



# Good Shepherd JOURNAL

...serving the homeless and disadvantaged

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[www.goodshepherd.ca](http://www.goodshepherd.ca)

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## Dreaming of a place to call home

Mike remembers coming to Good Shepherd Centre vividly. “I was desperate for housing and all kinds of things. I wanted to do it for myself, but can’t speak, can’t talk.”

Mike was (and still is) recovering from the devastating effects of a stroke that he suffered during an operation for an aneurism. After the stroke, he was in a coma for three months. He spent some time in rehabilitation, and then was placed in a home for the aged. But as he says, with emphasis: “I’m not aged!”

As he regained the ability to walk and some speech, he left the home for the aged. However, the housing situation he found was unsustainable. “I was sort of living on the street. I went back to persons that use drugs and eventually I had to get out of there — I don’t want to be like that ever again.” Someone referred him to Good Shepherd Centre, and he arrived carrying a sheet of paper saying he was looking for housing, and that he could not speak because of a stroke.

At the Centre for more than four months, Mike worked on re-learning to speak, and practiced reading with a volunteer. “I’m 37 years old and I have to learn all over starting with Grade One.” Mike attends meetings each day to sustain his recovery from crack addiction.

Mike longs for independence and a home of his own, but he suffers from mobility problems. His right side was badly affected by the stroke, and he needs help with essential activities. His first housing placement did not provide enough support, and to his bitter disappointment he was unable to move in. But Resettlement staff kept looking, and now Mike looks forward to moving into his own apartment in a place designed to support individuals with acquired brain injury.

“It has been a hard struggle,” says Mike. “A home is the difference. I just want a home.”



## Succeeding in a challenging field

With 50,000 households in Toronto on the ‘active list’ for affordable housing, finding a decent place for a homeless man to live can be hard. Finding the right housing ‘fit’ gets more complicated when the individual struggles with health problems as well as homelessness and poverty.

In the past six years, the Resettlement Program at Good Shepherd Centre has housed more than 1,000 individuals. Housing workers at the Centre work with seniors, with individuals struggling with major illnesses, with refugees. Some of the people who come for help have been on the streets for mere days. Others have been doing the rounds of the shelters for months, perhaps years.

By working with each person as an individual, by taking a holistic approach that looks at more than just housing needs, the Resettlement Program has achieved remarkable success with a population considered ‘hard to house.’

To help ensure that a housing placement is successful, workers visit clients who have been housed. They provide support for people who need to learn again (or perhaps learn for the first time) how to turn ‘housing’ into a place to call home.

## BROTHER DAVID'S MESSAGE



*The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances.*

Robert Flatt

This is a quote that I came across and thought how appropriate for this Holy Season.

This quote applies not only to me but to all of us, most particularly our homeless brothers and sisters who are searching for a new way of life – one that does not include a life of addiction, criminality, loneliness, poverty, illness and desolation.

People who knock on the door of Good Shepherd Ministries are asking for our help. Thanks to your support and generosity, we are able to welcome each individual and offer the compassion, acceptance and services that will help him or her on the road to recovery.

Together, we are not only offering our homeless brothers and sisters the help they need but we are also giving our own life meaning and

direction. We, along with the greater community have a responsibility to ensure that each person is safe, healthy, cared for and housed, for we believe each person is created in the image and likeness of God.

Thank you for helping us provide services to individuals whom many have forgotten, for you have given us the resources to bring our mission to life. Your help renews those individuals we serve at Good Shepherd Centre, Barrett House and St. Joseph's Residence to start over, and renew the meaning and direction of their lives.

In return, I assure you of the Brothers' continued prayers for you and your loved ones during this Holy Season of renewal. Thank you!

Your Little Brother in the Good Shepherd,

Br. David Lynch, BGS  
Executive Director

## COMMUNITY UPDATE

We are pleased to welcome Br. Tom Liss to Toronto. Br. Tom, who has spent the last few years in Hamilton, will take on the role of Director of Ministry in Toronto. He can be reached at (416) 869-3619, ext. 284.

