

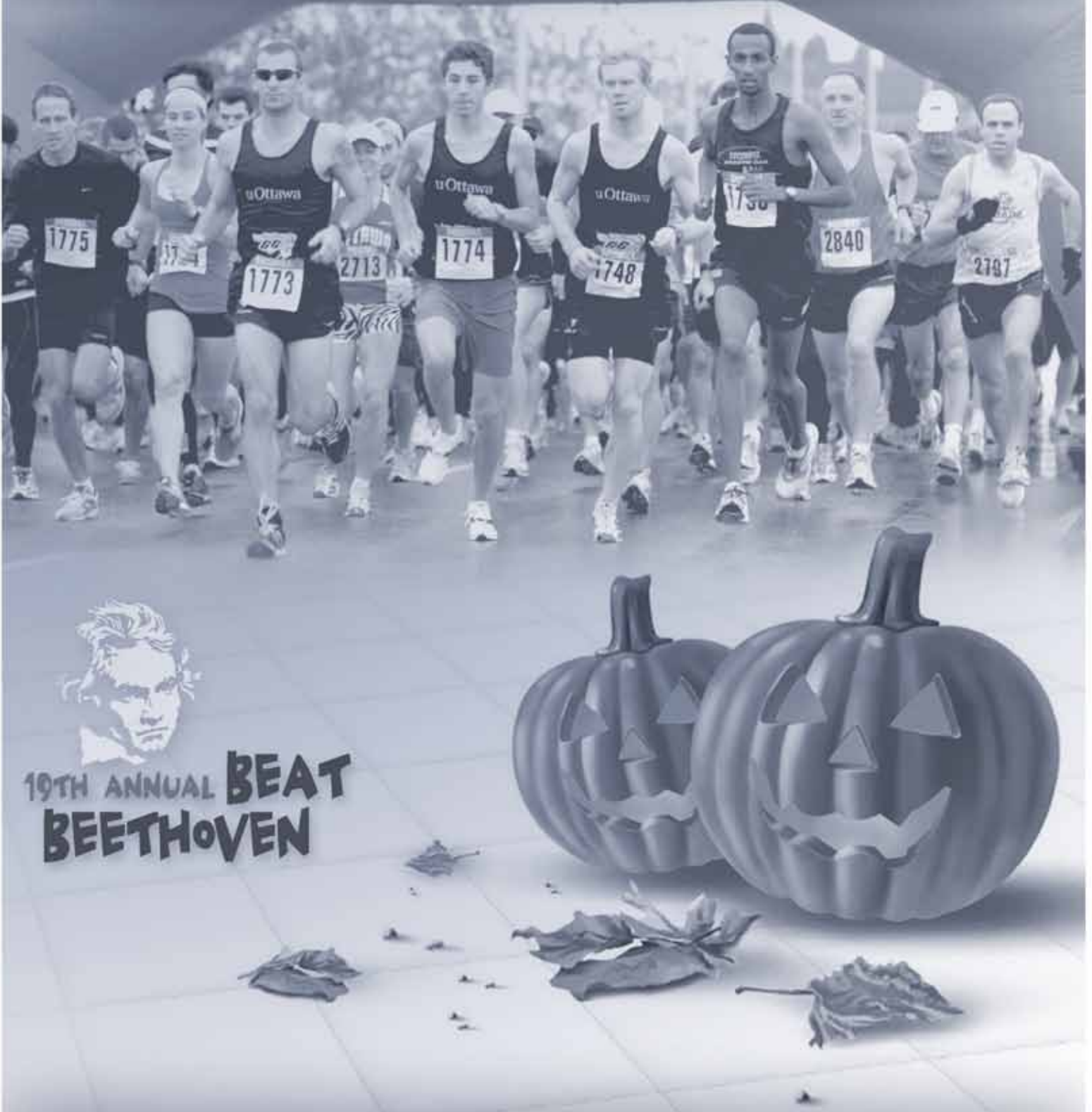


THE HARVESTER

3435 Ramsayville Rd. Ottawa, ON K1G 3N2

FALL 2010

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




19TH ANNUAL **BEAT
BEETHOVEN**

All proceeds go to The Harvest House Drug Recovery Program

The Harvester is published by:

