

# Friends of



Fall 2009, No. 12

## Harmony House team

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Executive Director  
Amanda and Leonora  
Women's Advocates  
Lee-Anne  
Children's Advocate  
Heather  
Housing Advocate  
Cheryl  
Safety and Environment  
Coordinator  
Faiza  
Ex-resident and Accessibility  
Outreach Worker  
Kay  
Volunteer Co-ordinator  
Coco  
Administrator  
Christine Irvine  
Manager, Fund  
Development

## Board of Directors

Amy Heron, President  
Mary Simms, Vice-president  
Carolyn Boon, Treasurer  
Catherine MacDonald,  
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## So many ways to support Harmony House!

### 10th annual Chicks'mas bash

This event began in December 2000, when a small group of women decided to direct their Christmas gift giving to women truly in need. To date, the Chicks'mas Bash has raised more than \$48,000. This year's event takes place on Friday, November 13 at the Velvet Room in the Byward Market. Admission is \$25. Ladies arriving before 7:45 p.m. will automatically be entered in a draw for a great door prize, not to mention having first dibs on all the auction items and raffle tickets! For more information or to make a donation, contact Christine Irvine at [fundraising@harmonyhousews.com](mailto:fundraising@harmonyhousews.com).

### Golf tournament

On June 3, nearly 100 golfers teed up in support of the shelter. Over the last five years, our tournament has raised more than \$125,000 for the shelter. You can participate in next year's event, to be held on June 2, 2010, by purchasing a foursome, or, if you would prefer, you can join us for cocktails and dinner after the event. Information about sponsorship opportunities and registration will be posted on our website early in the New Year. You can also email [fundraising@harmonyhousews.com](mailto:fundraising@harmonyhousews.com) for more information.

### Red & White

On June 11, five of Prince Edward County's wineries gave Harmony House supporters a taste of their finest wines. Huff Estates, Black Prince Winery, Sugarbush Winery, The Grange and Rose Hall Run poured for almost 100 people. To complement the wine, there was a delectable array of bites donated by Sylvie&Sylvan and music by a trio from the Ottawa Symphony. Plans are in the works to hold the 2010 edition of Red & White next April.

Check our website—[www.harmonyhousews.com](http://www.harmonyhousews.com)—for more details on these and other events.

**The annual United Way campaign is back!** Did you know that you can direct all or part of your United Way donation to Harmony House? Simply indicate on your pledge card that you wish to designate your contribution to us. Harmony House is registered as a charity with Canada Revenue Agency. Our BN/Registered charity number is 886420199RR0001.

**Thank you!**



Printing donated by the  
Ottawa Citizen.

## Message from our Executive Director

This fall I am pleased to tell you about the launch of Harmony House's public service announcement campaign featuring prominent men speaking out against violence against women. This project is the culmination of work undertaken by Harmony House's Social Action Committee over the past several years. In 2007, we hosted a conference of anti-violence activists who identified various strategies to end violence against women. Among them was the idea to get men to speak out to other men and boys regarding their commitment to women's equality and to ending violence against women. We are delighted with the final results. Watch for details on the campaign launch on our website and hopefully you'll see the finished product in local television, radio and print media starting in time for December 6, the national day of action to end violence against women.

I'd like to say a big thank you to all the men who donated their time and their voices to our campaign, including Adam Langlois, our fabulous cameraman.

I am also excited to report on a project our shelter association, the Ontario Association of Interval and Transition Houses (OAITH), hopes to undertake over the next several years. OAITH and member shelters will be working toward greater inclusion of survivors of violence in our work to end violence against women. This, of course, makes perfect sense as women are the experts of their own experiences and can and should lead the

way to ensuring that appropriate resources are in place to effectively help abused women when they need them. This project builds on OAITH's last major project, Women's Voices, which outlined the problems abused women experience in escaping violence and what they would need to become more involved in work to end violence against women.

It is exciting to once again be in an era where progressive work to end violence against women is taking place. I have always believed that **ending** violence against women is an achievable goal in my lifetime and it is the real work of shelters for abused women and our supporters. Thank you to all of you who share this dream and help us make it a reality.

