

September 2022 Newsletter



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Want to donate to Ploughshares Calgary? If you haven't yet made your 2022 donation, please consider doing so soon! Email office@ploughshares.ca for more information on how to donate.



Ploughshares Calgary 40th Anniversary

This October we will be celebrating 40 wonderful years of achievements made by Ploughshares Calgary Society! We will be throwing an in-person celebration in the month of October. More information to come in the following month.

Upcoming Educational Meeting

On Wednesday, September 21st, Ploughshares Calgary Society will be hosting our first educational meeting of the fall, influenced by the work of Joanna Macy. Please email our office at office@ploughshares.ca for more information!

CONTACT US NOW:





INTERNATIONAL DAY OF PEACE



Peace Bell donated by the United Nations Association of Japan in 1954.
Photo Credits: United Nations

On September 21st, the world will celebrate the International Day of Peace. The United Nations General Assembly established the International Day of Peace in 1981, 30 years later, in 2001, the General Assembly voted to make International Day of Peace a day of non-violence and cease-fire. The day is meant to promote the ideals of peace, which is strengthened by observing a 24 hour period of non-violent actions.

Each year, the United Nations General Assembly picks a theme surrounding the International Day of Peace. This years theme is: **End Racism. Build Peace.** Racism is a prominent issue in todays society. We witness racism not only worldwide, but in our own communities. With tensions rising over economic stability, individuals fleeing war torn countries and the COVID-19 pandemic, we have seen just how "normalized" racism has become.

It is up to us as individuals to foster an environment of peace and help fight racism. So how do we do this? First and foremost, the most important step to fighting racism is to take the time to learn its history and how it's ingrained in our society today. Education is a tool we must use. We should support movements for equality and justice (not only in our own communities, but world-wide), speak out against hate speech and promote anti-racism. (UN.org)





UPCOMING EVENTS

- TIES Multicultural Festival and Grand Opening Celebration on Thursday, September 8th from 10:00am-2:00pm in the community of Westwinds
- 2022 Calgary Volunteer Fair on Saturday, September 10th from 11:00am-5:00pm at Bowness Community Association
- On Sunday, September 11, 2022, Islamic Relief Canada will host a community fundraising dinner in support of Islamic Relief Canada's emergency efforts in Pakistan. Located at Empire Banquet Hall
- 10th annual Muslim Art Movement to support our local Muslim artists and creatives will be held on Saturday, September 17th from 7:00pm-11:00pm at The Pioneer
- Wednesday, September 21st is International Day of Peace
- Wednesday, September 21st, Ploughshares Calgary Society will be hosting our first educational meeting of the fall, influenced by the work of Joanna Macy. Please email our office at office@ploughshares.ca for more information
- Friday, September 30th is Orange Shirt Day
- An Evening of Métis Music & Conversation held on Friday, September 30 from 7:30pm-10:30pm at Lougheed House.





GOOD NEWS

- An 87 year old retired barber, who closed the doors to his shop 23 years ago, has been offering free haircuts for the last 5 years, with a catch. Clients of Tom Gorzycki, who get to enjoy a free haircut, are encouraged to donate what they can to a charity close to Gorzycki’s heart. All donations Gorzycki receives from his clientele are donated to Arm in Arm in Africa, a nonprofit that helps support poor communities in South Africa. Arm in Arm in Africa provides food, health care and educational opportunities to individuals in South Africa. Gorzycki has managed to raise a total of \$10,000 in the last 5 years. (Washington Post, July 27, 2022).
- Terry Pirovolakis and his family have raised \$3 million to develop a cure for their son Michael. Michael, who is four years of age, suffers from a rare genetic disease called spastic paraplegia type 50 or SPG50. 3 years after his diagnosis, Michael was able to receive a new form of gene therapy. The aim of this gene therapy is to create a missing protein, as SPG50 causes the body to fail to produce said protein needed for development. This leads to lost muscle tone and can lead to possible paralysis. Pirovolakis said he receives at least one phone call from a family around the world who have a child going through a similar situation. He says he and his family have helped guide 30 other families since his son's diagnosis. His goal is to cure every child suffering from SPG50. (CTV, August 22nd, 2022)





