



# HARVEST NEWS

MAR  
2003

*Extending a hand up, not a hand out*

## CONTACT INFORMATION

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With spring fast approaching, there is a sense of joy in experiencing the longer days, and in watching the trees blossom and the flowers bloom. It is a time of renewal and rejuvenation. However, it is especially at this time that we need to remember those in our community whose future does not appear to them to be so positive, and whose personal expectations are sadly limited. It's only through your support that the Harvest Project is able to reach out to those in crisis - you can make a difference in the lives of our clients and put the hope of spring, of new life, back into their hearts.

## New Program for Harvest Clients

InsideOut Coaching Systems, in partnership with the Harvest Project, has developed an Individual Discovery Program uniquely designed for Harvest clients.

Coaching is all about change - about bridging the gap between where you are and where you want to be. It's an empowering relationship focused on an individual's personal growth and success, and promotes action towards the realization of one's visions, goals and dreams. The model is simple and extremely effective in teaching people how to move forward with intent and develop a higher level of responsibility for themselves and those around them. Through both listening and enquiry, the coach increases an individual's level of awareness, while providing structure, support, feedback, and accountability.

Tools used in the coaching program are motivating and fun, and increase one's desire to execute change and move forward. InsideOut Coaching teaches clients how to set long- and short-term goals, anticipate obstacles, develop a concrete plan of action, and hold themselves accountable for the outcome.

To date, we have completed two Discovery Programs and are greatly encouraged by the positive changes reported by our clients. We hope to expand our coaching program so that all Harvest Project clients will have the opportunity to learn new skills and commit to new possibilities in their lives.

Pamela Whitmarsh,  
CTI Co-Active and Relationship Coach

"Enriching Relationships, Individuals,  
Executives & Corporations"  
Phone: 604-986 5844 Fax: 604-986-5277

### COACHING CAN HELP WHEN A PERSON:

Lacks direction and clarity in life.

Needs better organizational and time management skills.

Is not happy in his or her work.

Wants more quality relationships.

Is getting married or divorced.

Wants to be a better parent.

Is looking for more meaning in his or her work and personal life.

"I THANK ALL OF YOU FOR THE HELP AND UNDERSTANDING MY FAMILY AND I RECEIVED LAST YEAR FROM YOU. WITHOUT IT, I DON'T THINK WE WOULD HAVE MADE IT. YOU GAVE ME THE COURAGE, AND THE CONVINCING, THAT I COULD DO IT. THANK YOU." - T.H.



After years of fighting drug addiction and depression, "Laura" was at the end of her rope. In desperation, she came to the Harvest Project, which quickly stepped-in to support the 32-year-old mother of two.

Taking care of her family's immediate needs, the Harvest provided Laura with food, much needed counseling, and a referral to an addictions recovery program. When her treatment was complete, the Harvest Project connected Laura with Neighbourlink, which addressed her comfort needs by providing free furniture. During a recent meeting with her Client Care Partner, Laura's beaming face told all. She had been working a full-time job for over two months, and was so proud to be off welfare for the first time in three years! She was filled with relief and joy at starting a new phase in her life, and thanked the Harvest Project for its faithful support.

"Coaching has had an incredibly good impact on my life. The focus was on where you want to be going, rather than where you have been in the past, which brought me great hope and excitement for the future." - Harvest client

## VOLUNTEER OPPORTUNITIES

**ADMINISTRATION** – data entry, word processing, research  
**ASSISTANT TO EXEC. DIRECTOR** – requires self-motivated individual who is familiar with MS Word & Excel; project mgt. experience is an asset (can work from home)  
**DRESS FOR SUCCESS** – assisting clients with clothing for work and school  
**DRIVING** – picking-up food and delivering hampers  
**GRAPHIC DESIGNER** – assisting with layout of printed materials  
**KITCHEN** – preparing lunches, maintaining coffee/snack service  
**RECEPTION** – greeting clients, answering phones, making appointments  
**RESOURCE CENTRE** – maintaining and providing info. on other community resources  
**WAREHOUSE** – sorting, boxing, storing, and stocking food

If you are interested in joining the team, please call 604-983-9488 and register for a Volunteer Information Meeting (held the first Saturday of every month – except holiday weekends – at 11:00am at the Harvest).

Please note that most positions are at the facility, which operates Tues.-Fri from 10am-4pm, and Sat. from 10am-2pm.

