



ROTARY CLUB OF WINNIPEG NEWSLETTER



FEBRUARY 2025

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".

- The theme for Rotary International in February 2025 is **Peacebuilding and Conflict Prevention**. This is also known as Peacebuilding and Conflict Prevention Month.



Rotary International sets themes for each month of the year. In February 2025, Rotary clubs will focus on peacebuilding and conflict prevention. This includes planning programs and activities to promote understanding and goodwill. Rotary also has a 120th birthday on February 23, 2025, which is also known as World Understanding and Peace Day.

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UPCOMING MEETINGS & EVENTS:

February 5th In person meeting at the **Winnipeg Winter Club** at 6 pm . Speaker is **Emily Mann**, a grade 12 student from the Maples Met School, “**Nuclear Disarmament Through the Lens of Social Justice and Sustainability**” . She participated in the Nuclear Youth Peace Summit held in Winnipeg.

February 12th Zoom meeting at 7 pm. Hear from Musician **David Lamotte** “How Music Can Help Us Understand Peace and Conflict”

February 19th Volunteer at **Manitoba Harvest** 5:30 pm to 8 pm 25 Volunteers needed Register with Jeannette Brigit jeannettebrigit0@gmail.com

February 26th In-person meeting with **Emilia Cameron**, Manager, Climate Resilient Communities, Institute for Catastrophic Loss Reduction speaking on “How can we create Climate Resilient Communities?” at **Smitty’s on Kenaston** at 6:00 pm. Dinner at 6:30 pm.

March 5th In person meeting at the **Winnipeg Winter Club** at 6 pm Celebrating International Women’s Day with guest Speaker **Juanita DeSouza Huletey** a visionary and dedicated professional as a leader and mentor. Hear her inspiring story.

March 12th Zoom Meeting

March 19th World Water Day presentation at the **Winnipeg Winter Club**, with Strini Reddy, Reporting on our Water Projects in Africa

March 26th Family Pot Luck Supper

April 2nd In-person meeting at the Winnipeg Winter Club, with Speakers **Noelle de Pape**, **Abdi Ahmed** & Gololcha Boru with Kenyan Trip Report.

April 16th In-person meeting at the Winnipeg Winter Club, with Speaker Rotarian **Darren Swanson** speaking on Earth Day & Sustainable Development

May 9 - 10, 2025 - Virtual District 5550 Conference

June 22 - 25, 2025 - Rotary International Convention being held in Calgary, Alberta

ONE OF US

A message from one of us..... Myrna King
“Thanks for the newsletter. I love to read what is going on.
Say hello for me.”

Myrna King
mymaking2@gmail.com
204 415 3345



Myrna is a past President of the Winnipeg-Transcona Rotary Club. She has transferred to the Winnipeg Club – The oldest Club in Canada and the one that made Rotary International. She is a Paul Harris Fellow, a Benefactor and Sustaining Member. In April of 2006 she was the Team Leader for the Group Study Exchange Team to South Korea. She is past District 5550 Chair of the Group Study Exchange Committee which promotes world understanding and peace. She is a true believer in ‘Peace Begins with Me’.

NEW MEMBER

Jake Levchenko - Bio

Jake was born in the Kharkiv region which is located in eastern Ukraine. After finishing school, he pursued an education in pharmacy at the Kharkiv National Pharmaceutical University followed by 3 years in advertising on Facebook and Instagram in Ukraine.



He currently works for a company that provides solutions for acoustic design and soundproofing of spaces, as well as manufacturing soundproofing systems.

Two years ago, he had to use the Google translate on his interview to get a packer position, and now holds the position of Production Coordinator. In this role, he is responsible for planning production processes and orders, preparing and creating files for CNC machines, and managing production resources and their procurement. He continues to study English and has several other interests that he pursues in his free time. These include studying data science and developing mobile games on Unity. He is also simultaneously learning all aspects of game production, including graphics, mechanics, and sound.

