



THE HARVESTER

SPRING 2010

3435 Ramsayville Rd. Gloucester, ON K1G 3N2

A newsletter for Ottawa Carleton households, donors, sponsors, supporters, alumnae and friends of Harvest House.



Volunteer and GED instructor Jill Ferne with Harvest House residents.

The Men of Harvest House Take to 'The Hill'

On March 25, seven residents from Harvest House were invited to the West Block of Parliament Hill to meet with their Member of Parliament, Pierre Poilievre. Phil Sprentzel, Keith Cameron, Austin Jones, James Bonney, Josh Eisbrenner, Lenny Mills and Clayton Hayward, all graduates of the Harvest House GED program, had the opportunity to meet privately with Pierre and gain valuable insight into Canadian politics. After a question and answer session, the residents toured the West Block, the Centre Block, the beautiful Memorial Hall and even went up to the top of the Peace Tower. And since no visit to Parliament would be complete without a stop in the Parliamentary cafeteria, the group made a quick detour there for a coffee break before leaving for home.

The men had many thoughts at the conclusion of the visit and shared them with the group. "It was really surreal being there...to be trusted in a place like that," commented Lenny Mills. Josh Eisenbrenner said that he now has a "new found interest in the way government works" while Austin Jones felt the experience "gave us a really good insight into the workings of Canadian politics." Josh was intrigued by the influence and involvement representatives like Pierre have on social change and how they really do represent the people. Overall, the men left feeling that they had a better understanding of what an MP like Pierre does for his constituents and his role on the Hill.

The residents have been invited to attend a session of Question period and are excited about a return visit to 'The Hill' later this year!

Thank you to MP Pierre Poilievre and staff for a great experience!

Ottawa Chamber of Commerce recognizes Harvest House at the 2009 Business Awards.

Harvest House was named as a 2009 finalist in the 'Not for Profit Organization of the Year' category of the Ottawa Chamber of Commerce 2009 Ottawa Business Achievement Awards held this past November. Harvest House is proud and thankful to be nominated and recognized as a finalist in this new category. It was a lovely evening and meeting of those organizations that help to shape Ottawa into the vibrant community that it is.



Associate Director Laurel Anderson with Harvest House founder, Bill Main.

In Memoriam

This newsletter is dedicated to the memory of Dick Gingerich who passed away earlier this year. Mr. Gingerich served on the Board of Directors at Harvest House for 15 years. His tireless efforts and commitment to Harvest House will always be remembered.



The Mission of Harvest House

The mission of Harvest House Ministries is to rehabilitate young men who are chemically dependent, to instill in them self-discipline, and to reintegrate them into society.

The Harvester is published by:

Harvest House Ministries
3435 Ramsayville Road
Ottawa, ON K1G 3N2
Tel: 613-521-9114
www.harvesthouse.org

Board of Directors

President:

Peter Brown

Vice President:

Paul Merkley

Secretary:

Gerry Haight

Treasurer:

Frances Head

Board Members:

Debbie Brown

Tim Easter

Jill Fern

Joseph Plaschy

Peter Seguin

Staff:

Executive Director:

Nicole Plaschy, MBA, CFRE

Associate Director, Program:

Gary Ward, ICADC, CRPS, CPC

Associate Director, Communications:

Laurel E. Anderson, BA

Operations Manager:

Tony Kiar BA, BSC, BEEd, MA

Counseling Staff:

Andrew Biggar, CCW, BA; Psych, B.SW, RSW

Cathy Easter

Eiman Maghzy, BAH

Program Staff:

Charles Leduc

Court Liaison:

Grant Schmidtke

Print Shop/Graphic Designer:

Tom Mekarski

Cashier:

Kelly Creyke

Administration:

Jaimie Everingham

Randall James

Cathy Kiar

Reception/Program Assistant:

Lucie Bulgar

Fundraising Associate:

Chris Richer

Jesse Main

Willis College Invests in the Education of the Men of Harvest House

by Laurel E. Anderson

Last month Harvest House was the thankful recipient of a generous donation of self guided learning materials from Willis College. President and CEO Rima Aristocrat contacted Harvest House with an offer to donate numerous texts and computer training packages in the areas of Excel, Power Point and other computer geared training. These new resources will definitely compliment the continued learning program at Harvest House. Thanks to Rita and colleague Brenda Nelson, Pharmacy Assistant Program Staff, for sharing their time and resources with the men of Harvest House.



