



# Courier

Newsletter | Fall – Winter 2014

## CHEZ DORIS

1430 Chomedey Street  
Montreal, QC H3H 2A7

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Email: [info@chezdoris.ca](mailto:info@chezdoris.ca)

## OPENING HOURS

April 1 to October 31  
5 days a week  
8:30 AM – 3:00 PM

November 1 to March 31  
5 days a week  
8:30 AM – 4:00 PM

You can **make a secure donation** online,  
call or email our Interim Executive  
Director, Marina Boulos at:  
514-937-2341, ext. 229  
[director@chezdoris.ca](mailto:director@chezdoris.ca)

## Chez Doris is a registered charity

offering daytime shelter for women in  
difficulty. Services include:  
a drop-in program; breakfast and lunch;  
emergency food bags; 6 respite beds;  
telephone information and referral  
assistance; custodial services and  
financial management program; an Inuit  
assistance program; health and mental  
health services; legal services; as well  
as educational and socio-recreational  
programs.

Newsletter printing sponsored by:  
Rotary Club of Montreal-Westward

## MESSAGE FROM THE PRESIDENT

As the new President of the Board of Directors of Chez Doris, I am pleased to present this copy of the Courier. I have been involved with Chez Doris for the past 7 years. While working as a marketing manager by day, I volunteered at Chez Doris on weekends doing manicures! I really got to know the women. While some have suffered a lifetime of violence and hardship, and some live in poverty, others are homeless or disabled. Many more, however, deal with the debilitating effects of mental illnesses. Despite their struggles, they all yearn for a better life, and so it falls to those of us who are more fortunate, to help them by providing food and services that nourish their bodies and spirit, in order to help them survive with dignity and self-esteem (and, with time, perhaps to succeed).

Like the women of Chez Doris, we too, have been struggling and we would be most grateful for your kindness and generosity. Current financial constraints have forced us to cut back on services. Effective May 31, 2014, the Board took the difficult decision to close on weekends due to a lack of needed funds. Our annual operating budget is now close to \$700,000 for weekday operations alone. Our recurring grants, though by no means guaranteed, represent a total funding of \$472,895, and the balance, \$227,105, is needed from the private sector to meet our basic budget in order to successfully carry out our mission on weekdays. Our immediate priority is to raise an additional \$150,000 in annual funding in order to re-open on weekends.

A day refuge is needed every day, 7 days a week. With your generous support during this season of giving, you can help us ensure that our house is the closest thing to providing a real home and family for the women.

I hope you will enjoy this edition of the Courier. It highlights our work and the kindness of others.

Best wishes for the holiday season,

Talar Dikijian



## SUMMER CAMP - THANKS TO THE LADIES OF KANAWAKI GOLF CLUB

For the past five years, the Ladies of the Kanawaki Golf Club have raised money so that some of the women can go to the country. This year, 20 women and 4 staff members went to Camp Kinkora, near St. Adolphe d'Howard, for four days. Some had not been to the country in a long time, and for others it brought back sweet childhood memories. The women enjoyed swimming and rowing around the lake, bean bag toss and good conversation. All the women agreed how important Chez Doris is in their lives, and just how much this summer getaway means to them.



## THE DORMITORY, AN IMPORTANT PART OF THE WALK-IN PROGRAM

This year, our dormitory was completely transformed thanks to a timely grant from Hockey Helps the Homeless. Floors and walls were repaired and painted, and we received six new durable metal frame beds, new mattresses and linens. To enhance the quality of rest, daylight-filtering blinds were added. This small dormitory is used primarily by women who sleep outside at night.

## THANKSGIVING LUNCH – A NEW TRADITION

On Friday, October 10th almost 100 women attended a special Thanksgiving lunch. Staff members worked together to decorate the house and serve the meal, which included turkey from Moisson Montreal and pies from a generous volunteer. Followed by bingo and prizes, it was delightful to have the house full of warmth and laughter. This was the first year that we've hosted such an event, and we plan to make it a tradition.



**SAVE THE DATE**  
*5<sup>th</sup> Annual Tea Time*  
**Fundraiser**  
**Sunday, May 24 2015, 2-5pm**

## VOLUNTEERS NEEDED

Throughout the year, volunteers are needed for essential upkeep and activities for the women. We also need volunteers for our important organizing committees. For more info, contact Thea Walker 514-937-2341, extension 233 or via email: [thea.walker@gmail.com](mailto:thea.walker@gmail.com).



## MEMORIAL LUNCH IN HONOUR OF DORIS

On November 2, 1974, Doris Halfkenny Seale, was raped and brutally beaten to death. Doris was one of a growing number of destitute women in Montreal trying to survive life on the street. Since 1977, her name lives on, as Chez Doris was launched in her memory. To commemorate the anniversary of her death, we hosted a special luncheon on November 3rd. Ted Phillips, an experienced singer and piano player entertained the Chez Doris' clientele. Ted has been a volunteer choir director at Chez Doris in the past.



## THE HOLIDAYS ARE AROUND THE CORNER

We will provide a holiday lunch to a total of 170 women, which will be celebrated on December 11th and 12th from 11:00 am until 3:00 pm. We are always looking for volunteers and in-kind donors to help with gifts of food, toiletries, socks, scarves, gloves, hats, chocolates, and cookies. For more info, please contact: Tania Filippone at [filipponetania@gmail.com](mailto:filipponetania@gmail.com) or at 514-937-2341 ext: 229.

## SPECIAL THANKS TO

The donor who gave many of her Pharmaprix points to purchase toiletries, and another who paid for urgent repairs to our walk-in-fridge and freezer.

Diana Cedeno, for providing haircuts to the ladies of Chez Doris on a weekly basis

CBC-Radio Do Crew, under the guidance of Monique Lacombe, a keen group of volunteers donated their time to organize our clothing room.

Lino Ferrara and Andrew Maraj of Encotec, for helping us with our everyday maintenance.

Kim Fuller of Phil Communications, for registering us in a grant contest with the Aviva Community Fund, updating our Facebook page, providing us with a beautiful PowerPoint presentation for public speaking engagements and designing our annual report!

Pharmaprix Montréal West: Kudos to the storeowner, Lina Ross, for choosing to raise funds for Chez Doris as part of the national Tree of Life Campaign.

Station 12: Const. Pimentel and his team for their donation of 400 pre-made full lunches.

Our local Starbucks provides us with their surplus food.

Sufi House: Once a month they prepare and serve the women breakfast. On the menu are loads of fresh fruit, nuts, cheeses, yogurt and eggs.

Dr. Elena Paraskevopoulos, our new doctor. This is a wonderful service for the women, some of whom have been without medical care.