

## Spaghetti and art combo pays off for residents

By SUSAN PURCELL

**What a success!** In early April our first-ever resident-organized spaghetti dinner and art auction drew a large happy crowd to the Unitarian Church. Plenty of residents pitched in to raise an astounding \$1445 to help fund outings and events, such as the April *cabane à sucre* trip, the June hamburger supper and the fall barbecue.

The beautiful artwork on display was the result of a three-session workshop given by former social work intern **Morganne Carroll** from McGill School of Social Work. Each session focussed on a specific material, from charcoal powder and sticks, to pastels, to watercolours. Seven residents produced works for the show: **Vanessa, Irene, Marie-Josée, Rosmary** and Park

**All the artwork sold, raising an astounding \$1,445 for resident activities**

apartment residents **Karen, Eileen and Terryann**. Kudos to the last three for attending every session. Visitors

wrote down their bids at the art table manned by Morganne, **Amina** and **Rosmary**.

The hard-working kitchen team — headed by executive director **Star Gale** — arrived early to get things bubbling. Preparing the spaghetti sauce were chefs **Eileen, Karen, Grant, Jerome** and **Anna**. (Look for Eileen's sauce recipe on p. 4.) Other early arrivals were **Chris, Angus** and **Terryann** who set up the room and helped coordinator **Lori Goodhand** decorate.



RICHARD DUFOUR

LONGTIME VOLUNTEER JIM CULLEN AND HIS WIFE MAUREEN SHOW OFF THEIR AUCTION PICK.

Volunteers, residents, family members and friends lined up enthusiastically for big plates of spaghetti doled out by **Lori**, coordinator **Michelle Mills** and **Anna**. Special thanks to Hélène apartment volunteers **Wilma Goodman** and **Ellen Moore** who — though they couldn't attend — covered the cost of Anna's sauce ingredients.

The art auction followed dinner, and residents were delighted to see every item sold!

**For Eileen's sauce recipe and more photos of this lively event, turn to p. 4.**

2025-26

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\*New members

\*\*Recently joined the Advisory Council

MICHELLE MILLS

## Best wishes to Leah



After almost two years as coordinator, **Leah Dagman** will be leaving L'Abri this summer to pursue a Master's degree at McGill. Leah did her social work field placement with us in 2021-22, and stayed on as a summer student. After working elsewhere for a brief period, she returned to replace coordinator **Vishaka Ratnayake** in fall of 2023. Leah was well-liked by our residents, who – with all of us – wish her the very best as she embraces this new challenge.

# Who's who?

The staff thought it would be fun to give our readers a challenge.

A



**Sally Cooper**  
*Office administrator*

B



**Leah Dagman**  
*Coordinator*

C



**Star Gale**  
*Executive director*

D



**Lori Goodhand**  
*Coordinator*

E



**Michelle Mills**  
*Coordinator*

Try to match the photos of our L'Abri team with their childhood pics, then turn to p. 8 to see how you did!

ALL PHOTOS COURTESY L'ABRI EN VILLE

# Many thanks for decades of dedication

By STAR GALE



SHARYN AND SINGER-SONGWRITER  
SAM ROBERTS SHOW THEIR NEWLY AWARDED  
KING CHARLES III CORONATION MEDALS.

STAR GALE

WHEN I FIRST ARRIVED at L'Abri en Ville 14 years ago, Sharyn Scott was already there, celebrating decades of service to the L'Abri community! Her commitment to L'Abri and her warm familiarity with everyone astonished me. To commemorate Sharyn's July retirement from our board of directors, I'd like to share three lessons learned from our time together.

**Meet people where they are at – figuratively and literally.** Sharyn's primary role at L'Abri has been as treasurer, but most of us will first recall her caring friendships. David, a resident at the Bahama apartment, describes her as "always understanding and enthusiastic about spending time with us, catching up with us." Before retirement, Sharyn welcomed residents into her Westmount consignment clothing store, to sit for a chat. At the same time, her regular visits to the folks at the Belvedere Residence and the downtown Hadley Community, where she also volunteers, remain part of her familiar routine— making time for people she cares about.

**Long-term service to community can be an unpredictable investment.** Sharyn's calling as a volunteer began over 60 years ago as a candy striper at the Jewish General Hospital. Since then, she has offered her labour and skills to the Douglas Hospital, St Michael's Mission, Contactivity Centre for seniors and Royal Victoria Hospital's palliative care unit, to name a few. A remarkable aspect of her legacy is her way of improving services to the community by fostering connection and networks of support between organizations.

**Remember to laugh.** Sharyn has supported L'Abri through difficult times. With her help, we've navigated the pandemic and grieved the loss of community members and friends. Not all days were good days, but she never missed an opportunity to make us smile or laugh.

