



North House Newsletter

March 2010 1st
Quarter
Newsletter

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New Initiatives:

North House is researching an enterprise

North House is applying for funding to research the economic climate of North Durham. We are considering creating an enterprise that will fund our work and reduce our reliance on external and government funding. We hope the business and corporate community will support us in establishing the enterprise. If you are interested in sitting on the Steering Committee, please contact Lois at the office. Your expertise will help North House create a sustainable business that will contribute to the resilience of North Durham and generate funding to support our clients.

Message from the Board

Despite the celebration on March 8th marking the date of International Women's Day the women of North House continue the battle against low self-esteem, low wages and huge economic burdens when they leave or are forced out of relationships.

Overall, North House deals with far more women who need assistance than men because of lower incomes that leave them with very little in the way of resources to assist themselves or their families when a crisis hits.

Lately, the work of North House has mostly been with single women and men struggling with poverty, homelessness and poor mental health. So often, the three problems go hand in hand, not one causing the other but all three interrelated.

Those who are suffering poor mental health have faced challenges from school age onwards; it's not a new phenomenon. Society continues to have a difficult time solving the problems of the mentally ill, whether they are in schools, churches or unemployment offices. Many valuable services are put in place to assist the mentally ill but it remains a difficult task to have them use the appropriate services. These services are instituted with everyone's tax dollars to help all those in need. Perhaps it's time we assisted all those agencies with some tax dollars that are trying so hard to help those who face extraordinary challenges and then we would find that society and life are better for everyone. Helping one benefits us all.

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

Feature Article – Third Annual North House Conference:

North House is organizing its third conference on housing issues in small towns and rural communities. The conference will be held on Thursday, May 13, 2010 from 9:30 am till 3:30 pm. at Minden United Church in Minden. Watch our website for up to date information on the conference and directions to the church. Registration is \$25.00 for organizations, community members and service providers. Clients and people in poverty who want to participate and bring their expertise and concerns to others are welcome at no charge. Community members concerned with the growing deficit of affordable housing in north Durham are most welcome to attend.

This year we are partnering with Places For People of Haliburton and Orillia. PFP has just opened a new facility in Haliburton. See placesforpeople.ca for photos of the new facility and information about the organization.

There will be 3 interactive presentations this year. One will be facilitated by Places for People detailing the successes and barriers to establishing affordable housing in a small community. Hopefully, their experience will galvanize other communities to bring some affordable housing to their communities.

The 2nd presentation will be facilitated by members of RHINO, (Rural Housing Issues Network of Ontario), a new organization born out of our first conference. RHINO is developing tools and resources to connect rural housing, poverty and health organizations. Through RHINO, we hope to bring rural housing issues to the attention of governments and funders to improve rural housing in our communities. RHINO has a website on the Wellesley Institutes' stableandaffordable.com We encourage everyone to visit the website and join RHINO. There is no cost for membership but the more voices we can gather together the better chance we have of improving affordable housing in our communities. Working together we can make a significant difference.

The 3rd presentation will be facilitated by Cesar Caneo of the Brock Community Health Centre. He will be introducing a report from SERA on social enterprises in rural communities; what a social enterprise is and what they can do for rural resilience. SERA (Social Enterprise Rural Alliance) is a community committee established in Brock Township to explore the concept of social enterprise as a solution to economic resilience in a rural area.





Program Manager's Report – Ann Watson

“To grow your own food gives you a sort of power and it gives people dignity. You know exactly what you're eating because you grew it. It's good, it's nourishing and you did this for yourself, your family and your community”.

Karen Washington, Garden of Hope, Bronx, NY

The Garden of Eatin Community Garden is beginning to awaken now that the first day of spring is behind us. Gardeners are once again confirming their interest in being proactive in battling hunger and poverty. Our garden last year was made up of experienced gardeners and novice gardeners, young families and families with teenagers. One thing we all had in common was the desire to learn and share our knowledge of growing our own food.

The Garden of Eatin' grew out of a community effort to provide access to land, information, and equipment to gardeners from diverse socio-economic backgrounds, ages, and abilities. We were also committed to a food bank garden that grew and donated food on a regular basis to the Loaves and Fishes Food Bank in Uxbridge.

We are inviting anyone who might be interested in joining us, either as a gardener, or via donations of gardening equipment, seeds, plants or volunteering to assist us with driving members without vehicles to the garden. Please call or email Ann Watson for more information, northhouseshelter@bellnet.ca, and 705-426-1150.



North House program manager Ann Watson and placement student Tamara Rae have been busy facilitating winter activity groups for clients and their friends, which takes place every Thursday evening at the Beaverton United Church. Each week there is a client inspired activity planned allowing each individual to take leadership in facilitating a craft, exercise, game, or talent to the rest of the group. We are having too much fun, and our two hour group goes by way to quickly. So far, we have made garden stones, played fun facts trivia bingo, painted pots, and even had a Thai-Chi lesson, thanks to a special guest Nina Penstone. We have many more activities coming up as per client requests, such as Karaoke, painting pillow cases, and even skipping. We are excited to have Anne Kewley join our group to teach us Feng Shui, and we are awaiting confirmation of a First Nations guest to demonstrate a drumming circle and teach native crafts.

The groups are designed to be a form of social therapy while learning new creative, spiritual, and healthy life skills. We believe our clients are benefiting from the social connections and friendships that develops through laughter and learning in our groups. It's simply amazing how a good thing



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. Kitchen & Bath exhaust fans
2. Step Ladder and Extension Ladder
3. Garden Shed
4. Vacuum Cleaner

Fundraising:

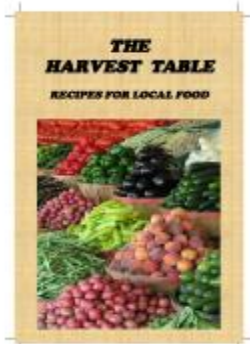
Are you looking for a perfect gift for friends, family or teachers?

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

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:

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 organizations interested in hosting a lunch to contact us at 705-426-1150 or email us at northhouseshelter@bellnet.ca

Cannington Dog Sled Races

North House is grateful to The Brock Community Health Center for sharing its booth with us so we could be a presence at the Dog Sled races and spread the word of our work.

North House workshops

North House is very lucky to have Tamara Rae, a Georgian College student who is studying Social services, as a placement student. As well as preparing several grant proposals, Tamara is conducting fun and educational workshops for our clients. The clients are also encouraged to conduct their own workshops and the response has been great, Thanks Tamara, and thanks to the United Church in Beaverton for donating the space for the workshops.

Volunteer and Donor Recognition

Volunteers

North House would again like to thank the Port Perry Patchers for donating more beautiful quilts for our clients, they really love them. We also would like to thank the Gorgons, of Uxbridge for arranging some members of the Uxbridge High School rugby team to assist a family with some accessibility issues, and for the donation that made it possible for that family to pay off the wheel chair. And again we would like to thank the Church of Ascension in Port Perry's "Un-extreme Makeover team" for moving some donated furniture up to Beaverton for our client, and to Beth Crook for donating the furniture, what a help that is!

Donors

North House has been fortunate to receive many generous donations from: Bob MacDermid, Linda Bilyea, Barbara Pratt, St Paul's Uxbridge, Christ Church Stouffville, Jennifer Beal, Jeanette Shanks, Linda McLaughlin, Anne Orban, Joan West and Glen Chapman. These donations help North House continue our mission of support for families in the regions we serve.

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





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