



PARTAGEONS  
l'espoir

SHARE  
the warmth

Semer l'espoir et le rêve

Awakening hopes and dreams

## Transforming tomorrow today

### *Work training in action*

Whether it's supporting youth to complete their education or offering meals at an affordable price, Share the Warmth is working hard at doing things today that will brighten our members' futures. Part of our mission is to offer work training to those who are often excluded from the work force. We do this through various work placements such as our new Community Café and our Second-Hand Shop which follow a social economy model.

**Read more about our programs on pages 3 through 5.**

*Share the Warmth's priorities are to support the overall development and success of youth, increase access to food security and health, and offer work training to those in need in the Point St. Charles and South-West boroughs of Montreal.*

**Don't miss our upcoming  
Events – read more on page 2!**

#### IN THIS ISSUE

Upcoming  
Events

Page 2

Program news

Pages 3 to 5

SPOTLIGHT  
Volunteers

Pages 5 and 6

#### SAVE THE DATE

Share the Spirit  
November 6th

Music Concerts  
December 4th-5th

Holiday Food  
Drive  
December 8th-17th



### Food Drive

On October 4<sup>th</sup>, Share the Warmth held a food drive in Point St. Charles and collected 3,850 non-perishable food items to feed the 1,200 people who turn to Share the Warmth each month. Thank you to all the volunteers and donors who made it a success.

### Volunteers needed

Share the Warmth is looking for volunteers to help in the kitchen every day of the week, particularly on Mondays, Tuesdays, Fridays and Saturdays when meals are cooked for the 25 schools who request our support in feeding their students in need, and for the Community Café.

**MAKE  
A DONATION**

## UPCOMING EVENTS - 2014



### Youth Music Concerts – December 4<sup>th</sup> and 5<sup>th</sup>

Come out and share the joy of music. On December 4<sup>th</sup>, children in the *El Sistema* intensive program perform at the Charles Lemoyne School Auditorium while on December 5<sup>th</sup> youth involved in weekly lessons will perform a concert at Share the Warmth. Both concerts begin at 6 pm and will offer light refreshments.

Contact [Nadège Wary](#) for more information.

### Holiday Food Drive – Throughout December

The holidays are a great time to reach out to others and give a little of ourselves to lighten their burdens. Our Holiday Food Drive helps us collect much-needed food for the food bank and volunteers are always needed to sort food. Donations of toys, food, clothing and gifts are welcome and are distributed to those in need.

Please contact [Debbie Gunn](#) to find out how you can help this year or sign up through our website in mid-November.



### Share the Spirit – November 6<sup>th</sup>

Join us for this elegant and intimate dinner and silent auction to support Share the Warmth's many programs in the community.

Many great prizes will be available and the dinner will be hosted by our talented volunteer chefs.

Please reserve your tickets with [Katina Vanasse](#) or visit our website to buy your tickets online.



PARTAGEONS  
l'espoir  
SHARE  
the warmth

vous convie à sa **soirée bénéfique** annuelle  
« **Vivons le Partage** » un souper et encaissement silencieux  
Jeudi, le 6 novembre 2014 à 18h00

Invites you to its annual fundraising evening  
" **Share the Spirit** " Dinner and Silent Auction  
Thursday, November 6<sup>th</sup>, 2014 at 6:00 pm

BILLETS / TICKETS: 100\$  
TABLE pour 10 personnes / TABLE for 10: 800\$  
RSVP d'ici le 1<sup>er</sup> novembre / RSVP before November 1<sup>st</sup>  
Katina Vanasse (514) 933-5599 ou à / or at [katina@partageonslespoir.ca](mailto:katina@partageonslespoir.ca)

625 rue Fortune (Entrée Wellington Entrance)



### 25<sup>th</sup> Anniversary

Share the Warmth has been fighting hunger and poverty for 25 years now. Over the course of the next year, we will be celebrating our 25<sup>th</sup> anniversary in many fun and exciting ways.

Stay tuned for the launch of our annual celebrations on November 6<sup>th</sup> at the Annual Dinner.

# SUPPORTING YOUTH TO GROW AND SUCCEED

## Music

As music has been shown to increase children's concentration, math, language skills and self-esteem, Share the Warmth has invested in its Music Program and developed a multi-faceted approach to developing a love of music among children and youth.

The intensive music program which is held at Charles Lemoyne School for all area children now reaches 40 children in grades two, three, four and five three nights a week after school. Combining choir, theory and instrumental lessons, this year tutoring sessions will also be integrated into the program.

This year's addition of stringed instruments (violin, viola and cello) will allow Share the Warmth to launch the orchestral component that is central to

the philosophy of El Sistema with its emphasis on creating a sense of community through ensemble work.



The weekly group guitar and keyboard lessons offered at Share the Warmth for youth between the ages of eight and seventeen currently connects 51 participants with the joy of music.

## Tutoring & Mentoring

The Tutoring and Mentoring Program is back in full swing with volunteers willing to share their time every week with children who sometimes struggle with certain school subjects. Students who have graduated are encouraged to give back by tutoring younger children.

Combined with scholarships, children and youth involved in this program are managing to maintain their grades and complete their high school studies.