At our Volunteer Appreciation Dinner in March, we thanked Sharyn for these lessons, and so much more, gifting her with an original architectural drawing by resident George Harris. Later that same month, I was honoured to attend a ceremony to award her the King Charles III

Coronation Medal  
for her lifetime of  
community work. She

accepted the medal with grace and humour alongside fellow recipient, Juno award-winning musician Sam Roberts.

## Committed to fostering connection

STAR IS EXECUTIVE DIRECTOR OF L'ABRI EN VILLE.



# More images of a memorable evening



THE MOOD WAS MERRY at the residents' April spaghetti dinner and art auction. Everyone mixed and mingled, playing musical chairs to get in some time with all their friends. AT LEFT, enjoying a chat were **Nancy Grayson** (left) and former coordinator **Cathy DeChambeau**. BELOW LEFT, hard-working Park apartment residents **Terryann** and **Karen** (standing) were pleased to see samples of their art bought by members of their apartment volunteer team **Carolyn Harrison** (left) and **Susan Pahl**. BELOW, diners thought they were seeing double when coordinator **Michelle Mills's** twin sister **Amy** (left) dropped in with her daughter **Isla**.

RICHARD DUFOUR



SUSAN PURCELL

## Eileen's spaghetti sauce



- 1 Tbsp Olive oil
- 1 Medium onion, *finely chopped*
- 2 Stalks celery, *chopped*
- 4 Cloves garlic, *finely chopped*
- 375 g Lean ground beef
- 28-oz can Diced tomatoes (794 g), *undrained*
- 1 can Tomato paste (156 ml)
- 1 cup Beef stock
- 1 Bay leaf
- 1 Tbs Dried basil
- 1½ tsp Dried oregano
- ½ tsp Pepper
- 1 tsp Granulated sugar
- 500-g Bag spaghetti noodles
- Parmesan cheese, *to serve*

Heat the oil in a frying pan, sauté the onion, celery and garlic in oil until softened. Add to a large stock pot.

In the same frying pan, sauté the beef until no longer pink.

Add the beef to the stock pot along with the diced tomatoes, tomato paste and enough water to fill the empty tomato paste can.

Add the beef stock, bay leaf, basil, oregano, pepper, and sugar.

Bring to a boil, reduce heat, and simmer partially covered for 40 minutes, stirring occasionally.

Cook the spaghetti noodles according to package directions. Top the cooked spaghetti with the sauce. Sprinkle parmesan cheese to serve.

SERVES 6

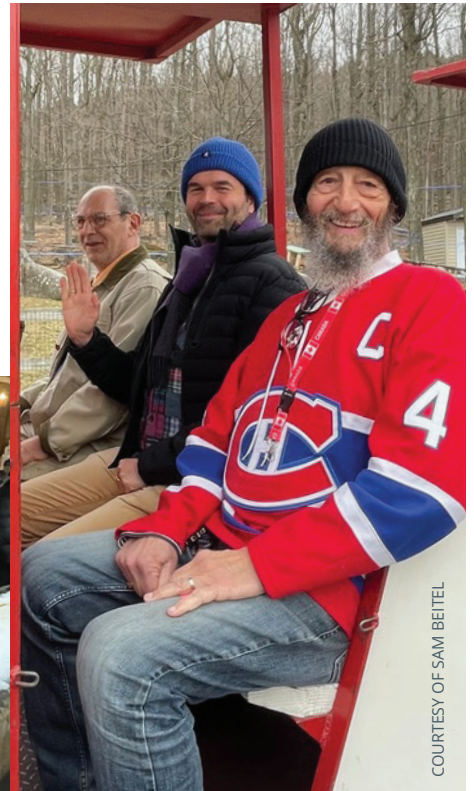
**Buon appetito!**



# How sweet it is!

IT'S A SWEET EXPERIENCE to sample the nectar of maple trees — especially on a sunny day. Several residents and volunteers packed onto a bus in April for L'Abri's annual trip to a *cabane à sucre* in the Eastern Townships. BELOW L. TO R., **Anna** fed the goats, while **Shmoal**, **Rosmary** and **Howard** enjoyed a taste of delicious "tire"— maple syrup freshly-poured over ice. AT RIGHT **David** (left) and volunteers **Peter Reynolds** and **Sam Beitel** enjoyed a ride on a motorized train.

SAM BEITEL



COURTESY OF SAM BEITEL

## Burgers & budgets

More spaghetti, please...  
with art on the side!

THE RESIDENTS' ANNUAL HAMBURGER SUPPER held at Café Monti in the Queen Elizabeth Health Complex in early June was an especially joyous occasion this year. Not only were **Giovanni's** hamburgers and fries "to die for", according to Brasilia resident **Irene Tyl**, but the resident fund's financial report brought nothing but smiles. Thanks to a successful spaghetti dinner and art auction organized by residents in April (see pages 1 and 4), there's plenty of money to help finance outings in the year to come. In a show of hands, residents voted to make spaghetti and art a regular event, possibly even before next spring. Pictured here, at left top, are residents **Terryann O'Neill** and **Irene** enjoying a laugh as they watch **Giovanni**, bottom, make his magic at the grill.



