zone" with Rotary Zones 28 & 32. Click [HERE](#) for Details



From Waste to Wonder: Innovative Projects Shaping a Circular Economy

Click [HERE](#) for Details

INTERNATIONAL VOLUNTEER DAY



**INTERNATIONAL
VOLUNTEERS DAY**
DECEMBER 5th

International Volunteer Day on December 5!

Volunteers are leading social change around the world and actively engaging in our communities makes a real difference!

Mark your calendars - let's celebrate their dedication and inspire all generations to join the volunteer movement! 🍷

SOCIAL MEDIA LINKS:

Please check out the following Social Media platforms for the Rotary Club of Winnipeg on **Facebook, YouTube, LinkedIn, Instagram.**

Rotarian Ope Allen has set up a **What's App** platform for the **Rotary Club of Winnipeg Group**. This is a great way to share information, network and keep informed on our club activities. Some of you have been added to the group.

Others need to set-up their **What's app account** and then you can join the Rotary Club of Winnipeg What's App group. Contact Nancy Cosway (ncosway@mts.net) to get the link.

facebook



QUOTE

*Rotary changes us
and those we serve.
I believe we can change the
world one life at a time.*

Paul Harris



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