



Carty House Chronicle

November 2016



The Wooden Sky back to rock out for Carty House

By Tobi Cohen
Carty House Communications Chair & Chronicle Editor

Toronto-based indie folk band The Wooden Sky is returning to Ottawa to raise funds for Carty House.

Like last year, a portion of the proceeds from their annual holiday show will be going to support our residents.

Expect the band to play some old favourites as well as new material they've been testing out ahead of the release of their next album in 2017.

This year's performance will take place December 12th at 8 p.m. at St. Alban's Church.

Purchase tickets online at www.spectrasonic.com/event1375487. They're also available at Vertigo Records and Compact Music. Thanks for thinking of us again!

Riding for refuge

By Juliet Schimpf

Carty House Executive Director

On a sunny, autumn Saturday in October, five Carty House residents joined me at the annual Ride for Refuge.

For five kilometers we walked and sang and enjoyed the autumn colours.

Team Carty House was one of 46 Ottawa teams registered for the annual event, which raises money for charities that support refugees. It takes place in cities across Canada and the United States.

Of those registered in Ottawa, Team Carty House placed 10th in fundraising, raising \$3,385.

The women were all smiles at the event, which culminated with a complementary barbecue lunch and massage treatments.

A special thanks to all those who donated to this worthwhile cause. I hope to see all of you walking or biking with me in 2017!

Donor profile

By Kris Kelly

Carty House Fundraising Chair

Tremendous news from the fundraising team—a new partnership with Shoppers Drug Mart!

The pharmacy is part of the fabric of Canada. It has a rich history of helping improve the lives of Canadians, not only through its services, but also by giving back to local communities.

The Shoppers Love. You. Initiative, which champions women's health, has partnered with Carty House in support of our Swim for Health project.

In 2017 Carty House's 10 residents will be able to enroll in one of several eight week swim classes at either the Lowertown Pool or the Taggart Family YMCA. Participation in an instructor-led swim class will help Carty House residents improve their swimming skills,

become familiar with Ottawa's recreation facilities and help them connect with other women in the community. We hope it will also to improved physical and mental health.

Following the course, each participant will receive a six month swim pass to continue their exercise regimen.

Thanks Shoppers Drug Mart!

Green Door fundraiser another success

By Stacie Travers
Carty House board member

The 3rd annual Carty House Green Door Gala was another smashing success as donors, staff, volunteers and residents mixed and mingled while enjoying delicious food, riveting speeches and raising money for a great cause.



Former Carty House resident Peace shares her story at Green Door Gala.

Cocktails, appetizers and live guitar set the stage for the evening which featured an all-you-can-eat vegetarian buffet, a silent auction and 50/50 draw.

As our 70-plus guests found their seats, Ottawa City Counsellor Michael Qaqish delivered a few impromptu remarks emphasizing the importance of Carty House's work. Board Chair

Lorna Book welcomed the group and thanked everyone for their commitment and dedication to helping refugee women in Ottawa. She also introduced Peace, a former Carty House resident who reminded us all about the impact and importance of Carty House:

"I thought Carty House was going to be like the other shelters, but it was different," she told a mesmerized audience. "At Carty House we became like a family. We were eating together, we were sharing and talking about things that were familiar. Some of the ladies are like my mother or my aunts. I respect them like my own parents. They are people that you can count on."

Peace recounted how Carty House staff helped her apply to university and for a bursary and put her in touch with somebody who assisted with her now successful application for permanent residency.

"I am so thankful for everything I accomplished living at Carty house and for everybody who helped me," she

said.

CBC journalist and keynote speaker Judy Trinh also delighted guests with the tale of her family's harrowing journey from Vietnam in 1979. Pirates, illness, bureaucratic errors and the support of a community in Lethbridge, Alberta marked her family's odyssey. Her story not only resonated with Carty House residents in attendance, but with all



Carty House founder Sr. Maureen Killoran, Ottawa city counsellor Michael Qaqish and CBC journalist Judy

guests whose parents, grandparents, friends and neighbours faced similar challenges coming to Canada.

The evening wound down with the announcement of the winner of the 50/50 draw and the close of the silent auction. Donors grabbed their goods, which included gift certificates, hockey tickets, an alpaca shawl and jewelry, before grabbing their coats and bringing an end to a fantastic evening.

Thanks to all who attended. Your generosity helped raise more than \$3,600 to support ongoing programs that make a lasting impact in the lives of refugee women in Ottawa.

Hope to see you at the next gala!

Huge thanks to our Green Door Gala sponsors:

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Carty House

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Carty House is going green!

Send us an email to switch to our digital newsletter (or to unsubscribe):
communications@cartyhouse.org

The Carty Cares Annual Appeal is on now!

Give the gift of hope to our residents this holiday season. Make a donation online at cartyhouse.org or send a cheque to our mailing address. **Help us reach our \$10,000 goal and change lives!**