## Youth Group & Young Leaders

Our Youth Group welcomes 22 children between the ages of 6 and 13 for fun activities around cooking, nature, arts, technology and encouraging physical activity.

Cooking is one of children's favourite activities and they love serving their families. Younger youth group children cook each week and once a month host a family dinner for their families. So far, they have worked with zucchini and made omelets and are busy preparing the next family night.

Older children, between the ages of 10 and 13, are often at a difficult crossroads in their lives. The Young Leaders group that Share the Warmth has begun this fall aims to reach them at that challenging stage of life and encourage them to grow as leaders in the community by becoming models for younger children through volunteering and animation of activities.



# INCREASING ACCESS TO FOOD SECURITY & HEALTH

## New Café-Boutique



CAFÉ  
BOUTIQUE

Share the Warmth's FOOD BANK is helping more people than ever before. On average, 1,200 people turn to us for emergency food support each month.

To help alleviate hunger, Share the Warmth decided to conduct market research before launching a community Café in the Second-Hand Shop that would offer healthy and affordable meals.

The research was conclusive, the 300 members who answered the survey indicated that they wanted a Café and half said they would come more than five times a month.

Plans were developed over the summer to add Café tables in the Boutique and menus were tested to insure meals could be created for just \$2 a plate.

When everything was ready, the Café-Boutique was launched on August 23<sup>rd</sup> during a community-wide day of festivities. The Café serves up to 20 meals a day and prices are based on people's ability to pay.



CAFÉ  
BOUTIQUE

### MENU

Lundi • Monday

- Fermé Fête du Travail
- Closed Labour Day

Mardi • Tuesday

- Couscous aux Légumes grillés
- Couscous with grilled vegetables

Mercredi • Wednesday

- BBQ

Jeudi • Thursday

- Spaghetti aux Boulettes Végés
- Spagheeti Vegballs

Vendredi • Friday

- Macaroni Fromage (tomates)
- Mac and Cheese (tomatoes)

Samedi • Saturday

- Sauté de légumes aux riz
- Fried rice and vegetables

Café • Coffee 

1 \$  
Prix member • Member price  
0.50 \$

Biscuit • Cookie 

1 \$  
Prix member • Member price  
0.50 \$

Muffin 

1 \$  
Prix member • Member price  
0.50 \$

Bol-repas • Meal in a bowl 

4 \$  
Prix member • Member price  
2 \$



## Second-hand Shop

The Second-hand Shop integrated Café tables to its layout during the summer to prepare for the August Café launch. Other improvements were made to the layout and a new cash register was installed which allows us to monitor what items local families most need. Better signage is being developed and size tags will be placed on all new items this fall.

Customers are pleased with the changes and the Café-Boutique is a great place to find a bargain, meet others and get to know the area.

**MAKE**  
A DONATION

## Collective **Cooking** Workshops

Share the Warmth completed annual program evaluations with members over the course of the summer. The Collective Cooking Workshop evaluation posed questions that ranged from what members had expected from the workshops, what they thought of the actual activities, and what they thought of the animation and the recipes.

One member had this to say:

*"I believe the collective kitchen is the best thing that has happened to me in a long while. First of all, the people are very kind and warm. I have not felt un-at-ease a single moment. To tell you, all the week, I long for Friday, in order to be with the group. There is always something to laugh about and a story to tell at the dinner table. I loved it and cannot wait to be with the group again."*

Collective Cooking Workshops have started up again and members are thrilled to cook and share a meal together.



## **Spotlight** on volunteers

The young men from Portage were extremely helpful during the renovations that took place in June and July. In one day, they moved the whole food bank and offices to the hall upstairs so that programs could continue during the renovations. THANK YOU for your help.



## **PROVIDING WORK TRAINING**



Share the Warmth offers work training to members through the Caf  -Boutique, the Food Bank, and School Food programs. In this way, members gain valuable work experience in a safe and friendly environment and then can bring their knowledge with them into the workforce.

Here are some of the program's participants. Some are with us over a number of years while others work only for a few months before moving on to their next stage of employment.

## BOARD OF DIRECTORS

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## How can you help?

You can give time and **volunteer** in one of our many programs. Are you interested in cooking for the School Food Program or helping out in the Food Bank? Would you consider sorting clothes for the Second-Hand Shop? What about tutoring or helping in the music program? Are you interested in helping us prepare meals for the Café? Share the Warmth is always looking for volunteers. Please speak to [Debbie Gunn](#) if you are available to help!



You can **make a donation** towards a specific program or support the overall work of Share the Warmth. Can you give \$150 for a guitar for a child or \$50 to feed a family of four? Every donation helps us help the community!



You can **network** for us and talk about us to your contacts, share our newsletters, host a fundraising event and tell others about what we do, and about our events. Can you think of other ways you can increase Share the Warmth's visibility? Let us know!



You can **donate shares** or make a **planned gift** to Share the Warmth.



Without YOU, none of this work would be possible, so we thank you!

## Meet some of our kitchen Volunteers 😊



## Vincent Chung and Alex Rafferty May they rest in peace

It is with great sadness that we learned of Vincent and Alex's passing this fall. We will miss their smiling faces in our community programs. Our thoughts are with their friends and families at this time.