



HARVEST HOUSE

3435 Ramsayville Rd. Ottawa, ON K1G 3N2

23rd Annual Recovery Cup Softball Tournament



All proceeds go to The Harvest House Drug Recovery Program



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May 17, 2010

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Ms. Nicole Plaschy
Executive Director
Harvest House Ministries
3435 Ramsayville Road
Gloucester, Ontario
K1G 3N2

Dear Ms. Plaschy,

On behalf of the Ottawa Police Service, I am writing to express my support of the 23rd Annual Recovery Cup in support of the rehabilitation program at Harvest House. I believe that this is a unique opportunity for Harvest House residents and law enforcement agencies to foster positive relationships, as well as to experience the valuable lessons and opportunities associated with sports.

Police officers are, through frequent contact with alcohol and drug addicts, well aware of the wide range of problems they experience and the impact on the lives of the individual, partners, children, and other relatives. As police officers, we are also conscious of the wider effects of alcohol and drug use including increased levels of crime and demands on a number of public services, including health and social care, and the criminal justice system.

I want to wish Harvest House Ministries the best in the future in continuing to better our community and helping on an individual basis to make a difference in people's lives. I feel that organizations such as yours play a critical role in our community.

Sincerely,



Vern White
Chief of Police



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votre place ici**



**Our community,
our inspiration**

Ottawa

Harvest House Marathoners Enjoy Success at the Ottawa Race Weekend 2010!

by Laurel E. Anderson

Under the tillage of running Coach Tony Kiar, the Harvest House Running Program was well represented at Ottawa Race Weekend with four of its members participating in the grueling marathon event. Brent McRann (3:53:18.1), Chris Lysen (4:11:15.5), Austin Jones (4:37:38.9), and Lenny Mills (4:38:29.6) trained for months for this specific race and all achieved excellent results.



This was Brent's fourth marathon and his best time ever posted. "My race was exhilarating! During the race I felt much pain however the accomplishment of achieving my goal was worth it. I will run another marathon!" Chris, Austin and Lenny were all participating in their first marathons and according to Coach Tony, one of the runners, Austin Jones, "had trouble running half a kilometer when he first came to Harvest House."



Chris has been running for about a year but training for his first marathon brought forward new challenges. Chris said, "I couldn't have done this without the training from Tony and even though I missed my goal time of four hours, I don't have any feeling of disappointment at all. I'm very happy with my time. This is probably my greatest achievement since coming into recovery."

Lenny Mills echoed similar sentiments. "Running the marathon was the hardest thing I have ever done. The finish made it all worth it. It brought my family and friends together and gave me a feeling of self accomplishment that I have never felt. I will run again. Thank you Harvest House and Tony Kiar."



Coach Kiar is very proud of the Harvest House team. "Chris, Lenny, Austin and Brent trained hard over many months. They all had a goal to complete the marathon and they achieved their goal."

"They ran with self discipline and determination—two important ingredients in recovery from addiction." Coach Tony Kiar



The Harvester is published by:

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

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Michael Taylor - Photography Artist

by Laurel E. Anderson

Michael is a graduate of the program at Harvest House and was first inspired to pick up a camera just over 2 years ago. "One day someone asked me what I wanted to do with my life and I said I want to take pictures." Mr. Taylor loves to photograph nature and outdoor scenes and his motivation often comes from his varied music collection. His Ottawa scenes are captivating and have been showcased in 2 top selling card series available for purchase through Harvest House.



Michael is currently shooting on a Nikon D 40 with a fixed focal 50 mm lense and counts Annie Lebowitz as his favourite photographer.

To check out some of Michael's work or purchase his cards please visit www.harvesthouse.org or call 613-260-6459

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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."



1st Annual Harvest House Golf Tournament by Laurel E. Anderson

In the midst of a continuing July heat wave, Harvest House was prepping for its inaugural golf tournament at Manderley on the Green in Manotick. Event morning proved itself worthy to be labeled one of the hottest days on record so far this summer but support for the tournament and the mission of Harvest House was evident as golfers, sponsors and volunteers showed up ready to swing into action for what turned out to be both a fun and successful event!



The teams headed out for a 1 p.m. best ball start and things rolled on from there. Between competitions at the holes, including the lucrative 'hole in one earns a car opportunity,' card contests and raffles, everyone was kept very busy on the course and spirits remained high even with the 'melting' heat overstaying its welcome. Harvest House Executive Director Nicole Plaschy was more than pleased with the turnout for this first time HH event saying, "It truly is amazing to see everyone come out for such an important cause. We are excited to turn this into an annual event for the house and look forward to the continued support from the community and local area businesses, without which we would not have this success."

After golf and some much needed refreshing, everyone came together for a spectacular evening which included a delicious dinner, fellowship and prize giveaways! As always, Max Keeping was an engaging Master of Ceremonies and talked about the need for Harvest House in Ottawa and in our local communities. "School nurses have been replaced with drug counselors," stated Max. He went on to reiterate that there is an ongoing need for the services of Harvest House in Ottawa and that we need to invest in our future; today's youth.



This certainly left everyone with more to think about as competition heated up and a bidding war ensued for the coveted Senators tie that Max was wearing. Needless to say Max went home tieless and the funds collected were added to the proceeds of the evening which went to support the mission of Harvest House.

A special thank you to Harvest House supporters and Manderley on the Green proprietors Ernie and Jill Ferne! We could not have done it without you!!!

Quick HH Tournament Facts

- More than 70 golfers participated
- More than 100 diners ate dinner
- More than 50 sponsors supported
- 1 Awesome Master of Ceremonies
- More than 60 prizes won or given away
- One of the hottest days on record

19th Annual Beat Beethoven Run

Run and Hum at the same time. It's the 19th Annual Beat Beethoven Run hosted by Harvest House in partnership with the Running Room. The runs will take place on 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.harvesthouse.org> and <http://www.runningroom.com>


19TH ANNUAL BEAT
BEETHOVEN



Harvest House would like to thank the following 'gift in kind' sponsors for donating prizes to the 23rd Annual Recovery Cup Softball Tournament: Putt Above, Lacroix Sports, Kundstadt, Greco Lean & Fit, Falsetto Foods, Earl Bullis Ltd., McCartney Foods, Manderley on the Green, Top Hat, Willy's Pizza, Sambat, Produce Depot


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