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Fundraising in the News

by Laurel E. Anderson

Harvest House is a registered charity in Canada. A recent CBC News article about third party fundraising among charities examined some charity fundraising practices and piqued the interest of those who donate to charities and to those thinking of donating. The article partly focuses on third party fundraising and the CRA guideline regarding how much revenue charities can use for third party fundraising.



Harvest House is a charity based in Ottawa, Ontario and does not participate in any third party fundraising practices and instead, does all of its own fundraising in house. This means that the residents of the program at Harvest House are the ones who call our donors and potential supporters. This program's cost is minimal and is an integral part of the training and rehabilitation program at Harvest House as it offers residents a valuable skill set that they can then use when they have completed their program.

Where to Find Us on the Web!

All about Harvest House
www.harvesthouse.org



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23 Years Later the Recovery Cup Softball Tournament is still going Strong!

by Laurel E. Anderson

Saturday, August 28th turned out to be a perfect day for the 23rd Annual Recovery Cup Softball Tournament at Centennial Park in Manotick. This tournament, between law enforcement agencies and the men in recovery at Harvest House, continues to provide a positive playing field for these groups to come together on the right side of law. Players and spectators alike enjoyed a great day of softball, food, music and fun! It was good clean fun with just a bit of healthy rivalry mixed in as the 8 teams sweated it out on the diamond for the chance to win the 'coveted' Recovery Cup.



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 the successful recovery and to this end we have elected to meet the police on the playing field rather than on the streets.



There was lots of action on both fields as teams plotted their strategy against each other, looking out for heavy hitters and fast runners over home plate. And whatever business that was left unfinished on the field was taken care of at the ever popular batting and pitching contests during a BBQ lunch and some live music.

Quick HH Tournament Facts

- This year we sold over 6,500 tickets to the tournament.
- 500 plus bottles of water and other beverages were consumed.
- More than 500 hotdogs and hamburgers were grilled.
- More than 100 bases were run.

Thanks to all participants, sponsors, volunteers and friends of Harvest House. We couldn't have done it without you! Your participation and support through ticket purchases ensures the continued success of this event and in turn, helps to strengthen the programs at Harvest House.

Much appreciation to all the players who participated and congratulations to this year's Recovery Cup Tournament Winner - Ottawa Police Services (OPS) East. Donations were made to the ALS Society and the Cancer Society on their behalf!

See you all next year with your game face on!

The 19th Annual Beat Beethoven Run hosted by Harvest House!

Run and Hum at the same time. For the 2nd year, Harvest House will host the Annual Beat Beethoven Run in partnership with the Running Room. The runs will take place on the morning of Saturday, Oct 30, 2010 and start at the Canadian War Museum. There will be a 4 km, 8 km and 21 km race. Additional race details and registration forms are available at <http://www.runningroom.com> and <http://www.harvesthouse.org> Race kit pick up will take place at the Running Room, 901 Bank St. Ottawa on Thursday, October 28 10:00am-8pm and Friday, October 29 4pm-8pm.

All proceeds will go to benefit the programs of Harvest House.

