

## A Message from the Board to our Donors



*Harvest Project Board and staff back row, left to right – Darrell Lim, Lynn Hill, Terry Byrnes, Catherine Cabeldu, Wendy Hiebert and Gary Ansell. Front row, left to right – Elaine Weiss, John Day, Neil Van Seters, Derek Pace and Liz Mallender.*

The Board of Directors wishes all our donors and supporters of Harvest Project a very warm hello. We wanted to take this opportunity to present you with a short review of 2009 and some of our plans for 2010 as we move ahead.

However, first of all, we wish to send our deepest appreciation to all of you our valued donors. From our corporate donors, to our churches and schools, and all of our individual donors – we thank you all. Last year was a very tough year for all non-profits on the North Shore. Many have ceased to exist and many have had their services cut back. Thanks to all of you, Harvest Project still exists and continues to work hard to assist our many clients.

In 2009, our Board of Directors instituted the development of a three year Strategic Plan to meet the ever changing needs of the Harvest. Together with our staff, volunteers and community stakeholders, this plan was completed and is being put into operation as of February 2010.

Through this plan we hope to strengthen our operations in 2010 and then expand our services through 2011 and 2012. A major part of this plan is to actively begin the process of hiring a full-time permanent Executive Director.

As you know, Terry Byrnes, one of our board members has been acting as our Executive Director in a part-time volunteer role for the past 10 months. During our current search to fill this position, Terry has stepped down from the ED role and has accepted the position as Chair of the Board. In his

place, another board member, Gary Ansell has agreed to take the position as Interim Executive Director but in a full-time capacity as of March 1st. We welcome Gary to this position and wish him well.

In 2009, we had some changes on our Board. Sadly last fall, we lost our dear and long time board Treasurer Don Mossop to cancer. Don dedicated over 16 volunteer years to Harvest Project to help the organization grow from very small beginnings to what it is today. He served on the board for nine of those years. Then at year end, Irene Leschert, our past Board Chair, retired after giving us 10 years of exemplary service. We thank her so very much for all her hard work and wish her well in her new endeavours.

However, our board is not on the decline, we have been working to expand and strengthen our team. This past year we welcomed three new board members, Gary Ansell, Catherine Cabeldu and Elaine Weiss. All have come to our team with great knowledge and experience and have been contributing most positively to our operation (Please refer to our website for their bios).

There are many challenges ahead of us and we are working with our staff, volunteers and the community to assist us in providing the best service possible for our clients. From all of us thank you so very much for your continued assistance in making our motto “Providing a hand up, not a hand out” a reality for our community.

## **"No One is as strong as all of us..."**

*by Shirley Enders at Smythe Ratcliffe*

Smythe Ratcliffe is an accounting firm with an office located in downtown Vancouver and another office located near the Lonsdale Quay in North Vancouver.

In the fall of 2009, the staff of Smythe Ratcliffe was given the challenge to give back to our community by doing some volunteer work with a charitable organization.

The North Vancouver office contacted Harvest Project's Adrienne Brown, who gladly accepted our offer of a work shift. Altogether there were seven of us in the North Vancouver office who came out to lend a helping hand.

On the morning of our workday, we were welcomed by Adrienne, who took us for a tour, showed us a video, and then put us straight to work packing emergency bags, and shelving product in the warehouse.

The work shift left such a profound impression with all of us... it was so thought-provoking...soinspiring...so rewarding, that we came together for a second volunteer shift the first Saturday in January (this time Adrienne met us with crutches in tow).

An excerpt from the video that Adrienne showed us resonated within each one of us: "Hardship doesn't discriminate." None of us know what the future holds.

Harvest Project showed us that "extending a hand up, not a hand out" creates a powerful, caring community. And it's a community here on the North Shore that we at Smythe Ratcliffe are proud to be part of. We look forward to putting in more time at the Harvest Project again soon; after all, there's strength in numbers...

# **Thank You for your Continuing Support**

## **Harvest Project Salutes All the 2009 Donors**

### **Gold Donors**

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

### **Silver Donors**

City of North Vancouver  
The Albert Friedland Foundation  
Green Shield Canada Benefits Assoc.

