



PARTAGEONS
l'espoir

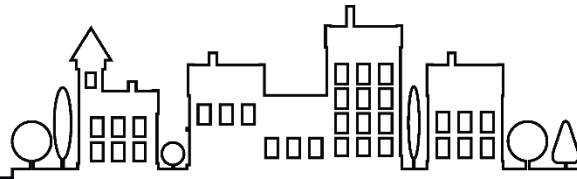
SHARE
the warmth

25
ANS
YEARS

Semer l'espoir et le rêve

Awakening hopes and dreams

Rooted in the COMMUNITY



A NEW SEMESTER OF COOKING WORKSHOPS AND FOODFIT SESSIONS



The first FoodFit sessions began on September 21st with 21 participants. With funding from the Community Food Centres Canada (CFCC), Share the Warmth can now offer two sessions three times per year, reaching over 100 people in the next two years. Together, participants set realistic health goals, learn to cook a variety of recipes, and take part in light exercise. Evaluations from our pilot project show that this approach helps participants lose weight, increase their fruit and vegetable intake, and exercise regularly.

ANNUAL GENERAL MEETING



Members voiced their opinion over planned changes at Montreal Harvest that would require member organisations to share food bank clients' confidential information. This particular change concerns us the most, and following discussion, our General Assembly was united in refusing to share any personal member information with external organizations. Montreal Harvest management have shown great openness in working together towards a solution that ensures the dignity and respect of all our members while respecting each of our priorities. **122 people participated in this important decision in the life of our organization.**

FOOD BANK



At our summer food bank, two Share the Warmth volunteers are seen distributing boxes. Without the food donations from our thousands of partners, and the work of our hundreds of volunteers, the food bank would not be able to serve the 974 households that turn to Share the Warmth for emergency food aid. The Point Saint-Charles food drive held on October 1st brought in over 3,000 food items!

SAD NEWS

It is with deep regret that we announce the sudden passing of Debbie Gunn on September 22, 2016. Debbie worked at Share the Warmth for almost 20 years, bringing joy and humour to the workplace, and serenading co-workers with beautiful, happy songs. She was really looking forward to dancing with us at our November 12th dance. She will be greatly missed. Our thoughts and prayers are with her partner Mike, her five children and their spouses, her five grandchildren, her sister and brothers, and all of her close friends. We have all been inspired by her courage, friendship, and contagious laugh. May she rest in peace.



UPCOMING EVENTS

HOLIDAY FOOD DRIVE

The holiday food drive will start soon. If your business or organization would like to help by collecting food donations for Share the Warmth, please contact Emma Tilquin at (514) 933-5599 (ext. 224). The food collected helps feed the 1,400 monthly food bank visitors.

FUNDRAISING ACTIVITIES

- On November 3, you are invited to *Share the Spirit*, a COCKTAIL RECEPTION AND SILENT AUCTION at Share the Warmth at 6 p.m. Learn more about the event at: <http://sharethewarmth.ca/non-profit/events/share-the-spirit/>
- COME AND PLAY HOCKEY WITH COACHES MARC BERGEVIN AND GUY LAFLEUR to support children and youth in need. Former NHL players will join the fun in support of neighbourhood kids. This is your chance to get in on the game!

Players will raise funds for the organization's programs and compete for the top prize. <http://sharethewarmth.ca/hockey/>

A street hockey game for children will take place the morning of November 12.

- Come dance with us at SHARE THE WARMTH on November 12th at 8 p.m. Tickets are \$20 and there will be a cash bar. Contact (514) 933-5599 at extension 222 to reserve for either activity.
- JOIN us on November 11th at Lord William Pub (265 des Seigneurs) starting at 4 p.m. for the launch of the new calendar, and on November 13th at Chez Dallaire (2035 Wellington) from 2 p.m. to end the weekend in style.



SO THAT WE CAN ALL LEARN AND GROW

MUSIC

Music lessons resumed at the end of September. Piano and guitar lessons quickly filled up and the intensive program already has 52 students. To learn more about the program, join us for the instrument presentation ceremony on Thursday, October 27th at 6 p.m. at the Charles Lemoyne School auditorium (2001 Mullins Street).

Upcoming concerts will be held on December 8th at the Charles Lemoyne School auditorium for the intensive program, and the week of December 5th (several weekday evenings) at Share the Warmth for the weekly piano and guitar program. Come and encourage our young musicians!

TUTORING AND BURSARIES

In September grades 5 and 6 students from the three Point Saint-Charles elementary schools have resumed tutoring sessions.

These students are referred by their schools and meet with their tutors twice a week. Tutors are both volunteers and employees.

If you have time and would like to get involved, please contact Marion Séré by email at hrvolunteers@sharethewarmth.ca or at (514) 933-5599 (ext. 223).

We would like to thank all our donors for making this project possible!