*Leighann*

### Who we served in 2008–2009

Applicants: 106

Number of residents: 33

Women who did not receive housing at  
Harmony House: 73

Average length of stay: 8 months

Children with mother in the shelter:

Ages 0–6: 18

Ages 7–12: 10

Ages 13–18: 4

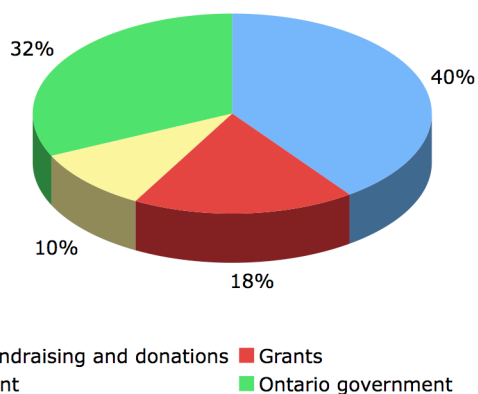
Women on Ontario Works: 24

Women on ODSP: 6

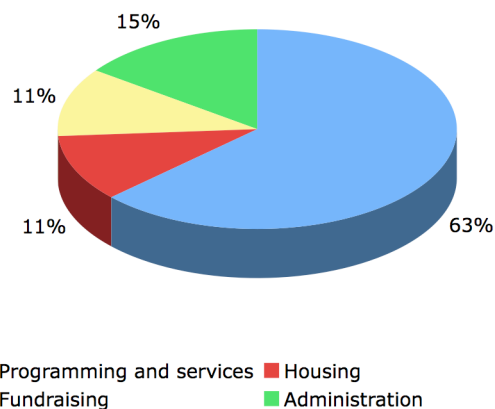
Women employed: 8

Families accessing the Harmony House food bank  
each week: 25

**Where our money comes from**



**Where our money goes**



## What Harmony House means to me

Harmony House aids me in feeling safe.  
Harmony House helps me build my self-esteem so I can be brave.  
Harmony House offers me compassion and empathy to get life sorted out,  
and to start new journeys and paths that are healthy.

Women at Harmony House offer me support to move ahead –  
they are like angels fluttering their wings above my head.

At Harmony House I have options and I am able to mend my soul.  
At Harmony House I am told that I'm not alone.

Harmony House is like the family that I never had.

*Submitted by a current resident*

## Our volunteers are the best!

Harmony House has a large roster of enthusiastic volunteers. They generously donate their time to our ongoing resident programs, such as our weekly food bank, and to many of our fundraising events. Thank you to all of you. We couldn't do it without you!

In particular, we would like to thank the following:

- Sabrina, Danielle, Miriam, Kim and Robin, who provide child care
- Mary-anne, who helps in the Community Kitchen
- Linda Gustus, Clementine Van Veen, Nicole Deschesne, Joy Asbil-Lee, Cynthia Dwyer, Eric Kalbfleisch and Gordon Schwartz, long-serving members of our fundraising committee
- Chantel Montgomery, Toni Todd, Gloria Assaly, Trish Spooner and Janet Farrell, volunteers at our various fundraising events

In addition, we would like to send our warm and heartfelt thanks to the many community members who gave so generously over the 2008 Holiday Season.

It was people in our community such as you who gave the women and children of Harmony House the happy holidays they might not otherwise have had.

## Would you consider?

If you are looking for a new way to support the work of Harmony House, we would be pleased to receive donations of gift cards from office supply stores such as Grand & Toy and Staples to help us defray our administrative costs.

For more information, contact us at [administration@harmonyhousews.com](mailto:administration@harmonyhousews.com).

## 2008–2009 fundraising events

Thank you to the organizers of and participants in the following events held in support of Harmony House in 2008–2009:

- Golf Around League Tournament, September 2008 and 2009
- Sarah Shropshire, recital at Fourth Avenue Baptist Church, November 2008
- Chicks'mas (ninth annual), December 2008
- Bon Appetit, May 2009
- Jennifer Meade Gospel Concert, May 2009
- Just Say Yes, October 2009

**Thank you!**

## Corporate sponsors

Since 2005, **Keller Williams Ottawa Realty** has made an annual donation in support of our resident programs. These funds are generated through agents' commissions. In addition to this generous financial support, the agents also organize an annual clothing donation event for our residents and their children.

