



## Join Us at the Princess Street Promenade – Saturday, June 21st!



Ryandale Transitional Housing is excited to be part of this year's  
**Princess Street Promenade**, happening **Saturday, June 21st from 10**

**AM to 5 PM** in the heart of downtown Kingston.

This fun-filled, family-friendly event is a great opportunity to connect with local organizations, shop from local vendors, and enjoy the vibrant spirit of our community — and we'd love to see you there!

**Stop by the Ryandale booth to:**

- Meet our team
- Learn more about our transitional housing programs
- Ask questions
- Discover ways to get involved or support our work

Whether you're a long-time supporter or just curious to learn more, we welcome you to come say hello.

**See you on Princess Street!**



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**Local Love in Action – Day of Caring 2025**



On June 6th, Ryandale Transitional Housing was honoured to once again be part of the [United Way Kingston, Frontenac, Lennox & Addington](#) Day of Caring — and thanks to the incredible volunteers who showed up, our spaces got serious refreshes!

Over 400 volunteers from 28 workplaces completed hands-on projects at 38 local agencies across KFL&A — and we were lucky enough to welcome four of those incredible teams right here at Ryandale!

A heartfelt THANK YOU to the volunteer crews from:

[Queen's University](#)

[Novelis](#)

[Ministry of Health](#)

[James Reid Funeral Home](#)



You helped with gardening, painting, tidying, organizing — and filled our space with energy, laughter, and care. The impact of your work is real and lasting.

These are the jobs that often get pushed to the side in the hustle of daily operations — but they matter deeply to our staff and residents. We couldn't have done it without you.

And of course, a huge thank you to [United Way Kingston, Frontenac, Lennox & Addington](#), the many sponsors, and everyone who continues to make the Day of Caring a celebration of what community is all about.



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**KCCU BBQ Raises \$1,370 for Ryandale! 🌭❤️**





On **May 30th**, the **Kingston Community Credit Union (KCCU)** hosted a sizzling BBQ in support of Ryandale Transitional Housing — and it was a tremendous success!

Thanks to KCCU's generosity and the support of our community, the event raised an incredible **\$1,370** to help us continue our work providing transitional housing and support services.

Not only did KCCU sponsor the event, but their amazing staff also contributed their **Casual Friday funds** to boost the total. The day was filled with smiles, great food, and a powerful sense of community spirit.

A heartfelt thank-you to **everyone who came out, donated, and showed their #LocalLove** — your support is making a real and lasting impact.

To learn more about the important work KCCU does in the community, visit [www.kccu.ca](http://www.kccu.ca).



## A REEZIN FOR FREEZIN – Utilities Kingston Takes the Plunge for Ryandale! ❄️



On **Wednesday, May 29**, our friends at **Utilities Kingston** hosted an incredible **Wellness Event** focused on health, safety, education, and prevention — and they managed to fit in plenty of fun (and freezing!) in support of Ryandale Transitional Housing.

As part of the day's activities, employees bravely participated in a **polar plunge challenge** called *"A REEZIN FOR FREEZIN – Supporting Ryandale Transitional Housing."*



With nine courageous participants taking the icy dip, their colleagues placed wagers on how long each plunger could stay in the water.

**President & CEO David Fell** set the tone with a heroic plunge of **over three minutes**, leading by example and rallying support.

Thanks to the bold efforts of the team and the generosity of everyone involved, Ryandale received **\$865** in donations!

We're so grateful to [Utilities Kingston](#) for their continued support, their spirit of fun, and for always showing their **#LocalLove** in action. We hope you enjoy the photos as much as we enjoyed the day!



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## Progress at Ryandale — One Project at a Time!



We're excited to share that one of our renovation projects at the Victoria Street house is now complete — thanks to a generous grant from the [Davies Charitable Foundation](#)!



The north-side siding & brick work has been fully repaired, boosting both the structural integrity and energy efficiency of the home.

This is just one part of our ongoing efforts to improve and maintain safe, supportive spaces for our residents.

A heartfelt thank you to the Davies Charitable Foundation!

These improvements will make a significant impact on the comfort, safety, and well-being of those who rely on our Victoria Street house.

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## Meet Mandy Wilson – Our New Program Coordinator!



We're thrilled to welcome Mandy to the Ryandale team as our new **Program Coordinator!**

Mandy is an experienced program coordinator with a strong background in grassroots organizing, cultural programming, and land-based learning.

Originally from Sharbot Lake, located on unceded Algonquin territory, Mandy was raised around Indigenous land-based practices that continue to shape and guide her work today.