THE EL SISTEMA PROGRAM

Created in Venezuela in 1975 by conductor, musician, and economist José Antonio Abreu, *El Sistema* is a social program that advocates music education and orchestra practice as an alternative to gang life, delinquency, and crime for youth living in *barrios* (extremely disadvantaged neighbourhoods).

The story began in 1975 in a Caracas garage with eight children and conductor José Antonio Abreu. Forty years later, the program is being taught throughout the country, reaching over 780,000 students in 1,600 orchestras. Every day after school, children attend *El Sistema*, where they learn music, build friendships, develop social skills, and most importantly, receive shelter from street violence. *El Sistema* is based on orchestral work, where the orchestra is itself a microcosm of society, teaching kids societal rules such as respect, tolerance, helping one another, and teamwork.



SO THAT WE CAN ALL WORK

EMPLOYMENT TRAINING

Last year, Share the Warmth created two employment-training positions: one as a cashier and the other as a maintenance worker. The objective of this pilot project is to encourage development of work skills among members of the community. Our ultimate goal is to offer paid work experience to participants who are then able to demonstrate their skills to future employers.

The Café-Boutique offers wonderful opportunities to broaden participants' skills throughout their training.

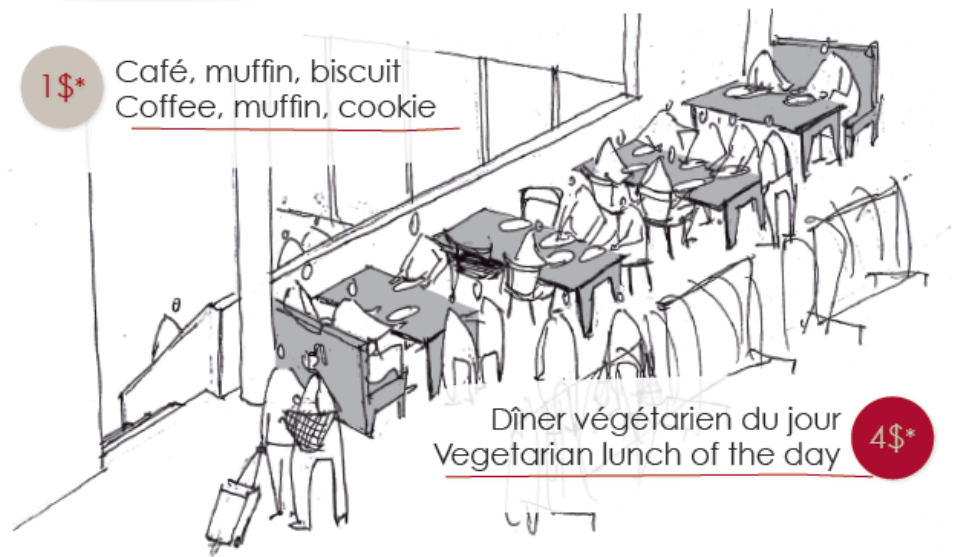
CAFÉ-BOUTIQUE

With funding from Hockey Helps the Homeless, the Café-Boutique will soon be getting a makeover. Local carpenters **Les Écorchés** are currently building a pergola and furniture for the outdoor terrace, as well as furniture for the café's interior.

CAFÉ-BOUTIQUE

LE TEMPS D'UNE PAUSE,
VENEZ SAVOURER UN CAFÉ,
UN DINER ET MAGASINER
DANS NOTRE FRIPERIE!

JOIN US FOR COFFEE, A
SNACK OR LUNCH IN OUR
CAFÉ, OR A RUMMAGE IN
OUR SECOND-HAND SHOP!



* Moitié prix pour les membres / Half price for members

Lundi au vendredi: 8h30 à 15h30 • Samedi: 9h à 15h30
Monday to Friday: 8:30am to 3:30pm • Saturday: 9am to 3:30pm



HOW YOU CAN HELP

By volunteering, organizing a food drive, or fundraising for Share the Warmth, you will help the 4,000 community members we support every month.

You can also take out an insurance policy in Share the Warmth's name and save on inheritance taxes while giving to an organization you believe in.

There are many ways to get involved, depending on your goals and objectives. Come visit us, learn more about our programs, and meet the team. You can also attend fundraising events like the *Share the Spirit* on November 3, or the *Partageons LA PUCK* hockey match on November 12. If you have time or an idea, give us a call.



GIVE MONTHLY

AND STAND WITH SHARE THE
WARMTH YEAR ROUND



95%

95% of bursary recipients have
graduated from High school, twice
the Montréal average.

<http://www.sharethewarmth.ca/non->



DONATE ONCE

A ONE TIME GIFT CAN HELP FOR A
LIFETIME

OUR VALUES

GENEROSITY AND RECIPROCITY, RESPONSIBILITY AND TRANSPARENCY, CREATIVITY, OPENNESS, INCLUSION AND RESPECT.

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Vice-Chair

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