Unfortunately, he has not had the opportunity to be part of communities like Rotary before, but has always been open and willing to help others. That is why he is confident that he has found the right place.

Join us in welcoming Jake to the Rotary Club of Winnipeg.



HEALTH, WELLNESS AND CELEBRATION:

Managing Mental Health

Maintaining good mental health is essential for overall well-being. It involves **self-care, stress management, and seeking support** when needed. Simple practices such as **regular exercise, healthy eating, and adequate sleep** can significantly improve mood and resilience.



Mindfulness, relaxation techniques, and engaging in enjoyable activities help reduce stress.

Building strong social connections and talking to trusted friends or professionals can provide emotional support. It's important to recognize signs of burnout or anxiety early and take proactive steps to address them.

Prioritizing mental health leads to a more balanced, productive, and fulfilling life.

If you're seeking mental health support in Winnipeg, several resources are available to assist you:

Crisis Response Centre: Open 24/7 for adults experiencing a mental health crisis. Located at 817 Bannatyne Avenue. Phone: 204-940-1781. sharedhealthmb.ca

Klinic Community Health: Offers a 24/7 crisis line at 204-786-8686 or toll-free at 1-888-322-3019. They also provide specialized support lines, including the Manitoba Suicide Prevention & Support Line at 1-877-435-7170. klinik.mb.ca

Canadian Mental Health Association (CMHA) Manitoba and Winnipeg: Provides a Service Navigation Hub to help individuals find appropriate mental health and addiction resources. Contact them at 204-775-6442. cmhaacrossmb.ca

Winnipeg Regional Health Authority (WRHA) Community Mental Health Services: Offers assessment, crisis intervention, counseling, and more. wrha.mb.ca

Shared Health Manitoba's Mental Health and Wellness Resource Finder: A comprehensive tool to locate mental health, wellness, and addiction supports in Manitoba. sharedhealthmb.ca

Mood Disorders Association of Manitoba: Provides peer support, support groups, and presentations about mood disorders. Contact them at 204-786-0987. moodmb.ca

YMCA-YWCA of Winnipeg Mental Health Programs: Offers programs like Y Mind to help individuals cope with stress and anxiety. ywinnipeg.ca

Remember, reaching out for help is a courageous step toward better mental health. These organizations are here to support you.

MESSAGE FROM JOHN HEWKO, RI GM & CEO ON THE RELATIONSHIP BETWEEN ROTARY & JIMMY CARTER.

John Hewko,
General Secretary and CEO at Rotary Int'l.

On this New Year's Day, I want to join the international community in remembering President Jimmy Carter. He redefines the meaning of retirement and his post-presidential life is a testament to the power of service. His tireless peacebuilding efforts and decades of work on disease eradication/prevention resonate with Rotary.

During Carter's presidency, he met with three Rotary International presidents at the White House. Currently, Rotary International is in partnership with the Jimmy and Rosalynn Carter School for Peace and Conflict Resolution at George Mason University to provide education and help Rotary clubs promote peace at local and global levels.

"I have always looked with admiration and sometimes envy at Rotary International, and I've traveled all over. [My wife] Rosalynn and I have been in more than 100 countries. Almost everywhere we go, we see evidence of volunteerism among lay, non-governmental leaders inspired by Rotary and the opportunity to invest a portion of their time, knowledge, and experience in improving their own communities."


—June 1994 Rotary magazine interview (<https://lnkd.in/eSBnhPfH>)



2025 INAGURAL MEETING IN PICTURES



IMPORTANT THINGS TO KNOW ABOUT ROTARY

Rotary 

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST:** The development of acquaintance as an opportunity for service;
- SECOND:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD:** The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

 **The Four Way Test**

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



Opening remarks of Harvey Heather, Director of Oak Table, on Friday, January 24th

First of all, I want to thank Eva and the Rotary Club of Winnipeg Satellite Club for their support of this 3rd annual Music to Warm our hearts! I also want to thank all of the musical guests for providing such an amazing night of beautiful music. Thank you Grant and Cathy, Umberto and the ECCO Singers for donating your time and talents for us tonight!