Willis College President Rima Aristocrat with students.

"Since 1896, Willis College has been a leader in recognizing and responding to emerging job market demands through the development and delivery of comprehensive hands-on skills training to meet those needs. Our vision is "to provide a quality adult educational learning environment where the creative interests and development of our clients are paramount." We ensure that our programs are designed to satisfy your education requirements and exceed your expectations."

Harvest House - Where to Find Us on the Web!

All about Harvest House
www.harvesthouse.org

Become a fan of Harvest House on Facebook at
<http://bit.ly/facebookHHouse>

Follow us on Twitter at
<http://www.twitter.com/harvesthouseott>



18th Annual Beat Beethoven Run - Runners' Attitudes Shine Through the Clouds

by Laurel E. Anderson

Run and Hum at the same time. The 18th Annual Beat Beethoven Run hosted by Harvest House, in partnership with the Running Room, took place on Saturday, Oct 31, 2009 with a start at the Canadian War Museum.

It was a soggy start to the day but nothing could dampen the spirits of the 400 plus runners that took place in the 4, 8 and 21 km races. Bright orange shirts, in keeping with the festive season of fall, along with several costumed runners hoping to win a 'best costume' prize, could be seen scattered along the race route while Beethoven's 5th Symphony played in the background with those in the 8 km hoping to finish the run before the symphony ended.



Ready, set, go at the 18th Annual Beat Beethoven Run.

Ian Black from CBC was kind enough to brave the wet weather with us as Master of Ceremonies and was a good sport with all the weather jokes. Ian also took on another important role on race day as our official 'best costume' judge which proved to be a challenge as there were lots of great costumes at the start line including a mad scientist who ran with a beaker the entire race, various superheroes, a pumpkin head and more. The one thing they all had in common though were running shoes so they could 'fly like the wind' to quote one costumed runner.



Master of Ceremonies, Ian Black of CBC.



A little rain doesn't dampen the spirit of the runners!

Fifteen men from Harvest House participated in the races and had strong finishes. Notable in the men's 20-29 age group, Ross Rossignol, Austin Jones and Chad Dimaria finished 1, 2, 3 in the 4k which is indicative of the hard work they put into their training leading up to the race. Personal bests were achieved in the 8 km race with many of our runners coming in under 40 minutes which was just awesome!

Many thanks to Phil Marsh, regional manager of Running Room Ottawa for his guidance and tremendous support as Harvest House took over this event. Kudos to all the runners and many volunteers that helped make this race day a success! We hope to see you all for the 19th Annual Beat Beethoven Run which will take place on Sunday, October 31, 2010 in the morning. Race details will be announced soon so check the website regularly at www.harvesthouse.org



A costumed runner sets the pace.

Running & Rehab

Just like addiction recovery, long-distance running is a 'one step at a time' undertaking that requires patience and perseverance. Training for a race is a terrific complement to the road to recovery, as it requires commitment, dedication and a change in lifestyle. Our residents also benefit from the increased determination and self-control, as well as the group bond that develops as they support each other in their fitness objectives.

Mark Your Calendars for these Upcoming Harvest House Events!

Spring Run

Saturday, June 12 marks the 2nd Annual Trillium Redemption Run at Harvest House, located at 3435 Ramsayville Rd., Ottawa. The 11 km race starts at 8:30 a.m. and the 5 km race follows at 8:45 a.m. It is a scenic country route great for all levels of runners. Come out as a family, on your own or with friends and enjoy a pancake breakfast and tour of Harvest House after the races!

