



North House Newsletter

December 2008
4th Quarter
Newsletter

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WE CAN BREAK THE CYCLE OF POVERTY

That's the conviction that sits at the heart of Ontario's Poverty Reduction Strategy. This plan is about believing in the potential of people living in poverty. It's about giving families the resources and the tools to succeed so that our economy grows strong today and for generations to come. It's about believing that if we create more opportunity, we'll create more prosperity for everyone.

DID YOU KNOW??

*The total cost of poverty in Ontario is equal to 5.5 to 6.6 % of Ontario's GDP.

*The federal and provincial governments are losing \$10.4 to \$13.1 Billion per year due to poverty in Ontario.

*In real terms, poverty costs every Ontario household between \$2,299 and \$2,895 per year.

*If child poverty were eliminated in Ontario additional tax revenue would be between \$1.3 Billion and \$1.6 Billion annually

Message from the Board

North House was overwhelmed this Christmas with the gifts and assistance from many people concerned that our clients, especially the children, should have a great Christmas season. The **J.Sowa-Joy Hairstudio and Spa** of Port Perry, their patrons and employees did a fabulous job of providing Christmas at North House along with **Christ Church, Stouffville** who did a toy drive and **St. Paul's Churches in Beaverton and Uxbridge** who provided food hampers. Thank you so much for your assistance.

But, now that the hype of Christmas is over, we return to a world with some rather bleak times ahead. The headline, from an article put in the Toronto Star by the Anglican Bishop of the Toronto Diocese, reads, "**We really can't afford to help the poor in these tough economic times. That's what some people think. They're wrong.**" Yes, they are wrong, very wrong. It's in these tough times that communities need to pull together for what can happen to the least of us, can also happen to most of us and our safety net needs to be strong; not full of holes. The Bishop continues his article saying how government needs to recognize the needs of those in poverty even more at this time by advancing the Poverty Reduction Plan. The Ontario government and the Canadian government need to work out long term solutions for providing an "inclusive society where all are treated with dignity and respect; where children have a chance to grow up in safety, being well-fed, housed and clothed and do not suffer want; where all have an opportunity to become contributing members of society" Our society cannot afford to not have everyone contributing in some way to making this world a better place to live.

North House thanks all those who have assisted us in 2008 in providing the necessities that families need when they run into difficulties, families that can now move on to a brighter future.

Heather Beveridge **Chair, North House Board of Directors**



Feature Article – In a Bleak Mid winter

It will be a bleak winter indeed for people facing lay offs and reduced wages over the next few years. North House sees this as an opportunity for all of us to become more resilient. To this end, North House is the voice of North Durham communities as Durham Region initiates its Food Charter. This charter not only celebrates local food and local food production, it encourages better access to nutritional food for everyone. The Durham Region Food Charter Task Force questions whether our food system serves our communities well enough and champions the inclusion of the food charter in all the official plans in the Region.

When we consider how we access our food, the first thing we realize is how complicated food has become. Someone grows it. Do we know who? Someone else drives it to a warehouse. Someone else delivers it to a supermarket. We drive to the store to buy it. Then we drive it home. And what happens when you can't afford the food because the price includes all those other trips? Some of the food we buy flies in from other countries while we are shipping our food to them by road and plane. Is this an efficient and effective way to access our food?

In the olden days we all relied on our gardens to feed our families. During the Great Depression and throughout WWII, many people supplemented their food budget with what came to be known as victory gardens. North House feels the time has come to create the Victory Garden as a positive approach for many of us to access fresh food as we weather the hard times ahead.

North House is working with St Paul's Church in Leaskdale to initiate a community garden. Many hands working together could generate fresh garden produce at least in the warmer months to provide nutritious food. We could grow much of what we eat especially if we can't afford to buy it at the store and we could supplement the non perishable items in our local food banks.

Community Gardens have proved to be an effective tool for building community cohesion and fostering resilience and independence. Community gardens are inclusive. No one who can wield a watering can or plant a seed will be excluded. Community gardens offer opportunities for young people to engage with their community helping the elderly and the disabled to participate. Community gardens offer opportunities for everyone to engage with their natural environment. Throughout cities, towns and villages, particularly in the industrialized world, people are rediscovering the joy of getting their hands dirty, working with the people they would never meet elsewhere and contributing to their communities.

North House hopes that our communities will actively engage in our community garden project and ensure that a bleak winter is followed by a gloriously productive spring. And it is just around the corner....





Program Manager's Report – Ann Watson

Going Green

With energy costs on the rise, taking up an increasing percentage of our operating costs, North House has decided that the time is now to consider ways of greening our apartment building in Brock Township and to assist our clients in going green as well. We have been looking at the question of the sustainability of North House for some time and feel that a good place to start is in the area of “sustainable energy” If we can manage the energy use of our building and assist clients in keeping their energy costs down the benefits will be seen in both our pocket books and in the broader community and environment as well.

To get the process started, we had an energy audit on our building last fall and are hoping to put in place some of the suggestions made. Suggestions were both in terms of implementing retrofits, exploring solar hot water systems, and tips and suggestions to encourage positive changes in tenant energy consumption. Some of the suggestions were simple and inexpensive and some were not so simple and expensive, with long pay back periods.

As we think through this process and begin implementing energy conservation changes we hope to encourage other non-profit housing programs to follow suit. Though North House is small, making these changes is still a stretch both in terms of our budget, and in terms of our staff and volunteer resources. We do not see we have a choice however, and believe that North House will be contributing to a healthy and productive future for our clients, present and future.

