



HARVEST NEWS

SPRING
2009

Extending a hand up, not a hand out

A Salute to Harvest Project Volunteers

by Adrienne Brown, Coordinator - Volunteers & Reception



Part of our 150 member volunteer team at Harvest Project

We as a staff wish to express our admiration, affection and esteem for the service our volunteers provide and all that it entails.

Thank you for working harder than anyone ever asked, caring more deeply than you anticipated and serving with steadfast faithfulness. You bring to this work a deep commitment to relationship.

Often, in the afternoon after the last client has been helped and the last volunteer slips out, you hear the sound of the door locking and you realize another day is done. Sometimes, if you listen carefully, I think you can hear the walls exhaling with a breath of relief.

If these walls could speak wouldn't they have a story to tell? There are our client's stories of past difficulties, family dynamics, and goals that have yet to be accomplished. Then there are stories of answered prayers and advice that was used and was instrumental in a breakthrough to a new way of being. Some of the best stories told are of shared experiences between volunteers and clientele.

However, we need to take time to listen to each other's stories as much as the client's stories. These are the stories that are shared between volunteers about their lives, families, work related experiences, challenges and joys. So, as they share their stories they influence each other and that is a powerful force of faith.

There is an old Jewish story that teaches us the power of storytelling. It says that Truth, naked and cold, had been turned away from every door in the village. Her nakedness frightened the people. When Story, found Truth she was huddled in a corner, shivering, hungry and alone. Taking pity on her, Story gathered her up and took her home. Clothed in Story, Truth knocked again at the villagers' doors and was readily welcomed in the people's houses. They invited her in and she ate at their table and warmed herself by their fire.

Just as Story clothed Truth we find that Giving clothes Receiving. Within these walls we have all received so much from the act of giving. What started as give has turned into a reward received. Relationships are the template at Harvest Project. Relationships are where all the giving and receiving takes place.

So we will continue to do what we do and you our volunteers will continue to be what is right about possibility. Thank you feels so small compared to how much we've done together and how many people have been helped but thank you. It is our hope and belief that as we continue to work out Harvest Project's destiny, our community spirit and shared stories will shine.

Thank you

Harvest Project Staff

Harvest Project would like to thank all of our hard working volunteers

Alan Gill
Allison Hall
Anastasia Ferreira
Anastasia Wiebe
Ann Backhouse
Anne Adams
Art Hein
Artem Karpov
Ata Amini
Audrey Haigh
Barbara Cantwell Van
Hee
Betsy Sharpe
Bob Bell
Bob Paxton
Breanna Buchholtz
Brendan Kramer
Cameron Baird
Carmen Greenlees
Catherine Cabeldu
Cathy McManmon
Cheryl Baines
Chris Hutchcroft
Christine Kemper
Claudine Gunn
Consuelo Schmitt
Dan Tupling
David Balun
David Osborne
Debbie Teubes
Dennis Finnegan
Derek Rennie
Dheena George
Diane Brassington

Donald Shaw
Doreen Chew
Doug Maxwell
Ed Heywood
Elaine Jacklin
Elissa Lauder
Ellen Oreck
Emil Kacura
Eric Swanson
Ernest Dawson
Evelyn Howell
Fiona Norris
Gary Brady
Gary Cuthbert
George Dyck
Georges Van Laethem
Gladys Russell
Gordon Rea
Gray Morfopoulos
Hanna Rebane
Heather Beveridge
Heather King
Homa Davarkia
Irma Beck
Isaac Ferguson
Isaak Gunn
(Jeremy, Claudine)
Jacqueline Scott
Jacques Hamian
Jacquie Travers
Janet Berg
Janet West
Janice Warren
Jason Suwala

Jeannette De Rijk
Jennie Morris
Jeremy Cabahug
Jeremy Gunn
Jim Dagleish
Jim Ewart
Jim Gladden
Joan Renshaw
Joanne Eschauzier
John Minshull
John Snyder
Joyce Hare
Judy Levitt



Julian Haigh
June Earnshaw
Karen Liu
Karen Patrick
Karen Phelan
Kari Johnston
Karol Kudyba
Keith Bower
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Ken Gardiner
Kevin Shaughnessy
Kiomars Amini

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Maryl Stewart
Maureen O'Hagan
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Melody Chan
Meredith Maxwell
Michael Barrett
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Mitra Esfandieri
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Shannon Hare
Sondabeh Akhtari
Stephan Gaulin
Stephanie Fowler
Steve Moss
Sylvia Sorenson
Ted Slinn
Terry Byrnes
Tony DeCottis
Tory Denley
Trevor Wiebe
Varya Zueva
Victor Hare
William Scott Mayson
Zaida Gomez

We acknowledge that it takes many hands to “Extend a Hand Up.”

A Client's Story

Brian first came to Harvest Project in November 2008 to pick up an emergency food bag. His situation had become critical. He had been laid off from his carpentry job and could not apply for EI because his former employer would not provide him with a record of employment. Brian had no money coming in to pay the rent or get food. His family lived outside of the Lower Mainland so he had no one to help him out.

“There was no place else to go and a friend suggested I go to Harvest Project for support,” said Brian. “It was real helpful.”

The emergency needs intake worker who saw Brian thought he seemed motivated to change his situation and referred him to the core client program. That's when Jacqueline, a volunteer client care partner, met him and started working with him. Through this mentoring relationship Jacqueline helped Brian set some goals to help him get back on track.

In addition to this on going client care support from Jacqueline, he received free of charge, a full supply of groceries for each month on the program, three full outfits of work ready clothing quarterly and hair cuts as needed.

