



North House Newsletter

September 2009
3rd Quarter
Newsletter

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North House Cookbook

We have had a tremendous response in our quest for recipes using local food. Contributors range from Celebrity chefs, local restaurant chefs, local politicians, and numerous household chefs. There are some inspiring gourmet recipes, some basic home cooked meal recipes, canning and preserving and all points in between. See page 4

Message from the Board

.What perfect timing for a cookbook called, "The Harvest Table; Recipes for Local Food". I'm thrilled that as a society our priorities have changed so that we realize the need to localize our food production and take pride in presenting food on our tables that is rich in nutrients and wholesome to our bodies.

The staff, volunteers and clients of North House Transitional Housing have been more than enthusiastic in bringing these recipes of local foods together for your eating pleasure. Our mouths have been watering as the recipes were typed in and edited. We have been waiting in great anticipation to try out these recipes with our families and friends and now the moment is here.

Recipes using local foods have always been in our cookbooks but they have not been singled out as ones that are tried and true. In planning this cookbook, recipes have been collected from local farm markets, CSA's, from local chefs and from kitchen entertainers. We are very grateful for their contributions.

The fundraising committee of North House Transitional Housing came up with the idea of a cookbook as a fundraiser following the success of the "Garden of Eatin'" Community Garden and the enjoyment and pleasure that clients and local residents were having in producing their food. Some of the food was given to the local food bank to enhance the diets of its users and provide variety in their menus.

North House staff and volunteers feel that developing a cookbook and a community garden are one way of helping those who are at the brink of homelessness. In breaking the cycle of homelessness, these activities assist in developing self-esteem, stretching the family income, and providing a healthy diet that all of us need.

All of us at North House appreciate your contribution in buying this cookbook and hope that you will enjoy making and serving some of the old-time classics revised to use local foods and some new more sophisticated recipes that will challenge your palate.

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

Feature Article – You must give more to the soil than you take away

This was the advice of Czech writer Karel Capek in “The Gardner’s year”. Written in 1929, decades before the modern organic movement, Capek had already hit upon a fundamental law that the Chinese have practiced for over forty centuries. What you take out in beets, sweet potatoes, or strawberries, you must return as compost or manure. What holds true for the soil- that you must give it more than you take away- also holds true for many things, marriage, friendship, human culture as a whole. The times we’ve worked well are times we know we’ve given more than we’ve taken. We’ve fed the soil with rich compost and haven’t overly taxed it with too many crops in a row; we’ve taken time to talk to someone when we were otherwise busy. To give as a way of life is to learn that there is nothing better than being a volunteer.

As the busy holiday season approaches, wouldn’t it be great if we decided that instead of spending a day shopping for gifts, we would volunteer in the community instead? These tough economic times have been hard on a lot of us, we could all benefit from cutting back on our spending. Instead of giving a wrapped gift for the holiday, why not give a gift of your time? Maybe your whole family could get involved together, have a family meeting, think about what organization in your area you feel could use your help. Maybe you know someone who has benefited from an organization in your community; you could volunteer some of your time to help that organization. This year lets all think about giving the gift of our time, it is the most precious gift of all.



Some of the Volunteers at the “Garden of Eatin” at St Paul’s Leaskdale

*Never doubt that a small group of thoughtful committed citizens can change the world.
Indeed, it is the only thing that ever has.
- Margaret Mead*



Program Manager's Report – Ann Watson

Garden of Eatin':

What a summer! Cool and so very damp. Our first attempt at establishing a community garden in north Durham was a labour of love for many in the community. With the help and support of St. Paul's Church Leaskdale, Community Living Durham, the Sunrise Young Parent Support Group and the gardeners we got off to a great start. Soil quality, and too much water dampened our efforts but for those who stuck to it, the harvest was well worth it. In addition, our student Katie Boehm was a tremendous help in keeping things organized and weeded. We thank her for her interest, desire to learn, enthusiasm and patience.