Since 2005, **Gordon Schwartz and his team at Gumdocs** have made their donation in support of the front-line programs at the shelter. They are a major sponsor of our annual charity golf tournament and supply toothbrushes to our residents and their children.

Through the efforts and support of Eric Kalbfleisch, a key member of our fundraising committee, we have received advertising and printing support from the **Ottawa Citizen** since 2004.

**Royal Bank Financial Group** continues to support the shelter financially through employee contributions and through volunteer hours.

**Air Canada** has been a sponsor of our annual charity golf tournament since 2006.

## Thank you to our generous community partners

We depend on a network of partnerships with a number of community organizations. Thank you to all of the following organizations, which continued to show their support for Harmony House in 2008–2009:

A League Above	Expressions of Muslim Women	Pranashanti Inc.
Abacus Consulting	Family Services Ottawa	Public Service Alliance of Canada
ACART Communications	Filles d'Isabelle Cercle Notre-Dame du	Rama Lotus Yoga Centre
Algonquin College	Rosaire	Randall's Paints Limited
All Saints Anglican Church	Fleetway Inc.	Realtors Care Foundation
Amex Canada	Global Intellectual Strategies	Rideau Park United Church
Anglican Church Women-Ottawa Diocese	Golf-A-Round League	Ridout & Maybee LLP
Anglican Diocese of Ottawa	Great Canadian Theatre Company	Rosehall Run Vineyards
Atria Networks	HBC Foundation	Royal LePage Shelter Foundation
Aunt Olive's	Huff Estate Winery	RWTO Ottawa Carleton
Beacon Hill Women's Group	Immigrant Women Services	Saint Brigid's Centre for the Arts and Humanities
Bethany United Church	Independent Order of Foresters	St Basil's Church
Black Prince Winery	International Financial Consulting	St. Bartholmew's Anglican Church
Bon Appetit Ottawa	Jennifer Meade	St. George's Church (Anglican)
Borden Ladner Gervais	John McCrae Secondary School	St. Matthew's Anglican Church
Brazeau Seller LLP	Kay Management	St. Paul's Catholic High School
Bytown Blackhearts	KLB Communication Services	Straumann Canada Ltd.
Buntart	Kompass House	Success by Six
Canada Mortgage and Housing Corporation	Leacross Foundation	Sugarbush Vineyards
Canada Post	Learning Tree	Sylvain de Margerie
Carleton University (Vagina Monologues)	Luke's Place Support and Resource	Sylvie Malboeuf
Chateau Cartier	Malcolm Pierce Racing Stables	TD Canada Trust Mortgages
Chicks'mas	Marbek Resource Consultants Ltd.	Team Triumph
Christ Church Bells Corners	Mario Laroche	Telus
Church of the Resurrection	Men Rocking for Women	The Builder's Lodge 177
City of Ottawa	Merivale High School	The Grange of Prince Edward County
CLV Group	Milident Inc.	The May Court Club of Ottawa
CMHC Human Resources Division	National Arts Centre	United Way Centraide
Curves	Ottawa Community Housing Corporation	University of Ottawa
Dominion-Chalmers United Church	Ottawa Food Bank	Veritaaq Technology House
Dorlene Fashions	Ottawa Real Estate Board	Vincent Massey Public School
Element National Component	Ottawa Symphony Orchestra	

### Privacy policy

Harmony House respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We do not rent, sell or trade our mailing list. We use personal information to provide services and, through periodic contact, such as this annual newsletter, to keep you informed of the activities of Harmony House, including about our programs services and special events, volunteer opportunities, funding needs and other ways to donate. If at any time you wish to be removed from our mailing list, simply contact us by email ([administration@harmonyhouseews.com](mailto:administration@harmonyhouseews.com)) and we will gladly accommodate your request.