

# Rotary Club of Winnipeg



## ROTARY NEWS, and MORE....

May 26, 2020

### ROTARY MEMBERS & ALUMNI:

**Sandy Allen: Congratulations** to Sandy, our Office Manager, who is now a "Bachan" which is Gramma in Japanese. Her Grand-Son's name is Emory Edward Alan Chaput



**Anneliese Kallenbach:** Pres. Roy's recent Bulletin contained a message from Anneliese Kallenbach about her long involvement with our Rotary Club as Executive Secretary. Anneliese has since provided us with a couple of photos of her time with Rotary. Anneliese is still involved in our Club as an Honourary Member.



You will notice in the photo on the right that there are no woman members in the Club. The By-Laws were changed in the late 80's to permit woman to join our Club. The first woman member was Susan Thompson.

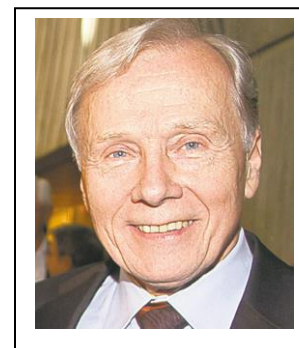


### Zdzislaw (Zaz) Bajon (Rotary Alumni)

This is a story about global Rotary connections.

Zaz was a longtime and very active member of our Rotary Club. He retired several years ago as the **General Manager of the Royal Manitoba Theatre Centre**. Around that time he also retired from our Club.

On **April 22, 2019**, I received the following message from Zaz.



Hey Frank,

I was born in Frille Germany after the war and since I am retired I am trying to visit the area. My family came to Canada when I was 3 years old. I just noticed recently that there is a rotary club. Can you as the past President of our club assist me in getting someone there to drive me around and give me a history of the place for 2 days. I am retired and available to travel at any time. I am willing to pay them or donate to their club. Any help would be greatly appreciated  
.....Zaz

On **May 5, 2019**, I wrote a letter to the Rotary Club of Minden-Porta Westfalica.  
(I was uncertain if this message would reach anyone, because their Club website was all in German. So I clicked on several different buttons, hoping that one of them was "Send".)

My name is Frank Cosway. I am a member & Past President of the Rotary Club of Winnipeg, Canada, the "Club that made Rotary International."

I am writing on behalf of a former Rotary member. He was born in Frille, which he says is now part of Petershagen. He would like to come back for a visit. He would like to identify someone who could show and drive him around. He is willing to pay for the service.

His name is Zdzislaw Bajon. He recently retired as the General Manager of the Royal Manitoba Theatre Centre. Google his name for more information.

Is there anyone in your Club who might be willing to show him around.

Is there a local tour company which could provide the service.

Thank you. Yours in Rotary, Frank

On **May 15, 2019** I was pleased to receive the following message from Germany.

Hello Frank,

Thanks for your e-Mail! I can confirm that you pressed the right button.

I am the secretary of RC Minden-Porta Westfalica so I received your E-Mail.

The information about your former member Zdzislaw Bajon are very interesting and we will get in contact. Our Rotarian responsible for foreign affairs, Ulrich Mehlmann, was born in Frille, too and he will contact you and Zdzislaw Bajon.

Best Rotarian greetings

Yours Thomas Erpenbeck

Dr. Thomas Erpenbeck  
Unterdamm 64  
32427 Minden

On **May 13, 2019**, I received a copy of the following e-mail to Zaz from Ulli

Hello Zdzislaw,

I'm Ulli Mehlmann, chairman of the international committee of the Rotary Club Minden - Porta Westfalica, and I've got a request from your Rotarian friend Frank Cosway to support a visit from you in the Petershagen/Frille area.

Due to the fact that I was born in Frille too, it would be an honour to show you around and have a conversation about "the good old times" in Germany.  
Please let me know which period you are considering for a visit.  
Best regards

Ulli Mehlmann, Fritz Schütte Str 10 A, 32469 Petershagen  
Tel.: 0049-5707-9395686

On **May 14, 2019**, Zaz makes contact with Hans-Ulrich (Ulli)

On **October 30, 2019**, I received the following message from Zaz.

Frank,

I have returned from Minden, Germany. I am planning to make a donation to their "Single Parent program".

I am also thinking of returning to Rotary after their treatment of my daughter and I. They were wonderful and informative hosts. I learned a lot about 1945 to 49. The documentation by a Rotary member who was a retired University professor was great.

Zaz

On **April 14, 2020**, Zaz sent me the following message. Zaz requested that I send a Club banner to Ulli, his guide & host in Minden Germany.

