

Friends of



Fall 2010, No. 13

Harmony House team

Leighann, Executive Director

Amanda and Leonora,
Women's Advocates

Lee-Anne, Children's
Advocate

Kim, Housing Advocate

Cheryl, Safety and
Environment Coordinator

Faiza, Ex-resident and
Accessibility Outreach Worker
Leonora, Volunteer
Co-ordinator

Linda, Administrator

Christine Irvine, Manager of
Fund Development

Board of Directors

Mary Simms, President

Lucianne Poole, Vice-
President

Carolyn Boon, Treasurer

Kristi Fejedelem, Secretary

Anoop Busuttil, Catherine,
Monica Chohan, Margot
Maguire, Rebecca Page,
Sarah Pike, Kari Wolanski

A message of thanks

By Mary Simms, President of the Board of Directors

Thanksgiving has come and gone, but the spirit of gratitude stays with Harmony House.

Here are some of the things we are grateful for:

Your generous support.

Harmony House currently receives some provincial funding, but the majority of our funding continues to come from individual donors and community partners. Your generosity keeps our doors open and means so much to the women and children we serve.

Our caring and committed staff.

As a second stage shelter, we provide much more than safe and secure housing. Our compassionate and skilled staff assist and empower residents and ex-residents as

they rebuild their lives.

Our executive director, Leighann Burns, could not be more dedicated to Harmony House and to ending violence against women.

Our wonderful volunteers.

These include board members, fundraising committee members and all those who offer their assistance at fundraising events and at the House. We will be forever grateful for our former volunteer coordinator, Kay Rawson, who passed away late last year.

Our accessibility project.

As the only second stage shelter in Eastern Ontario, we are committed to ensuring that we are accessible to every woman who needs our services.

Disabled women are more likely to experience domes-

tic violence than non-disabled women, and they face more barriers in seeking help. Thanks to a combination of provincial, municipal and private funding, we are renovating our building to ensure access to all.

On a personal note, I am grateful for the opportunity to embark on my first term as president after four years on the board of Harmony House. Over the past 15 years, I have been involved with various community organizations and Harmony House has stood out as a truly special place.

Finally, a special thank you to Amy Heron, our outgoing president, for her invaluable support and excellent leadership.

Contact Us

PO Box 57082

Somerset Postal Office
Ottawa ON K1R 1A1

Tel.: 613-233-3386

Fax: 613-567-1707

info@harmonyhousews.com

www.harmonyhousews.com

Join us for an evening of mystery and mayhem!

Join us on Thursday, Nov. 18, for our first "Murder Mystery" in support of Harmony House at Scarlett's Dinner Theatre, 62 York Street in the Byward Market.

Let's set the scene: You are enjoying an excellent three course dinner in the elegant Velvet Room. Suddenly someone you just met comes to a violent (and always hilarious) end. A killer is in the room! Who is it? Who's next? Sample a superb three course dinner as you help detective Eddie May grill the suspects and examine the clues.

The evening starts at 6:30 p.m. for cocktails dinner at 7 p.m. Tickets are \$100 with a \$35 charitable tax receipt.

To order your tickets, contact Christine Irvine at 613-822-2986 or fundraising@harmonyhousews.com.

Printing courtesy of the
Ottawa Citizen.

Message from our Executive Director

By Leighann, Executive Director

We made it through another hot summer largely thanks to our summer recreation program, a collaboration with Andrew Fleck Child Care Services. Although our units provide safe refuge to women and children fleeing violence, in the summer they are hot!

Funded by Telus and May Court, this program allows us to hire a former placement student who, along with two staff members from Andrew Fleck, kept the children busy and entertained throughout the summer. The children made many trips to museums, recreation centres, pools and parks, including the Gatineau hills.

Thanks to Rachel, Nora, Dekka, Alex and Lee-Anne for delivering a fantastic program this summer.

This fall, one of the big issues before Parliament was the Conservative private member bill to eliminate the long gun registry. The bill was defeated by the slimmest margin, but the Conservatives have made clear that the issue will come up again.

It confounds me that Parliament would consider eliminating the registry. Since its creation in 1991, it has contributed to a 63% decline in homicides of women by firearms, compared to a 38% decline in homicides of women by other means over the same

period. Possession of or access to firearms is one of the top five highest risk factors for domestic murders of women in Canada.

In Ontario, where only 15% of households have firearms, 55% of individuals who committed domestic murders of women had access to guns. Unre-

"Since its creation in 1991, the long gun registry has contributed to a 63% decline in homicides of women by firearms."

stricted rifles and shotguns are the most likely to be used in domestic violence situations.

So why would we eliminate the long

gun registry? Some argue the registry is expensive. While the initial set up of the registry was expensive, those costs have been spent and now that the registry is being administered by the RCMP they have clearly stated that dismantling the registry will save only \$4.1 million a year.

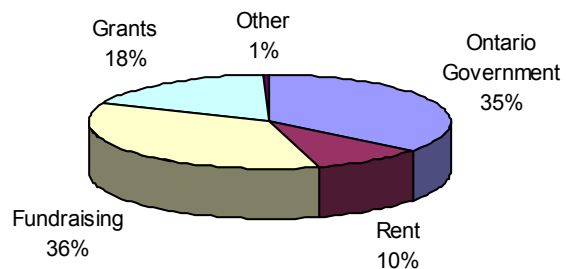
What is the price of a life saved? Some estimates say a murder trial costs the state \$1 million. The registry saves lives and costs less than running trials for those who kill others with guns. No contest.

Keep the registry. Tell your MP. (For all stats referenced here please see www.guncontrol.ca.)