SAM BEITEL

{ The Family Album was written by  
L'Abri Times editor Susan Purcell. }

# New volunteers become unexpected friends

By PEPITA CAPRIOLO

L'ABRI IS THRILLED to be recruiting new volunteers. I'd like to tell you about three new team members at the Benny apartment in Notre-Dame-de-Grâce.

**Ingrid Kiffmeyer** joined L'Abri over a year ago. A good friend of our executive director, **Star Gale**, Ingrid had just moved to Montreal and was looking for volunteer opportunities. Star mentioned L'Abri to her and the match was a success. Given her background in graphic design and digital work, Ingrid was paired one-on-one with Benny resident **Vanessa**, who loves creating anime art. In addition, Ingrid recently joined our board and executive committee in the position of secretary.

**Lea Eidid**, at left, heard about L'Abri from her sociology professor at McGill. (Full disclosure: Her professor is my daughter-in-law!) She says it changed her attitude to mental illness and prompted her to volunteer with an apartment. Lea has been enjoying the personal contact with Vanessa and her roommate **Nathalie** and — as an added bonus — has become friends with **Laïla**, another new volunteer at the same apartment.

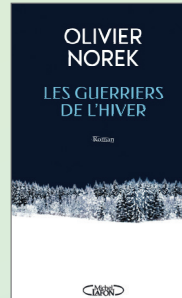
**Laïla Cherubin**, at right, is graduating in political science at Concordia and will be studying law at the Université de Montréal. Despite the expected heavy schedule ahead, Laïla is determined to continue her involvement with L'Abri.

At 21 and 23 years of age respectively, Lea and Laïla are enthusiastic about their volunteer work. As Laïla said to me, "Volunteering is much more than adding a line to one's CV." For both young women it is a way of giving back to society and creating new friendships. In their case, the result has been not only a great relationship with Nathalie and Vanessa, but also with each other.

PEPITA IS PRESIDENT OF L'ABRI'S EXECUTIVE COMMITTEE AND A VOLUNTEER AT THE BESSBOROUGH APARTMENT.

## Les guerriers de l'hiver

Par MARIE-JOSÉE PICHÉ



« Les guerriers de l'hiver »  
Roman de  
Olivier Norek  
Éd. Michel Lafon  
446 pages  
(2024)

Prix Renaudot  
des Lycéens 2024  
Prix Jean Giono 2024

EN 1939, en Russie, une rumeur court que les Finlandais, ce petit peuple de trois millions de personnes, attaque la Russie, un empire de 171 millions d'habitants. Est-ce possible? Ce livre, écrit en roman, transmet l'authentique histoire de la guerre d'hiver gagnée par les Finlandais grâce à leur courage, leur ténacité et leur solidarité.

On y suit la vie de Simo Hayha, une personne réelle et héros nationale. D'une vie de simple paysan, Simo devient un tireur d'élite surnommé « la mort blanche » par ses

ennemis, un fantôme qui tue sans qu'on le voit. Simo apprend vite les trucs qui assurent sa survie à moins 50 degrés sous zéro, comme se mettre une boule de neige dans la bouche pour éviter d'être découvert par son haleine.

Quant aux Russes, ils tuent leurs leaders lorsqu'ils perdent leurs batailles, pour déguiser la vraie histoire. En train de mourir de froid, ils se promènent avec des photos de Staline et des fanfares. Par surcroît, ils suivent les ordres de Staline d'avancer sur la glace avec des tanks qui coulent au milieu du lac. On croirait une fiction.

Saviez-vous que c'est durant cette guerre que les Finlandais ont donné le nom de « cocktail Molotov » à ces bouteilles à essence, car Molotov était à la tête de l'armée Russe?

J'ai lu ce grand récit à petite dose, mais je ne l'oublierai jamais. Je sens que je connais maintenant ce pays scandinave et ses habitants.

MARIE-JOSÉE EST RÉSIDENTE DE L'APPARTEMENT BRASILIA. ELLE A REÇU CET OUVRAGE EN CADEAU DES BÉNÉVOLES LORS DE SON ANNIVERSAIRE DE NAISSANCE.





# Apartments get a spruce-up in time for spring

By RICHARD DUFOUR

OVER THE PAST FEW WEEKS, a number of needed repairs and upgrades have been taking place across L'Abri en Ville's ten apartments. In collaboration with coordinators **Michelle, Leah and Lori**, I have taken on the task of inspecting each unit, identifying required repairs, and completing some of the work myself.