We are so thankful for all of you being here tonight to help us meet the needs of our guests, many unhoused, some dealing with substance use, some with mental health or other concerns.

Oak Table is a community of compassion and hope. Community is the key word.

Once a year, we take a group of our guests to Birds hill Park to enjoy a beach day. Many of them never or rarely have the chance to get to a lake, or cottage or road trip somewhere. When we asked them for an emergency contact, we were shocked at how many did not have anyone to call... no friend, no family, no one they live close to or just someone they hang out with. That is why, one of our goals at Oak table is to build a sense of community for our folks.

We have activities and programs that have guests interact with each other, so when they leave, they have some support outside of Oak Table.

This year we will have served over 40,000 meals to over 2,500 individual people, on average 120 - 150 each day, Monday to Thursday. On Friday, we have a very special breakfast. We have about 40 people come in, sit down and we serve them at tables with cloth napkins and tablecloths, flowers. We give them a menu with choices of what we have on hand. By the way, almost all of what we operate on is through grants and donations from generous folks like you! So our guests will fill out their menus for cereal, or maybe eggs and hashbrowns, toast, fruit or juice , or maybe all of these! We serve them at the table, bringing the meals, coffee and pastries or other treats we have available.

One of our guests, the first time she came for breakfast told me "I feel so special...This is like breakfast at Tiffanys"!

It was a reminder to me that many of our guests do not have the opportunity to have a nice family dinner or go out to a fancy restaurant, things that many of us take for granted...

How would you like to ask a stranger for feminine products, socks, or underwear? These are needed every day for our folks at Oak Table.



*The Pianist & Singer –
Satellite Rotarian Humberto
Dantes. Humberto use to be
an entertainer on cruise
ships.*

Opening remarks of Harvey Heather, Director of Oak Table, on Friday, January 24th

We have many services to help our guests. Footcare, a chiropractor that comes in weekly and yoga classes for those with joint pain or arthritis. We have shower and laundry facilities. Before we had these, some guests told us they had to wait up to 8 weeks to have their clothes washed, or many days or weeks to simply have a shower or bath.

We have nurses and social workers to help guests receive the services they need to help keep them healthy and alive. Right now, here in this building downstairs, we have Just a Warm sleep, a shelter for folks who have no other place to go, to stay safe and warm overnight.

We have Indigenous Cultural Programmers that provide support for our Indigenous, Metis and Inuit guests and education for us to learn more about their culture and traditions and to help us move towards true reconciliation with our indigenous folks.



The Fiddle - Grant Simpson and Cathy Rayner



The Ecco Choir – led by Satellite Club Rotarian Jorrel Camuyong
<https://eccosingers.com/>

Each year we give out almost 2500 dollars of bus tickets... all donated. It is a lot of money, but so necessary to people who don't have cars, bicycles or bus tickets. It is also not enough to give everyone who asks for a ticket to go to medical or other appointments, or when it is super cold or someone has walked a long way to come to Oak table and now is too tired or weak to walk home. One of the hardest things for me is to say no to someone I know really needs a ride, but there are simply not enough tickets to go around. It is not always easy determining who needs help the most, but we try to help as many as we can.

These are just a few of the ways that we are trying our best to support our guests.

This is what we want to continue doing...With your help.

Thank you all so much!

Harvey Heather
Community Development Lead
1Just City
commdevlead@1justcity.ca

OAK TABLE FUNDRAISER AND MUSIC



At the Oak Table Fundraiser on January 24th., Nancy & Frank Cosway met up with their Rotary friend Rita Chigbo. Rita is the current President of the **‘Rotary E-Club of D6400-Global’**. (D6400 covers the Windsor area) Rita’s husband, Jude was a member of our Club before moving to the Windsor where he started the E-Club.