Encouraged, Brian began attending classes downtown to attain his carpentry accreditation (red seal certificate) to increase his employability. This program offers first, second and third year carpentry instruction for First Nations. He was one of eight participants out of 14 to finish the course in March and he went on to find a job in late April. “One of my next goals is to start my own contracting business and the Red Seal program has given me the training to do that,” Brian added.

Brian felt so positive about the support he had received from Harvest Project that he referred a friend to get help about a month ago.

Nine-Year Volunteer Recognized



Warehouse volunteer, Gary Cuthbert shows his Community Volunteer Spirit Award that he received from North Shore Community Resources recognizing his nine years of commitment and dedication to Harvest Project.

For Gary Cuthbert, the idea of volunteering for Harvest Project started when he attended an open house in May 2000. He saw an ad in the North Shore News about the event.

“When I read in the newspaper what they were up to, that’s what sparked my interest. They had already moved to the new location. That’s where the first hand came from – come and help me brother,” Cuthbert said holding out his hand to grip mine in a helping gesture.

At the open house he filled out a volunteer application indicating he would be available for driving and warehouse duties. The following Sunday he got a call from Jolie, the then warehouse manager. She asked him to come in Monday morning at 10 am and told him Harvest Project was closed on Mondays but he would be let in when he knocked.

When he arrived that first Monday morning he was given a list and the keys to the old green van. He spent the day traveling around the North Shore making deliveries of groceries to clients and picking up donations from grocers. That was Gary’s introduction to Harvest Project and the beginning of nine years of volunteering.

“Because of David Foster’s (Harvest founder) actions, his feelings toward what he was doing, that was what drew me into it,” said Cuthbert.

Cuthbert says he had an experience with a similar program when he was the Vice President of the Edmonton and District Labour Council. “I’m a trade unionist,” laughed Cuthbert.

Back in 1981, Cuthbert explained, the Alberta Government gave the Federation of Labour a sum of money to start up some kind of program to help people who were losing their jobs. As a member of the Labour Council, Gary volunteered to help set up and operate an organization they called the Unemployment Action Center.

“Basically we were working with street people more than anything else,” said Cuthbert.

“That’s why, when I came here and saw what David Foster was doing, I saw that it fit into the motif that I had been working with.”

Over the past nine years, Gary remembers picking up food donations from many schools and organizations but none so memorable as the time when Irwin Park School in West Vancouver called to say they had some canned goods to donate.

Gary explained that the school staff took him into a room that had three boxes containing over 5000 pounds of canned goods. It took him two and a half days to bring in all the food to Harvest Project. “That was the largest donation (canned goods) we have ever got from any school in all my time here,” he said.

In 2006 Gary made the switch from driving to warehouse duties. Now he comes in twice a week to do anything and everything that needs to be done. A big part of his job is helping to sort, date, shelf and rotate the food that comes into the warehouse.

Last year Harvest Project gave out over \$750,000 worth of food products to its North Shore clients. A 36 percent increase from 2007. “We are going through an awful lot. It’s very serious. I’m very concerned. I can see that the demand is up,” said Cuthbert as we walked through the Harvest Project warehouse.

During National Volunteer Week Gary Cuthbert was recognized for his dedication and heart for helping at Harvest Project by North Shore Community Resources.

KUDOS



Doug Black (left) and Kiomars Amini (right front) of Harvest Project help Curves Circuit Coach, Lisa Wild (right back) carry out food from the Deep Cove Curves location.

Kudos to the four Curves fitness locations on the North Shore for holding a four week food drive during March. To add hype, owner Denise Bradley put out a challenge to her three North Vancouver locations to see which one could collect the most food. New fitness members were asked to bring a food donation in lieu of a registration fee and existing members were encouraged to bring food donations daily. Lynn Valley was first by collecting 2,095.6 lbs of food, Capilano next with 1,883.8 lbs and then Deep Cove with 915.6 lbs.

Kudos to Laughing Matters Theatre Company for hosting a silent auction to benefit Harvest Project during the opening night performance of *Relatively Speaking* on Feb. 27. The event raised \$535.

Kudos to the organizers of the Deep Cove Dash Dragon Boat Festival for asking the 1200 paddlers to bring a food donation. Paddling crews dropped their food donations into the collection canoe and the Dogwood Nothin Dragons, a Coquitlam seniors team collected over \$300 for Harvest.

Kudos to Second Wave on Lonsdale and one of their suppliers Sitka for holding a food drive promotion for Harvest Project during the month of May. Store owner Neil Callaghan offered customers a 15 percent discount on any item in the store when a food donation was brought in for Harvest Project.

Letter to the Editor

Money Management

I just received your latest newsletter, and was especially impressed by the work Lucy is doing with helping clients with their money management. I want to say "Thank you so much for doing this much-needed service for folks."

It is definitely a basic skill everyone needs, but especially those who are needing the services of Harvest Project.

Sincerely,
Vera Jack

Donating is Easy

Please contact our Administrator, Lynn Hill at 604.984.9488 ext 305 to make a donation by cheque, Visa or Mastercard.

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Thank You for your Continuing Support

Major Donors in the first six months of 2009
We are grateful to all who have so generously supported Harvest Project

Gold Donors - \$15,000+

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Steelhead Business Products

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Save-on-Food, Pemberton Plaza N. Van

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St. Richards Anglican Church
We Care Home Health Services
Windsor Secondary School

Please join us in June for:

Flying Wedge Pizza,

Park & Tilford

June Promotion

\$1 donated to Harvest Project for every
regular-priced medium or large pizza sold
- in store or delivery

RONA Park & Tilford

Food Drive Event

Sunday June 14, 2009

11:00am to 3:00pm

Bring a food donation or contribution
and enjoy the Hot Dog BBQ



www.harvestproject.org