In turn, Br. Sean McIsaac has been transferred to Hamilton. Br. Sean has been a presence in Toronto for the past 12 years. While we will miss him, he will be a great addition to the Brothers serving at Good Shepherd Centres in Hamilton. We don't doubt that he will visit often to say hello to our clients, staff and volunteers.



Brother Tom Liss, Director of Ministry

### Thank you to everyone who, in 2007:

- took advantage of the new tax laws and donated stock;
- donated their HBC points through the HBC Rewards website;
- made a gift to Good Shepherd Ministries as part of a celebration of a wedding anniversary or birthday;
- ran a special event (bowl-a-thons, card tournaments — we are amazed by your creativity and hard work) that raised funds for Good Shepherd Centre;
- organized a company, school or church food, clothing or toiletries drive;
- participated in the Provide-a-Meal Casserole Programme;
- volunteered your time and talent;
- kept vital services going through financial contributions.

**You are making a big difference in the lives of many!**

## MISSION STATEMENT

Challenged by our faith in the Gospel of Jesus Christ and committed to the ideals of hospitality, availability and respect for life, we, the Little Brothers of the Good Shepherd, Companions, Board of Directors, staff and volunteers of Good Shepherd Ministries in Toronto, join together to provide services to homeless, disadvantaged and marginalized people.

We strive to provide the basic necessities of food, shelter and a host of ancillary services, ensuring each client justice, equality, dignity and acceptance.

We seek to provide human services that will assist clients in regaining freedom from homelessness. We value each person's inherent goodness and potential for growth.

## STRENGTH AND HOPE *by Jeff Eisen*



To fit four decades of living into just a few paragraphs is virtually impossible, so I'll just go over the highlights. The direct result of my living in the nightmare of active addiction was predictable. Alienating family and friends, losing jobs, experiencing financial and legal issues and eventually becoming institutionalized should come as no surprise. My story is the same as many, some living, some gone.

At some point near the end of my active use I had to make a choice to keep living the way I was living or die, either as the end-game to my use or by my own hand. I chose to try again to try and understand what was wrong with me and do whatever I could to rectify it but realized I could not do that alone.

In detox I learned that there were transitional residences that would provide a safe and supportive environment for me until my admission date to residential addiction treatment.

Many clients who had been through the system spoke highly of the Good Shepherd Ministries. I took the advice, called the Good Shepherd Ministries and was welcomed into the DARE (Drug and Alcohol Recovery Enrichment) Program. I was treated with dignity by people who understood what I was

thinking and feeling. Things I didn't even understand about myself.

I did not succeed at first and after a short relapse I was accepted back in the DARE Program for another try. The true meaning of compassion was very clearly demonstrated and the opportunity to assist in serving other homeless people less fortunate than myself provided a practical vivid understanding in the school of humility. I was given the opportunity to share the things that were going on in my life with others like myself and I learned to trust.

Above all, my experience at the Good Shepherd gave me the opportunity to heal, to hope and have faith that I could find a new way to live. I know that I would not have found my way to good sobriety anywhere else and for that I am eternally grateful.

Since making positive lifestyle changes, my entire outlook is different. I have real happiness in my life now. I have the opportunity to correct some of the wrongs I did over the course of my active use and the confidence to adjust back into mainstream society with a healthy recovery program in place and friends that I have made for life.

To all the people responsible for helping me find myself: the counselors, the Fathers and Brothers and Sisters, the social and housing workers and the clients who I came to befriend while I was here I offer a big "Thank you."

For homeless men working to recover from addictions, the 25-bed DARE Program (Drug and Alcohol Recovery Enrichment Program, formerly the Transition Program) offers a safe and supportive place to live, both while waiting to enter treatment and after treatment.

In 2007, the DARE Program accepted 210 clients, 91 of whom successfully entered treatment. Fifty men used the post-treatment services to make a successful transition from treatment to independent living in the community. The Program supports graduates living in the community by hosting regular group meetings as well as helping individuals in crisis.

## PROVIDING SUPPORTIVE HOUSING WITH DIGNITY FOR THOSE LIVING WITH HIV AND AIDS

While housing options for those with HIV and AIDS has increased since Barrett House opened more than two decades ago, one thing has not changed: the link between the illness and poverty.

