



## UPCOMING EVENTS

### DISTRICT 5550 TALK SHOW

MAY 6, 2021 AT 8:00 PM

focus on Rotary Youth Services Opens Opportunities for Youth

[Check out this high energy Video - CLICK HERE](#)

### ROTARY DISTRICT 5550 VIRTUAL DISTRICT CONFERENCE

On-line May 13 – 15, 2021

For more information and to register click on the links below.,

[CLICK HERE FOR REGISTER](#)

[CLICK HERE FOR MORE INFORMATION](#)

[CLICK HERE FOR MORE INFORMATION](#)

### 70TH ANNUAL CHICKEN FEST -

Organized by the Rotary Club of Winnipeg West.

Meals are available on May 13 – 14, and May 17 – 21



You can have your meals delivered or you can pick them up.

[CLICK HERE FOR MORE INFORMATION](#)

### LOBSTER & CHICKEN DINNER

organized by the Rotary Club of Winnipeg – Charleswood

SATURDAY, MAY 29TH FROM 3:00 PM TO 7:00 PM.



TO PLACE YOUR ORDER,

CONTACT: **ED THOMPSON**

✉ [EDTHOMPSON19@GMAIL.COM](mailto:EDTHOMPSON19@GMAIL.COM)

☎ 204-832-0500

### 2021 VIRTUAL INTERNATIONAL CONVENTION

JUNE 12 – 16, 2021

[CLICK HERE TO REGISTER](#)

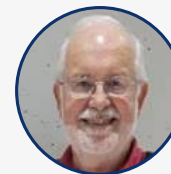


## EDITOR NOTES

*This is a very busy time of year in Rotary. There is so much happening. I try not to report on topics that have been well covered in other places, such as the District Governor's Newsletter. I will include some LINKS at the end of this Newsletter.*

*Analytics: The Newsletter is sent out about 170 Rotary Club Members and Rotary Alumni (former members and supporters). The newsletter is opened by about 50% of the recipients, which include both members and alumni.*

*There is a new section in this issue on Diversity, Equity and Inclusion. This issues includes articles on Ramadan (Muslim) and Jewish Festivals celebrated in April & May. I would welcome other submissions which showcase the diversity of our Club.*



FRANK COSWAY  
EDITOR

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# HEALTH & WELLNESS



## PHIL CRAWFORD

from our Sister Rotary Club of Kinston, North Carolina passed away on April 19, 2021. For the full Obituary, [CLICK HERE](#)

Phil was a Past President and Past District Governor and the Kinston club's strongest supporter of the Rotary Foundation.

Rob Tisdale reports that, "Phil was a committed charter member of the Winnipeg/Kinston Sister Club Group. He was involved in having two students from Kinston attend one of our MUNA events in the late 90's. He was part of every visit we made to Kinston and my favourite memory is that great big smile and plaid shirts."



## BARB TISDALE (PARTNER OF ROB TISDALE)

We wake up every day thinking we know what to expect. We make our plans, evaluate our options and away we go. And then, in one nano second EVERYTHING changes.

It was a glorious bright Valentines day in Winnipeg. Temperature -35C, windchill -45C. What a wonderful day to take our daily walk and go down to the river at Hugo Street and walk to the Forks. The hard snow had a few slippery parts but at this temperature ice is usually less slippery. We were not wearing our spikes.

The sun was intense, the air crystal clear, snow art was abundant. Then oops, down she goes. Barb has experience with a few trips and falls and knows how to do this safely so I was not worried. "Are you OK?" I say. She says. "No". "Can you lift your arm?" "No". "Does it hurt?" "A lot". Oh dear. "Can you walk OK?" "Yes."

Skipping a lot of details we made our way to Pan Am Sports Medicine Clinic which is the best place to go for bone injuries. That day the only people there were the Doctor and nurses. WOW! Fast X-ray and diagnosis: multiple fractures in the head of the humerus. Treatment three days later: reverse right shoulder Arthroplasty. The Mayo Clinic has a neat video showing the whole thing. In essence a new shoulder joint but the connections are reversed with the ball going on the shoulder and the socket going on the humerus. Interesting.

So, for the next three weeks it was 100% home care support. I discovered I make a decent nurse and home care specialist. I just was not used to getting up every four hours to help with the meds and bathroom. I could bore you with all of the mundane duties but I will let you use your imagination as she progressed to this week, nine weeks post op. She drove solo for the first time. Her first outing was actually at six weeks and we went to a Manitoba Liquor Mart so she could by some wine. She no longer was on pain meds so this was her reward.