Frank, I have transferred my donation to their "Single Parent Project" a month ago.

Abbie is still thinking about joining our Rotary Club. I may rejoin if she does. I hope she does. She saw Rotary in action in Minden Germany. Very impressive!

Frank thanks for everything!!!.....Zaz



## COVID-19 PROJECTS – Local Response

### District Grant Projects approved for COVID-19 response:

Club Members donated \$3,500 + District matched these funds with \$2,500 = \$6,000

**Winnipeg Harvest:** A Grant of \$2,000 was presented to Winnipeg Harvest by Nancy Cosway while respecting Physical Distancing.

**Inspire Community Outreach – Computers for Kids** project was presented with a grant of \$4,000. The goal of this project is to provide low income families and children with a computer so they can continue their on-line education while schools are closed and students are staying at home. Strini Reddy delivered the cheque a few days ago but Angela Taylor was not available for a photo. See Link for more information.

<https://inspirecommunityoutreach.ca/computers-for-kids/>



## COVID-19 PROJECTS – International Response:

After consulting with Partner Rotary Clubs in South Africa, Strini Reddy has submitted the following report on how we can best support them in their COVID response efforts.

If you are interested in learning more or wish to make a donation towards these projects, contact Strini (204 996 8937 or [sereddy@shaw.ca](mailto:sereddy@shaw.ca) )



- 1) Hippo Roller Water Carriers:** Our fellow Rotarians at RC Hillcrest and other partner clubs have brought to our attention the fact that one of the biggest challenges in South Africa during the COVID pandemic is to ensure the availability of clean water in the remote rural communities. They have determined that the most efficient way of doing this is to provide the communities with Hippo Rollers which are manufactured in S.A. and distributed to countries around the world. <https://www.hipporoller.org/>  
<https://www.youtube.com/watch?v=SGMwekgRLZQ&feature=youtu.be>

Luke Vostermans, one of our fellow Rotarians in Gibsons, B.C., Canada started a Foundation which raises funds to purchase Hippo Rollers for distribution to the remote communities. I am working with him and RC Hillcrest to facilitate the purchase and distribution of rollers to the least accessible communities. Luke informed me that they had 30 rollers in Johannesburg waiting to be transported to Kwazulu-Natal. His Foundation donated USD250 towards the cost of transportation and our Rotary Club has contributed the remaining USD500. The hippo rollers are on their way to one community in the Eastern Cape and 3 more in KZN.

<https://www.youtube.com/watch?v=ERwHZdQmdq4>

- 2) Food Supplies:** My brother in Kwazulu-Natal was successful in obtaining a large supply of food supplies from a company owned by one of his friends in Pietermaritzburg. The food is being transported to RC Hillcrest who will then take care of distribution to needy communities. We will be helping with costs of transportation if necessary.



- 3) **RC Johannesburg New Dawn:** Our fellow Rotarians at RC Johannesburg New Dawn informed us about their various COVID related projects and requested our assistance. We have sent them a contribution of US\$1,500 to help cover some of the costs.

#### 4) Rotary Porridge Project:

Our Club has contributed US\$1,000



Rotarians assisted in getting a feeding scheme off the ground in conjunction with the North West University and its commercial spin-off, CFAM (Centre for Advanced Manufacturing), as well as with the Potch-Tlokwe Business



Chamber as senior partner over the last two months. A special pre-cooked porridge has been developed that is ready to eat by just adding 200ml of water to 50grams of porridge. It comes at a cost of just R1.00 per meal and consists of maize, skimmed milk, sugar, salt, vitamins and minerals and has a shelf life of between 3 to 6 months. A 5kg bag of porridge can sustain a family of five for a week. We have included the composition of the porridge and the



production facility is compliant with the highest occupational health standards. We can furthermore brand the bags with the Rotary logo if clubs would prefer that. We have already added a warning on the bags that it may not be sold.

We believe this is essential food relief in the Covid-19 crisis and would like to encourage Rotary Clubs to participate in this project started by the Rotary E-Club of South Africa One (Potchefstroom Cluster).

**How can Clubs get involved?** Raise money to buy food. You will not find better value for money. Anywhere. You can make a difference even if it is only one balanced meal a day.

#### What are the costs?

For Rotarians outside the Rand monetary jurisdiction examples of costs would be:

- \* US \$6.00 can buy a 5kg bag of porridge providing 100 meals. That is only 6c per meal.
- \* €5.00 can buy a bag of 5kg providing 100 meals for a family of 5 for a week.
- \* £4.50 can buy a 5kg bag containing 100 meals for a family of 5 for a week.
- \* Aus \$9.00 can buy a 5kg bag i.e. 9c per meal.