For many, becoming diagnosed with HIV and AIDS also means a terrifying plunge into economic insecurity. For six individuals living with AIDS, Barrett House offers an alternative: life with dignity and security.

For some, the care and good food offered at Barrett House means an improvement in health, and the ability to move to more independent living again. For others, Barrett House offers a community of care for their remaining days.

Your support makes a world of difference to the residents of Barrett House. Thank you for helping Barrett House to continue to offer hope, compassion and peace in 2008.



Heinz was profiled in the Fall 2003 issue of the Good Shepherd Journal

## IN MEMORY OF HEINZ WIDMANN

*by Dorothy Burton, Caregiver, St. Joseph's Residence*

Heinz came to reside at St. Joseph's Residence in August 1999, when the Residence first opened. It was a difficult transition for him. For the first time in more than 20 years Heinz had his own bedroom and a TV. Meals were made and snacks were always available. But Heinz still would wrap any food that he did not eat and hide it in his room. Hot or cold weather never stopped him from going out to socialize.

Heinz loved crossword puzzles and spent days alone working on these. He loved to play Bingo and other games with the residents. He could be described as a loner but sociable when it came to games. He could give and take a joke. He was honest and predictable. Heinz moved out of St. Joseph's in March 2007. He passed away at Scarborough General Hospital on November 2, 2007 at the age of 71. He will be sadly missed by all at St. Joseph's.

**For more information about Barrett House or St. Joseph's Residence, please call Br. John Chenier at 416-869-3619, ext. 260.**

## FAMILY FOUNDATION BRANCHING OUT TO THOSE IN NEED

The Steele Family, of Caledon East, Ontario is pleased to give generously to the Good Shepherd Ministries for a third consecutive year.

However, this year, rather than making a personal donation, the family is supporting the Good Shepherd as its own charitable foundation. The Steele Family incorporated in early 2007 and now stands proudly as a private charity: The Steele Family Foundation. Michael and Laura Steele, along with daughters Jennifer and Amanda, grandmother Agnes and Aunt Elizabeth, joined to form this close knit foundation. This has been a family vision for years; a vision newly realized.

The Steele Family Foundation aims to help those in need, particularly individuals struggling with poverty and homelessness. This will be accomplished by working with grass root charities who have a local, community focus – particularly in the GTA. The Good Shepherd is

one of several charities the family currently sponsors.

The Steele Family Foundation is a Canadian Foundation and is registered with the Canada Revenue Agency. Official tax receipts are provided to donors upon receipt of donation. Anyone can donate to this foundation. Donations in a variety of forms are appreciated.

The Steele Family Foundation  
"branching out to those in need"

Contact:  
[www.thesteelfamilyfoundation.com](http://www.thesteelfamilyfoundation.com)  
[info@thesteelfamilyfoundation.com](mailto:info@thesteelfamilyfoundation.com)  
519-503-4066 Jennifer Steele



THE STEELE FAMILY  
FOUNDATION

## A 22-YEAR COMMITMENT TO VOLUNTEERING AT GOOD SHEPHERD CENTRE

by Alexandra Brambley and Beth Choma, Francis Libermann Catholic High School



At a time when “character education” and “community service hours” are buzz words in high schools across Toronto, students from Francis Libermann CHS in Scarborough continue to benefit from these initiatives through their 22 year strong tradition of volunteering at Good Shepherd Centre.

Helping the less fortunate, seeing both hope

and potential, frustration and loss in the eyes of our fellow Torontonians has long been on the top of our students’ must-do list before graduation. Libermann students enjoy the satisfaction and privilege derived from caring for the homeless and transient poor that find themselves at the doorstep of the Good Shepherd.

The non-denominational, non-political, non-profit making nature of Good Shepherd Ministries promotes an atmosphere of dignity and inclusiveness in caring for the welfare of homeless and disadvantaged people in our city.

When it comes to volunteering, there are many opportunities available at the Centre. Currently Good Shepherd Ministries has more than 500 active volunteers!

The students from Francis Libermann visit the main centre to assist with the meal program under the leadership of their teacher Ms. Choma on the third

Tuesday of each month.

