




**SHARE THE  
WARMTH**

# **SPRING 2019**



## **Spring is in the air!**

As the days get longer and warmer, it seems as though everyone at Share the Warmth has a little spring in their step! This past winter was a busy time of year, and we are so grateful to everyone who supported us. Volunteers, donors, and staff all worked hard to ensure our programs and activities responded to the needs of the community. So, as spring slowly rolls into town, we wanted to give you an update on everything happening at Share the Warmth and thank you for contributing to the health and welfare of our community.

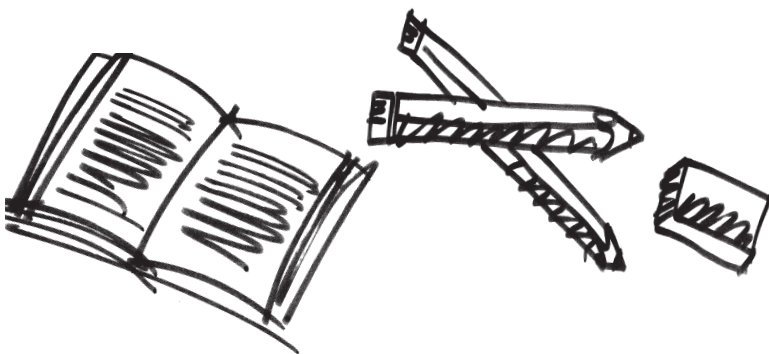
**And make sure you check out Page 6 to see our upcoming events and how you can get involved!**

# TUTORING & BURSARIES

## Breaking down linguistic barriers and making new friends

The tutoring program saw a few small changes this school year.

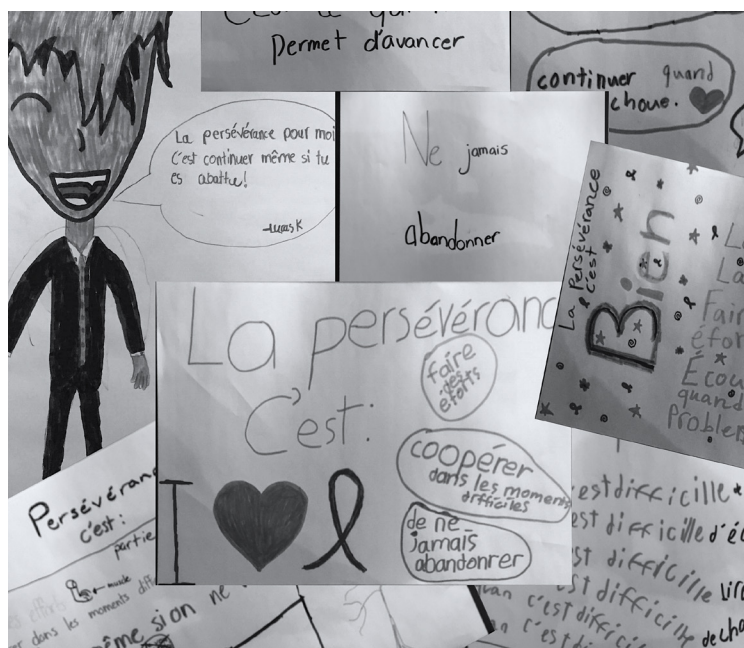
First, each tutor is assigned a maximum of three students. This reinforces the student-tutor relationship and ensures better one-on-one support. Second, the program now brings together students from Point Saint-Charles's French and English elementary schools in combined tutoring sessions. The goal is to not only improve language skills in both groups but also to open up communication and encourage new friendships!



## New post-secondary scholarship recipients

The post-secondary scholarship committee recently completed interviews with Share the Warmth youth finishing high school this year who applied for financial help with CEGEP or trade school. Students completed a detailed application, obtained letters of reference, and demonstrated commitment to their community by discussing the volunteer work they have been involved in during their high school years. These requirements provide excellent life experience as candidates prepared for their interviews with Share the Warmth's scholarship committee members.

The 2019-2020 scholarship recipients will be announced at the **June 14<sup>th</sup> Celebration Ceremony** at Share the Warmth.



## Perseverance means “never giving up”

The *Hooked on School Days Campaign* took place from February 11 to 15, 2019, and encouraged kids to stay in school by raising awareness about the importance of education. Participants in our tutoring program shared what academic perseverance means to them.



