



# North House Newsletter

June 2009  
2nd Quarter  
Newsletter

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## North House Cookbook

North House is publishing a cookbook. We are focusing on eating local and we will be featuring recipes using locally grown and produced food. Many concerned culinary adventurers are making an effort to eat foods grown or harvested within a 100 mile radius of home. We recognize that the choices we make about what foods we choose to eat are important politically, environmentally, economically, and healthfully. Check our website for updates

## Message from the Board

North House is embarking on a new and exiting venture, a community garden. Why would North House with a focus on transitional housing be interested in the food that's being produced in the community?

It has been brought to our attention over and over again that people living below the poverty line or even people trying to make ends meet spend most of their hard-earned money on housing, leaving little for food.

Food banks are gradually becoming more aware of the nutritional value of the food that they hand out but they are often given food that has little nutritional value or is high in salt resulting in a diet, for those who must rely on the Food Bank, that leads to diabetes and heart problems. Children raised on an unhealthy diet will often do poorly in school as a result of poor nutrition.

The new community garden will provide some residents of Uxbridge Township with the ability to grow their own food and vary their diets. As well, there will be a communal plot that Community Living and all participants of the garden will tend and that food will go to the Food Bank. Fresh vegetables will be available as soon as the garden starts producing.

The hard work of Ann Watson, Program Manager for North House and the Community Garden team from St. Paul's Leaskdale along with the Sunrise Parent support group, will pay off in the fall when they see the results of their labour. Changes that we make in our eating and shopping habits can do a great deal to help the environment while we're eating healthier and helping ourselves as well. Scientists have suggested that shifting to an entirely local diet would reduce the equivalent greenhouse gas emissions as driving 1,000 miles.

A few tips to help with your local shopping that will help your diet as well: Learn what foods are in season and build your diet around them; shopping at the farmer's market.

Take a trip to a local farm and find out how and what it produces. Ask the chef of your local restaurant if they are supporting locally grown foods.

Finally, encourage local politicians to promote farmers' markets and local food production with a directory.

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

## Feature Article – Trent-Durham North House Workshop- Making Housing Happen

Forty people from a range of Anglican parishes and community agencies attended a “Make Housing Happen’ workshop at St. Paul’s Lindsay on April 23, many of whom pledged to take part in ongoing action on issues raised in the discussions.

A powerful reflection from the Rev. Gordon Finney opened the day. Here are some excerpts: “We’re here because we probably know people we see, like a woman I’ll call Louise, in her early 50s living in Peterborough, trying to find an adequate place to live. The other day she was just beside herself. The places she could afford are absolutely unlivable or else she’d have to pay 80% of her income on rent.

Or we have people like a woman I’ll call Millie, who has epilepsy and other issues. She is the most careful person with money of anyone I’ve ever met. She budgets to the penny. Yet she struggles to get by.

These are the people who come to our churches. Housing is the central issue of their lives. How do we respond? The first response has to be outrage that we live in an abundant society yet we cannot get resources to the people who need them. If I was a health professional, I’d use the language of epidemic to describe this. Because I’m a priest, I call it immoral. God wants us to do something about it. We need a sense of creative compassion.

We’ve got to let our outrage motivate us towards those creative solutions that respond to our situation.”





## Program Manager's Report – Ann Watson

### A huge thank you to all of our volunteers!

Volunteers are one of the most important resources that community organizations have. The ability of people to work willingly together for the betterment of their community and themselves is a valuable resource. Volunteers come from all walks of life but they all share the common goal of donating their time, expertise and energy to the building of a stronger and healthier community.

North House has been fortunate in working with a number of dedicated and caring volunteers. From our Board of Directors to our wraparound teams and community based fundraising events. Volunteers ground the work that North House does allowing us to go the extra mile for our clients.

Heather Oswald, a Beaverton resident and coordinator of “Surplus Treasures” has been an invaluable resource to our clients. She has helped a number of times with new clients who are without furniture and small appliances. The “UnExtreme Makeover Group” from the Church of Ascension in Port Perry is assisting a Scugog client with small repairs around her house and the pick up and delivery of donated items. And finally, the “Live it Out” youth group, assisted in the planting of the Garden of Eatin’ food bank section during our opening weekend.

These volunteers remind us and our clients that North Durham is a caring community. The opportunity to get to know people that you might not meet in your day to day life makes the community feel like home, where we all fit in and where we all feel cared for and needed.

Thank you!

Ann Watson,  
Program Manager



One of the “Live it out” volunteers



## North House Needs:

North House focuses on offering programs and services and tries to keep our operational costs 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 or email if you can help. Here are some items from our list:

- |                                     |   |
|-------------------------------------|---|
| 1. Common household tools           | 5 Garden tools                              |
| 2. Step Ladder and Extension Ladder | 6. Baskets to take produce to the food bank |
| 3. Garden Shed                      |   |
| 4. Vacuum cleaner                   |   |

## 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 10<sup>th</sup> 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.

### Cookbook-

Watch for our upcoming cookbook, as mentioned on the first page, more to follow on this soon.....

### Change for Change jars-

Keep an eye out in your neighborhood for our mason jars. **“Change for Change”** It might be nothing more than extra weight in your pocket but those small coins, when combined with everyone else’s small coins, can add up to create a profound difference for those truly in need.

Support the work of North House Transitional Housing. Throw your spare change into the jar and be a part of **Change for change.**



**Help Us**  
**Help Them**

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



## Office Updates and Announcements

### Garden of Eatin':

North House welcomes Katie Boehm as our Garden assistant. Katie has been hired through the Canada Summer jobs program to assist at the community garden, and has been a tremendous help already.

## Volunteer and Donor Recognition

### Volunteers

North House would like to acknowledge the generosity of Heather Oswald from Surplus Treasures in Beaverton, who arranged some much needed items for one of our clients.

We would also like to thank our chair Heather Beveridge and another board member Jeanne Preston for doing a huge yard sale, and for all the people, including some of our clients who donated items for the sale, it was quite a success, we appreciate the effort.

### Donors

Thank you to St. Paul's Anglican Church for hosting our soup lunch and for all the generous contributors who attended.

Thanks to our board member Jeanne Preston who held a beading workshop, we thank those who donated to North House at the workshop, they are: Shelagh Carroll, Elizabeth Ashenhurst, Pat Farr, Margery Cowley, Lynne Skidmore, Barb Johnson and Bev Irwin. Thank you all.

We also thank Lisa Quejada for the generous donation of some lovely furniture.

Thanks to I.O.D.E (Imperial Order of the Daughters of the Empire) who donated several lovely "Fresh Start" baskets.

And finally thanks to Canadian Tire Uxbridge, Zehr's Uxbridge, Home Hardware Hardware, Sunderland, and TSC Uxbridge, for their donations to help our community garden come to be.

## 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 United Way of Ajax, Pickering and Uxbridge. Also Service Canada- Canada Summer Jobs program.

### **AND A VERY SPECIAL THANKS TO LEN GRAPHICS FOR SPONSORING OUR NEWSLETTER**





## 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.

## 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 10<sup>th</sup> 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**