



# HARVEST NEWS

SPRING  
2010

*Extending a hand up, not a hand out*

## Support Harvest Client Services in June

It's so easy to think that Harvest Project is only a food bank because providing food is a big part of the services that we offer our clients. We feed over 900 clients and their families each month. 300 are children.

### **But Harvest Project is much more than a food bank...**

Lori Barnes, a single mom, has been a Harvest Project client since the summer of 2009. She sought out help because her entire monthly income was used to pay rent. Meeting with a Harvest client care partner was her first step in getting the caring support and guidance she needed to begin facing her challenges.

Our clients face a vast array of challenging situations; what they have in common is a need to get back on their feet. We don't just hand them a bag of food and send them on their way.

We meet with each person on every visit to assess their situation to find out what is happening in their lives. When we find they are in a position to move forward, they become a regular client.

We assist them further by developing a coaching relationship so we can help them set goals. Then, we refer them to other community resources, give them life skills training, job ready clothing and more extensive grocery support all free of charge.



*Harvest Project client Lori Barnes and her son Ryan (left) assist NSNews Promotions Coordinator, Bernice Heimann (right) in making the first donation to the Summer Coin Collection Campaign. In June coin box donations can be made at any North Shore A&W, Government Liquor Store or the Vancity, Marine Drive location.*

What we ask of our clients is that they be committed to moving forward in their lives. They do this by working toward accomplishing their short and long-term goals.

This June you can show your support of Harvest Project client services by making a coin box donation at any North Shore A&W, Government Liquor Store or the Vancity, Marine Drive location.

## Volunteer Appreciation Breakfast



*Board member Neil Van Seters (left) joins the pancake breakfast assembly line with Operations Manager, Derek Pace. This kitchen two-some was part of the Harvest team that hosted an Appreciation breakfast on April 21st as a thank you to volunteers. The early morning guests were treated to a full breakfast of eggs, pancakes, sausages and fruit. Other staff members supporting this event were Gary Ansell, Liz Mallender, Lynn Hill and Wendy Hiebert.*

# Thank you Harvest Project Volunteers for Extending a Hand Up

Alan Gill  
Alison Lasocha  
Allison Hall  
Amy Tsou  
Andrew Hanbury  
Anita Barr  
Ann Backhouse  
Arina Zamanpour  
Art Hein  
Ata Amini  
Audrey Haigh  
Barb Cantwell Van Hee  
Barbara Sanseveino  
Bob Bell  
Bob Paxton  
Brenda Warner  
Brendan Kramer  
Carmen Greenlees  
Caroline Wisheart  
Catherine Cabeldu  
Cathy McManmon  
Cavan Pace  
Cheryl Bains  
Cheryl Evans  
Chris Hutchcroft  
Consuelo Schmitt  
Dan Tupling  
Daniel Francis  
Danny Maclean  
Darrell Lim  
David Osbourne-cook  
David Baillie  
David Balun  
Derek Rennie  
Dheena George  
Doreen Chew  
Doug Black  
Doug Maxwell  
Elaine Jacklin  
Elaine Weiss  
Ellen Oreck  
Emily Rolvink

Fiona Norris  
Frances Zhauxuan He  
Fraser Cross  
Gary Ansell  
Gary Brady  
Gary Cuthbert  
George Dyck  
Georges Van Laetham  
Gerry Cross

Jeannick Helm  
Jennie Morris  
Jesse Jan  
Jim Ewart  
Jim Gladden  
Jim Dagleish  
Joan Renshaw  
Joanne Eschauzier  
John McRoberts

Kim Stroshin  
Leanne Pendraw  
Leslie Chan  
Linda Gill  
Liz Patriquon  
Louise Thomas  
Lucy Collings  
Maree Scott  
Margaret Collins

Nadia Hamian  
Nancy Enns  
Neil Van Seters  
Paige Kendall  
Pam Best  
Parhizyar Fariba  
Paul Docherty  
Paul McKane  
Penni Russell  
Pete Duyker  
Peter Crass  
Quita Frances  
Rob Lawrence  
Robyn Young  
Rory Ferries  
Rose Jung  
Ruth Leithal  
Ryan Souza  
Sam Phillips  
Sandi Ma  
Shannon Hare  
Sarat Vulimiri  
Scott Mayson  
Shahrouz Younesi  
Sheree Maxwell  
Sherry Thompson



