
PAN AFRICAN LEGACY 2024 REPORT FOR STAKEHOLDERS

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Pan African Legacy 2024 Annual Report

We have pleasure to share with you our Pan African Legacy (PAL) 2024 Annual Report. Pan African Legacy wishes to thank all our stakeholders, the Community at large, the staff and volunteers for their support. The success and milestones achieved are a result of your support and sacrifices. The organization continued to operate with limited staffing due to lack of resources to fund staff related costs. We however continued to make use of part time staff as needed by each programming activity going during the year. Our volunteers have done remarkable work through out the year and for that we sincerely appreciate.

The year brought us a lot of positives as we navigated the power of collaboration and working in partnership with many like minded organizations as PAL. You will find these elaborated more fully as detailed below in our various programs during the year. We look forward to a better 2025 given the successes and challenges we experienced this year.

Our programming year started and ended with the following highlights and programs for the benefit of our community.

1. Support and funding from **Black Business Initiative (BBI)** that enabled us to capacitate the organization through both equipment and staff development. The organization has been able to grow its assets as well as its administrative capacity significantly during the year 2024. While we were able to move into new office space in July 2023, we realized that there was a need to larger space by the end of our first-year lease. In September we were able to occupy larger space within the same building courtesy of support from our landlord at 81 Garry Street. We appreciate BBI and the Government of Canada for their meaningful support leading our growth. PAL is better off with office equipment, musical instruments of various shapes and sizes, among other tools and gadgets good for various programs. This program was successfully completed by end of the year.
2. PAL is grateful for the support from **Communities for Families (C4F)** in supporting our “Wiggle Giggle and Munch” program that ran though 8 weeks. This program focussed on young families in the African Community to explore way in which fathers could assist and participate bin the care of their young kids. This involved sharing information, games and music. Families also found joy and space to share foods and good habits to develop with their families. This program was a success, and a major highlight was taking these kids out to “Berry Time Farm” to pick strawberries for themselves while experiencing open airy farm fields of Manitoba. Over the 8-week period, thirty-two families with a total of 46 children participated in different activities. This program was successfully completed during 2024.
3. During 2024 PAL benefited from the support of **The Winnipeg Foundation** for our “**2024 Seniors Program**”. This program has been funded by Winnipeg Foundation while **African Communities of Manitoba (ACOMI)** are our partners in the rollout

and execution of this program. The program focusses on seniors from the African Communities to ensure they commune and find each other as they navigate their twilight years. The program focussed on companionships, Day trips within and out of the city, learning about financial management in an ever-shrinking budgetary environment as well as frugally managing pension income. The group also took time to visit the Mint to learn and understand how Canada thrives in minting its coins as well as those for other countries of the world. Seniors also explored art and other exhibitions in the city during the summer and fall of 2024. At the onset of Winter, the Seniors also benefitted from Winter Dignity Package distribution program during November/December 2024. The program continues into early 2025 with several other activities lined up post the new Year. For this successful program, we sincerely appreciate as always, the support of The Winnipeg Foundation in making a difference for our seniors. Acomi's support and guidance once again is appreciated. This program is still ongoing and will be completed by March of 2025.

4. Our **“Psycook Cooking and Mental Health for Black Immigrant Men program** was funded and supported by the **Daniel McIntyre & St Matthew Revitalization Inc (DMSMRI)**. Thank you DMSMRI for enabling black immigrant men to learn cooking and food preparation for their families. The availability of trained chefs and dieticians helped these families understand the Canada food guide and the preparation of balanced and nutritious meals at home. The benefits of doing this have been tremendous on men as their skills in food preparation are minimally developed especially when they arrive from countries where cooking is a chore for mothers rather than fathers. Through this program, our community has been able to deconstruct that narrative. Men gathered to prepare a meal with a Chef over two sessions and they then prepared a meal at their home via video shared among the groups and show case their skills and final product. All ingredients were supplied by the program for all families and participants. The results from this are evidently positive and its success has been a proud achievement for community participants and all stakeholders. This program was successfully concluded, and we look forward to future support and collaboration from DMSMRI.
5. The organization took part in the **“Orange Shirt Day”** commemorations week that was kindly supported and funded by the **Manitoba Provincial Government** through **Manitoba Indigenous Reconciliation Secretariat**. The weeklong commemoration was celebrated by the community sharing stories and also doing art of their choice with stories of witnessed, learned or lived experiences about the importance of caring for children especially those at risk. Learning about Orange shirt day was a workup call to our community as they learnt from elders and activists from the Indigenous community. This program was a short time sensitive program that was successfully executed and completed.
6. PAL Wellness program: This program continued again in 2024 with various activities done in the summer. The sports activities were held at both Kirkbridge Park in Fort

Richmond West area Park as well Assiniboine Park. In early June we held a very successful cycling event at the Wheelhouse at the Outlet Mall. Was a collaboration between **PAL and Batanai**, a youth focused organization in Winnipeg. These activities bring together both old and young community members. This program is an ongoing wellness activity supported by PAL and community members who contribute food and snacks as well as volunteers to make the activities a success.

7. PAL was supported by the **Manitoba Provincial Government** through its **Ethnocultural Community Support** program to commemorate the **Multiculturalism Day in June 2024**. This was held at Assiniboine Park. This celebration was attended by community members and visiting guests from Nunavut. The day long event showcased traditional music as well as dance and displays by community volunteers. Again, this program was successfully completed.
8. The **Manitoba Council for International Cooperation (MCIC)** supported PAL for its water and sanitation program in Zimbabwe. PAL was supported by **Canadian Multicultural Disability Centre Inc (CMDCI)** in Winnipeg Manitoba. In Zimbabwe PAL partnered with a local organization **Unlimited Hope Alliance Trust Zimbabwe**. The program is program to drill a community borehole to provide safe drinking water to the Mutukwa Mountain Community at Munemo Village. This project also will culminate in a community vegetable garden. This is a short-term project which is expected to wind up in the early part of January February 2025.
9. **Red Cross Canada's** Community Services Recovery Fund (CSRF) was also successfully completed by end of March 2024 with a resounding capacity building as well as a significant component of equipment upgrades.
10. **Healthy Together Now** were also generous in funding our 'Ubuntu Wellness program – a six-week Journey to wellness for black African Immigrant Men' during the 2024 calendar year. This program enabled groups of men to gather and share experiences and focus on immigrant men's wellness.
11. **MusiCounts** also funded our musical instruments and story telling. This support will enable PAL in it journey to give opportunities to the young and mature to learn both traditional African music and contemporary music during the 2025 calendar year. Ultimately this should allow PAL to show case at Folklorama and other activities and cultural celebrations.

Financial and other administrative update.

PAL has kept up to date with its commitments to both the Canada Revenue Agency (CRA) in terms of its statutory obligations. Our focus in the coming year includes the move to ADP payroll system to streamline and improve on our record keeping and accountability. PAL has also committed to move to QuickBooks starting year 2025 to

manage its books and wages when applicable. As alluded to earlier, efforts will continue to move to a position where the organization will need at least two full time staff effective 2025.

Conclusion

I sincerely would like to thank all our funders, without whom we would not be able to execute our programming. We also would like to thank all the staff and volunteers.

For and on behalf of PAL

K Gudu

Director