## Needful Things

*The Harvest is in need of:*

- Men's khaki's and jeans, esp. in smaller sizes.
- Men's and women's underwear (new, please).
- Shampoo, toothbrushes & paste, deodorant, razors & gel, feminine hygiene products.
- Umbrellas (good condition).
- Glass cooler (i.e. large refrigerator with sliding doors).
- Pest- and water-proof storage bins for bulk foods (3-5).
- Upright vacuum cleaner.
- Secretarial chairs with armrests (good condition).
- Digital camera.
- High-speed laser printer.

Non-perishable food items are always gratefully accepted, particularly:  
**Canned Meat & Fish, Peanut Butter, and Condiments**  
 (mayo, vegetable oil, salad dressing, jam, etc.)

## Volunteer Corner

The work of the Harvest Project is made possible through the efforts and dedication of our many volunteers. We want to honour them by sharing with you some of their stories. For this issue, we talked to Marga.



*Tell us a bit about yourself:*

I was born in Amsterdam, Holland and came to Canada in my teens. I'm married with two adult children, and for most of my life I worked in Long Term Care, which was a very rewarding job.

*How did you hear about the Harvest and why did you decide to volunteer?*

About two years ago, my son was involved with the Harvest and he told me how impressed he was with the help they gave to the community. Though I could no longer work due to health reasons, I wanted to continue helping people so I signed-up as a volunteer.

*In what area(s) do you currently work?*

I started in Reception, one day a week. Now I work an additional day as a Client Care Partner.

*What impact has your volunteer experience had on your life?*

It's wonderful belonging to the Harvest family - I just feel so grateful each day that I'm there. When someone comes in feeling depressed, but leaves with a smile and a sparkle back in their eyes... what could be better than that? Many of our clients are people who are trying to create a better life for themselves and their families. By offering them a "hand up" and then seeing the progress they make, it makes me realize that God works through the actions of regular people like me – it's very spiritually satisfying.

*What would you like to share with others who are interested in volunteering with the Harvest Project?*

Volunteering with the Harvest will not only give you personal satisfaction; it will greatly benefit your neighbours in our community. I truly believe it takes caring people to build a strong, loving society. And your level of involvement is entirely up to you. I can honestly say that I have never enjoyed a job as much as I enjoy my work at the Harvest Project!



### Cuban Concert to Benefit the Harvest

Amor Cubano Cultural Event, presented by World Love Entertainment, is a one-of-a-kind experience that will present Cuban culture through expressive music and photographic art.

On Sat., March 22<sup>nd</sup>, the Centennial Theatre will host the Juno-nominated Puentes Brothers, pop sensation Carmelina Cupo, and the celebrated Cuban Photographic Exhibition "Havana Notes." \$2 from the sale of every \$35 ticket will be donated to the Harvest Project, so show your support for the Harvest by enjoying the enchanting rhythms of World-music!

For more information, go to [www.worldlove.ca](http://www.worldlove.ca)

or call 604-984-4484.

### Thanks For Your Faithful Support!

**THROUGH THE OUTSTANDING GENEROSITY OF THE NORTH SHORE COMMUNITY AT CHRISTMAS, THE HARVEST PROJECT WAS ABLE TO**



HARVEST GROUP ROOM OVERFLOWS WITH FOOD!

**REPLENISH ITS FOOD SUPPLY AND RESTOCK EMPTY SHELVES IN ANTICIPATION OF A BUSY YEAR AHEAD.**

**A BIG "THANK YOU" TO ALL WHO DONATED!!**

**“We make a living by what we get, we make a life by what we give.” - Sir Winston Churchill**

### Community Partners

The Harvest Project relies on donations from all parts of our community – from individuals, corporations, service clubs, churches, and many others. Each and every donation, large or small, makes a difference in the lives of people right here on the North Shore. However, we wish to begin recognizing some local organizations whose very generous support is helping the Harvest to take significant steps towards improving client services, strengthening relationships with those in our community, and securing our future.



North Shore Credit Union has been a faithful supporter of the Harvest Project since 1994, and is one of our Founding Sponsors. A recent important sponsorship was the “Broadway, Ballads, & More” benefit concert in November of last year. The NSCU Charitable Foundation was responsible for the “Garden of Giving” beautification project at our site, and recently provided an \$8,000 grant to cover postage costs of the Harvest’s mailings for one year. Our sincere appreciation goes out to this very community-minded organization!!