Gladys Russell  
Gordon Rea  
Guillaume Salvant  
Gwen Smith  
Hank Brennan  
Heather Beveridge  
Heather Dawson  
Helena Wong  
Homa Davarkia  
Hui Qiao  
Hyesoo Sohn  
Irma Beck  
Jacqueline Scott  
Jacquie Travers  
Janet Berg  
Janet West

John Minshull  
Jonathan Snyder  
Joyce Hare  
Judy Cowe  
Judy Levitt  
Judy Main  
Judy Robson  
Julian Haigh  
June Earnshaw  
Kai Li Victor Lin  
Karen Moukarzel  
Karen Patrick  
Kate Chandler  
Kathy Griffin  
Kelly Riegler  
Kevin Shaughnessy

Maria Balun  
Marie Murray  
Marilyn Ferguson  
Marion Goetze  
Mary MacArthur  
Matthew Landberg  
Maureen O'Hagan  
Maureen Hill  
Maureen Oliver  
Maureen O'Hagan  
Melody Chan  
Merv Doherty  
Michael Hedgecock  
Minjeong Kim  
Mitra Esfandiarei  
Muriel Ewart

Sophia Jones  
Stephen Hitchcock  
Sylvie Pather  
Ted Slinn  
Terry Byrnes  
Terry Carmichael  
Tony Decottis  
Tony Steele  
Tory Denley  
Victor Hare  
Weiting Liu  
Wendy Rohrwasser  
Woo Jin Song  
Ya Gao  
Yong Park  
Zaida Gomez

**We acknowledge that it takes many hands to "Extend a Hand Up."**

## Terry Byrnes Awarded for Volunteer Role as Exec. Director



*Terry Byrnes, Volunteer Executive Director*

When Terry Byrnes decided to volunteer at Harvest Project as a board member in January 2009 he had no idea he would also be filling the role of the Executive Director. But that is exactly what happened.

He had just retired from his long tenured position as Coordinator and Faculty in the Adult Special Education Department at Capilano University and was actually looking forward to some R&R time with his wife Linda.

Instead he volunteered to offer the charity further assistance by becoming the Executive Director in May and for the next eight months that meant putting his retirement plans on hold.

Terry had a sincere desire to assist in the development of Harvest Project. He wanted to offer as much support as he could to the day-to-day operations and sometimes that meant volunteering 40 hours of his time per week. He received no remuneration for his time even though his time was often stressful and unrewarding.

He faced making many crucial decisions and carried the financial burdens on his shoulders causing him sleepless nights of worry about the lack of funds coming in to run Harvest Project. He went to countless community meetings, spoke at special events and met with many community representatives to seek funding support.

However, Terry was not just focused on the big parts of the job, he helped out in little ways too – cooking in the kitchen when another volunteer was away, giving staff rides home, counselling clients about career and education options and having lunch with the volunteers so he could hear how things were going.

For those eight months Terry became the face and voice of Harvest Project out in the community and in the office. There was no task so great or so small that Terry would not take on for Harvest and in May he was awarded a Community Volunteer Spirit Award from North Shore Community Resources Society for all his selfless contributions.

## North Vancouver Curves Members Collect 3900 Pounds of Food



*Tory McDonald (left) and Elda Bodnaruk (center) offer North Vancouver Curves owner Denise Bradley (right) a hand at with the food collected at the Capilano fitness center.*

The North Vancouver Curves fitness locations held a four-week food drive for Harvest Project during March this year. To hype the event, owner Denise Bradley put out a challenge to her three 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.

A total of 3,900 pounds of food items were collected by the three locations with Capilano leading with 1540 lbs followed by Lynn Valley with 1309 lbs and then Deep Cove with 1014 lbs. Thank you to all the North Vancouver Curves members.