## MUSIC



### Our orchestra is growing

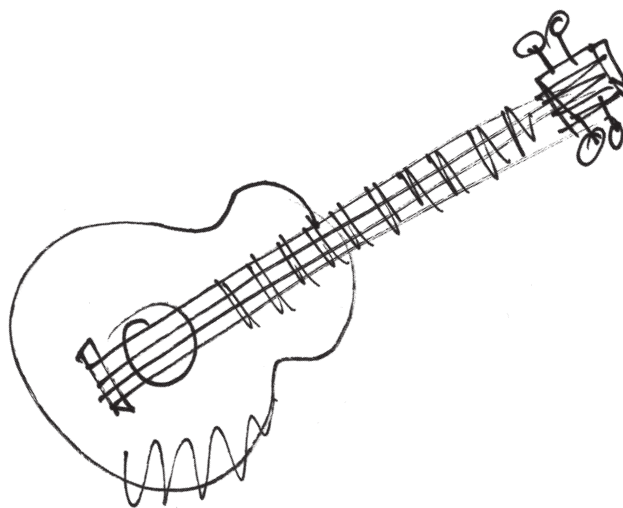
Wind instruments made their debut in our El Sistema orchestra this past fall. Children in the intensive music program can now choose to play the flute as well as the violin, viola, cello, and guitar.

## YOUTH COOKING



### The *classroom* is alive with the sound of music!

The Music Initiation pilot project, which was started in September 2017, was renewed for the 2018–2019 school year. The program provides 30-minute music lessons to 90 kindergarten students at École Charles-Lemoyne. Teachers and staff expressed their appreciation for the project, particularly the teacher in charge of the specialized class for students with severe language impairments where she noticed particular improvements in students with language delays.



### Culinary skills were put to the ultimate test: family approval

To celebrate the end of the fall youth cooking semester, our mini chefs organized a festive meal for their families. They prepared quite the feast, which included salmon on a bed of leeks and potatoes, homemade bread and fruit pie. Participants were so proud of their culinary creations, we have decided to hold similar celebratory meals at the end of each cooking semester.

#### *Oui chef!*

In the upcoming spring semester, our children's cooking workshops will put participants in the role of "head chef". Each participant will be asked to share and teach one of their family's favourite recipes to the group. The goal is to give each participant the chance to be in the spotlight and share something that is meaningful to them and their family.

# FOOD SECURITY

## Share the Warmth's Healthy Food Philosophy

After our last Annual General Meeting, Share the Warmth's Healthy Food Philosophy was unanimously adopted. Our Healthy Food Philosophy recognizes food as an essential part of life, necessary in maintaining a healthy body, mind and spirit. We believe access to food is a fundamental human right and we believe it is part of our responsibility to make healthy food accessible to all.

## Share the Warmth's pay-what-you-can market: a symbol of who we are as an organization

Through all of our food programs, we aim to provide food that is fresh, seasonal, made or grown locally, minimally processed and affordable. The pay-what-you-can fruit and vegetable market was born from this very idea. The market is open to everyone, regardless of financial situation, and people who can afford to pay the suggested price or more are encouraged to do so. However, if customers cannot afford to pay the suggested price, they can still buy the fruits and vegetables they need to feed themselves and their families. 45% of customers pay the suggested price and 20% pay more than the suggested price.



### The market is now open year-round!

Starting this year, the market was open twice a week in the summer and once a week in the winter.

"I don't remember the last time I was able to buy as many fruits and vegetables. Since I started shopping at the market, I cook more and eat healthier. I eat at least two fruits per day, a luxury I could not afford before. Shopping at the market makes me happy, and I get to discover new products. People are welcoming, and I even made friends shopping here."

Roger - Market Client



### The holiday food drive: version 2.0

This year, the traditional holiday food drive was revamped to encourage cash over cans. While we still had over **120 companies** fill **1,005 boxes** with non-perishable items, and over **160 volunteers** sort **21 tons of donated food**, we also **raised \$40,122 for the food bank!** Financial donations have a greater impact on fighting hunger in our community. Through bulk purchasing and reduced rates, every \$1 we receive allows us to buy \$3 worth of food.



# SHOW YOUR LOVE FOR SHARE THE WARMTH

In February we launched our **#ShowYourLove** campaign to encourage donors to make a lasting commitment to Share the Warmth through automatic **monthly donations**. For us, monthly donations are important as they represent predictable revenue, allowing us to better plan and organize our activities throughout the year. With a monthly donation, you will directly contribute to program development and the lives of our members.