The E-Club meets at 11:00 AM Winnipeg time every Saturday. They alternate between using What’s App and Zoom. Their website is www.Rotaryglobaleclub.com

‘Being poor is a full-time job’

News Article on the **Oak Table shelter**. This is the organization that the Satellite Club raised funds for on Friday January 24.

[Click here to read more on this....](#)



Chris Baron, a guest, talks about his experiences. (John Woods / Free Press)

Winnipeg Foundation - 2024 Performance

The Winnipeg Foundation had an informative two pages in the Winnipeg Free Press on **Saturday January 25th.**, sharing their Highlights from the Foundation’s 2024 year.

This is of interest to Rotarians since our Rotary Club is in the process of transferring the management of our Permanent Endowment Fund (PEF) to **the Winnipeg Foundation**.

Click on [this link](#) for more information on the operation and performance of the Winnipeg Foundation.

Strengthening the Charitable Sector: Annual Highlights from The Foundation's 2024 Year

Your generosity during 2024 has had a meaningful impact in our community: \$91.6 million distributed to more than 1,100 charities. Thank you!

The Winnipeg Foundation / Jan 22

HABITAT FOR HUMANITY MANITOBA

Women Build Speaker Series featuring Joy Loewen in Celebration of International Women's Day

We're excited to invite you to Habitat for Humanity Manitoba's Women Build Speaker Series breakfast on March 7, 2025 in celebration of International Women's Day (IWD) at the RBC Convention Centre.

This year's Women Build Speaker Series features Joy Loewen, VP of Growth & Inclusion at Canada Media Fund, who will share her inspiring insights on women's advancement and community building.

Habitat Manitoba's Women Build program empowers women through mentorship, construction training, and making a difference in their community by building affordable housing for families. Manitoba's Women Build program was established in 2005 and has constructed 21 homes to date. The Women Build committee hosts multiple events throughout the year to raise the funds needed to construct an affordable home for a working family to purchase. In 2025, this passionate group of women will sponsor their 22nd home in partnership with Jacq, a resilient mother, and her son Asher, as they achieve their dream of homeownership.

The theme of #IWD2025 is "**Accelerate Action**," focusing on breaking barriers and driving gender equality forward. IWD has been around for over a hundred years, as have many of the issues still impacting women's advancement.



Celebrate #IWD2025



Event Highlights and Benefits:

- Connect with like-minded individuals committed to equity
- Be part of a movement that supports women's empowerment and advancement
- Network with community leaders and supporters
- Enjoy a delicious buffet breakfast with vegetarian/vegan options
- Support an important cause - helping to build affordable housing for families in need
- Learn about and connect with the Women Build committee and the impactful work they do
- Contribute to the goal of raising \$150,000 for the 22nd Women Build sponsored home in Winnipeg

Corporate Sponsorship Benefits:

- Create an impactful demonstration of your company's commitment to women's empowerment and community development
- Logo recognition at event and on the Habitat Manitoba's Speaker Series web page
- Invite 8 guests to your table for a morning of connection and networking



[Purchase table/tickets](#)

[Sponsorship Package](#)

Wed, December 18, 2024

Dear Rotarians,
Mr/Mss Chair,

I feel honored to take the floor and share a word of appreciation with this beautiful audience tonight.

Without taking much of your time, on behalf of Development Assistance International Inc. and on my own behalf, as the Executive Director of this organization, I would like to express our heartfelt gratitude for the fruitful partnership we have with Rotary Club Downtown Winnipeg and The Rotary Foundation.

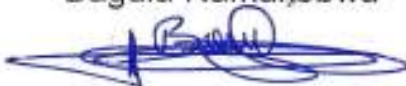
This partnership has benefited thousands of needy people in the Democratic Republic of Congo through the GG 2236620 - project providing literacy for 900 women and girls in the Walungu and Kabare territories, South Kivu province; and the recent funding of the Mobile Clinic in the refugee camp in Goma, North Kivu Province. We are grateful for your immense support.