Lesson: Always wear your spikes for winter walks. What did I learn? I already knew this but I saw again how incredibly tough she is. No complaints, no moans of anguish, fewer smiles, just gritted teeth from time to time.



## **JANE & PETER MARKESTEYN MUSINGS ON BROKEN BONES.**

It was almost the end of January and a month closer to enjoying the outdoors despite being in the middle of a pandemic. Then calamity struck and within two days of each other we both broke some bones. Recovery is going well and soon we will be able to enjoy the outdoors as planned. After the initial shock of losing mobility and independence, we have had some time (and plenty of it)

to reflect on our experience and to recognize all the things for which we are very grateful:

- For surviving - for Peter it was initially touch and go.
- For all the many kinds of support from family and friends; especially our two Guardian Angels: Pamela, our daughter, and Lucienne our close friend.
- For a health care system that is there when you need it
- For having resources to acquire things that we need to help in our recovery.
- For having injuries that are not permanent and will heal.

Research tells us that the most important thing necessary to have a life worth living is having social supports and connection. For us, it has meant so much that even remotely (because of this darn pandemic) we have “felt the love” of all those who have consistently checked in on us to see how we are doing and offered help. So, it is mid April and we are now both walking with canes and able to manage well on our own. We are becoming more independent but recognize throughout all of this that total independence is a myth and this experience has been an excellent reminder of that.

Thank you Rotarians for all your support.



## **RANY JEYARATNAM**

In March, Rany had mentioned that she was celebrating being a Grandmother again. The new baby's name is Neela Jeyaratnam.



Our Club is on social media, please follow us and find out the latest news.  
click on the logos to see our accounts!

**facebook**

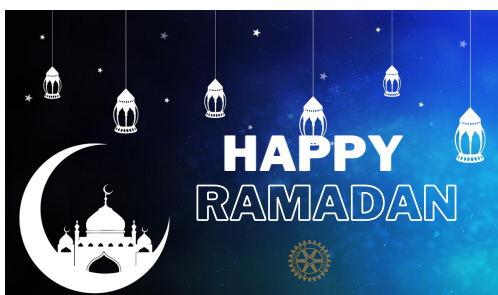


**Instagram**

 **YouTube**

**Linked** 





**RAMADAN**  
**APRIL 12TH – MAY 12TH**

[CLICK HERE FOR MORE INFORMATION](#)

## RAMADAN TOOLKIT



### WHAT IS RAMADAN?

IT IS THE MONTH OF FASTING OBSERVED BY MUSLIMS IN CANADA & AROUND THE WORLD WITH A FOCUS ON SPIRITUALITY AND INCREASED GENEROSITY

MUSLIMS ABSTAIN FROM ALL FOOD, DRINK (YES, NOT EVEN WATER!), SMOKING & SEXUAL RELATIONS FROM SUNRISE TO SUNSET DURING THIS MONTH

CHILDREN, THE SICK, THE ELDERLY, TRAVELERS, PREGNANT, BREASTFEEDING OR MENSTRUATING WOMEN ARE EXEMPT FROM FASTING

### SIGNIFICANCE OF RAMADAN?

THE QURAN (HOLY BOOK) WAS REVEALED DURING THIS BLESSED MONTH WHICH SERVES AS A GUIDANCE FOR ALL MUSLIMS

FASTING IS ONE OF THE FIVE PILLARS OF ISLAM (CORE BELIEFS & PRACTICES OF ISLAM)

OPPORTUNITY FOR SPIRITUAL GROWTH, PURIFICATION OF ONE'S BODY, SOUL AND STRENGTHENING OF ONE'S FAITH.

### HOW DO MUSLIMS FAST?

PRIOR TO DAWN, MUSLIMS WAKE UP TO EAT A MEAL CALLED SUHOOR. THEY STOP EATING WHEN THE CALL TO PRAYER IS HEARD & OFFER THE FIRST PRAYER OF THE DAY

AT SUNSET, THE FAST IS BROKEN BY EATING A DATE, FOLLOWED BY PRAYER AND THEN A MEAL CALLED IFTAR

SUHOOR=PRE-DAWN MEAL-ITEMS SUCH AS OATMEAL, EGGS, SMOOTHIES ARE EATEN IFTAR=SUNSET MEAL ITEMS SUCH AS DATES, DINNER ITEMS, FRUIT, SAMOSAS ARE EATEN

### WAYS TO SUPPORT THE MUSLIM COMMUNITY DURING RAMADAN

YOU MAY CHOOSE TO GREET MUSLIM NEIGHBOURS AND FRIENDS WITH "RAMADAN MUBARAK" (BLESSED RAMADAN) OR HAPPY RAMADAN!