The Loaves and Fishes food bank also thanked us for 12 weeks of fresh produce delivered to the food bank. Our harvest provided the food bank with beets, carrots, lettuce, tomatoes, green and yellow beans, peas, cucumbers, zucchini, swiss chard, radish, potatoes, green onions, and 7 different types of herbs. A cornerstone of the garden was to ensure that good, nutritious food got into the hands of the people who needed it the most. We hope to expand this partnership further next year by involving food bank clients to participate in the growing of their food.

As we strive to make next year even better, we will be meeting over the winter to discuss ways of improving on our first steps and will seek out the advice and know how of other more established community gardens. The Greenwood Mushroom farm has offered us compost, free of charge and Arnt's topsoil will be trucking it to the garden. We hope that this along with lots of leaves will give us improved soil for next year.

If you are interested in being part of the garden next year please give us a call. For more information, call Ann Watson at 705-426-1150.



Katie Boehm, working hard in the garden



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
2. Step Ladder and Extension Ladder
3. Garden Shed
4. Vacuum cleaner

Fundraising:

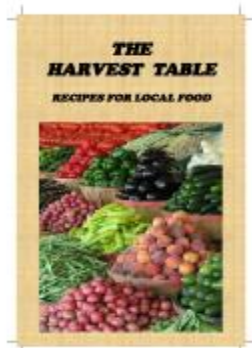
Are you looking for a perfect gift for friends, family or teachers?

Our Ornament/Key chain:



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!

Cookbook-



The Harvest Table, recipes for local food

This book is packed full of wonderful, mouth watering recipes.

There are 180 pages of delicious Appetizers & Beverages, Breads & Muffins, Canning & Preserving, Main Courses, Vegetables & Vegetarian Mains, Pasta & Side dishes, Soups & Salads, and Sweets & Desserts. There are a wide range of recipes, from basic home cooking to elaborate gourmet meals. We even include the nutritional value, so healthy meal planning is easy.

The cookbook will be available around mid October; the price will be \$20, including shipping.

If you would like either an ornament or a cookbook Please email us at northhouseoffice@bellnet.ca or call 705-426-1150 to place your order and arrange for delivery. We truly appreciate your support of our fundraising efforts.

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 would like to thank Katie Boehm for her hard work and dedication as our Garden assistant over the summer. Katie was such a tremendous help, she not only kept up with maintaining the garden, but she became involved with other community gardens, and helped get produce to the food bank, even giving out recipes that used the produce that was being distributed. Good job Katie!

Soup Lunches:

After the tremendous success at St. Paul's Church in Beaverton, we have two soup lunches coming up. The first will be at St. Paul's in Uxbridge on Sunday October 18th and the second one will be at The Church The Ascension in Port Perry on Sunday November 22nd. Mark your calendars!

ONPHA annual conference: November 13th-15th will be attended by Ann Watson, our Program Manager, and Anne Kewley, our fundraising co-coordinator.

**North House Annual General Meeting
Tuesday November 24th 5 P.M
Emmanuel Pentecostal Church, Port Perry**

Volunteer and Donor Recognition

Volunteers

Welcome to our newest Board member, Tina Harvey, we look forward to your participation. North House would like to acknowledge the volunteers, who so generously gave their time to type, edit, collect recipes and design our new cookbook. They are Heather Beveridge, Jeanne Preston, Anne Kewley, and Susan Van Tijn. Thank you so much, your efforts are very much appreciated.

Donors

Thank you to the Monday Morning Singers for thinking of our organization and choosing us for your kind contribution.

We would also like to thank the Mariann Trust. Your generous contribution to helping North House in our community is sincerely appreciated and will benefit a homeless family with shelter and a rent subsidy.

And finally thank you to The United Church Women of Trinity United Church in Uxbridge for your charitable gift, which helps North House continue our mission of support for families in the regions we serve.

We would also like to thank Greenwood mushroom farm for the donation of mushroom compost for our garden, and for Arnt's topsoil for delivering it, the soil at the community garden will be so much better thanks to you.

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.

Thank you to Rotary Club- Uxbridge for inviting us to speak at your breakfast meeting, we appreciate the opportunity to spread the word about our organization.

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

**United Way
of Canada**



**Centraide
Canada**



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 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.

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