### **Bronze Donors**

A & W Restaurants, North Vancouver  
Capilano Christian Community Church  
Christ the Redeemer Catholic Church  
District of North Vancouver  
IGA Marketplace, Esplanade  
Lance Phillips Personal Real Estate Corp  
Lynn Valley Full Gospel  
Starbucks Coffee Canada  
Supra Distribution Ltd.  
Telus—Team Telus Cares  
Vancouver Coastal Health

### **Treasured Donors**

Aspen Clean  
BC Maritime Employers Assoc.  
Big Brothers Renew Crew Foundation  
BMW Car Club of British Columbia  
California Shutters & Blinds  
Canadian National Railway Co.  
Capilano Rock & Gem  
Chris Hutchcroft Consulting  
Collings Johnston Inc.  
Connor, Clark & Lunn Foundation  
Curves, North Vancouver  
District of West Vancouver  
Dr. Brad Forster Inc.  
Fasken Martineau LLP  
First Church of Christ, Scientist  
Foxvan Productions Ltd.  
G4 – Gals Giving & Growing Graciously  
Hydrecs Fund  
Irwin Computer Consulting  
K P M G LLP  
Kim C. Moller Personal Law Corp.  
Kiwanis Club of Capilano  
Knights of Columbus, St. Eugene de Mazenod Assembly, #2458  
Lions Club of Mount Seymour  
Mercer Human Resources Consulting  
Methanex Corporation  
North Shore Christian Centre  
N. Vancouver Masonic Temple Assoc.  
Omni Engineering Inc.  
PBA Engineering Ltd.  
Polaris Management Ltd.  
Pricewaterhouse Coopers LLP  
Prudential Sussex Realty  
RONA Park & Tilford  
Roper Greyell LLP  
Sandi Ma Design  
St. Francis-In-The-Wood Anglican Church  
St. Timothy's Church  
Seaspan International  
Sun Paving  
Telus Community Ambassadors  
The Calgary Foundation  
West Coast Reduction Ltd.  
West Shore Constructors Ltd.  
West Vancouver Baptist Church  
West Vancouver United Church  
Whole Foods Market, West Vancouver  
WWL Vehicle Services Canada, Ltd.

### **Special Gifts**

Army, Navy & Air Force Vets  
BMO Employee Charitable Foundation  
D. Fairholm & Company, Inc.  
Eecol Electric Ltd.  
Econo Tire Ent. Inc.  
Emergency Needs Clients  
Everything Wine Inc.  
Fawcett Insurance Agency Ltd.  
First WW Scout & Cub Group  
Flying Wedge Pizza Co.  
Garden Works  
Gleneagles Elementary School  
Handsworth Secondary School  
Hobbs, Winter & MacDonald  
Holy Trinity Catholic Church  
Lions Club of Capilano  
Lonsdale Quay Market  
Lookout Emergency Aid Society  
Lululemon Athletica Canada Inc.  
Lynn Valley Orthopaedic & Sports Physiotherapist Corp.  
Lynn Valley Soccer Association  
Macink Productions Ltd.  
Manulife Financial  
Motion Picture Studio Production Technicians, IATSE Local 891  
Mount Olivet Lutheran Church  
Nintendo of Canada Ltd.  
North Lonsdale United Church  
North Shore News (Employee Campaign)  
North Shore Optimist Club  
North Vancouver Chamber of Commerce  
Perez Engineering Ltd.  
Pinton Forrest Madden Group  
Pratt-Johnson Foundation  
Provincial Employees Community Services Fund  
QuickSilver Canada Ltd.  
Royal Canadian Legion Branch 60  
Royal Canadian Legion Branch 114  
Royal Canadian Legion Branch 118  
St. Agnes Anglican Church  
St. Andrew's & St. Stephen's Presbyterian Church  
St. Christopher's Anglican Church  
St. Richards Anglican Church  
St. Stephen's Catholic Church  
St. Timothy's Ladies' Group  
Second Wave  
Seycove Secondary Community School  
Smythe Ratcliffe  
Soroptimist Int'l of North & West Vancouver  
Soul Fitness Ltd.  
Two Brothers Automotive Services Ltd.  
Unison Windows & Doors Inc.  
Universal Gospel Choir  
Vancouver Int'l. Airport Authority  
We Care Home Health & Services  
West Fraser Timber Co. Ltd.  
Western Compensation & Benefits  
Western Management Consultants  
West Vancouver Presbyterian Church  
Windsor Secondary School

**All these contributions and the thousands of smaller donations go to support Harvest Project's mission to help families and individuals overcome difficult life circumstances so they can take positive steps forward in their lives.**

**Extending a hand up,  
not a hand out.**

## Fill-the-Van Food Drive



Save-On-Foods managers Fred Masales (left), Lynn Valley store, Tony Nikic, Park & Tilford store, Harvest Project's Derek Pace and Richard Brown, Marine Drive store, teamed up for the Fill-the-Van food drive on Saturday Dec. 12 and Sunday, Dec. 13. The event was a tremendous success with two cargo vans and one passenger van getting filled to the brim by the generous customers shopping at the Save-on-Foods stores.

## North Shore Ladies

### Team Up to Help Out



Harvest Project volunteers Georges Van Laethem (right) and Bob Bell give MacDonald Realtor, Wendy Phillips a hand unloading 40 special gift baskets for Harvest Project clients at Christmas.