Nutritional Factor	%	per 50 g serving	
<b>Protein (%)</b>	8.5	4.3	g
<b>Total fat (%)</b>	4.0	2.0	g
<b>Sat fat (%)</b>	0.6	0.3	g
<b>Monounsaturated fat (%)</b>	1.0	0.5	g
<b>Polyunsaturated fat (%)</b>	1.8	0.9	g
<b>Linoleic acid (mg/100g)</b>	1.7	0.9	mg
<b>Linolenic acid (mg/100g)</b>	0.1	0.0	mg
<b>Total carbohydrate(%)</b>	70.1	35.0	g
<b>Dietary fibre (%)</b>	6.1	3.0	g
<b>Sugars (%)</b>	15.4	7.7	g
<b>Energy (kJ/100g)</b>	1531.2	765.6	kJ
<b>Sodium (mg/100g)</b>	130.0	65.0	mg

Visit [www.cfaminternational.com](http://www.cfaminternational.com) and [www.potch-tlokwe.co.za](http://www.potch-tlokwe.co.za) for more information. Or visit their Facebook page <https://web.facebook.com/PotchSakekamer/>



[www.rotaryclubsa.org](http://www.rotaryclubsa.org)

Email: [moniquelabat@gmail.com](mailto:moniquelabat@gmail.com)  
206 Musgrave Road  
Durban 4001 South Africa  
**Chartered 23<sup>rd</sup> November 2010**  
<http://www.rotaryclubsa.org/>  
SARS No 9612/502/16/2  
PBO 930039682

**Rotary**   
E-Club of  
South Africa One

Rotarian Strini Reddy  
Rotary Club of Winnipeg  
Manitoba, District 5550 Canada

26 May 2020  
E: [sereddy@shaw.ca](mailto:sereddy@shaw.ca)

Dear Strini

### HEARTFELT THANKS

On behalf of our Rotary E-Club of South Africa One and all our Rotarians, we thank you most sincere for your generous donation towards our Rotary Club's COVID19 maize meal food project.

Your donation will be spent on purchasing the maize meal porridge which will feed the vulnerable communities in South Africa.

This morning we read the devastating effects of Severe Acute Malnutrition (SAM) is having on children in the Daily Maverick [https://www.dailymaverick.co.za/article/2020-05-26-malnutrition-health-services-and-democracy-the-responsibility-to-speak-out/?utm\\_medium=email&utm\\_campaign=First Thing Tuesday 26 May 2020 Green Schools&utm\\_content=First Thing Tuesday 26 May 2020 Green Schools+CID\\_da94000d8c43bbfc6c1e7c8150c41be2&utm\\_source=TouchBasePro&utm\\_term=Malnutrition health services and democracy The responsibility to speak out](https://www.dailymaverick.co.za/article/2020-05-26-malnutrition-health-services-and-democracy-the-responsibility-to-speak-out/?utm_medium=email&utm_campaign=First Thing Tuesday 26 May 2020 Green Schools&utm_content=First Thing Tuesday 26 May 2020 Green Schools+CID_da94000d8c43bbfc6c1e7c8150c41be2&utm_source=TouchBasePro&utm_term=Malnutrition health services and democracy The responsibility to speak out)

Rotary clubs serve communities around the world, each with unique concerns and needs. Rotarians have continually adapted and improved the way they respond to those needs, taking on a broad range of service projects.

Our Rotary E-Club of South Africa One in District 9370 is made up of a group of committed Rotarians who meet online every fortnight. Our website [www.rotaryclubsa.org](http://www.rotaryclubsa.org) and Facebook page <https://www.facebook.com/Rotary-E-Club-of-South-Africa-One-D9370> will provide you with a good picture of the Community Projects we have undertaken.

With our Club's sincere thanks and best wishes in Rotary friendship and fellowship to you.

Yours in Rotary service,

*Monique*

Monique Labat  
Club President 2019-2020  
M: +27 82 924 6349

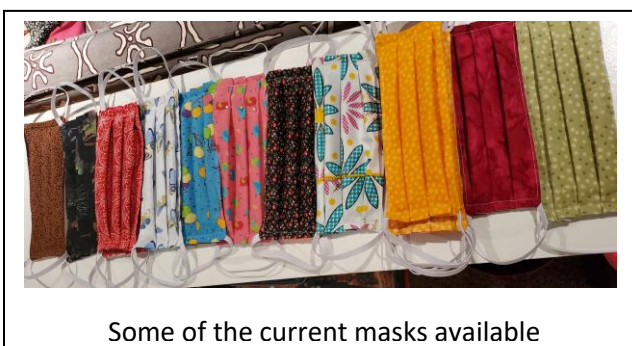
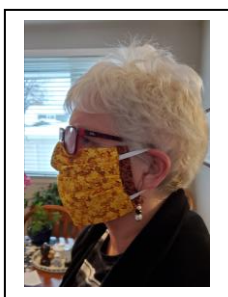
## FUNDRAISING AND GRANTS:

