



Carty House Chronicle

April 2018

“Galentine’s Day” a huge hit with Carty House women

By Julie MacGarvey,
Carty House volunteer

On the evening of February 20th, more than 20 women gathered at Carty House for a special “Galentine’s Day” event.

The focus of the Valentine’s Day/ladies night in-themed evening was self-care — beginning with a presentation from Marie, who explained what self-care is and offered practical ways the women could incorporate it into their lives.

Marie is a yoga instructor in Ottawa who also offers regular yoga and meditation classes to the women at Carty house.

The women spent some time brainstorming things they could do to support their own emotional well-being — taking baths, exercising and eating chocolate were all near the top of the list!

Everyone enjoyed the pizza dinner and the chocolate fondue dessert was a real treat — for some it was their first time trying fondue.

The women later enjoyed a spa night with manicures and pedicures provided by volunteers, face masks, as well as a do-it-yourself station where I showed them how to make their own bath salts using essential oils from my company Nurtured Essentials.

There was music, dancing and laughter throughout the house — a truly wonderful evening for all!



Fundraising update!

We have the most generous supporters!

Our three fall/winter fundraisers were a tremendous success.

Last fall’s Green Door Gala raised \$7,800 ,while we collected \$9,200 through our annual appeal.

Meanwhile, our amazing Ride for Refuge cyclists raised \$2,000 for Carty House.

It’s never too soon to get your 2018 team ready for the next ride. Contact us at communications@cartyhouse.org for more details.

Thank you so much for your continued support of refugee women in Ottawa.

Upcoming Events

Get ready for the first ever Carty House online auction!

This spring we’re trying something new and auctioning off great prizes — all online.

We’re still seeking donations of goods, services, tickets and gift cards so spread the word. In exchange, we will gladly plug your business online. Contact us at donors-relations@cartyhouse.org.

We’re also bumping up the Carty House Gala to June this year so mark your calendars and save the date of June 14th.

Additional details on both events coming soon!

Carty House

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**Communications@
cartyhouse.org**

Carty House the toast of Irish Garden Party



Dust off your spring bonnet or sport a fascinator and join the Irish Women's Network of Ontario for the 5th Annual Ladies' Spring Garden Party at the residence of the Irish Ambassador.

This year's event will take place on May 6th, from 3-5 p.m. and funds raised will go towards Carty House.

The event will include delightful refreshments, entertainment, a silent auction and door prizes.

Tickets are \$25-35 and can be purchased at <https://www.eventbrite.ca/e/5th-annual-ladies-spring-garden-party-tickets-44593571573>

Don't forget to invite your friends!

New at Carty House

- We are thrilled to welcome several new faces to the Carty House Board of Directors. **Anne-Marie Belanger-McMurdo** and **Sophia Lowe** come with tremendous experience in the area of refugee protection. **Dative Dukuze** is a personal support worker who brings a unique perspective as a former Carty House resident. And **Anqi Shen** is a digital media specialist with expertise in web writing, news reporting and social media management. If you're interested in joining our dynamic board, we're still looking for people with five-plus years of board experience. Reach out at communications@cartyhouse.org.
- Carty House also bid farewell to longtime board member **Bernadette O'Neill** in January. Bernie joined the board in 2012 and served as chair and liaison with the Congregation Notre Dame. Her knowledge, experience and deep commitment to the mission of Carty House and its many residents over the years will be sorely missed. We wish you well!

Volunteer Profile

Wanda Thorsteinson and Pat Coulas have become indispensable to Carty House.

Twice a week since November, they've taken on the formidable task of doing groceries for a household of 10 women from different countries and with many different culinary tastes.

It's a tough job and Carty House is grateful for their help and keen eye for bargains.

"We do like being able to help out in a small way," Wanda says.



Resident Recipes

The Carty House Chronicle is pleased to introduce a new column that's sure to make your mouth water!

Our residents come from all over the world and many of them are superb cooks.

Today's **Meat Pie** recipe comes from a resident from Cameroon. She grew up eating her mom's meat pies and eventually learned how to make them herself. The dish reminds her of home.

She says the ingredients she uses here are pretty much the same as those used in Cameroon.

She's made them for staff and residents who will attest to the fact that they are very delicious!

Not a quick recipe, it is definitely a labour of love!

Pastry Ingredients

6¼ cups flour
3 eggs
500 g butter
2 tbsp sugar
1 tbsp salt
1 tbsp baking powder
1 tsp nutmeg

Filling ingredients

2 potatoes
2 carrots
500 g mince meat
Seasoning, salt and
Maggie to taste.

Procedure

- Mix dry ingredients in a plastic bowl.
- Add butter and mix well to give a bread crumb texture.
- Make a well and add beaten eggs and mix.
- Add a bit of water or milk to make the dough softer.
- Put dough in the fridge to set for 10 to 15 minutes.
- Put mince meat in pot; add seasoning and cook 15 minutes.
- Add chopped potatoes and carrot and cook for another 10 minutes
- If watery, add flour to thicken meat filling.
- Then cut dough into desired shapes, fill with meat and bake for 20- 30 minutes on medium heat.



If you make it, let us know what you thought at communications@cartyhouse.org