Early this month, I was recognised as the Rotarian of the year 2024 by Rotary Club Downtown, Winnipeg, and by the Rotary Foundation of the Rotary International. Without your support, I wouldn't have achieved this. Hence, my appreciation goes to every member of our organization, and this recognition is yours together with me.

Nancy & Frank Cosway and Strini Reddy , thank you so much for your advice and good leadership you always demonstrate. I am grateful for your integrity.

As we embark in the festive season, I take this opportunity to wish you all a happy New Year 2025.

Bagula Namakobwa



HONOURING INDIGENOUS PEOPLE (HIP) COMMITTEE REPORT

Submitted by Strini Reddy, (on behalf of the HIP Committee) - January 26, 2025

The past 3 months have been extremely busy. Our HIP Committee co-chaired by Ingrid Dowan and Peter Imhof held a meeting on Wednesday, January 8th.



The past 3 months have been extremely busy with ongoing communication with our partner communities and a variety of initiatives in support of their efforts to ensure the well-being of children and youth.

Annual Winter Clothing Drive:

Our annual collection of winter clothing was very successful and we were able to send 82 boxes of gently used clothing to 5 different communities. In addition, thanks to the efforts of Rotarian Rob Tisdale, the St Andrew's Society of Winnipeg collected an additional 3 boxes of clothing which we shipped to the community of Tadoule Lake



As always, we also collected gently used skates and hockey equipment. There were a number of boxes of equipment and 8 large bags full of skates. The equipment went to Garden Hill and the skates to Split Lake.

Robotics:

Thanks to Rotarian Larry Schmidt who introduced us to a company who had 40 robotics kits to donate, we were able to arrange for a teacher from Winnipeg School Division to travel to Oxford House to conduct 3 days of exciting workshops with the teachers and children. The kits were left in the community. We are continuing with our efforts to find more such opportunities for our partner communities

Sewing Machines:

Three years ago, we worked in partnership with an organization called Soaring Circle who provided one of our partner communities, Shamattawa, with 8 beautiful Janome sewing machines along with a large quantity of materials such as leather, fleece, etc. At the time we had a similar request from our friends in St Theresa Point. We continued to stay in touch with our friends from Soaring Circle and, last month, we were able to fly in a gift of 10 Janome sewing machines along with several boxes of sewing materials.

HONOURING INDIGENOUS PEOPLE (HIP)

Christmas Toys:

We received requests for Christmas toys from two of our partner communities, St Theresa Point and Bloodvein. Community members travelled to Winnipeg where we accompanied them on a shopping spree. In St Theresa Point, Santa rode his skidoo from house to house delivering the presents to wideeyed children.

Land-Based Education:

Following the spate of youth suicides in Split Lake four years ago, we have been working with a couple of community leaders to support their efforts to get the young people engaged in land-based activities. This winter, they wanted to take the youth out on the land for a few days to cut wood for the elders in the community. They requested and we supplied 2 tents along with stoves.

Running and Reading Program:

We have been working with an organization called Start2Finish to establish a culturally relevant afterschool Running and Reading Program in one of our partner communities. As part of the program we requested and will be receiving a Book Vending machine which supplies the most diligent participants with gifts of books as an incentive to participate regularly.



After School Activities:

We are supporting the efforts of a number of our partner communities to engage the students in a variety of after-school activities. Students in one of the communities indicated an interest in playing the guitar. We have provided 10 guitars which will be delivered to the community in early February. We are also working with an organization called Music Matters to provide virtual instruction to get the students started.

One Community One Pallet:

At the time of writing Rotarian Peter Imhof and recently-inducted member Ankita Soni are getting ready to ship several boxes of hygiene supplies to our partner community of Pauingassi. Many thanks to both of them as well as to all members who donated product or money towards this worthy venture.

