

Winter Message from Cornerstone's Executive Director Susan Garvey

"Cornerstone is about to begin an exciting new chapter."



Left to right: Mollie, volunteer, Susan Garvey, Cornerstone Executive Director

It is with bittersweet feelings that I write my last note to you as Executive Director. After almost twenty-three years I am stepping down as Cornerstone's leader. It is difficult to put into words how much this amazing organization and its residents, staff, volunteers and donors have meant to me as a person. It has been a gift to serve my community in this way.

I also look forward to the next phase of my life. My husband, Larry, and I have lots of exciting plans. And I am going to continue as Chair of the Homelessness and Affordable Housing Working Group of the Anglican Diocese until we achieve our collective goal to build 125 new units of affordable housing by 2021, the Diocese's 125th anniversary. I am blessed to continue to help increase safe, affordable housing and communities of care for vulnerable people in our city.

"I am thrilled to know that Cornerstone is about to begin an exciting new chapter. It is confidently poised to continue its work helping women transform their lives after crisis and hardship."

We opened our brand new 373 Princeton Avenue affordable housing community this past fall. Thanks to the inspired work of our Board of Directors, the Anglican Diocese of Ottawa, our faith community supporters, staff, donors and community partners we reached our two million dollar capital campaign goal and began welcoming our first new residents in November 2018. As you can imagine, the Christmas party at 373 Princeton was quite a joyful and fun-filled celebration!

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As always, 2018 was a very full and active year at Cornerstone's emergency shelter and all four of our affordable housing communities. We provided short term refuge and permanent homes for almost 500 women. Many of those women moved on to independent housing in the community or to a Cornerstone residence suited to the next steps in their healing journey. As always, we are inspired by their courage, determination and hopefulness in the face of incredible challenges.

We also had a very successful fundraising year, grateful that we were once again able to raise the much-needed funds to keep our doors open and our services strong and growing. I am overwhelmed at the generous support that we continue to receive, allowing us to serve this city's most vulnerable women.

Executive Director's Message (cont...)

As I wish you my adieu as the Executive Director of Cornerstone, I mostly want to express my gratitude to those of you who have chosen to walk with Cornerstone, and with me, all these years. You have helped to make a life-changing difference in the lives of so many women. I will forever hold you in my mind and heart as the large extended family who helped to make my time at Cornerstone so blessed.

In gratitude, Susan Garvey

Homes for the Holidays - How Cornerstone Celebrated in 2018



Christmas is an event celebrated all out at Cornerstone. We had a Xmas party where everyone got gifts in a shoebox. These gifts were donations from the community. We also had a breakfast served Christmas eve day by volunteers and we also got a breakfast served by staff Xmas day.

Paul and Greg made us a Xmas dinner that was extraordinary. Everyone got presents Xmas day. My gifts were really nice and unexpected. Xmas in ^{as a child} my house was unlike anything I have experienced in my 7 1/2 years at Cornerstone. The staff at Cornerstone go all out to make everyone feel special like we all matter. I know that is how I felt. I gave a few gifts to the special people in my life. Cornerstone also celebrated Christmas by having a Xmas eve service put on by Rev Linda and the spiritual care team. It was a beautiful service. Lots of people joined us for the event.

Boxing Day was a quiet day. Everyone tried to have a relaxing ^{one} day. Boxing day dinner was hot turkey sandwiches put on by Greg. All in All Christmas 2018 was a successful event.

Pictures on left: Cornerstone houses celebrate the Holidays in 2018 .

Right, Cornerstone resident Sheena writes about how much the Christmas at Cornerstone family means to her.

Volunteers helped Cornerstone with Princeton Goal



From left, Alan MacDonald, Paul LaBarge and Joanne Livingston with event emcee Katie Black at a special reception held in support of Cornerstone . Photo by Caroline Phillips

We want to take this opportunity to acknowledge the incredible contributions of a **special group of volunteers** in particular who worked diligently so we could open the Princeton redevelopment having reached our fundraising goal.

Special thanks to the generosity of **Dorothy Speak and Paul LaBarge, (of LaBarge Weinstein LLP), and Alan MacDonald, and Joanne Livingston of RBC Wealth Management and emcee Katie Black, (of CazaSaikaley)** which helped us reach our two million dollar goal.

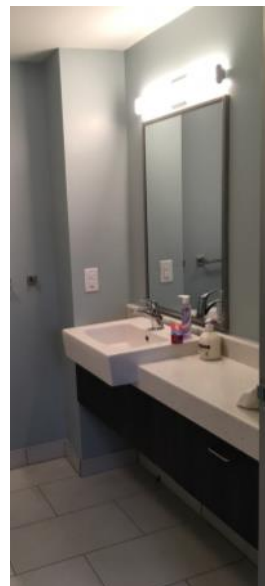
With their help, we now can offer a safe, caring affordable home for forty-two women this Christmas. Each day, Cornerstone helps over 200 women transition from homelessness to homes, hope and healing.