So far, a wide range of repairs and improvements has been addressed such as:

- installing curtains;
- replacing outdated or broken light fixtures;
- addressing minor plumbing jobs; and
- assembling new Ikea furniture.

The updates have made the apartments more comfortable and functional, and residents have responded positively to the improvements.

This work is part of an ongoing effort to ensure that our apartments remain welcoming and supportive spaces for residents. In May, various paint touch-ups were done, including:

- resurfacing kitchen cabinets in the Bessborough apartment;
- repainting the bathroom in Brasilia and;
- completing various touch-ups throughout several other apartments.

These finishing touches will help freshen up the spaces and continue to improve the overall living environment.

We were pleased to complete this last phase, maintaining our commitment to safe, well-cared-for homes for all residents.

RICHARD IS A LASALLE APARTMENT VOLUNTEER. HE ALSO SERVES ON OUR EXECUTIVE COMMITTEE.

## Kicking bad habits improves residents' health

Changing unhealthy habits is not easy, but these L'Abri residents have done it!

### GEORGE

**George** stopped smoking 20 years ago, breaking a habit of 12 years. When he first moved to L'Abri in the late nineties, smoking was permitted in certain apartments. Before long smoking was prohibited in the apartments to improve the air quality and health of residents. By then George had already stopped. "Something motivated me to quit. It was getting in the way of my prayers", recalls George, who has meditated since he moved to L'Abri 27 years ago. He has also been eating better. As a client of Meals on Wheels, he receives the vegetables, fruit and protein he needs. In addition, George regularly buys milk, juice and a nutritional supplement.

### ANNA

**Anna**, who has lived at L'Abri for 34 years, has been working hard to avoid unhealthy foods. She's been rewarded in the last year with a 20-pound weight loss. In fast food restaurants, she explains, "I avoid junk food and have the cream of broccoli soup or the chili." Diagnosed with diabetes, Anna is trying to cook more at home. She attends an exercise class twice a week and walks a lot. A regular visitor to cultural centres, "I'm always going up and down stairs in the metro."

### JEROME

Also diabetic, **Jerome** watches his blood sugar levels. He often eats with a roommate and they split grocery costs, but Jerome does the cooking, favouring trout, poultry and legumes. "I used to just nibble. Now I have someone to talk to. When you cook for others", he says, "you eat better and digest better." | SP



MICHELLE MILLS

JEROME LIKES TO COOK WITH  
HEALTHFUL INGREDIENTS.

## Unseen hands

### EDITOR

Susan Purcell

### EDITORIAL TEAM

Sam Beitel  
Star Gale  
Cecily Lawson  
Michelle Mills  
Jennifer Morrison

### DESIGN

JAM Design

### HELP & ADVICE

Sally Cooper

## L'Abri Times

is a publication of  
**L'Abri en Ville**  
2352 Duvernay Street  
Montreal QC H3J 2X1  
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### We'd love to hear from you!

Please send your comments  
or suggestions to:  
suepurcell@videotron.ca

### If you're interested in volunteering:

Please get in touch  
with us at:  
info@labrienville.org

## Remembering & Honouring

## Gifts to L'Abri en Ville in recognition of loved ones

### Remembering

#### Audrey Bean

Anonymous  
Martha Bell

#### Don Cherry

Robert Foxman

#### John Hadley Griffin

Margaret Griffin

#### Raymonde Hachey

Josef Schmidt  
Beverlea Tallant

#### Reg & Vivian Harrison

Brian Harrison

#### Suzanne Herscovitch

Anonymous  
Nancy Grayson  
Mary Martha Guy  
Maxene Rodrigues  
Mary Louise Sacconaghi  
Ronald & Rita Singer  
Merle Wolofsky

#### Nancy Hovey

Denise & Tim Conway  
Nancy Eddis

#### Gary Lafferty

Sally Cooper  
Cathy Dechambeau  
Cheryl Lafferty

#### Margaret Le Gallais

Anonymous

#### Edith Lewkowski

Armgard Stanger

#### Mary Quinlan

William Quinlan

### Honouring

#### Sandra Baines

Carol Baines

#### Eleanor Beattie

Eileen Manion  
Eric Philips-Oxford  
Sherry Simon

#### Joan Esar

Christiane De  
Tonnancour  
Sylvie Tousignant

#### Mary Martha Guy

Ann Macaulay

#### Pat Hamilton

Graeme Hamilton

#### Cecily Lawson

Junith Barron-Mee

#### Our cross-country ski group

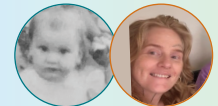
Beverley Hutchison



## How did you do?

Here are the answers to our quiz on p. 2:

A Star



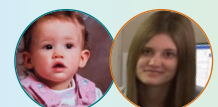
B Lori



C Leah



D Michelle



E Sally



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