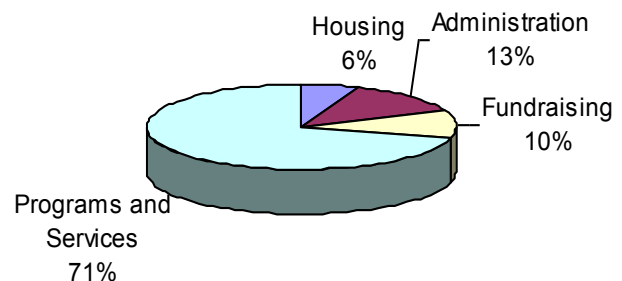
Who we served in 2009-2010

Applicants:	82
Number of residents:	27
Women who did not receive housing at Harmony House:	55
Average length of stay:	8.3 months
Children with mothers in the shelter:	22
Ages 0-6:	15
Ages 7-12:	4
Ages 13-18:	3
Women on Ontario Works:	13
Women on Ontario Disability Assistance:	3
Women employed:	5
Families using the Harmony House food bank each week:	25

Where our money comes from



Where our money goes



What Harmony House means to me

By a current resident

I had never envisioned being in a shelter. When we first arrived at Harmony House, we were diligently looked after by the team.

At the time, I could not comprehend what was happening in my life. I am used to being very independent and self-reliant, but experience showed me that life can change any moment.

In my experience, Harmony House's staff does its best to make women and children to feel welcome and safe. My transition towards a life free of vio-

lence has been less traumatic by being supported by Harmony House's professional team. Through the children's program, my children participated in summer activities that I would not have been able to afford on my own. My children have told me that this was their second best summer ever.

Thank you, Harmony House, for everything. You have made a positive difference in my life and the life of my family.

Our volunteers are essential to our work!

By Leonora, Volunteer Co-ordinator

Harmony House is very fortunate in its committed and enthusiastic volunteers. They generously donate their time to support our resident programs, such as sisterhood, the weekly food bank, the monthly community kitchen. These and many of our fundraising events would not be possible without our volunteers!

We wish to particularly thank Julie Mohanna for participating in a number of our programs and representing us at community events.

A heart felt thank you to:

- Mariam, Sabrina, Danielle, Jacqueline, Genevieve, Caroline and Teresa, who provide child care;
- Maryanne, who treat our resi-

dents every month by running the Community Kitchen; and

- Pat, Grace and Mavis for diligently and consistently helping us run the Food Bank.

In addition, we would like to send our warm and sincere thanks to the many community members who gave so generously over the 2009 Holiday Season. It was caring people in our community such as you who gave the women and children of Harmony House the happy holidays they might not otherwise had.

The Annual Charity Golf Tournament

By Christine Irvine, Manager, Fund Development

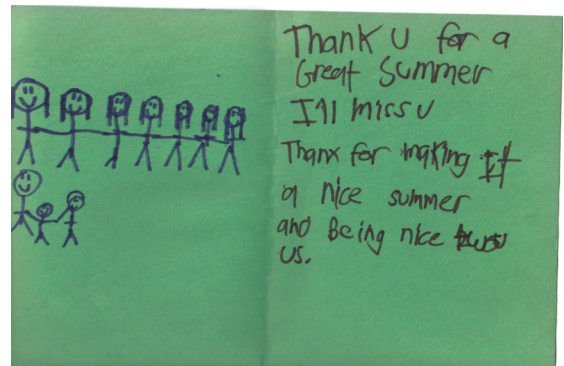
Nearly 100 golfers teed up in June to support Harmony House at the 6th Annual Charity Tournament. Harmony House's annual golf tournament has raised more than \$125,000 during the past five years.

Special thanks go out to our sponsors, golfers, volunteers and our dedicated golf committee: Joy Asbil-Lee, Linda Bruce, Cynthia Dwyer, Christine

Irvine, Eric Kalbfleisch, Sarah Pike and Gordon Schwartz.

Our next tournament will be held on June 1, 2011 at the Chateau Cartier Golf Resort in Gatineau, Quebec. Stuntman Stu of BOB FM has graciously agreed to return as our emcee and auctioneer.

To participate, sponsor or join us for cocktails and dinner, please visit www.harmonyhousews.com in the New Year.



A note to a Harmony House staff member from one of the children in the summer program.

2009-2010 fundraising events

Thank you to the organizers and participants of the following events held in support of Harmony House in 2009-2010:

- Chicks'mas, November 2009
- Red and White II, Showcase of Prince Edward County Wines, April 2010
- Ottawa Muslim Women's Association Fundraising Dinner, April 2010
- Bon Appetit Ottawa, May 2010
- 6th Annual Harmony House Charity Golf Tournament, June 2010
- Golf Around League Golf Tournament, August 2010
- Harmony House Garage Sale at the Old Ottawa South Annual Porch Sale, September 2010

The Annual United Way Campaign is back!



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!

Corporate sponsors

Keller Williams Ottawa Realty – Since 2005, Keller Williams Ottawa Realty has made an annual donation in support of our resident programs. These funds are generated through donations from their agent's commissions. Agents also generously organize an annual clothing donation event for our residents and their children. The 4th annual event, hosted by St. Matthew's Anglican Church, is scheduled for October 2010.

Dr. Gordon Schwartz and Dr. Cameron Jones, Gumdocs Periodontics and Implant Dentistry – Since 2005, Gordon Shwartz and his team at Gumdocs have made their donation in support of the front-line programs at the shelter. Gumdocs is a major sponsor of our annual charity golf tournament, and it supplies toothbrushes to our residents and their children.

Ottawa Citizen – 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.

RBC Financial Group – RBC continues to support the shelter financially through employee contributions and volunteers hours.

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

Many thanks to our generous community partners

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

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@harmonyhousews.com) and we will gladly accommodate your request.