We do this thanks to the caring support of its donors, friends and volunteers - **just like Dorothy, Paul, Alan, Joanne and Katie. Please accept our heartfelt thanks, on behalf of Cornerstone and the women it serves.**

Cornerstone's Newest Community—373 Princeton Avenue : In Pictures



Left to right, clockwise: views of Cornerstone's newest suites. These views come from the respite room. Each of the forty-two bachelor apartments comes fully furnished, with everything a woman may need to ensure she has her own safe place. Each unit includes dishes, cleaning supplies, bedding, towels and other amenities. Direct left: the flamingo has become the informal mascot of the new community, after it was donated by a neighbour.



Volunteers & Cornerstone

In 2018, 200+ volunteers gave over 6,000 hours

Volunteers at Cornerstone are like a coat of many fabrics, textures and colours. *Every single volunteer assignment is important to the fabric that holds Cornerstone together, from our program and kitchen volunteers to our Board of Directors!* Cornerstone would like to thank all our dedicated volunteers for always embracing their tasks and being there for the women and staff every day, every week, all year long!

Our newest volunteer program at 373 Princeton Avenue, includes a team of eleven dedicated volunteers we call *Ambassadors*. *They have been with the residents since the first day they moved in helping set-up rooms, prepare meals, initiate fun activities and just be there with a listening ear.* Several amazing volunteers helped us move the women's belongings into Princeton as well as make sure all the new furniture was in place.

In January 2019, a new program started at our emergency shelter. Four volunteers have started a Conversational English Group for women wanting to improve their English language skills in a comfortable, easy going learning environment. The 2018 Holiday Season saw dozens of volunteers help sort and organise donations, cook meals and help make the holidays even better for our residents. We just wouldn't have been able to make the holidays so special without them.

Stay tuned for upcoming celebrations of National Volunteer Week April 7-13, 2019. To learn more about volunteering please email rosemary.jones@cornerstonewomen.ca.

Cornerstone Young Professionals Advisory Board (YPAB): 2018 year in review



YPAB members celebrating at the end of their Annual General Meeting in 2018.

The YPAB was created to provide a forum for young professionals to support Cornerstone's mission, programs and the work of its Board of Directors. We represent the incredible diversity of Ottawa—a third of us were born outside of Canada, and we speak English, French, Mandarin, Vietnamese, and Spanish at home. Our Directors and Members are lawyers, policy analysts, event planners, social workers, business developers, and project managers.

In 2018, celebrated our first anniversary, held our first two fundraisers, and welcomed 8 new members alongside our 10 Directors, bringing our group total to 18.

Last year we forged new relationships with Ottawa businesses including Flora Hall Brewing, Willow & Rose, and Hooley's Pub. Plus, we held education sessions for the 2018 elections at Cornerstone's residences. We baked dozens of cookies with the residents of Booth House and MacLaren. We have raised new funds for Cornerstone and have found new friends and allies too, online and off.

Want to get involved in 2019? Stay tuned for more news on our upcoming events and email cornerstoneyoungprofessionals@gmail.com for more information!

My 20 years as a Cornerstone Volunteer

Here I am. “Funny Elizabeth”, working at the Reception Desk on Booth Street. Every Thursday I send thank you letters, chat with residents, and ensure visitors sign in. I admire the way the staff and support workers work with the women, and how the residents support each other. It is a joy to be here.



Left to right: volunteer Elizabeth and Cornerstone resident Jenny .

In November 1998, I donated on behalf of a group of fans of Hildegard von Bingen to Cornerstone Women. The Board invited me to coffee at the Shelter, and I was convinced to volunteer.

My knowledge of homelessness was academic then. On a freezing day in January 1999, I passed my volunteer interview and agreed to visit the McLaren location monthly to chat about books.

One of the residents was studying secondary school English by correspondence, and others expressed interest in books, we were generally a group of 3 or 4 in the lounge with some people listening in. I learned to use books with illustrations and to listen.

Memorable evenings including talking about Sylvia Plath, Fyodor Dostoyevsky, Virginia Woolf and acting Macbeth. Sometimes we attended author talks, plays or concerts.

As residents changed, we changed from discussion groups to reading aloud. I still visit MacLaren to chat about cooking and life on Monday afternoons.

When Booth Street was new, I volunteered to help out on reception for 3 hours weekly, one summer. I am still on the desk every week.

Because volunteers know the value, needs and activities of Cornerstone Housing for Women, we can be ambassadors for its good work, and perhaps encourage donations and financial support.

Poem, *The Awakening*

She once pushed the world away and hid in the darkness of her own mind
 She lived in a nightmare trapped in self-destruction, self-hatred and anguish that seemed never to disappear
 Her vision was fogged up with the sorrow of her past, and she could not see the world as it is.
 One day, she met an angel, and as time went on slowly she met more angels
 These angels were her guide for years to come
 The day finally came, and she opened her eyes, but for once she could see the world
 She saw the green carpeted ground with fresh grass, and the long alive trees swaying around as if they were dancing to her awakening moment.
 She listened to the sound of birds singing to the world as if it were an anthem to her depression lifting.
 She saw the massive blue skies staring back at her smiling face as if to say welcome back.
 The smell of nature filled her lungs and soul with hope and gratitude

It has been years since her awakening to the glory of the world she once saw as lost and far away
 Since the moment of her new vision, she has committed to thanking every small part of the world
 She may not have everything, but she has the worthiest thing in the world, and that is her gratitude.
 She is overwhelmed with gratefulness for the angels that stood along with her side, and the place she now can call home, and the never-ending wonder of the world.