Registration forms and additional information is available on our website at www.harvesthouse.org

You may register online, by mail or telephone at 613-260-6463

Late Summer Softball

Saturday, August 28th 23rd Annual Recovery Cup Softball Tournament is our annual softball tournament played between the police and the men in recovery at Harvest House. Donated by Henry Birks and Sons, "The Recovery Cup" serves as an indicator of the goodwill that exists between the law enforcement agencies of our community and those who have made a sincere commitment to change their lives. As part of that commitment, a change in attitude regarding the law is vital to a successful recovery and to this end we have elected to meet the police on the playing field, rather than on the streets.

Summer Golf

Wednesday, July 7th 1st Annual Harvest House Golf Tournament.

Get your swing on and join fellow golfers for a day at Manderley on the Green. With Master of Ceremonies Max Keeping, this is sure to be one of the great golf tournaments of the season. Registration includes a BBQ lunch, round of golf, cart and dinner. There will also be a silent auction and many on course contests. For more information, go to our website www.harvesthouse.org or call to register.

Fall Run

Run and Hum at the same time. It's the 19th Annual Beat Beethoven Run hosted by Harvest House. The Beat Beethoven Run is an annual tradition and takes place in downtown Ottawa every fall. The run will take place on Sunday, Oct 31, 2010 and starts at the Canadian War Museum. Race details will be available on our website soon.

100% of the net proceeds from all events benefit the programs of Harvest House.

RUN.

- Running & Walking Shoes
- Ultimate Cleats
- Track Spikes
- Racing Flats
- Cross-Trainers

WALK.

SWIM.

- Exercise Apparel
- Swimwear and Accessories
- Yoga wear, Mats and Accessories
- Sports Nutrition
- Bike and Tri Gear

PLAY.



Kanata Centrum
613.271.7597
(near Chapters)

149 Bank St. - 613.234.6562
(between Slater and Laurier)



College Square Plaza
613.224.2424
(Baseline and Woodroffe)

NB product only

www.sports4.com

Life in the Harvest House Lane - Slow and Steady

by Laurel E. Anderson

Some people have a lucky number but for Sean Wyman, it's a lucky date - February 19, 2009 is the 'number' that Sean carries around as his sobriety date. He's been sober for over 425 days which is no small feat in the life of a former addict.

Sean's road has been a tough one as his father left the family early on and his mother died of cancer when he was 7 and at that point, Sean and his sister were raised by a stepfather that, after several years, turned the kids over to the Children's Aid Society and Sean entered foster care.



"I have the opportunity to have a life."

This fueled Sean's downward spiral into drugs and introduced him to his new life on the streets after running away and living on the street at 16 and 'doing what I had to do' to survive. At 18 things were only getting more desperate for Sean as he left his foster family and went back to the street. At this point he was drinking heavily and using many street drugs including cocaine and eventually crack. He ended up in repeated trouble with the law and spent time in jail on assault and weapons charges and later stole a car, leading to more charges and a thicker court file.

Fortunately for Sean, the courts agreed to release him to Harvest House where his recovery could begin. It wasn't a promise of an easy ride by any means, instead it was an offer to get sober and take control of a life still in the making. It hasn't been easy but the best things that happen in life usually aren't. Dealing with addiction and trying to choose the right path is challenging and it was a slow start for Sean but fast forward to today and Sean is still clean and sober.

Sean himself says "it's the last 6 months that things have really sunk in as I've been dealing with my addiction and realize that I have the opportunity to have a life." And when asked reasons for the shift in attitude Sean shares "my change in attitude is due to the support of Harvest House and key people that are willing to invest in me."