Our monthly trips to Good Shepherd Centre provide students with an invaluable and eye-opening experience of life on the streets in Toronto. The sobering reality that far too many people fall through the cracks in our busy cosmopolitan city is poignantly and at times heartbreakingly made real for our students.

Although they sacrifice their time to make these monthly trips, it is the students who soon learn the real meaning of sacrifice and service by making a small difference in the lives of so many who are disadvantaged.



### Luck of the Draw

For the 11th year, Good Shepherd Ministries is holding a lottery draw. There are nine cash prizes, with the top prize being \$100,000. Tickets are eligible for every draw. Only 350 tickets have been printed. For more information or to purchase a ticket, please contact Adrienne @ 416-869-3619 ext. 223.

Tickets may only be purchased by individuals over the age of 18

and in the province of Ontario.

Lottery License  
P070982.



### ASIAN NIGHT PACKS A PUNCH

From the martial arts display by the Shorinji Kempo Group, who also volunteer as meal servers once a month, to the high energy performance by Isshin Daiko, a troupe of traditional Japanese drummers, the Volunteer Recognition Event on November 9, 2007, raised the roof. More than 130 volunteers enjoyed the Asian-themed meal, the performances and a presentation on the work of Good Shepherd Ministries.

Warm congratulations to Leanne Tanaka both on the success of the event and on the birth of her daughter Kaiya, born January 16, 2008. While Leanne is on maternity leave, we are pleased to announce that Kanwaljeet Biln has taken on the role of Fundraiser, Events and Resources.

Volunteer opportunities are flexible — you can come once a year or once a week! Currently, we need volunteers on Thursday mornings both in the Drop-In (from 8:15 a.m. to 10:45 a.m.) and in the Kitchen (from 6:30 a.m. to 7:30 a.m.) For more information or to schedule a volunteer placement interview, please call Kanwaljeet at 416-869-3619. ext. 262.



# Ordinary Miracles: 11TH ANNUAL GOOD SHEPHERD GALA



OPP Honour Guard greets guests



MC Jim McKenny of City TV



Commissioner Julian Fantino

This year's Good Shepherd Gala celebrated Ordinary Miracles, the small miracles that happen at Good Shepherd Ministries each day and the miracles of kindness and generosity that sustain our work. Held on Saturday, February 16 at Paramount Conference & Event Venue, the Gala treated 1050 guests to a night filled with friends, food, music and dancing.

Guests were greeted by an OPP Honour Guard who presented roses to each female guest. Board President Vern Zapfe thanked all those who make our ministry possible – our faithful donors, sponsors, volunteers and guests.

Master of Ceremonies, Jim McKenny of City TV, honoured us by hosting the gala for the second year in a row. He couldn't have been more entertaining, and he worked his own miracles keeping us on schedule.

Our honoured guest speaker, Commissioner Julian Fantino, highlighted the great demand for services in

the City and the response that is needed to address the issue of poverty and homelessness and its rippling effects on health care and police resources. Commissioner Fantino and the OPP were also instrumental in helping us raise a substantial amount of money in our live auction, with the donation of a package entitled "Commissioner for a Day."

The evening's theme came to life in a video presentation that illustrated the work of Good Shepherd Ministries and highlighted the stories of three men who used the services offered by the Centre to transform their lives. To borrow a copy of the DVD, please call Fundraising at (416) 869-3619.

Guests were also treated to a rousing Irish dance performance by the Johnson Academy, and were inspired to dance until the wee hours of the morning.

Thank you to our Gala Committee and everyone who helped to organize this event and to create a magical evening. A special mention to our wonderful volunteers who had a long day – starting at noon and working non-stop until 1 a.m., and our drivers who worked tirelessly to pick up and deliver donations for this event.

We look forward to everyone's attendance next year.



Young dancers from the Johnson Academy





## Thanking our Gala Sponsors

*Presenting Sponsor*  
bypeterandpauls.com

*Gold Sponsor*  
Kromer Radio

*Silver Sponsors*  
BCC Interiors  
Carpenters Union Central  
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Merissa Simonian  
Christian Bielz

*Special Mention to:*  
Peter McBride of Ontario  
Acoustic Supply  
Julie Di Lorenzo – Diamante  
Development Corporation  
Robert Graham – Derwyn  
Investments Ltd.