By Mouna, MacLaren Resident

A Birthday Party for Cornerstone

Elizabeth wanted to do something different for her twenty-seventh birthday.

She had researched charitable organizations the year before and had wanted to help a cause that served vulnerable women in Ottawa.

Elizabeth worked full-time and volunteering was tricky for her schedule.

She came-up with a great idea. This past October, Elizabeth hosted her birthday party to benefit Cornerstone Housing for Women.

Elizabeth says, "It means so much to me to be able to give back when I have been given so much."

She invited friends to perform a concert in her downtown apartment. Donations were collected and friends also gave donations online in lieu of admission to the concert or birthday gifts. Together with her friends, she raised over \$1,000 dollars for Cornerstone, all the while spreading joy to over fifty of her friends who joined the celebration for a great cause.



Pictures from Elizabeth's party.

Cornerstone Wish List for this Winter and Spring

As we get ready for the warmer weather, but are not quite ready to say goodbye to winter, Cornerstone's women have ongoing and urgent needs;

If you feel inspired, please review the list below to donate. **Please bring your donations to 314 Booth St.**, where we store all items and disburse to all other Cornerstone locations, including the emergency shelter downtown. We appreciate your support. Your generosity makes women's lives better.

Please note: Due to limited storage space, *we are unable to accept donations of regular clothing, large appliances and furniture.*

Urgent Needs (updated Feb 7, 2019):

New or nearly new winter boots/rubber boots, women's sizes 7 to 10

New or nearly new winter coats/rain coats especially in sizes M- 5XL

Warm blankets - Twin/Double only please

New single sheet sets for new arrivals to all locations

Undergarments (especially sizes 2XL to 5XL)

Kitchenware items, new or nearly new i.e. dishes, cutlery and pots and pans

Microwaves

Kettles

URGENTLY NEEDED - on an on-going basis:

\$10 Gift cards for grocery stores, pharmacies, Tim Hortons, Giant Tiger, Walmart, etc. (especially PC and Giant Tiger)

Long-distance calling cards

Full size personal products (shampoo, conditioner, body wash, deodorant, tooth brushes, tooth paste, hair brushes and combs) Travel size gladly accepted.

Food Items

Packaged goods such as; rice, instant noodles, pasta

Vegetable oil

Pasta sauce

Canned tuna

Peanut butter

Kraft Dinner

Cheerios

UPCOMING EVENTS—SAVE THE DATE!

***New* Cornerstone ‘Purple Tie’ Gala, Ottawa Art Gallery, Saturday, September 15.
Early Bird Tickets on Sale May 1, 2019**

March 8, 2019 - Ten Thousand Villages Shopping Day for Cornerstone (10 am to 6 pm) 10% of sale proceeds will be given to Cornerstone Housing for Women [facebook.com/VillagesOttawa/](https://www.facebook.com/VillagesOttawa/)

April 28, 2019 - Four Corners Shopping Event (Jewelry, accessories, includes wine and food) Industria Pizzeria + Bar, 225 Marche Way, Lansdowne park \$25. Part of proceeds to Cornerstone Housing for Women. thankyouindia.org/

May 14, 2019 - Panel on Women and Homelessness in Ottawa, All Saints Anglican Church Westboro, 373 Richmond Rd. \$10 Proceeds go to Cornerstone and Harmony House. www.cornerstone.ca to learn more.

May 25-26, 2019 Tamarack Ottawa Race Weekend *NEW THIS YEAR*
Sign up for any event and fundraise and run/walk for Cornerstone. www.runottawa.ca

CONNECT WITH US

Did you know that we’re on Facebook, Twitter and Instagram? Keep up with all of the latest Cornerstone news by following us on our social media outlets. Here’s where to find us:



hopecornerstone



@HopeCornerstone



Cornerstonehousing

MAKE A DIFFERENCE

You have the power to transform our nation’s capital into a better, safer place for women in transition. By joining our Cornerstone family as a donor, a volunteer, or an advocate in your community, you can help women take control of their own lives.

Your contribution will make a difference by ensuring that every woman who comes to Cornerstone will receive the supports she needs to rebuild her life after experiencing trauma, abuse and homelessness. Please consider making a gift today.

Please help us use our resources effectively by signing up to **receive our newsletter electronically**. Send an email to: jessie-lee.wallace@cornerstonewomen.ca or sign up at www.cornerstonewomen.ca

I would like to make a donation

I am enclosing:

\$250 \$120 \$75 \$30

Other amount \$ _____

Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Email: _____



Winter 2019

In person or by mail:
Cornerstone Housing for Women
Attn: Jessie-Lee Wallace
314 Booth St., Ottawa, ON K1R 7K2

Donate Online: make a secure
online donation

www.cornerstonewomen.ca



Our Charitable Registration Number:
83725-8854-RR0001