North Shore Credit Union is a recognized innovator in the financial services industry, offering banking, insurance, investment brokerage, and business services. Based in North Vancouver, NSCU’s community giving totaled \$746,000, or 14% of after-tax earnings, in 2002. This commitment to enhancing the community is also visible through the activities of the NSCU Charitable Foundation. The Foundation assists non-profit, locally-based initiatives, and has distributed over \$184,000 in funds since 1995.

North Vancouver Kiwanis Foundation: \$3,500 for a computer for the Resource Centre.

Kiwanis Club of Evergreen: \$1,000 towards a professional display system.

Mount Seymour Lions Club: \$2,100 (raised through the 2003 “Penguin Plunge” at Panorama Park)



Founded in 1915, Kiwanis International is a thriving organization of service and community-minded individuals who make their mark by responding to the needs of their communities and pooling their resources to address worldwide issues.



Since 1917, Lions clubs have embraced those committed to building a brighter future for their community. Today, Lions Clubs International is the world’s largest service club organization, and though its programs are continually changing to meet new needs, its mission has never wavered: “We Serve.”

### Community Partners Help Reduce Mailing Costs

As a non-profit, grassroots organization, the Harvest Project relies on the generosity of the local community for its continued operation. As a result, we work hard to keep in touch with our supporters and to maintain our visibility in the community.

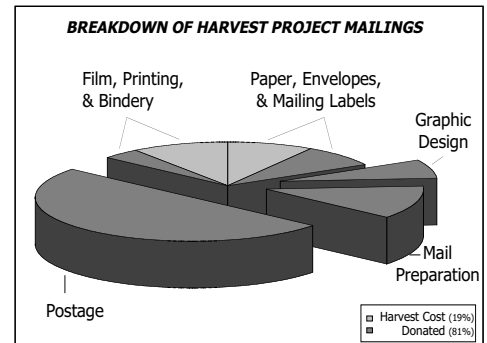
This is achieved primarily through written updates: three newsletters and two appeals that communicate our needs, successes, and gratitude throughout the year. These updates are key in generating the majority of our annual revenue.

For many years, our mailings were designed, printed, copied, and folded by Harvest staff. This was not only very time-consuming, but also surprisingly expensive once hidden costs related to photocopying and production time were taken into account. So, in early 2002, our new Communications & Events Director undertook the redevelopment of our entire process in order to lessen the costs associated with our mailings.

This began with the addition of Kenneth King, a graphic designer, to our team of volunteers. His expert knowledge of graphics applications enabled us to redesign the look of our mailings and greatly improve their professionalism. We then approached paper suppliers for discounted stock and, finally, we were able to partner with KA Printing, a local company that generously agreed to do our printing at a significant discount.

More recently, we made changes to our envelopes in order to qualify for bulk mailing rates with Canada Post, and to introduce prepaid reply mail. These postage costs will be covered through 2003 by a grant from the North Shore Credit Union Charitable Foundation.

As you can see, the Harvest Project practices responsible stewardship of the resources with which it’s been entrusted. It is because of our commitment to our supporters and our clients that we make every effort to cut costs wherever possible – enabling us to continue providing essential, life-changing services to North Shore residents in transition.



**“Judy”, who is in her late 30’s and a mother of four children, felt overwhelmed by life’s difficulties. She had become pregnant at 16, was married at 18, and was divorced with three children by 25. Having no support, Judy did the best she could to provide for her family, but the meager wages she made at various odd jobs were never enough. So, she would go back on Social Assistance, where she could at least rely on a regular cheque to cover her basic needs. For 11 years, Judy was unable to break free from this vicious cycle of dependency, hopelessness, and despair - until she heard of the Harvest Project.**

**Through counseling, Judy realized that she could take charge of her life and make positive changes for herself and her family. Gradually, she began to regain her confidence, and together with her counselor, Judy identified her career passion – to care for the elderly. She applied to a local college for her nurse’s aid certificate, but had to wait three years before she could register. Then, Judy had to pay for tuition and support her two remaining at-home children through a student loan that was substantially less than Social Assistance. But she did it, and graduated with honors to boot!**

**“I saw the light at the end of this long tunnel become bigger and brighter as each month passed,” remembers Judy. Now fresh into her new career, she returned to thank the Harvest Project for its “invaluable assistance” during that dark period of confusion and self-doubt. Judy simply radiated confidence, enthusiasm, and happiness. “What would people do without the Harvest Project?” she asks. Judy’s story inspires us to continue offering a helping hand up!**

# Thank You for your Continued Support!

including all individuals, who are not listed to protect their privacy.



