



North House Newsletter

December 2009 4th
Quarter
Newsletter

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North House Cookbook

The season of giving is upon us and North House Transitional Housing would like to offer a timely gift suggestion.

"The Harvest Table; Recipes for local food" is our new cookbook, which promotes the use of seasonal, locally grown food. The book is full of great ideas for using the bounty of our immediate neighbourhood and includes recipes from local restauranteurs, well-known TV personalities, municipal officials and enthusiastic amateur chefs.

The money earned from this project will help support the work of North House as it provides transitional housing for those in North Durham who find themselves in a housing crisis. The books are \$15.00 See page 4 for details on how to obtain one.

Message from the Board

As we move forward into the December celebrations, we become more aware of how wonderful it is to have a home to decorate, to visit with friends and just to relax in. Although North House is concerned with the homeless and those at risk of homelessness all year long, wintertime is the hardest time as we hear of families and individuals who cannot pay their rent, or their hydro is going to be turned off. The food banks in the area try extra hard at this time of year to provide not only the bare necessities but occasional treats. Operation Scugog relies on many sponsors to provide families, mostly those with children, with a fun celebration that lifts their spirits and brings them beyond the dim reality of life's cares, even if it's only for a moment.

At the end of this year, North House is very grateful to the many caring people in the community who dig deeper into their pockets to share a little of the Christmas spirit. As a group, we have been to many churches in the area putting on soup lunches and raising funds to add to the North House Subsidy Fund. If you would like a soup lunch in the new year, please give us a call. It's a fun way to provide a congenial atmosphere and raise funds for North House at the same time. The Subsidy Fund is used to support families that are already working with North House with not only a rent subsidy but often with other essentials – a car repair, a loan for a lawyer's fee, and medication.

We also put out a list each year of items that you can provide for a very small amount of money that makes life worth living. Please consult our list on our web-site and see how you could help a child or a family this Christmas.

Make your Christmas more meaningful by showing how important home is to everyone

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

Feature Article – National Housing Day

Sunday November 22nd was National Housing Day. Durham Region has this year recognized this day as important. The waiting list for rent geared to income housing is now “indefinite” according to Klaus Heuse, general manager of the Ajax Municipal Housing Corporation. Durham Region has been particularly hard hit by the recession and its impact on the automotive sector. Many former employees of GM and other related businesses were laid off and are just now exhausting severance packages and employment benefits. Without work these people now have to turn to Ontario Works for income support. Right now, Ontario Works for a single person is \$572 per month. According to the Canada Mortgage and Housing Corporation (CMHC) the average cost for a bachelor apartment in Durham Region in April 2009, was \$636/month. You do the math.

Having a home is something many of us take for granted. A safe refuge where you can live and raise a family is becoming a luxury for many in the communities of north Durham. It is hard to understand how so many individuals and families struggle to sustain their housing, sometimes very rudimentary housing, in a society so rich in so many ways.

Even working families are struggling. Families, with two working parents, working full-time, full year and receiving minimum wage are falling below the low income cut off. Basic needs are not being met, 1/3 of children living in poverty have two parents working. A single working person receiving minimum wage makes \$19,760/year – the low income cut off for a single person is \$21,666. This puts stress on our health care system, income support systems, schools, and family support services. With very little rental housing being built, the situation is poised to become worse.

What can we do in our community? The communities of north Durham desperately need affordable housing. Housing that allows low income families to grow in a healthy environment and we need rental accommodation that is suitable for singles who are on a fixed income – both Ontario Works and pensioners. North House, as an organization that works with the homeless and those at risk of homelessness in the townships of Uxbridge, Scugog and Brock, has seen how compassionate and caring the communities of north Durham are. What needs to happen now, is a blueprint for moving forward. This blueprint must be multifold and include; a permanent provincial affordable housing strategy to fund the construction of affordable and supportive housing in all communities, municipalities should be allowed to introduce new zoning policies to come up with creative solutions in their communities housing deficits, and strengthened partnerships between federal, provincial and municipal governments and social housing, private builders and co-op housing providers need to happen.

The economic argument clearly shows that the cost of sheltering someone in an emergency (emergency shelter costs, health care system costs, loss of employment, educational supports for children and criminal justice system costs) far exceed the costs of building and maintaining affordable and rent geared to income housing. A study by the Alberta Secretariat for Action on Homelessness calculated the following costs over 10 years, Managing Homelessness \$6.65 billion, or Ending Homelessness, 3.31 million.

Since the cancellation of the National Housing Program in the early 1980's, Canada has lagged behind other developed countries on the affordable housing front. In 2009, the United Nations expressed concern that Canada is one of the only countries in the world without a national housing strategy. North House and other organizations in North Durham will continue to make the case that safe, secure, and affordable housing is a benefit to all of our citizens and ultimately Canada's long term prosperity.