BE CONSIDERATE AND UNDERSTANDING TOWARDS THOSE FASTING. SHARE THE EXPERIENCE OF AN IFTAR MEAL WITH A FRIEND AND CONSIDER HOSTING

DON'T BE AFRAID TO ASK QUESTIONS AND LEARN!

[SOURCE CLICK HERE:](#)



## JEWISH FESTIVALS IN APRIL AND MAY

### BY SIMONE COHEN SCOTT

When April began, Jews were about halfway through the eight days of **Passover**. This is a recounting of our Exodus from slavery in Egypt. Throughout we do not eat leavened bread, only what we call matza which is not allowed to rise one iota. Why not? To remind us that we left in a hurry, for fear Pharaoh would change his mind. We had no time to allow our bread to rise.

From the second day of Passover we begin something called **Counting the Omer**, which means to count the days up to forty-nine, during which, according to the Bible, we are to be harvesting barley and wheat. On the fiftieth day we were expected to have become sufficiently spiritually prepared to receive the Torah (Five Books of Moses), which was given to us on Mount Sinai, four or so millennia ago. The name of this festival, the second of three throughout the year along with Passover which were biblically mandated, is **Shavuot**. This holy day corresponds to Pentecost, described in the New Testament, when the disciples spoke in 'other tongues'. Shavuot begins this year at sundown on May 16th, and ends in the evening of May 18th. Our days begin at sunset, and our holidays follow the Hebrew lunar calendar. To keep our festivals in their appropriate seasons, periodically an extra month is added.

There are two nationally authorized special days during this time of counting. **Holocaust Memorial Day (Yom HaShoah)**, a day of commemoration for the approximately 6 million Jews in Europe who were rounded up and methodically murdered during the 1940s, was marked this year on April 7-8. Then came **Independence Day (Yom Ha'atzmaut)**, on April 14-15, commemorating Israel's Declaration of Independence in 1948.

There is one more festival that I haven't mentioned. **Lag BaOmer** means 33rd day in the Omer, which is the count to the holy day of Shavuot. This occurred on April 29-30, and this year was the scene of a horrific accident. Lag BaOmer is meant to be joyous, and this year, with COVID restrictions in Israel recently relaxed, attendance at Meron, where this festival is held, was much larger than usual. It is a minor religious holiday, memorializing two Jewish sages of the early centuries of the Common Era, who between them managed to remove Jewish scriptures from Rome-held Jerusalem after the destruction of the Temple on Mount Moriah, and to begin recording the oral teachings.

We look forward to Shavuot, the giving of our Torah, when it is traditional for many of us to spend the hours studying our holy books. Given the recent disaster, there will be much on which to meditate.



# MAY IS YOUTH SERVICE MONTH

IF YOU REALLY WANT TO CHANGE THE WORLD YOU  
HAVE TO INSPIRE YOUNG PEOPLE.  
THAT IS HOW YOU CHANGE THE WORLD.

Rotary  
Club of Winnipeg



## RAISING FUNDS FOR OUR ROTARY PROJECTS

### RESULTS OF RECENT FUNDRAISING PROJECTS:

PROJECT	TOTAL RAISED	DESTINATION
Glenlea Greenhouses Spring Fundraiser	\$380.46	To help Youth Projects
Big Daddy Tazz & Friends Comedy Night	\$340.00	To help Habitat Build
Sale of Rotary Office furniture & Memorabilia	\$1,991.00	General and charity Funds

IF YOU WANT TO MAKE A DONATION  
TO THE WINNIPEG ROTARY CLUB COMMUNITY SERVICE FUND INC. (THE CHARITY)

OUR E-TRANSFER ADDRESS FOR THE CLUB IS  
[ACCOUNTING@WINNIPEGROTARYBOARD.CA](mailto:ACCOUNTING@WINNIPEGROTARYBOARD.CA)



## PAUL HARRIS PRESENTATION:

### WHAT IS A PAUL HARRIS FELLOW?

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation.