## HARVEST HEROES OF 2002

(Contributions received in 2003 will be recognized in 2004)

### Cornerstone Heroes \$6,000 + per year

645569 BC Ltd.  
City of North Vancouver  
Employees of Canada Safeway #23 (Westview)  
Employees of the Harvest Project  
Global Institute  
Kiwanis Club of West Vancouver  
KP Wood  
North Shore Alliance Church  
North Shore Credit Union  
North Shore News  
Prudential Sussex Realtors  
Prudential Sussex Realty Corporation  
Save-On-Foods & Drugs  
School District #44 (Employment Training Division)  
St. Andrew's & St. Stephen's Presbyterian Church  
Winston Reckert Inc.

### Legendary Heroes \$1,200 - \$5,999 per year

Anvarda Dental Services Ltd.	Navigata Communications Inc.
Balmoral Junior Secondary	North Lonsdale United Church
Capilano Christian Community	North Shore Optimist Club
Carter Chevrolet Oldsmobile	North Vancouver Community Players
Christian City Church of Canada Society	North Vancouver Host Lions Club
CWG Engineering Inc.	North Vancouver Kiwanis Foundation
Delany's Coffee House	Pacific Honda
FS Insurance	Rodeo Jewellers
Highlands United Church	Soroptimist Club of West Vancouver
Holy Trinity Catholic Church	St. Francis in the Wood Anglican Church
John Peachey & Associates	St. Martin's Anglican Church
Knights of Columbus (LGC #7095)	St. Stephen's Catholic Church
L.V. Lomas Ltd.	St. Thomas Aquinas High School
Linens 'n' Things	T.J. Hickey Group
Loewen Kruse Chartered Accountants	The Firm
Lower Mainland Publishing Group Inc.	Tuesday Breakfast Club
Lynn Valley Full Gospel Church	West Vancouver Presbyterian Church
Mt. Seymour Lions Club	West Vancouver United Church
National Association of Industrial & Office Properties	Westlynn Baptist Church

#### DID YOU KNOW THAT YOU CAN DONATE:

- IN PERSON OR BY MAIL?
- OVER THE PHONE, USING VISA?
- AT THE NORTH SHORE CREDIT UNION OR NORTH SHORE BRANCHES OF THE CIBC?
- THROUGH THE UNITED WAY (DESIGNATED TO THE HARVEST PROJECT)?

*Pre-authorized payment is now available!*

### Recycle For The Harvest Project

You can help the Harvest Project by saving your empties.

Simply store your refundable drink containers (pop, juice, water, & adult beverages), remembering to leave the labels on. Then contact the Bottle Lady at 604-926-8853 (please do not bring your empties to the Harvest).

She'll collect them from your home - providing you have accumulated at least \$10.00 worth and you live within a reasonable distance - and will forward the refund to the Harvest.

Thanks for your support!

### Super Heroes \$600 - \$1,199 per year

Alliance Lodge (#193)  
Amici Mediterranean Restaurant Ltd.  
Bill Curtis & Associates Design Ltd.  
Capilano Lions Club  
Casanova Jewellers  
Computer Associates  
Contact Printing & Mailing Ltd.  
Davis Insurance Agencies Ltd.  
Deep Cove Stage Society  
Dr. Brad Forster Inc.  
Employees of EDS Canada  
ET Technologies  
Family Services of the North Shore  
Fraternal Order of Eagles  
GCI Nutrients (Canada) Inc.  
Howe Sound Lions Club  
KA Printing  
K.J. Wall, CGA  
Kiwanis Club of Capilano  
Kiwanis Club of Evergreen  
Lions Gate Hospital Employees Union (Local 180)  
Mulgrave School  
New Hope Community Church  
Overes & Company, CGA  
Pelican Studios  
Rotary Club of Lions Gate, North Vancouver  
Royal Canadian Legion (Branch 118)  
St. Catherine's Anglican Church  
Stevens Plumbing & Heating Ltd.  
Taylormotive Service Ltd.  
TD Waterhouse (Corporate & Public Affairs)  
The Bridge Community Church  
Union Securities Ltd.  
Vandermeer Forest Products (Canada) Ltd.

#### HARVEST PROJECT NEWSLETTER SPONSORS:

GRAPHIC DESIGN



*Kenneth King*

PRINTING



K.A. Printing Limited

POSTAGE



NORTH SHORE  
CREDIT UNION