

H4H-NS Wraps up Project with \$15,000 Donation



An Appreciation Banquet for the Harvest 4 Hunger NS project was held at Trinity United Church, Onslow on Jan. 30th. Certificates of appreciation were presented to supporters of H4H-NS by the Canadian Foodgrains Bank. Back (l to r): Lauchie MacEachern, Folly River Farms Ltd.; Rev. Gerry Kerr, Trinity United Church; Ian MacHattie, AgriBioFuels Ltd; Henry Eisses, Folly River Farms Ltd.; Allan Macmillan, Charles Hill and Son Ltd.; Alan Porter, Belcher Holsteins Ltd.; Laurie Jennings, Captain Cobs Corn Maze; Joel Henderson, Clarences Farm Services; Front (l to r) Brenda Leenders, CFGB NS Coordinator; Jean Millett, Valley Food Grains Project; Janet Eisses, Folly River Farms Ltd. (and on behalf of Mike Eisses). Missing from awards photo were Fred and Ann Hamilton, Milferns Holsteins; Jonathan Millen, J & B Millen Farm Ltd., David Angevine, Clarence Farm Service; Frank Berkelaar, Auctioneer and the Cobequid Education Centre Interact Club. (Harrington Photo)

By Linda Harrington

A banquet was held at Trinity United Church, on Jan. 31st, to celebrate the completion of the 2012 Harvest 4 Hunger NS Canadian Foodgrains Bank project.

John Longhurst, Director of Communications and Marketing for Canadian Foodgrains Bank (CFGB), Winnipeg was a guest speaker. He told the audience there were 256 growing projects across Canada using innovative ways such as growing grain, corn and pumpkins, or hosting bake sales or concerts, but all bringing together community for one common purpose.

Mr. Longhurst has visited places around the world where the CFGB is supporting projects and he said they all say, "Please go back home and say thank you."

This is the 30th Anniversary of the CFGB and since its inception there have been over 1.6 million tonnes of food, worth \$600 million, delivered to 78 countries around the world. "Thank you on behalf of those who are enjoying life because of what you have done," said Longhurst.

Trinity United Church Treasurer, Frank Hoyt presented Mr. Longhurst with a cheque for \$15,000, money raised from the 2012 H4H-NS project.

Brenda Leenders, CFGB NS Coordinator, thanked everyone for their dedication to the local project including the Canadian Government. She paid special tribute to supporter Lynn Erskine, a marathoner, who tragically died in September, 2012 while training for a run to raise money for the Foodgrains Bank. Brenda finished off by saying, "I am so proud of everyone...let's do it again this year!"

Rev. Gerry Kerr thanked Project Chair Ian Machattie, who he said was often "hard to keep up with", noting what a great team Brenda and Ian have been. He was pleased his congregation at Trinity United Church could be a part of such an important outreach project, partnering with the community, saying he learned, "you don't have to be out front, but can work with a group and be part of the larger effort."

The Harvest 4 Hunger NS

Project Team was made up of Ian MacHattie, AgriBioFuels Ltd, Truro - Chair; Rev. Gerry Kerr, Trinity United Church, Onslow - Vice Chair; Frank Hoyt, Trinity United Church, Onslow - Treasurer; Carl

Crowe, Trinity United Church, Onslow - Church Representative; Laurie Jennings, Masstown Market; Brenda Leenders, CFGB NS Coordinator.

Project Contributions included: Masstown Markets'



Frank Hoyt, Treasurer of Trinity United Church, presents John Longhurst, Director of Communication and Marketing of the Canadian Foodgrains Bank, with a cheque for \$15,000 on behalf of the H4H-NS Project. (Harrington Photo)



Colchester North MIA Karen Casey presented Rev. Gerry Kerr, Trinity United Church, with a copy of the Resolution presented in the NS House of Assembly, recognizing the "many hands make light work" efforts of the H4H-NS Project. (Harrington Photo)

Volunteers Contribute \$1.8 Billion in Services

By Christine Urquhart

Do you ever wonder what kind of person volunteers? Usually it is one of your neighbours, or even yourself. We are blessed to have volunteers here in our community. Our firemen and first responders all are volunteers but you are sure glad to see them if you need them! Those folks who cook for the Church pot luck suppers, many of whom don't even attend Church!

Those families who save their refundables for the bottle drives. Those people who give of their time to sit selling tickets to raise money for different charities. The quiet ones who just give what they can as a need arises. Even someone who stops to hold open a door, take a cart back to the store, give a smile as we meet, all in some way are giving of themselves.