- A Toronto born man has crossed all five Great Lakes via paddleboard this summer. The last time this feat was completed was in 1988. According to paddleboarder Mike Shoreman, this is the first time this journey has been completed by an individual with a disability. In 2018, Shoreman was diagnosed with Ramsay Hunt Syndrome, which has impacted his vision, speech and mobility. It also caused him to close his paddle boarding business. Shoreman was inspired by wanting to give back to those who helped him after his mental health declined following his diagnosis. Shoreman partnered with Jack.org, which is a national youth mental health organization. His goal is to have mental health programs and services available in every school countrywide. At this time, Shoreman and his team have raised almost \$64,000. Their goal is to reach \$100,000 (CTV, August 20, 2022)
- A Ukrainian couple who fled Mariupol are set to wed in Calgary. The couple, Anzhelika Teterych, and her fiance, Vadym Demishev, fled their home of Mariupol after Russian forces reduced the city to rubble. They took refuge with others in a basement beneath a shopping mall, where they had no access to water, heat or the outside world. They were bombed by airplanes every night. After spending 24 days in their subterranean shelter, a miracle happened. Teterych and her fiance encountered a man with a vehicle who had come to help his family escape and offered to help the couple escape. The couple eventually made it to Crimea. From there they endured a six-day bus trip through Ukraine, Russia and on to Poland. After leaving Germany, they arrived in Calgary on May 4th. The wedding ceremony is set to take place next Saturday. With all the uncertainty in the world, the couple decided they didn't want to wait any longer to celebrate their love. (Calgary Herald, August 21, 2022)



GOOD NEWS

- Two Edmontonians have enjoyed a brisk, 6 kilometer walk every morning for the past 20 years. Friends Ben Benjamins and Dror Goldreich have met nearly every morning since August 2002 for a walk through the Oleskiw neighborhood and river valley trails. Golreich figures that the two have walked around 40,000km over the past twenty years, roughly the circumference of the Earth (40,075km). The two men, respectively 79 and 80 years of age, met at a Hannukkah festival and became fast friends. Both men arrived in Edmonton from Israel just a year apart from one another more than two decades earlier. Benjamins recalls Goldreich telling him that he had a back ache, so Benjamins told him that he also used to have the same issue, but that walking had helped him with the pain. He offered an invitation to Goldreich to join him on his walks, and the rest is history. (Calgary Herald, August 29th, 2022)



Friends Ben Benjamins (right) and Dror Goldreich.
 Photo Credits: Calgary Herald (Ian Rucerek)



NATIONAL DAY FOR TRUTH AND RECONCILIATION

The National Day for Truth and Reconciliation (also known as Orange Shirt Day) was first observed on September 30th, 2013. The purpose of The National Day of Truth and Reconciliation is to raise awareness and educate Canadians about the effects of Residential Schools on the Indigenous community. The orange shirt stands as a symbol of forced assimilation and cultural genocide. It was inspired by the story of Phyllis Jack Webstad, who as a child was sent to a residential school at six years of age. One of the first possessions stripped from her was an orange shirt, which she had purchased with her grandma not long before starting school. She never got it back. In 2021, in light of the unearthing of over 1,000 unmarked graves near former residential school sites, the Canadian government elevated the day of observance to a statutory holiday.

How can you support Orange Shirt Day?

- Learn the origins of Orange Shirt Day and share it with your friends and family, this day is an opportunity to continue discussions about reconciliation
- Donate to The Orange Shirt Society so that they can continue to raise awareness across Canada
- Wear Orange! And consider purchasing an orange shirt from an Indigenous creator
- Visit <https://www.orangeshirtday.org/> to learn more!





MUSEUM INITIATIVE

Ford: Why can't we give peace museum a chance?



Trudy Govier and Tamara Seiler
 Photo Credits: Calgary Herald (Darren Makowichuk)

Previous Ploughshares president, Trudy Govier, and Ploughshares member Tamara Seiler (both retired University professors), met with columnist Catherine Ford to discuss their hopes for a peace museum here in Calgary. Ford describes Govier and Seiler's passion as infectious, stating that they do not lack passion or resolve. What Govier and Seiler do need are volunteers and donations to help bring this idea to life. (Calgary Herald, August 24th, 2022)

To read the full article online, visit:

<https://calgaryherald.com/opinion/columnists/ford-why-cant-we-give-peace-museum-a-chance>