### PAUL HARRIS FELLOW PIN



Left: Introduced in 1984, the blue-stone Multiple Paul Harris Fellow pin recognizes additional donations up to \$5,000. Right: Red-stone Multiple Paul Harris Fellow pins were introduced in 1988 to bridge the gap between the blue five-stone pin and Major Donor recognition levels.



# PRESIDENT BRENT JOROWSKI'S PRESENTATION OF A PAUL HARRIS TO LUCY VOGRIG:

As many of you know, the Rotary Career Symposium (RCS) was started in 1997 to expose students to a variety of occupations, educational institutions and employers. It was a two-day event attended by over 10,000 students, teachers and parents, around two hundred exhibitors, about 30 professionals speaking about their careers as well as other career related services for the students.

It was also a great hands-on volunteer opportunity for Rotarians in Winnipeg. Recently, the difficult decision was made to discontinue the RCS event due to COVID as well as the changing needs over time of the communities we serve. But I know that it has left a lasting legacy for all the students it has helped over the many years it has run (we know and have heard about a lot of those stories).

I can also tell you from being involved in the RCS for several years, it took a huge amount of work and coordination to put on the symposium. The first thing I got involved in when I joined this club back in 2011 was the RCS. I joined the Board to become the Treasurer, and Lucy Vogrig was already a part of RCS working on one of the planning committees. A few years later, Lucy moved into the role of Co-Chair of the Board, in which she has continued to serve.

The Board of this Club would like to recognize Lucy's long-standing dedication and commitment to putting on successful career symposiums and for the legacy it has left in the communities we serve, and has approved a motion to award Lucy a Paul Harris. Please join me in congratulating Lucy and thanking her for the many years of dedicated service.



SUBMITTED BY  
BRENT JOROWSKI'S  
PRESIDENT

## **IN APRIL, LUCY VOGRIG WAS PRESENTED WITH A PAUL HARRIS IN RECOGNITION OF HER LONG SERVICE AS CO-CHAIR OF THE ROTARY CAREER SYMPOSIUM.**



It is with great pleasure I receive a Paul Harris pin on behalf of everyone who made the Rotary Career Symposium a success in so many ways. It has been a wonderful ride for the last 20 years. RCS has been one of the largest and comprehensive career symposiums in Canada for 22 years. Over a half a million students, teachers, and parents and adult walk-ins attended the RCS. Close to three quarters of a million attendees in total with volunteers, sponsors and exhibitors.

Many Rotarians will remember helping the students and have their own stories about RCS. Rotarians were the face of RCS. Throughout my years I have had the pleasure of being on all the committees as a member and chair. The speaker's sessions had student surveys which provided confirmation students chose a career from having listened to a speaker or by attending the RCS. On the Logistics committee I met new Rotarian friends from all the Winnipeg clubs.

The Program committee had the ear of industry, guidance counselors and the community. I met with exhibitors, sponsors and funders over the years.

I will miss the energy and excitement for the two days, especially the Rotarians. It was the only time all the Winnipeg clubs came together to do what we do best at helping others, service above self. There was comradery in seeing one another once a year.

My words cannot express my gratitude for those who volunteered on committees, boards and the day of. The Downtown club has always been a strong supporter. Thank you again for a 20 year wonderful ride in having a hand in encouraging and motivating Manitoba youth to research and find careers of their choice.



# HELP WANTED - VOLUNTEER OPPORTUNITIES

Calling all talented, creative, energetic members. Here is your opportunity to shine in our Club:

- Speakers form an important part of our meeting. It is our opportunity to learn from the movers and shakers in our community and beyond. You can be the **Speaker coordinator** and inspire our members
- Want to plan fun for our Club? Virtual social events are the norm and you can bring them to our members as the **Social Events planner**.
- Do you enjoy data? Our social media is heating up and we need someone to analyze the stats to determine what posts are getting the most uptake. You can be our **Analytics person**.

Opportunities to develop your skills while enhancing the club's development. What more could you ask for.



Contact our recruiter  
**NANCY COSWAY**  
✉ [NCOSWAY@MTS.NET](mailto:NCOSWAY@MTS.NET)



## LINKS

 [DISTRICT GOVERNOR GAILMARIE ANDERSON'S NEWSLETTER FOR MAY, 2021](#)  
[THIS IS AN EXCELLENT ISSUE ON YOUTH IN ROTARY.](#)



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**FRANK COSWAY**  
**EDITOR**



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