Yes, volunteers are an important part of our community, they coach teams and direct community theatre, they respond to fires, and conduct search and rescue efforts. Volunteers provide meals to the elderly, serve Church suppers and sit on board of directors that deliver health care services. Volunteers and non-profit organizations play a critical role in every community across Canada.

The organizations within the voluntary sector represent a broad range of activities and touch almost every aspect of Nova Scotians' lives. They provide essential services upon

which Nova Scotians have come to depend. The voluntary sector also provides opportunities for Nova Scotians to become supportive, creative members of their communities.

Did you know that 453,000 Nova Scotians volunteer? That rates of volunteerism has increased 7% between 2004 and 2007 but the average hours of volunteerism declined? 65% of Nova Scotian youth volunteer and they are the highest rate of all age groups! 44% of Nova Scotian seniors volunteer. And just to make a good point - Volunteers contribute \$1.8 billion worth of services to the Nova Scotia economy.

Do you volunteer? If you are saying "yes, but I don't have the time..." think of all those who have found those extra minutes to give back to this community.

If you are saying "yes, but I wouldn't know how or where to..." just ask someone who does. Maybe there is someone in your neighbourhood who could use some help - pick up items at the store, a drive to town, their walk shoveled or their lawn mowed - see how easy it can be to volunteer?

Just by giving a little bit and time you will not only help someone else but feel better yourself. As the saying goes; "you can't give happiness without getting some of it on yourself". Give of yourself today.

Captain Cob's Crazy Corn Cornundrum Corn Maze donated the 10 acres for the corn, \$1 from each admission and hosted a fund raising picnic;

Jonathan Millen, J & B Millen Farm Ltd. - Prepared the land (disced, harrowed, fertilizer, seed);

Henry/Janet Eisses and Lauchie /Jolene MacEachern, Folly River Farms Ltd.-Planted the corn; Pioneer HiBred, Clarence Farm Service (David Angevine)- Donation of seed corn; Tara Hill-Macmillan/Allan Macmillan, Charles Hill and Son Ltd-Spraying for weeds; Fred/Anne Hamilton, Milferns Holsteins- Spread top dress Fertilizer; Alan/Jennifer Porter, Belcher Holsteins Ltd.- Trucking at Harvest

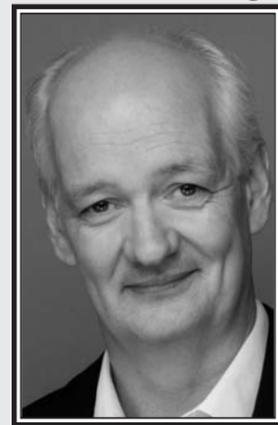
Michael/Amanda Eisses: Combining, Crop Specialist; Ian MacHattie, AgriBioFuels Ltd- Drying and Cleaning of Whole Corn to commercial grade; Clarence Farm Services, Purina Dealer- Receive, Grind, Sell Feed Corn; W.M.B. Holdings Ltd.- Truck and Deliver Ground Feed Corn to Buyer; Frank Berkelaar, Auctioneer; NS Federation of Agriculture- hosted the auction; Cobequid Education Center Interact Club- sold tickets and raised \$500.

Plans are in the works for the H4H-NS 2013 project, beginning with a new corn maze located in Masstown at Captain Cob's Crazy Corn Cornundrum.

Hospice's 'You'll Die Laughing' Half Sold

In December, Hospice announced Colin Mochrie from 'Whose Line is it Anyway' for its second annual 'You'll Die Laughing' comedy event on May 9, 2013 at the C.E.C. Theatre. Colin is set to perform a live comedy duo with his wife, Debra McGrath from 'Little Mosque on the Prairie', with Bill Carr opening for the duo.

"We are at the half way point with ticket sales," says Nick Sharpe, Hospice Fund Development Coordinator, "it is great to see tickets going this fast so early on. Everybody seems to be really excited to see Colin Mochrie, it is building up to be quite



the night out in Truro!"

"I am so excited to come to Truro, Nova Scotia to perform at this fund-raiser," Stated

Mr. Mochrie. "Hospice Care is an important service for every community and I am thrilled to support the cause."

Hospice supports families facing serious illness, death and grief. Last year, the organization launched this signature event hoping to bring some lightness and laughter to the often taboo subject of death.

Tickets are on sale at \$50 each. All proceeds support Hospice.

Tickets can be purchased at MacQuarrie's Pharmasave, Esplanade, by phone at 1-888-311-9090 or online at ticketpro.ca. Visit cehhospice.org/ydl13 for all event information.

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