### **Grant of \$500 sent to the Rotary Club of Truro, Nova Scotia.:**

In response to the information provided in the May 3, 2020 issue of the Newsletter about the response of the Rotary Club of Truro to the terrible shootings in April, in Nova Scotia, our Board decided to provide a Donation of \$500 to their "Rotary Cares" Fund.

### **The FACE MASK (COVID-19) project is a big Success raising at least \$1,000:**

Nancy Cosway has produced 160 Face Masks so far and has sold them for \$5.00 each. In addition, a few people have made donations to the project. The mask orders were promoted by several Club members including: Cathy Jorowski (20), Elmer Everett (26) and Strini Reddy (70) and many others. More orders are coming in daily.



Some of the current masks available

Nancy & Strini, the prime movers of this project, have decided that the funds will be split between two local organizations. As many of you will know, with schools closed, parents home-schooling their children, adults being laid off, and all non-essential workers required to stay at home, there has been an increase in food shortages and domestic violence. The selected organization are:

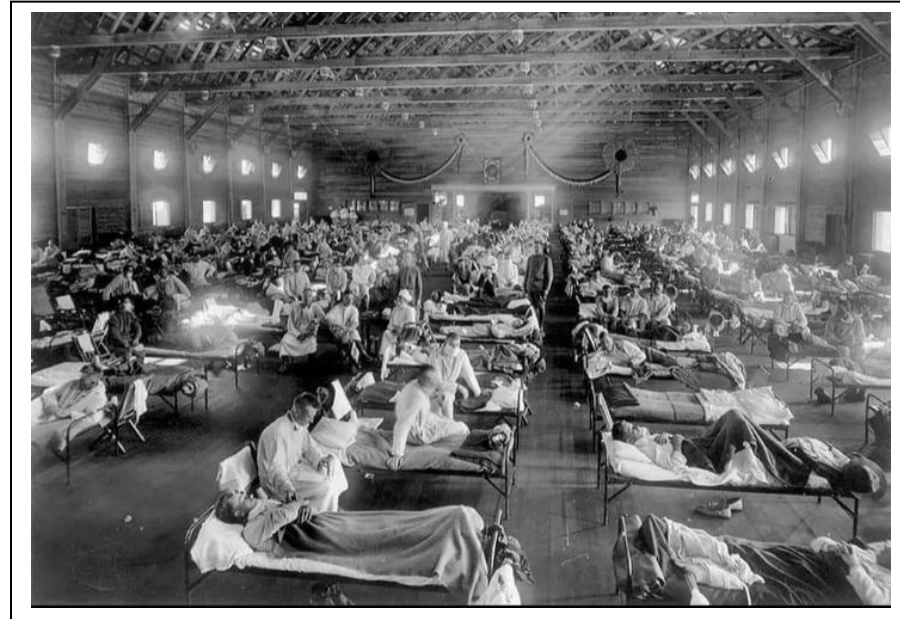
- **Ma Mawi Emergency Food Kits.** This food replaces the school breakfast/lunch programs which are no longer available since all schools are closed and with some parents out of work many families are short of money for food. Over 20,000 Emergency Food Kits were delivered by early May.  
[https://www.mamawi.com/wp-content/uploads/2020/05/Ma-Mawi-Reflections-Issue-2-May-4-2020 .pdf](https://www.mamawi.com/wp-content/uploads/2020/05/Ma-Mawi-Reflections-Issue-2-May-4-2020.pdf)
- **Willow Place:** Willow Place is a family violence agency supporting transformation, healing and healthy relationships. They were incorporated in April 2015, maintaining Manitoba's longstanding tradition of providing services and supports for women and their children who have experienced family violence. <https://willowplaceshelter.ca/>