The Ontario Non-Profit Housing association (ONPHA) has a “Going Green” section on their website, www.onpha.ca with useful information for housing providers and tenants alike. Have a look and see if there is a place that your organization or family can begin looking at the energy conservation of your building or unit.

Every child and every family deserves a healthy loving atmosphere and home to grow in.





Volunteer and Donor Recognition

Volunteers

North House is most grateful for the property maintenance help recently given by **Bob MacDermid** who came up New Years Eve day to help with some emergency repairs when we couldn't contact a local handyman over the holidays.

Donors

In addition to our regular supporters (see last page) North House recently received generous donations from:

1. **Michael Fairburn**- Mount Albert
2. **Robin Fairburn**, Whitehorse, Yukon
3. **Dorothy Burcher**, Beaverton
4. **Georgia Brock**, Port Perry

This type of support is most helpful for our clients and appreciated by everyone. Thank you for thinking of us!

A very special thank you to the Port Perry Patchers. Ruth Powell touched base with North House and donated some lovely quilts. They will be treasured.

Finally, a note of gratitude to **J. Sowa Joy Hair Salon & Spa and their clients** for the wonderful Christmas they helped to provide our clients and the hair services they kindly donated. **And to The Chalet Restaurant** for donating a gift certificate.

Help Us Help Them



North House is a registered charity – charitable # 85682 2077 RR0001.

North House focuses on offering programs and services so our operational costs are kept to a minimum. As such, we have a wish list for some organizational needs. If you can contribute and make our own wish come true, that would be wonderful. Please call the office in advance. Here are some items from our list:

- | | |
|--|---|
| 1. Tool Box and Common Household Tools | 6. First Aid Kits/Emergency Plan Items |
| 2. Step Ladder and Extension Ladder | 7. Vacuum Cleaner |
| 3. Storage Shed | 8. Business Size Envelopes (if you have moved/are moving, they would be perfect for us) |
| 4. Programmable Thermostats; Basic, Electric, Baseboard Compatible | 9. Adding Machine |
| 5. Grass Whipper (Cordless) | 10. Paper Cutter |

Fundraising

Are you looking for a perfect gift for friends, family or teachers?



North House ornaments exemplify the true meaning of "it is better to give than to receive". By purchasing one of our pewter houses, you can help us help others have a home. Our ornaments are ideal as house warming ideas, for everyday decorations or even as key chains. They come with a lovely white gift box and the cost is \$10 each. If you buy 9, the 10th one is free! Please call North House (705-426-1150) to place your order and arrange for delivery. We truly appreciate your support of our fundraising efforts.



Office Updates and Announcements

North House speaker series– April 18, 2009. Ann Douglas-Mother & Daughter Workshop-

Ann Douglas, author of 28 Books, including the bestselling series, The Mother of all Books series. What Mothers and Daughters need to know about self image, see our website at www.northhouse.ca for further details.

2009 Second Annual one day conference- April 23rd 9am – 4pm Housing Strategies for Small Towns and Rural communities– St Paul's Anglican Church- Lindsay

Focus: How can we address the lack of affordable “bricks and mortar” for housing in our communities?

North House and the Toronto Anglican Diocese Housing Committee have put their heads together to come up with several workshops

Some suggested so far include:

Templates for successful affordable housing initiatives; Dismantling barriers to community participation; Changing the message and moving from: “there isn’t enough housing- governments must build some” to “affordable housing, a challenge- what is it possible to provide while coping with the worst effects of unaffordable housing?”



Diocese of Toronto
Anglican Church of Canada



Photo's taken at the 2008 Housing strategies for small towns and rural community's conference

Last years conference was a great success in our eyes, great turnout, great speakers, great problem solving and goal-setting. This year we are pleased to be working with the Toronto Anglican Diocese, Housing committee so come and join us, making it an even better conference.

Others in your community concerned with housing issues and homelessness issues will be interested too, so please pass our announcement on.



North House Vision and Values

Vision

North House will facilitate responsive approaches and supports to housing that is safe and affordable, meeting the changing needs of the people in the Townships of Brock, Scugog and Uxbridge.

Core Values

We believe in:

1. The rights of our participants to confidentiality and privacy;
2. Safe, supportive, non-judgmental and healthy environments;
3. Breaking the cycle of homelessness by providing a supportive, integrated continuum of housing services and supports;
4. An innovative approach that uses a circle of supportive services and a focus on the strengths of the participants which enables them to find and enact their own solutions to positive change.

Many, Many Thanks

North House acknowledges the support provided by FaithWorks, the Anglican Diocese of Toronto, the Bay of Quinte Conference of the United Church of Canada, and The Ontario Trillium Foundation. **AND A VERY SPECIAL THANKS TO LEN GRAPHICS FOR SPONSORING OUR NEWSLETTER**



Donations Most Welcome

North House thanks and appreciates the generosity of our donors. Your support helps us to be able to assist clients and ensures our long-term financial stability.

I would be pleased to support North House in its work with homeless families and children.

- Yes, I'll support North House with a monthly donation of: \$10 \$15 \$25 \$50
on the 10th of each month. I have included a void cheque for this purpose.
- I prefer to give a one-time donation of \$ _____

Name _____

Address _____

City, Province _____

Postal Code _____

Telephone _____

Email _____

Please mail your donation to: **North House, P.O. Box 1097, Uxbridge, ON L9P 1N4**

Receipts will be issued for income tax purposes.

North House is a registered charity. Charitable # 85682 2077 RR0001