**19TH ANNUAL BEAT
BEETHOVEN**

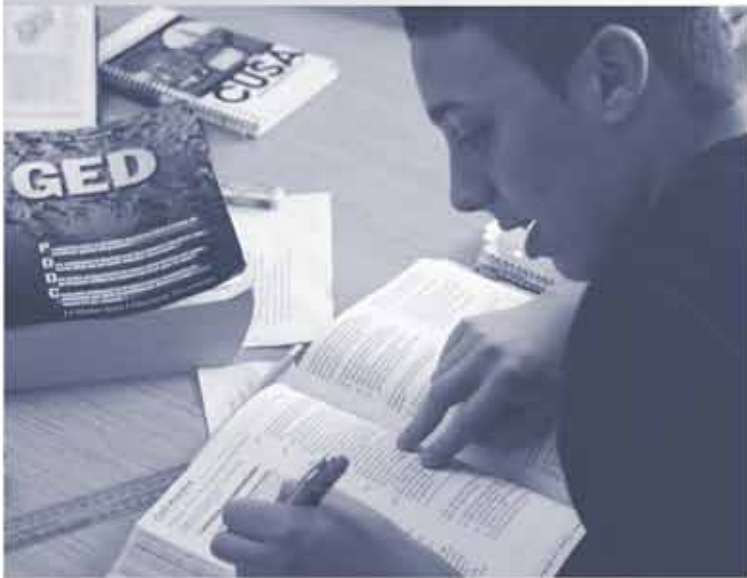


Education Matters at Harvest House

by Laurel E. Anderson

Young men come to Harvest House from all walks of life but the one thing most of them have in common is a lack of education. Many do not have their high school diploma and while beating addiction is one extreme battle, reintegrating into society without a basic education or skill set is another roadblock that must be confronted.

Once an individual is rehabilitated from chemical dependency, reintegrating into society becomes critical. Education offers opportunity, choice and a new start and this is where the General Equivalency Diploma (GED) program factors in.



To build a life after rehab, residents often require certain qualifications such as a high school diploma. The most basic of these is the GED, otherwise known as the High School Equivalency. Harvest House offers its 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.

10-15 residents per year are provided with the opportunity to earn their GED and with that comes a strengthened skill set and the opportunity to give back to the community through work, attending post-secondary school and speaking in the community to other young people that may be affected by substance abuse (VIP-Values, Influences and Peers program). Recent G.E.D. statistics include that 103 young men have participated in the program and that 44 have successfully earned their diplomas.



Having successfully completed the GED and their residency with Harvest House, graduates are able to stay in one of the re-entry homes in the community where they continue to receive both academic and recovery support.

Harvest House is extremely proud of all residents who pursue further education and as of September 2010, supported six graduates while they participated in post-secondary education.

GED Graduation Ceremony

On Thursday November 18, 2010 Harvest House will celebrate the successful completion of the GED program by several students. We invite you to join us in celebrating this tremendous achievement as these young men receive their hard earned diplomas.

Date: Thursday, November 18, 2010

Time: 7:30 p.m.

Location: Harvest House - 3435 Ramsayville Rd. Ottawa

RSVP: November 12, 2010

Master of Ceremonies: Max Keeping, Ambassador to the Community

Guest Speaker: Vern White, Ottawa Police Chief

Harvest House gratefully acknowledges the financial support from Investors Group, Ottawa.



Harvest House, the Community and the V.I.P. Program

by Laurel E. Anderson

The Values, Influences and Peers (VIP) program continues to be in demand in the Ottawa Carleton and surrounding regions. Drugs continue to be present in the lives of our young people and hearing about the downfalls of drug and alcohol use is that much more poignant when the story is told by a mirror image of its audience. This is one element of the VIP program that makes it so powerful. The lecture isn't coming from a parent or teacher; it's coming from one young person to another. In addition to helping others avoid the cycle of addiction, Harvest House residents themselves are given a valuable opportunity to express themselves, practice their public speaking skills and increase their own self-esteem.

The VIP Program consists of residents sharing their stories in hope that students will hear about what happened to them and make better decisions. It involves speaking with youth in grades 6-12 at schools across the region, about their personal experiences with drugs and addiction and the progressive nature of the disease of addiction. The program started in collaboration with the Ontario Provincial Police, who had heard of the program by word of mouth and due to high demand from teachers, the program was expanded to what it is today.