Program Manager's Report – Ann Watson

December 09 (Newsletter) Program Manager's Report

A very big thank you to the parishioners of Trinity United Church in Cannington for their generous donation which will be used to support North House clients this holiday season. We would also like to thank them for allowing us to share the experiences of many of our clients through the reading of the "Cardboard Shack Beneath the Bridge", by Tim Huff. Your thoughtfulness and generosity will go a long way towards making the season as joyful as possible.

The Christmas season is one so many of us look forward to. It is full of family, friends, giving, and for many a very spiritual occasion. For others however, the holiday season brings with it feelings of loss, dread and sometimes anxiety and depression. I was reminded of this recently by someone we are currently working with. Living in poverty is an everyday struggle and deepens during the holidays. Many times children are able to most succinctly sum up their experiences. The following was written by Grade 4 and 5 students from a school in Thunder Bay and reminds us not to forget those who are struggling financially.

Poverty Is.....

Wishing you could go to McDonald's
 Getting a basket from the Santa Fund
 Feeling ashamed when my Dad can't get a job
 Not buying books at the book fair
 Not getting to go to birthday parties
 Hearing my Mom & Dad fight over money
 Not ever getting a pet because it costs too much
 Wishing you had a nice house
 Not being able to go camping
 Not getting a hot dog on hot dog day
 Not getting pizza on pizza day
 Not going to Canada's Wonderland
 Not being able to have your friends sleep over
 Pretending that you forgot your lunch
 Being afraid to tell you Mom that you need gym shoes
 Not having breakfast sometimes
 Not being able to play hockey
 Sometimes really hard because my Mom gets scared & she cries
 Hiding your feet so the teacher won't get cross when you don't have boots
 Not being able to go to Cubs or play soccer
 Not being able to take swimming lessons
 Not being able to take the electives at school (downhill skiing)
 Not being able to afford a holiday
 Not having pretty barrettes in your hair
 Not having your own private backyard
 Being teased for the way you are dressed
 Not getting to go on school trips



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. A small desk or table
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 over 160 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 is available for \$15.00 at various locations throughout North Durham. In Port Perry you can find them at the Municipal Office, J. Sowa Joy Salon, or The Trading Post. In Uxbridge at the Municipal office, The Tin Mill, Uxbridge Natural Heating and St. Paul's Anglican Church (open in the morning) They can also be found at Café Rhythym and Books and Trinity United Church in Cannington. Katie's Coffee House, Sunderland and Lucy Lu's in Beaverton

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. (Postage is an additional \$3.00)

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

Soup Lunches:

North House would like to thank St. Paul's Anglican Church in Uxbridge and The Church of The Ascension in Port Perry, for welcoming us to their churches to serve soup and speak to their congregations. Our soup lunches have been quite popular and effective in both fundraising and outreach. The soups we have prepared have all been from recipes from our cookbook, and are delicious. We would like to invite any Churches interested in hosting a lunch to contact us at 705-426-1150 or northhouseshelter@bellnet.ca

Christmas for our clients:

North House is grateful to Trinity United Church in Cannington for welcoming us to speak at their church, leave some Cookbooks, and for supporting our clients for Christmas this year.

North House AGM:

North House had a very successful and productive Annual General Meeting on November 24th and we would like to thank Emmanuel Pentecostal Church for providing our meeting space. And thank you to Susan McCulloch, FaithWorks Campaign Manager for speaking.

Volunteer and Donor Recognition

Volunteers

Welcome to our newest Board members Kim Coates and Dr. Martin Stewart, we look forward to your participation.

North House would like to thank the volunteers who have helped by making soup, donating rolls & butter, and serving at our recent soup lunches. Thanks to Tina Harvey, Anne Kewley, Susan Van Tijn, Heather Beveridge, Brian Hurley, Ron Castle and Jeanne Preston.

Donors

Thank you to St. Paul's Anglican Church Women of Beaverton us for your kind contribution.

We would also like to thank Judith & Edward Heather 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 Carolyn Hicken and Charlie Gullickson for filling up those "Change for Change" jars, it just proves that your loose change can really add up and make a difference.

Again we would like to thank I.O.D.E for the lovely "Fresh Start" baskets, they are so usefull and well received by our clients.

And last but not least, many thanks go to Joe Petrie for the very generous donation of household tools, we have already started putting them to use, and they will definatly come in very handy.

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..

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 is committed to being a leader in rurally based housing strategies and support - creating and implementing housing solutions in North Durham focusing on proactive innovative approaches.”

Mission Statement:

“North House facilitates responsive approaches and supports to housing that are 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.

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