Now based in Kingston, she brings a relational and trauma-informed approach to everything she does, rooted in her commitment to

community wellness, language revitalization, and the healing power of land-based connections.

We couldn't be more excited about the energy, care, and creativity Mandy brings to our programming.

From garden beds to kitchen tables, she's already helping residents connect, grow, and thrive in new ways.

**Welcome to the Ryandale family, Mandy—we're so glad you're here!**

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## ROOTS & RECIPES

**Connecting with the Land, Sharing Culture, and Building Community**



## Dandelions for Dinner? Yes, Please!

*Location: Clery Street*

Who knew the humble dandelion could be so delicious?

In our first *Roots & Recipes* workshop, residents at Clery Street explored the edible power of this backyard plant — turning it into fritters, pesto, cookies, tea, and more, using the entire plant from root to flower.

The experience was more than just culinary — it fostered a sense of creativity, connection, and self-reliance. With Mandy's guidance, participants not only learned new kitchen skills, but also reconnected with traditional knowledge and the abundance around them.

## Stinging Nettles Never Tasted So Good!

*Location: Fieldstone*

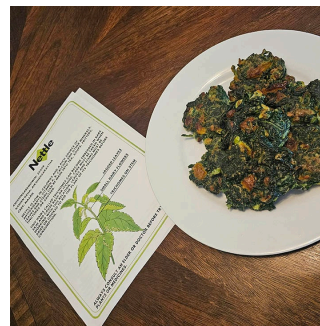
In our second workshop, Mandy brought *Roots & Recipes* to our Fieldstone home — this time featuring the often-feared, but highly nutritious **stinging nettle**.

Harvested from our own backyard garden, the nettle was transformed into flavourful, nutrient-rich **Nettle Cakes** — made with onions, peppers, spices, and a generous helping of community spirit. Special thanks to [Lionhearts Inc. Kingston](#) for donating fresh produce to enhance the recipe.

This session sparked meaningful conversation around food sovereignty, traditional knowledge, and turning overlooked resources into nourishment and pride.







## Celebrating Dar – Music, Joy, and One Amazing Cake! 🎉



On **May 29th**, we had the joy of celebrating someone truly special — **Dar**, the incredible volunteer behind *Music with Dar* at Ryandale.

Dar is so much more than a musician, singer, and songwriter. She's a guiding light in our community — bringing laughter, healing, and connection through the power of music. Her weekly sessions uplift

spirits and create a safe, joyful space for residents to express themselves.

To mark her birthday, our thoughtful House Manager, Jaimelee surprised her with a **homemade cake** — a sweet and heartfelt thank-you for someone who gives so generously of herself.

**Dar, thank you for sharing your gifts, your heart, and your music with us.** From all of us at Ryandale, Happy Birthday! We're so lucky to celebrate you — and we can't wait for the next jam session.

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## 🌱 We've Grown Something Beautiful — Together 🌱 Want to Get Involved?

**VOLUNTEER Today!**

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We're proud to share that, thanks to incredible community support, Ryandale now has a **brand-new garden** — a vibrant and welcoming space that's already bringing joy, connection, and possibility to our residents.

This garden is more than just a patch of soil. It's a symbol of what's possible when people come together with care, vision, and intention.

💚 **A huge thank-you to the [Community Housing Transformation Centre and their Green Kickstarter Fund](#)** for helping us bring this idea to life. Your support planted the first seed — and now it's growing into something truly meaningful.

We're also deeply grateful to:

🌿 **[St. Andrew's Presbyterian Church](#)**, for generously sharing their land and giving us the space to grow.

👐 **[United Way KFL&A Day of Caring volunteers](#)**, who built the garden with heart, hands, and hard work.

🚜 **[FRECON Construction](#)**, for lending equipment that made the heavy lifting possible.

🌻 And our own **Program Coordinator**, whose leadership helped bring all the pieces together.

From herbs and vegetables to flowers and friendship — this garden is just the beginning. Stay tuned... more green goodness to come! 💚

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## Help Us Make a Difference!

**At Ryandale Transitional Housing, we believe in second chances, dignity, and community support—and we can't do this work alone.**

### 💛 Make a Donation

Every dollar helps us provide safe housing, compassionate support, and a path forward for those experiencing homelessness and housing insecurity.

**DONATE**

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## Volunteer With Us

Looking for a meaningful way to give back? Whether you can help with meals, activities, or simply lend a listening ear, your time can make a real impact in the lives of our residents.

### VOLUNTEER

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## Thank you for Reading!

For more information on Ryandale Transitional Housing

Please Visit Our Website

### WEBSITE

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### Ryandale Transitional Housing

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If you have questions, please feel free to reach out!

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