Harvest House resident and GED graduate Chris Lysen heads up the VIP program this year and continues to feel the power of the program. "Every time I tell my story I get something out of it whether it is something I discover about myself or what I see in the students' eyes when they realize that it's not all fun and games." He continues, "If one kid or student makes a better decision in their life regarding drugs, I feel it's worth it."



Each year our residents and staff visit dozens of local schools, reaching thousands of students with true-life stories about the challenges of adolescence and the harsh consequences of addiction. Since 2003 we have given 599 presentations in 183 schools, attended by some 21,743 students.

Testimonials and Feedback from the VIP program speaks strongly to its success!

Testimonials and Feedback from the VIP program speaks strongly to its success!

When asked how students respond to the presentations, comments included:

"Excellent! A lot of self reflection and group reflection occurred."

"Ah ha moments!"

When asked if students talk about the presentations days after we have left: *"Absolutely. Your presentation acts as a catalyst for further discussion."* Another shared: *"this was an incredibly strong presentation! The presenters were very vulnerable and I think that was their strength."*

Teacher's response to what they personally appreciated about the VIP presentation:

"I can teach aspects of addiction but the 'lived' stories hit closer to home and bring forward the emotional response that is an integral part of the change."

H.O.P.E. and Harvest House

Harvest House has just been chosen as one of the recipient charities of a H.O.P.E grant this year. This grant will allow Harvest House to continue to strengthen its mission and commitment to the young men that come through the doors. We are very excited and extremely thankful for this support from HOPE and in turn, the community.

What is H.O.P.E.?

HOPE is a volunteer-driven, not-for-profit events management organization that raises funds for community-based charities. Inspired by Terry Fox's run across Canada, in 1981 a group of friends in Ottawa founded HOPE to make a difference in their community.

HOPE's flagship Volleyball SummerFest event combines recreational volleyball with live rock entertainment. Each year, more than 25,000 players and spectators flock to Mooney's Bay Beach in Ottawa for the greatest summer party in the region. These participants have helped HOPE donate over \$3.5 million in support of more than 110 local charities. Not bad for a group of friends that wanted to make a difference. For more information visit their website at www.hopehelps.com



Harvest House Holiday Cards Available

Do you or your business need cards for the Holiday Season?

These cards are created at Harvest House through our social entrepreneurial initiative. The Skills Development Program of Harvest House enables the residents to develop their talents and raise their self-esteem, and your purchase of cards both supports and furthers this initiative.

The Harvest House Print Shop provides an excellent backdrop for hands-on skills development. The participating residents develop skills in the areas of sales, marketing, graphics, computer technology, production and manufacturing, through the card program. This training provides an ideal opportunity for the men to learn effective communication skills, a sense of responsibility and self-confidence. This is tied into part of the mandate at Harvest House to not only rehabilitate these young men regarding their addictions, but to arm them with a much needed skill set when they reintegrate into the community.



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 support to Harvest House helps us to fulfill our mission to the young men who walk through the doors.

If you or your friends or colleagues are interested in purchasing our cards, you can view the catalogue on our website at www.harvesthouse.org or you can call Harvest House at 613-521-9114 to arrange to pick up a catalogue or have one mailed. Pick your design and customize your message! One of our salesmen would be happy to help you with your order!



Harvest House Nominated for Non Profit Organization of the Year.

For the second consecutive year, Harvest House has been nominated in the Non Profit Organization category of the Ottawa Business Achievement Awards held by the Ottawa Chamber of Commerce.

The Ottawa Chamber of Commerce is the oldest and largest independent, most influential, not-for-profit business organization in the region. Since its founding in 1857, the Chamber (formerly the Ottawa Board of Trade) has been committed to our not only our Members growth and prosperity but to the well-being of the community at large.

Last year Harvest House was nominated and named a finalist at the awards ceremony. It was a great experience and provided community business leaders with more information about Harvest House, its mandate and how it contributes to the community!



18th Annual Beat Beethoven Run

We could not
have done it
without **you!**



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: _____

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

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I prefer to contribute \$ _____

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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.