

1st
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Harvest House
Annual

Golf TOURNAMENT



All proceeds go to The Harvest House Drug Recovery Program

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Mark Your Calendars

by Laurel E. Anderson

Saturday, August 28th is when the 23rd Annual Recovery Cup Softball Tournament will take place. The Recovery Cup 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. Details will be available on our site soon. To buy tickets call 613-521-9114. To inquire about sponsorship opportunities call 613-260-6463.

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A special thank you to Manderley on the Green for hosting our event!

2nd Annual Trillium Redemption Run Picks Up Speed!

by Laurel E. Anderson

Saturday, June 12 was off to a soggy start as volunteers and staff scurried around in the early hours of race morning to get everything set up for the **2nd Annual Trillium Redemption Run**. But as daybreak hit and the races were about to begin, the heavens looked down and opened up the clouds so that racers would have perfect running weather.

This marked the 2nd year of what has now become an annual event at Harvest House and there was a great turnout! More than 70 runners participated in the two races and spirits were high at the start line.



Associate Director Gary Wand captured the atmosphere quite well with the following words. "Events like this testify to the great attitude of the philanthropic and caring community that is so evident in Ottawa. The 50 plus runners who participated from the outside really showed that they weren't just here to run. They were here to support the young men in the program by joining them in the two road races and enjoying breakfast with them afterwards. The ambience created in the gymnasium where people dined was the highlight of the day.



Everyone enjoyed the meal and the fellowship. We were like family united by a desire to help the guy who needs a second chance and working hard to reach personal goals. From listening to a few stories at breakfast, I learned that others had experienced tough times also and decided to overcome and to find redemption from a life that could have been wasted or lost entirely. They were also grateful that they could help others who had for some reason, lost their way. We all had our place in the Redemption Run."



Harvest House has long been committed to sports and for 4 years now has offered a Running Program, in partnership with the Running Room, designed to get the residents involved in activities that divert their attention from their addiction cravings. Several residents have competed in races around the city ranging from 5 km to full marathons and continue to strive for further excellence in this area.

Special thanks to Exclusive Race Sponsor Jim McFarlane, proprietor of Sports 4/ New Balance Ottawa and to all of our race sponsors! Complete race results are available on our website.

Harvest House now hosts 2 annual runs; The Trillium Redemption Run and the fall Beat Beethoven Run. Check our website for more information at www.harvesthouse.org

Peer Mentor claims Millennium Award by Nicole Findlay

It was only five years ago that the future seemed pretty bleak for Daniel Crepault. He was on the police radar and his family had given up on him. By 2004, he dropped out of high school to enter Harvest House, a residential treatment program for substance abusers.

Crepault is now an award-winning, third-year criminology student. He credits both Harvest House and CIE's Enriched Support Program (ESP) with the transformation in his life.

"It's very unlikely that I would have been admitted to Carleton University considering I only earned four credits in my entire high school," explains Crepault. ESP provided me with structure and support, and eased my transition into Carleton and full-time studies."

As a peer mentor in ESP, Crepault was able to continue the volunteer outreach he had begun while in Harvest House.



This year, Crepault received a Millennium In-Course Award from the Canada Millennium Scholarship Foundation. "It was a huge relief to know that I wouldn't have to worry about how my tuition was going to be paid." In addition to the financial benefit, the award also recognizes leadership and volunteer experience as well as high academic grades.

"My goal after graduation is to continue to work in the field of addiction recovery, specifically with individuals whose addiction to drugs or alcohol has led them into and inescapable cycle of criminal recidivism."

This article was originally published in the Faculty of Arts and Social Sciences online news publication on Nov. 23, 2009. Harvest House acknowledges and thanks writer Nicole Findlay for permission to reprint this article.



Volunteer Spotlight with Jill Ferne by Laurel E. Anderson

Committed volunteers are an important part of most not for profit organizations and Harvest House is no exception. "We value our volunteers. They play an important role in many of our programs, especially the GED (General Equivalency Diploma) program."

Jill Ferne is one such volunteer and recently I had the opportunity to talk with Jill about her involvement with Harvest House.

Laurel: *How did you become involved with Harvest House?*

Jill: About 18 years ago Harvest House was located on River Road not far from where we live in Manotick. Mike and Nancy Powell were counselors at Harvest House and were leading the youth group that my children attended and was held at our house. One evening in December we were talking and discovered that their River Road location was too small for a Harvest House Christmas party and so we offered to host their Christmas at Manderley. That began a yearly tradition that carries on to this day and that's how I became involved with Harvest House.

Laurel: *Tell us a little bit about yourself.*

Jill: I'm a Mom of 5 and now a Grandma of 4. I'm a teacher and began teaching in 1973 and taught at the University of Ottawa as a professor in the Faculty of Education. In 1983 my husband and I bought Manderley on the Green, and have really enjoyed working in the golf business.

Laurel: *What do you 'do' at Harvest House?*

Jill: At Harvest House I teach in the GED program and help in the kitchen making jam and fudge.

Laurel: *What do you get out of what you do at Harvest House?*

Jill: I love working at Harvest House. It's wonderful to work with dedicated, caring and competent people. Through the combination of spiritual awakening, educational studies and active involvement in the 12-step program that Harvest House provides, I see young men take charge of their behaviour, make personal changes and turn their lives around. I'm blessed to be able to volunteer here."

Jamming Season is Upon US!

by Laurel E. Anderson


It all started last year, innocently enough, with a bunch of tired bananas. Not overly captivating but it's the truth nonetheless. That was the beginning of Harvest House resident Phil Sprentzel's foray into the kitchen and he hasn't looked back since making his first banana bread.

As well as being in charge of the kitchen at Harvest House, which includes planning, organizing and cooking meals with his team, Phil started making jams and other goodies last summer and with the help and guidance of volunteer Jill Ferne, started selling them at area markets and fairs.



Philip feels a sense of accomplishment through this endeavour. "It raises money for the house and increases my confidence in the ability to manage a small business and learn all that goes with running a successful shop. And at the same time, while at these different fairs we are able to talk with people about Harvest House and share its success with the public."

This year, Harvest House will be selling jams, jellies, fudge, items from the woodshop and our classic calendars at local fairs and craft shows including Carp, Russell and Metcalfe to name a few. All jams and fudges are made onsite and Harvest House takes custom orders year round for goodies and woodshop items. *For orders call 613-521-9114*



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