



HARVEST NEWS

SEPTEMBER
2006

Extending a hand up, not a hand out

From Bob's Desk



In everything give thanks.

During my first year at the Harvest Project, I have had many occasions to give thanks in all circumstances. I have marveled at the transformed lives of the men and women who have been our clients throughout the past year. I have seen the services we provide change desperate and despairing men and women into people who are filled with hope and optimism, equipped with new skills and empowered to become self-sufficient. I am encouraged and grateful for the measurable difference we are making in the lives of our neighbours in need.

I have been filled with gratitude for the more than 200 volunteers who have worked so hard to welcome our clients, support them to reach their goals, sort groceries, provide wardrobe advice, make deliveries and make our operations run smoothly. Without them, the Harvest Project could not open its doors or offer our wide range of services so cost-effectively. These wonderful volunteers are a barometer of our community's support for the work we do to make the North Shore a better place for everyone to live and work. I am deeply grateful for the dedication of our staff that serve our clients with so much care and respect. I am humbled and thankful for the increased level of financial, food and clothing donations that allow us to continue to serve people living in poverty. It has been a good first year. With heartfelt thanks to all, I look forward to a bountiful year ahead.

Sincerely,

Bob Rogers
Executive Director



Skateboarders get ready for the King of the Forest 20km Longboard Endurance race organized by the Lonsdale Board Company. The July 7 event raised \$660 for the Harvest Project.



Harvest Project supporters Gordon Stewart & Judi Whyte enjoy the fun at our August 24th Summer Splash fundraising dinner and live auction. Humorist Gordon Kirkland and singer-songwriter Linda Maze entertained.

Be Informed

- Working at full capacity, the Harvest Project will serve more than 1,200 clients and about 900 dependents in 2006.
- Every month we provide about 350 appointments for clients.
- Each month we serve about 35 new clients and 25-30 of their dependents
- We provide \$55,000 - \$60,000 in food to our clients each month and \$8,500 to \$10,500 in clothing.
- 8,500 men, women and children on the North Shore are living in poverty because they spend more than 50% of their income on housing that is inadequate.
- The Harvest Project extends a hand up, not a hand out because we want to equip our clients with the life skills and resources they need so they can accountable for their own lives and decisions. We want to end the cycle of dependency.
- We believe reducing the impacts of poverty is better than waiting for poverty to lead to hunger, crime or homelessness. It is more compassionate, effective, economical and beneficial for our community.
- The Harvest Project receives no federal or provincial funding. 97% of our budget comes from individuals, businesses, service clubs, foundations and churches.

Back from the Brink

Take a Tour!

We want you to get to know us better. Tours are offered every Thursday at 11 am or by appointment. Call Celia at 983-9488 ext. 317. [Anyone wishing to volunteer should phone reception (983-9488) and sign up for the orientation session scheduled for the first Saturday of every month at 11 am.]

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Needful Things

We gratefully accept all donations of non-perishable food, work clothes for adults and personal care items.

Gratitude...goes beyond 'mine' and 'thine' and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

— Henri Nouwen



Joanne and Roger were in trouble. They had bought a house more expensive than they could afford and, on a whim, Roger gave up his job as a drywaller and decided to start a sporting goods store. At first, the store made money, but sales dropped off when the store's prices couldn't compete with the big box stores. Soon, Roger and his partner found themselves closing the store but still having to

pay the remaining 2 years of its lease. Roger gambled on the internet to try to get rich quick but just got deeper into debt. Threatened with foreclosure on their mortgage, they sold their house at a loss. They moved into a small apartment and Roger found some part-time work in his old trade, but couldn't make enough to pay the bills. Joanne was staying home with their two children, Peter and Christopher, ages 11 and 8. With no work experience, she lacked the skills and confidence to help out by finding a job of her own.

A neighbour suggested they seek help at the Harvest Project. "I was really stubborn and didn't come in for months after I'd heard of the Harvest Project," said Roger. "There was no way I was going to admit I needed help. But I finally we just couldn't take it any more. I was thinking seriously of jumping under a truck. I've never felt so alone and desperate in all my life."

Finally, they came in. A client care worker set up a meeting with a financial planner to help them manage their debts. Joanne took some life skills courses to prepare a resume and learn how to get ready for job interviews. Job interview clothing and food were also available. Roger received counseling for his feelings of failure and took some stress and anger management workshops to help him cope.

"All of the services and the food and clothing put us on our feet again," said Joanne. "But the thing that really meant so much more was that we had people to talk to who encouraged us to get a grip and take charge of our lives. They didn't focus on how we'd messed up, just on how we could move forward."

Today, Joanne has a job as a store clerk and Roger is working full-time for a construction company and taking business courses at Capilano College. They managed to sub-let the store after 8 months and look forward to the day when they will have paid off most of their debts. Concludes Roger: "We don't know what we would have done if the Harvest Project hadn't been there for us. We thank God it was."