## Kudos



*Volunteer Sylvie Pather assisted Harvest at the ICBC Volunteer Fair*

**Kudos** to ICBC for inviting Harvest Project to their Volunteer Fair on April 20th. This three-hour event gave ICBC employees the opportunity to find out how to volunteer their time to support community service agencies. As a thank you, ICBC donated \$100 to each of the 16 charitable organizations in attendance.

**Kudos** to the Intercontinental Truck Body for contributing over \$5200 worth of auto body repair services to fix the Harvest Project's two delivery vans.

**Kudos** to Jennifer Prochnicki the Operations Manager for Quick Silver Canada for helping to raise \$2,670 for Harvest Project at their closing out sale on April 24th. Each customer was asked to make a donation to Harvest Project before entering the sale premises. Thank you Quick Silver.

**Kudos** to Kathy Griffin at Mills Basics Office Supplies for organizing the donation of 20 cartons of premium multipurpose copy paper worth \$1000 to Harvest Project.

**Kudos** to Soroptomist Int'l of North & West Vancouver for hosting a recognition tea to honour Harvest Project and 26 other community agencies/programs on the North Shore.

**Kudos** to the Starbucks Partner Giving Program for making a \$1000 donation. The head office for Starbucks donated funds to Harvest Project for all the hours of personal time that were donated by their sales partners.

**Kudos** to the West Vancouver United Church Endowment Committee for contributing \$1600 to Harvest Project for tables and chairs and a storage system.

## Donating is Easy

Donations can be made to Harvest Project:

- By cheque
- By Visa or Mastercard
- By 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, trusts and annuities through our Planned Giving Program.

**IMPORTANT NOTE:** We provide tax receipts for every donation over \$20. If you wish to receive your tax receipt once annually instead of with every donation, please write a note on the donor card or with your next donation.

## Contact Information

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## Thank You for your Continuing Support

Major Donors in the first six months of 2010  
We are grateful to all who have so generously supported Harvest Project

### Gold Donors - \$15,000+

DP World  
North Shore News  
Port Metro Vancouver  
Save-on-Foods, Park & Tilford  
Save-on-Foods, Pemberton  
TSI Terminal Systems Inc.  
Steelhead Business Products  
Western Stevedoring

### Silver Donors - \$10,000+

A & W Restaurants  
Intercontinental Truck Body  
Starbucks Coffee Canada

### Bronze Donors - \$5,000+

Bridge Community Church  
Capilano Christian Church  
Chris Hutchcroft Consulting  
First Church of Christ, Scientist  
Hatfield Consultants Ltd.  
Kiwanis Club of West Vancouver  
Lynn Valley Full Gospel  
Peter Crass Media  
Prudential Sussex Realty-Corporate Accounts  
QuickSilver Canada Ltd.  
Sandi Ma Design  
St. Timothy's Church  
The Calgary Foundation  
West Vancouver Baptist Church  
West Vancouver United Church  
Whole Foods Market

### Donors Gifts - \$500+

BA Blackwell & Associates Ltd  
Balmoral Junior Secondary School  
Big Brothers Renew Crew Foundation  
Garden Works  
Handsworth Secondary School  
Hollyburn Country Club  
Lions Club of Capilano  
Lions Club of Deep Cove  
Methanex Corporation  
Newmont Mining Corp. (Hope Bay Mining Ltd.)  
North Lonsdale United Church  
Pratt-Johnson Foundation  
Ray Contracting Ltd.  
Scotia Bank  
St. Andrew's & St. Stephen's Presbyterian Church  
West Vancouver Secondary School

## Deep Cove Dash Racers Fill a Canoe with Food



Event organizers, Jackie Webber and MaryAnn Nightingale look over the ship load of food donated by dragon boat teams attending the Deep Cove Dash on April 24th. Over 1200 paddlers brought about 1000 pounds of food donations for the collection canoe. Thank you Deep Cove Dash.

## The Harvest Project Mission



Support our Harvest Project mission to help families and individuals overcome difficult life circumstances by channelling the resources of the community to provide physical, emotional and spiritual support that empowers them to take positive steps forward in their lives.

Come and learn more about Harvest Project. Arrange to take a tour by contacting Liz Mallender, Communications Manager at 604.983.9488 ext. 317

[www.harvestproject.org](http://www.harvestproject.org)