HONOURING INDIGENOUS PEOPLE (HIP)

“The Senator’s Singer – White Coat Black Art”

Former senator and chair of the Truth and Reconciliation Commission Murray Sinclair spent the last four months of his life at St. Boniface Hospital in Winnipeg. He found comfort in the music of Quinton Poitras, a Métis musician with Artists in Healthcare Manitoba who played his favourites, especially the blues. Niigaan Sinclair says that even though his father was in a lot of pain, the music helped him feel joy in the moment. [Click below to listen](#)



CBC

2024-12-19 · 27 MIN

The Senator's Singer
White Coat, Black Art

[Click here or on the photo to play the video](#)

▶ Play

What do you Know about Indigenous Canada?

Below is a link to “Indigenous Canada” Free Course from the University of Alberta.
Click on the link for more information



Honour the Past, Preserve the Future



On behalf of Tillwell Inc., I'm excited to share a milestone we recently achieved: our aquamation technology—an eco-friendly alternative to flame-based cremation—has been successfully approved in Manitoba. We're honoured to be recognized in the Winnipeg Free Press (January 3, 2025, B7) with the headline "Tillwell completes 'long road' to aquamation," highlighting the effort and dedication it took to bring this innovative service to Manitoba.

At Tillwell, our vision is to offer families a compassionate and sustainable choice in end-of-life care, while also supporting local communities and traditions. We believe our progress can inspire Rotarians, Rotary Alumni, and friends of Rotary who value forward-thinking and community-focused solutions.

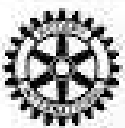
Thank you in advance for featuring our update. If anyone in the Rotary community would like to learn more or schedule a visit, please feel free to reach out. We'd be delighted to connect and share our experiences.

Warm regards,
Dwayne K Till | Founder

1-5 Fast Lane
Headingley, MB, Canada
R4H 0C5

Office: (204) 885-0409
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Rotary creates environments of peace



As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.



“ Rotary encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas.



PEACEBUILDING AND CONFLICT PREVENTION

For more information,
ROTARY.ORG



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.



IN THE ZONE

Rotary 
Zones 28 & 32

...great ideas for your club and district!



Pollution Solutions: From Fast Fashion to Clean Energy.

Click [HERE](#) for Details

R. I. District 5550

Rotary

Ripple Effect Program



Building Schools...Changing the World

REPORT TO DISTRICT 5550 WORLD COMMUNITY SERVICE AND DISTRICT 5550 INC.

"That's all magic is really:
the space between what
you have and what you
need." - Alix E. Harrow,
The Once and Future
Witches

Home

Meet Peter Tonge Your 2024-2025 Governor for District 5550 The Magical Mystery Tour Join us as we attend and plan events for our friends and...

→ [Rotary_Peter /](#)



The January District Governor's newsletter is now available at: <https://rotarypeterdistrict5550.org/>

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 Ope Allen (opeallen@googlemail.com) to get the link.

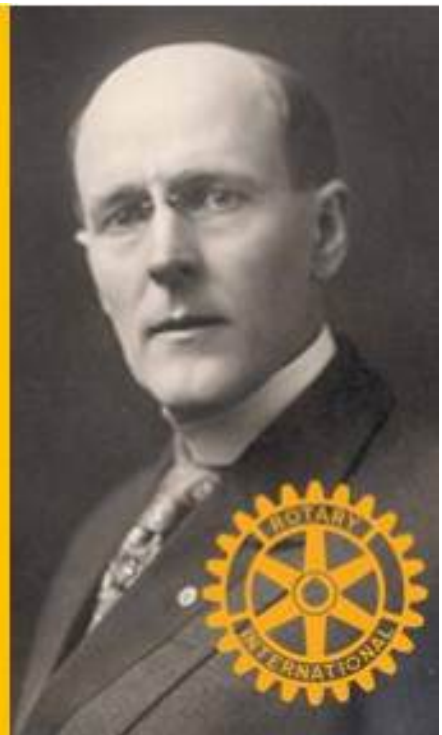
facebook



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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