Volunteer Corner



Jim and Muriel Ewart have been married 44 years and still do as much as they can together. As one of the few married couples volunteering at the Harvest Project and the only couple volunteering as Client Care

Partners, they are able to 'compare notes' and help each other serve clients better. They volunteer a couple of days every week, each seeing about 3 clients a day. Jim also serves on the Harvest Project's Board of Directors.

Jim began volunteering almost 2 years ago after he retired from a long career as an engineer in the forest industry. Muriel, a homemaker and inspirational speaker, began about a year later. "He would talk to me about how rewarding it was and I could see how satisfied he was doing it," explains Muriel.

Jim adds: "I wanted to serve in a tangible, practical way so it is rewarding to see changes in people's lives. My star client came in all angry and agitated (a year ago). Now he is calm and happy, and he looks healthy."

When asked how she works with clients, Muriel says, "I find it is really important to set people at ease. That is the key. Most of them never thought they'd be here and are worried about what if their family knew. I tell them that most of us need help at some time in our lives and that there is no need to be ashamed."

Being a client care partner "has given me a new perspective on the life of those who are living on the edge," says Jim. "The whole experience is challenged. I didn't realize how pervasive drug problems are and I've discovered that we are all needful people."



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

— William Arthur Ward

Join CBC host & raconteur Arthur Black
Sing your favourite tunes with Ken Johnson at the piano
Find amazing treasures at our silent auction
Mingle with your friends and neighbours

Tickets: Only \$40 before October 13
\$50 after October 13 (if available)

- One complimentary drink
- Complimentary hors-d'oeuvres
- Door prizes

Phone 604.983.9488 ext. 305 for tickets

A fundraiser for the Harvest Project



Harvest Moon

over Capilano 2006

Thursday, October 26, 2006

7:00 pm

Capilano Suspension Bridge*
(Canyon House Banquet Rooms)

*Capilano Suspension Bridge will also be donating \$1 from every paid entry to the park during the entire month of October!

Thank You for your Continued Support

Major Donors of 2006

We are grateful to all who have so generously supported the Harvest Project so far in 2006. Donations listed are as of August 15th.



Leader \$5,000+

Anvarda Dental Services
Bridge Community Church
Don Martin
City of North Vancouver
District of North Vancouver
Hagar Foundation
Lions Club of Mt. Seymour
Lynn Valley Full Gospel Church
MacLean Painting
Mt. Seymour Lions Club
North Shore News
St. Andrew's & St. Stephen's Church
Steelhead Business Products

Friend \$2,000 +

District of West Vancouver
Methanex Corporation
Kiwanis Club of West Vancouver
Kiwanis Club of Capilano
North Shore Alliance Church
North Shore Community Foundation
North Lonsdale United Church
St. Timothy's Church
Taylormotive

Helper \$1,000 +

Jim & Nancy Church
Gary Cuthbert
Deep Cove Stage Society
Ken & Doreen Hawley
Highlands United Church
Lynn Valley Soccer Association
Ged & Celia McLean
Kim Moller
Lions Club of Lynn Valley
Nintendo of Canada
Pacific Coast Rehabilitation Centre
Polaris Management
Porsche Club of America - CWR
Pro Coach International
SMP Dramatic Society
West Vancouver United Church

We gratefully acknowledge the support of the City of North Vancouver, the District of North Vancouver, and the District of West Vancouver through their 2006 Assistance Grant Program.

City of North Vancouver -- \$6,000
District of North Vancouver -- \$5,885
District of West Vancouver -- \$3,000



Help Us Save!

Send us your e-mail address so that we can send you our newsletters and announcements electronically instead of by snail mail. We do not sell, lend or share any contact information of any kind.

Please contact administration@harvestproject.org or 604.983.9488 ext. 305 to get your Harvest Project news by e-mail, or to let us know if you prefer not to be on our mailing list.

Volunteer Opportunities

Our need for volunteers is constant because volunteers deliver almost all of our services. We need people who can work in client care, grocery packing, sorting food in the warehouse, driving, cooking, maintaining our coffee/snack service, sorting clothes, data entry, or fundraising. We are also looking for professionals such as physiotherapists, nutritionists, dentists, and financial planners etc. who can donate services to our clients.

We are open Tuesday to Friday from 10 am to 4 pm and Saturday from 10 am to 2 pm. Volunteer shifts are four hours in length, once per week.

If you are interested in joining the Harvest team, please call 604.983.9488 to register for a Volunteer Information Meeting held the first Saturday of every month (except holiday weekends) at 11 am at the Harvest Project.

Design:  SANDI MA

Donating is Easy

Donations can be made to the Harvest Project:

- By cheque
- Visa or Mastercard
- Pre-authorized bank payments
- In person or by mail
- Online through Canada Helps
- Through the United Way
(designated to the Harvest Project)
- Through stock transfers

We also welcome gifts of RRSPs, life insurance policies, stocks/bonds/mutual funds, trust and annuities through our Planned Giving Program.

Contact Information

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Volunteering & Donations

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If you would prefer not to be on our mailing list, please let us know by mail, e-mail (administration@harvestproject.org) or phone 604.983.9488 ext 305).

www.harvestproject.org