And thank you to all of our generous live and silent auction and gift bag donors.



### Did you know? Reasons to donate stock

You benefit more from donating stock directly to a charity than you would from selling the stock and donating cash.

Thanks to changes made in the 2006 federal budget, individuals who donate mutual funds or securities listed on prescribed stock exchanges do not have to include any portion of the resulting capital gains in their income — 0% capital gains tax! Plus, you get a tax receipt for the full value of the stock at the time of your donation.

With the help of a financial planner who understands your particular situation, it is even possible to use the tax benefits of donating a portion of your holdings in a particular stock to offset the capital gains tax on the remainder.

Good Shepherd Ministries accepts donations of stock through our broker. A form that assists you in this transaction is available. Please call Adrienne at 416-869-3619, ext. 223 for more details.



## With grateful thanks

Good Shepherd Ministries warmly thanks all its benefactors and volunteers for their continued support. We are grateful to the following organizations and groups for their recent gifts:

The P. & P. Murray Foundation	\$10,000.00
Gregory T. Graham Foundation	\$8,250.00
Knights of Columbus Charitable Welfare Trust	\$6,000.00
Patrick and Barbara Keenan Foundation	\$5,000.00
The Muzzo Family	\$5,000.00
Toronto Star	\$5,000.00
Brebeuf College School	\$4,760.00
Basilian Fathers of St. Michael's College	\$2,000.00
Sue Cox Community Action Fund	\$1,700.00
St. Anselm's Parish	\$1,170.00
Canadian Corrugated Packaging	\$1,000.00
Harris Thompson Family Holdings Limited	\$1,000.00
Jackman Foundation	\$1,000.00
St. Thomas More Women's Group	\$546.00
1137400 Ontario Ltd.—Marsh's Stoves and Fireplaces	\$500.00
Centre for Student Missions	\$500.00
W.W. (Peter) Southam Fund at Toronto Community Foundation	

### Golf Tournament Notice

The Good Shepherd Golf Tournament will take place  
**Tuesday, July 22, 2008**  
Deer Creek Golf and Banquet Centre  
Ajax, Ontario

This popular "best ball" Tournament accommodates 90 foursomes.  
Foursomes are \$2,500.  
This event sells out quickly,  
so book your foursome now!

If you cannot attend but are interested in participating in this worthwhile event and becoming a sponsor or auction donor, please contact:

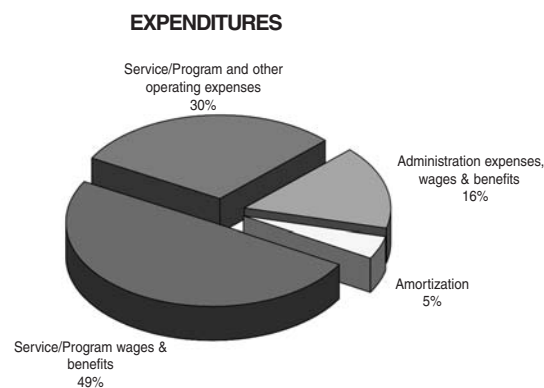
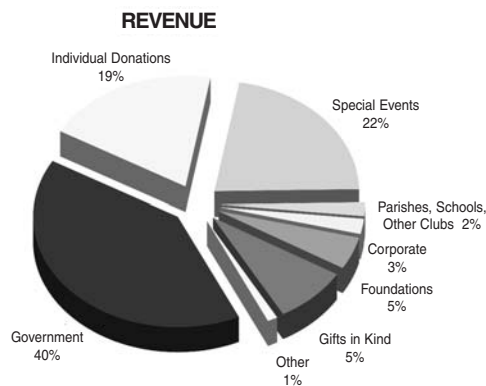
Adrienne Urquhart  
416-869-3619 ext.223