While MacDonald Realtor, Wendy Phillips was busy in the Canyon Heights area of North Vancouver asking her friends and neighbours to donate unused toiletries and baskets to make up gift sets for Harvest Project clients at Christmas, another group, G4 – Gals Giving & Growing Graciously were doing similar good will projects in the Seymour District.

Phillips named her Christmas project – Operation Gift Basket and plans to keep building the momentum and package more baskets in 2010. “This year we made up 45 baskets, we’d like to double that for 2010,” says Phillips about the goals for her program. “If you would like to contribute check out our website for details [www.operationgiftbasket.com](http://www.operationgiftbasket.com)”

“It’s amazing what a group of women sitting around a kitchen table can do when

they put their hearts into a project,” says G4 member, Mary Paone as she accounts for the tremendous number of donations of clothing, gift baskets and hygiene kits gathered by the G4 team.

Paone’s team hosted over 14 parties during the six weeks leading up to Christmas to gather donations of goods for Harvest Project here on the North Shore and three other charities in downtown Vancouver.

If you would like more information about the G4 fundraising plans please contact Lyn Duke at [barecanvas@shaw.ca](mailto:barecanvas@shaw.ca).

## Kudos



**Kudos** to the members of the 7th Wave Dragon Boat Team who came armed with donations of food and then decked the halls of Harvest Project to create a wonderful Christmas atmosphere for the children attending the annual Breakfast with Santa.

**Kudos** to the three Curves fitness locations in North Vancouver for holding a Christmas Feed a Family food drive for Harvest Project during December. Company owner Denise Bradley invited new fitness members to make a minimum donation of \$40 to Harvest Project in lieu of a registration fee and existing members were encouraged to bring food donations daily. The three locations raised \$1,245 that was enough funds to purchase about 80 turkeys from Save-on-Foods to make up Christmas dinner hampers for Harvest clients. Thank you Curves for your tremendous support.

**Kudos** to twins Brittany and Jonathan of West Vancouver who made a special food donation to Harvest Project in lieu of having a party for their ninth birthday on Feb. 5th 2010. They came for a tour of Harvest Project’s premises and donated three boxes of canned goods. Thank you Brittany and Jonathan.

**Kudos** to the seven North Shore Smythe Ratcliffe staff who volunteered to pack emergency bags and shelve product coming into the Harvest Project warehouse. Thank you Moira Boyd, Shirley Enders, Rabiya Sharda, Sally Tsai, Theresa Dergousoff, Sue Miller and Rick Henshaw.

**Kudos** to fifteen North Shore and Regional Office Starbucks staff who volunteered to help out at the Harvest Project Kids Christmas Party on Dec. 5th by serving breakfast to the children and the North Shore Community Christmas Dinner on Dec. 12th to serve hot chocolate to the guests. Thank you Team Starbucks.

## 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.

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## Twist & Shout and Paint Your Heart Out!



Shake, rock, rattle and paint gave a new twist to an old song when Paint Dancing was introduced to over 30 eager participants on Saturday, February 6th at the Ann Macdonald Art & Dance Studio in North Vancouver.

It's a new craze that started in Seattle and is now in most major cities in the USA. The purpose of paint dancing is to openly express oneself, for fun, in two different mediums at the same time, while supporting a local food bank program.

The host and organizer of the event, David Curry, supplied the party ingredients - non-toxic paint, brushes, paper, and everyone's favourite dance music.

All he asked was that paint dancers bring clothes to paint and move in, and each person's friendly, fun-loving and expressive selves. The best news: party guests didn't need to know how to paint or dance to participate!

"I tried this in Seattle for the first time for New Year's Eve 2009 and had so much fun I couldn't believe it," said Curry of his own experience. "All I could think about driving home was that we had to have this available in North Vancouver. So I just told myself - make it happen - David."

The event cost \$15 per person for 2 hours of dancing and painting, and all proceeds go to Harvest Project to help those in need on the North Shore.

The next event is scheduled for Saturday March 27th and has space for only 50 paint dancers. So sign up quickly if you are interested <http://www.paintdancing.shorturl.com>

Paint Dancing started in Seattle by artist Matt Jones in Dec 2006 and has now grown to most major cities in the United States, including Seattle, Los Angeles, New York, San Francisco, Chicago, Miami, Palm Beach, Ft Lauderdale, Denver, Atlanta and San Diego.

Matt's vision is to fight hunger around the world by people getting together to feel the joy of paint dancing while supporting a local food bank program.

## Support Harvest Project



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.

Volunteer your time or expertise, donate funds or in-kind gifts, or just come and learn more about Harvest Project. You can arrange to take a tour by contacting Liz Mallender, Communications Manager at 604.983.9488 ext. 317.

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