Sean came to Harvest House with little education and is successfully pursuing his high school diploma through the GED (general equivalency diploma) program at Harvest House. Sean continues to participate in the Skills Development program at Harvest House in the area of sales and really has a knack for dealing with the public and the donors of Harvest House and there is a sense of satisfaction that comes along with that. "It motivates me to continue going forward" is how Sean sums it up.

Participating in the acclaimed Harvest House Values, Influences and Peers program (VIP) has benefited Sean and the audiences he shares his story with. This program sees the men of Harvest House going out and speaking to today's youth, usually in schools around the city. These high schools students tend to respond strongly to the authentic and often raw stories that men like Sean share about their lives before Harvest House and for Sean, "sharing my story is a way of giving back. I share my story to help others and the feeling of helping and relating to people is a very positive experience for me."



The Running Program at Harvest House has also been a part of Sean's recovery as running, similar to aspects of a recovery program, involves setting goals and achieving them through having a training plan and focusing on living a healthy lifestyle. Sean has participated in several runs during his time at Harvest House and most recently ran in the fall Beat Beethoven Run, achieving excellent results. "It gives me a feeling of achievement and at the same time, running is a great stress reliever."

For some of the guys in the program, it's difficult to articulate exactly what Harvest House has done for them. In his own words, Sean summed it up with this. "In the past, I didn't really care about anything and now I do. Harvest House is my family and I have a chance to make a life."

Harvest House Runners Take on Old Man Winter at the Winterman Race.

by Laurel E. Anderson

On February 21, after months of preparation, the Harvest House Marathon team took their training to the steps of the Canadian War Museum as they prepared to battle Old Man Winter while running 21km's at the same time.

Veteran racer Brent McRann led the group with a finish of 1:45:08 while first time half marathoners Austin Jones 2:04:50, Chris Lysen 2:00:29, Lenny Mills 2:26:16 and Phil Sprentzel 2:05:01 all came close to their goal times or improved them. Coach Tony Kiar was pleased and added "the men were disciplined and followed their pre-race planning and I am proud to be their coach."



Coach Tony Kiar (middle) with members of the running team.

Running History

Last year, Harvest House teamed up with the Running Room in a joint effort to help residents of the program beat their addictions and increase their chances of rehabilitation through physical training and self discipline. Distance running is an excellent exercise in setting goals and working hard and consistently to achieve them, which mirrors aspects of a rehab program.



Richmond Nursery Inc.

3440 Eagleson Rd., Box 850, Richmond, Ontario, K0A 2Z0
Tel: (613) 838-2282, Fax: (613) 838-2017

Free online discussion groups

www.richmondnursery.com

Corner of Richmond Road & Eagleson Road



Harley House
Consultants Inc.

Dale Harley
President

16 Waterford Way
Ottawa, Ontario K2E 7V4
Phn: 613-274-7900
Fax: 613-225-0100
Cell: 613-882-5684
dale@harleyhouse.com
www.harleyhouse.com



*A Cut Above
the Rest*

ROAD & CONCRETE DRILLING & CUTTING

GILLES PORTELANCE

3836 LETRIM ROAD, OTTAWA, ONTARIO K1G 3M4
TEL: (613) 822-3000 / FAX: (613) 822-3032
TOLL FREE: 1-866-741-3999



TRAIN À VAPEUR
Hull-Chelsea-Wakefield
STEAM TRAIN
819-778-7246

Education is Key

by Laurel E. Anderson

Since June 2006, 73 men have participated in the GED program. 30 men have successfully earned the GED diploma. 24 out of these 30 GED graduates were in jail prior to their acceptance into the Harvest House program.



In order to build a life after rehab, our residents often require certain qualifications. The most basic of these is the GED, otherwise known as the High School Equivalency. Harvest House offers our residents a 12-week program that prepares them to write their GED exams. The GED exam measures educational maturity gained through experience and informal learning, allowing adults who have not finished high school to show what they have learned through life experience.

The GED class is a specific program where donated dollars directly impact the residents and the community. Your support allows us to offer this program which is vital to the success of the young men living at Harvest House and helps them on the path to a secure future.