## Good Shepherd Centre Financial Summary\* Year Ending March 31, 2007

<b>Revenue</b>	<b>2006/2007</b>
Individual donations	\$814,323
Special events	\$929,016
Service organization, schools, parishes, and other clubs	\$83,046
Corporate donations	\$94,873
Foundation grants	\$195,142
Gifts in kind	\$349,771
Other	\$52,051
<b>Government subsidies/grants - City of Toronto:</b>	
• Toronto Hostel Services per diem	\$1,369,937
• Housing Initiative Fund (HIF) - Drop in	\$62,010
• HIF - Housing Help Services	\$184,987
• Other government grants	\$75,290
	<b>\$1,692,224</b>
<b>Total</b>	<b>\$4,210,446</b>

<b>Expenditures</b>	<b>2006/2007</b>
Service/Program wages and benefits	\$1,994,368
Service/Program and other operating expenses	\$1,192,741
Administration expenses, wages, and benefits	\$644,296
Amortization	\$181,854
<b>Total Expenditures</b>	<b>\$4,013,258</b>
Change in restricted funds - lottery	\$13,423
Net Excess of revenue over expenditures	\$183,765
<b>Total</b>	<b>\$4,210,446</b>



\*audited financial statements available on request

## Good Shepherd Centre Wish List

### Kitchen

- ✓ instant and ground coffee
- ✓ fresh fruit & produce
- ✓ meat, frozen or fresh
- ✓ tea
- ✓ soups and stews
- ✓ powdered fruit juice
- ✓ rice
- ✓ sugar
- ✓ cookies
- ✓ hot chocolate
- ✓ powdered soup bases (chicken and beef)
- ✓ paprika, garlic powder
- ✓ ground pepper & salt
- ✓ ketchup
- ✓ cold breakfast cereals
- ✓ tinned vegetables, fruit

### Medical Clinic

- ✓ Tylenol or Advil
- ✓ Neocitran
- ✓ vitamins (C, B, multi)
- ✓ cough syrup & lozenges
- ✓ Chapstick
- ✓ foot powder

- ✓ Emery boards
- ✓ nail clippers
- ✓ Epsom salts
- ✓ baby oil/Alpha Keri oil
- ✓ small packages of Kleenex
- ✓ Vaseline (small tubs)
- ✓ small tubes of moisturizing cream
- ✓ nutritional supplements
- ✓ dandruff shampoo
- ✓ Tums or similar antacid
- ✓ shoe insoles
- ✓ Reading glasses
- ✓ Pumice stones
- ✓ antacids

### Dormitory

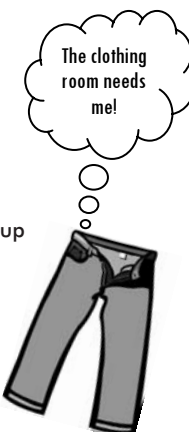
- ✓ toothpaste
- ✓ toothbrushes
- ✓ razors
- ✓ shaving cream
- ✓ deodorant
- ✓ Kleenex
- ✓ bath towels
- ✓ fitted twin sheets
- ✓ blankets (preferably twin)

### Clothing Room

- ✓ jeans, cords or casual pants (30" - 38")
- ✓ cotton and work socks
- ✓ underwear
- ✓ long-johns
- ✓ shirts and t-shirts
- ✓ running shoes, size 8 and up
- ✓ sweaters and sweatshirts
- ✓ wind-breakers
- ✓ back packs
- ✓ belts

### DARE Program

- ✓ art supplies
- ✓ soccer balls
- ✓ baseball gloves (adult size)
- ✓ recreational items e.g. tickets to games, movies
- ✓ educational videos
- ✓ relaxation tapes
- ✓ blank notebooks



## OUR PLEDGE TO YOU

We value each gift entrusted to us in support of the work of Good Shepherd Ministries. We also value your trust, and work to make the best possible use of your investment in the lives of others. We respect your right to privacy, and will not sell or distribute your personal information.

## WE WELCOME INQUIRIES:

Good Shepherd Ministries  
412 Queen Street East, Toronto, Ontario, M5A 1T3  
**Tel:** 416-869-3619, ext. 223 **Fax:** 416-869-0510  
**Website:** [www.goodshepherd.ca](http://www.goodshepherd.ca)