## PANDEMICS & THEIR IMPACTS – 100 years ago:

### The Spanish Flu in 1919:

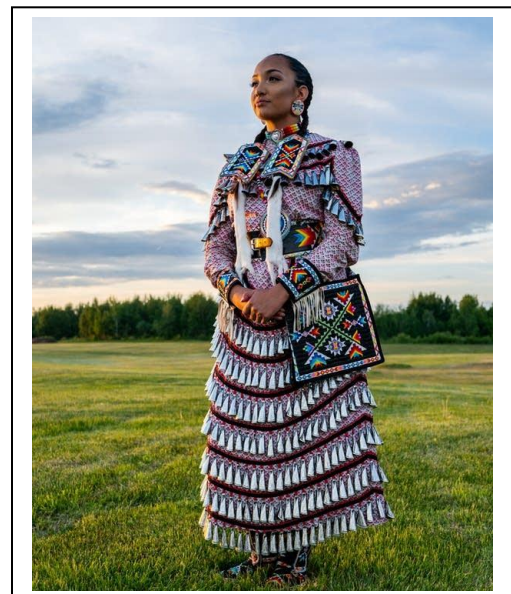
<https://www.youtube.com/watch?v=goKVJG4pUAY>



### The History of the Jingle Dress:

The Jingle Dress Dance began with the northern tribe Ojibwea in the early 1900s and became prevalent in the 1920s in Wisconsin and Minnesota in the US, and in Ontario in Canada.

The story is that the dress was first seen in a dream. A medicine man's granddaughter grew sick, and as he slept his spirit guides came to him and told him to make a Jingle dress for her. They said if she danced in it the dress would heal her. The Jingle dress was made, and the tribe came together to watch her dance. At first, she was too sick to dance alone and so her tribe carried her, but after a little time she was able to dance alone, cured of her sickness.



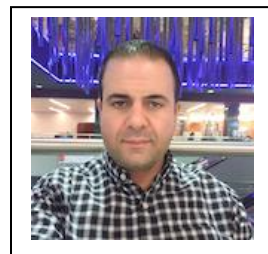
It's likely that the sickness she was experiencing was a part of the 1918 Spanish flu pandemic, which hit the Native American communities hard close to the Great Lakes. This was closely followed by a Federal ban on ritual dancing in the 1920s on reservations. The dance has since been not only a dance of healing but also one of pride.

The dance is now performed competitively and in ceremonies by women and girls of all ages.



## RECENT SPEAKERS at Club ZOOM Meetings:

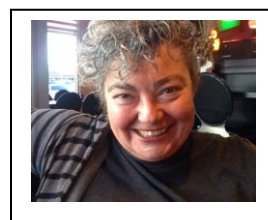
**Izzy Izzedin Hawamda**, spoke about “Trauma & Healing in the West Bank, Palestine” on May 6<sup>th</sup>. If you would like a copy of Izzy’s PowerPoint presentation, please send me a note and I will e-mail it to you. ([frankcosway@mts.net](mailto:frankcosway@mts.net))



**Allison Kingston**, Community Fundraising Coordinator, ShelterBox Canada and a Member of the Rotaract Club of Sarnia-Lambton, talked about Shelterbox responding to current disasters and current Shelterbox operations world-wide and thanked Rotarians for their kind contributions. on May 20<sup>th</sup>. <https://www.shelterboxcanada.org/>



**Next ZOOM Meeting is on June 3, 2020 at 12:15 pm.**  
Speaker is **Tatjana Brkic**. Topic: **Square Metre for Peace**



## LINKS:

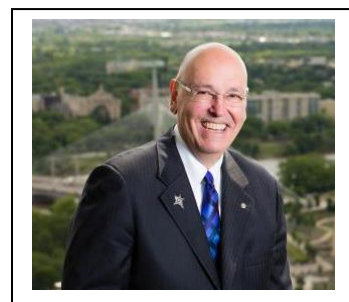
### COVID-19 and nuclear weapons (from David Newman)

*“COVID-19 has caught even the wealthiest nations unprepared; their massive armaments useless against a small, mindless aggregation of single stranded RNA.”*

**Dr Tilman Ruff** discusses how the COVID-19 pandemic has revealed the weaknesses in our global economic and political systems and identifies some important lessons for future action on climate change and arms control, in particular the Treaty on the Prohibition of Nuclear Weapons. <https://croakey.org/covid-19-and-nuclear-weapons/>

### Advice to Western Civil Societies, from a long-term First Nations Ally on Indigenous Peacemaking Initiative & Native American Rights Fund (from David Newman)

<https://peacemaking.narf.org/2020/05/news-advice-to-western-civil-societies-from-a-long-term-first-nations-ally/>



### “Dinner at the lake turns into daring water rescue for Manitoba family” As reported by former Rotarian Susan Skinner

<https://www.cbc.ca/news/canada/manitoba/lake-winnipeg-water-rescue-1.5569626>



**Frank Cosway**, Editor  
Tel: 204-294-7079  
E-mail: [frankcosway@mts.net](mailto:frankcosway@mts.net)