Harvest House students get down to the business of learning.

AARDVARK
HEATING & COOLING
24 HR EMERGENCY SERVICE
(613) 882-4822

Salem
Storehouse Inc.
www.salemstorehouse.com

CARDY Vacuum Sales & Service
Paul Sorrill
2451 St. Joseph Blvd.
Orleans, ON K1C 1E9
613 • 830 • 2360
TOLL FREE: 877 • 245 • 7938
210 Colonnade Rd.
Nepean, ON K2E 7L5
613 • 727 • 0307
www.cardyvac.com

YES! I am interested in supporting Harvest House through easy Monthly Giving!
Your participation in our Monthly Giving Program will have a substantial impact on our program.

I wish to pledge \$ _____ per month beginning in the month of _____ (all debits occur on 15th of the month)

Tax Receipts for monthly gifts will be issued at the end of the year.

Please make your cheque payable to Harvest House Ministries and enclose this card to ensure delivery of your tax receipt for donations of \$10 or more. Charitable Reg No. 132517269R0001

I authorize Harvest House Ministries to debit my:

Bank Account (enclose void cheque)

Visa Mastercard Amex

Credit Card No. _____ Expiry: _____

Signature: _____ Date: _____

We Thank Our Donors, Sponsors, Advertisers and Members of the Community!

In December of 1979, Harvest House was founded to rehabilitate young men suffering from addiction, to instill in them self-discipline and to reintegrate them into society. Harvest House is a not for profit organization that provides a residential rehabilitation program for young men that are chemically dependent on drugs and/or alcohol.



This year we celebrate 30 years of success and at the same time, identify that the need for Harvest House in the Ottawa Carleton community is still strong and as a program not funded by the government, we continue to rely on your support.

Thank you for choosing to support the rehabilitation of the men at Harvest House. Your financial and moral support is an investment in the future of these young men and of their recovery and without donors like you, this would not be possible.

On a daily basis we see the commitment that these young men have towards their recovery, along with their decision to create a better life for themselves and your contribution to Harvest House supports this initiative.



Tundra Concepts

~Creative web design solutions~

- Ground-up web design
- PHP and MySQL development
- Logo design
- Flash design
- Content management systems
- Website face-lifts and re-designs
- Web animation and banner ads
- Print and digital media
- Blog development services
- Troubleshooting solutions

*Contact us today for a free consultation and quote!

www.tundraconcepts.ca



GEOFF LAUZON

TEL: 745-5524
FAX: 745-6120
geoff@kristaconstruction.com

1292 LEEDS AVENUE
OTTAWA, ONTARIO K1B 3W3
RESIDENTIAL - COMMERCIAL - ALTERATIONS



Richmond Nursery Inc.
1440 Eagleson Rd., Box 890, Richmond, Ontario, K0A 2Z0
Tel: (613) 839-2262, Fax: (613) 839-2017

Free online discussion groups
www.richmondnursery.com

Corner of Richmond Road & Eagleson Road



Joanne HUTCHINSON
sales representative

ROYAL LEPAGE
Team Realty
Direct: 613-868-0978
1-888-757-7155
495 KENNEDY RD., SUITE 101, OTTAWA, ON K1J 1Y1
JoanneHutchinson@royallepage.ca
www.JoanneHutchinson.com

YES!

I want to make a difference in my community!

Your investment goes a long way towards saving lives!

\$30 \$50 \$75 \$100 \$250

Mailing Address for Tax Receipt:

*If any of your information has changed or you are not the person listed on this card, please update that information here.

Name: _____

Address: _____

PAC _____ Phone No _____

I prefer to contribute \$ _____

Cheque/Money Order

Visa Mastercard Amex

Credit Card No. _____

Expiry _____

Signature _____

I have made a gift to HH in my will.

I would like more information about making a gift to Harvest House in my will.