You can start supporting us today by signing up for automatic monthly donations at: **[sharethewarmth.ca/donate-monthly](https://sharethewarmth.ca/donate-monthly)**.

Simply fill out the online form and pick the program or fund you would like to support. A tax receipt for your total annual contribution will be issued once a year. You can change or cancel your automatic payments at any time by calling 514-933-5599 ext. 222 or emailing [info@sharethewarmth.ca](mailto:info@sharethewarmth.ca).



Monthly donations support our various programs. You can pick which program to donate to, as for example our work training program, which helps people like David, Jean-Philippe, Alizé and many more gain valuable work experience.



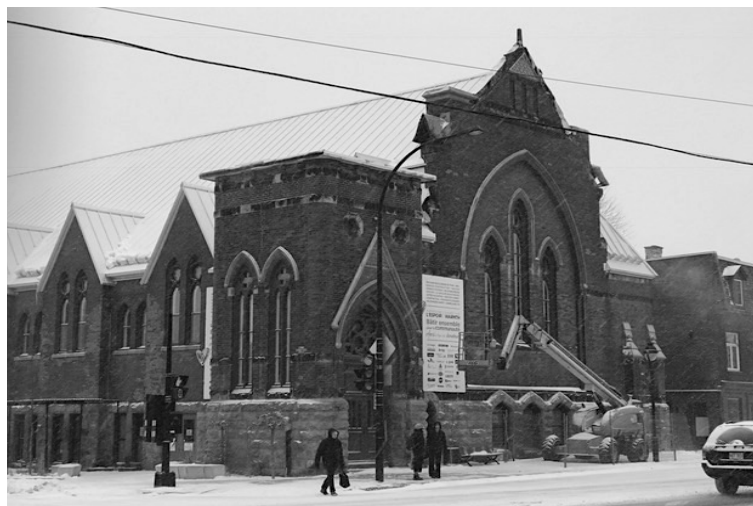
# MARK YOUR CALENDARS

## Table of Hope 2019 - May 6, 2019

A new venue, a new fundraising objective and all the delicious food you love! Join us on

**May 6, 2019**, at the Grand Quay in the Old-Port of Montreal for a gourmet evening that is sure to impress. Our goal: to raise \$250,000 for our food programs. Buy your tickets or find out how you can become a sponsor, donate a prize for the auction or advertise with us at:

[sharethewarmth.ca/upcoming-events/table-of-hope](http://sharethewarmth.ca/upcoming-events/table-of-hope)



## Share the Warmth gets a new roof!

Share the Warmth has been undergoing major renovations and repairs since 2014. This past year, we entered the final and crucial phase of replacing the roof. We are happy to announce that the work is over 95% complete. But, we are still searching for financial support to help us pay off the huge cost of these repairs. You can contribute to this campaign by making a donation at: [sharethewarmth.ca/donate](http://sharethewarmth.ca/donate)

## Dust off your running shoes

Once again, Équipe Espoir will be participating in the **Scotiabank Charity Challenge on April 27 and 28, 2019**, at Parc Jean-Drapeau.

Join us and support our youth programs.

- 21 km half marathon: Sunday, April 28 at 9:00 a.m.
- 10 km run: Saturday, April 27 at 9:00 a.m.
- 5 km (run or walk): Saturday, April 27 at 11:00 a.m.
- 5 km with stroller: Saturday, April 27 at 11:00 a.m.
- 1 km kids run: Saturday, April 27 at 12:45 p.m.

Register today at:

[sharethewarmth.ca/upcoming-events/scotiabank-run](http://sharethewarmth.ca/upcoming-events/scotiabank-run)

## Questions or comments

Send us your questions or comments at:

[info@sharethewarmth.ca](mailto:info@sharethewarmth.ca)

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Charity number: 876448879 RR0001



## Spring cleaning? You can donate clothing and small household goods to Share the Warmth's boutique.

Please remember to dispose your waste responsibly by dropping off damaged goods and old electronics at your local Eco-Centre. If you have pre-loved clothing or small household items in good usable condition, you can drop them off at Share the Warmth during business hours (Monday to Saturday 8:30 a.m. to 3:30 p.m.). We have also recently resumed pickups in the following areas: Town of Mont Royal, Ville St-Laurent and Westmount. For more information please contact Mona at 514-933-5599 ext. 230.