



our trusty newsletter

issue no.1, fall 2020

North Hastings
Community Trust



north hastings community trust

our vision

North Hastings
Community Trust
envisions a
community free
of poverty and
injustice.



our mission

Our mission is to work
together with our
community to provide
emergency and
sustainable solutions
to poverty in North
Hastings.





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containing all these interesting things ...

our vision	2
our mission	2
table of contents	3
the trust	4
who we are	
what we dream	
working groups:	6
harvest the north	
woodshare	
food share	
rock	
housing & homeshare	
advocacy	
what we need now	9
what you can do	10
a letter from a friend	11
the geese show us how	14
a few scarecrows	18
be a catalyst for love, justice, community and connection	19
harm reduction principles	19
from all of us - thank you	21
hey kids, colour me	23
contact us	24

the trust



who we are

what we dream



Who We Are

The Trust is made up of people from the North Hastings community who are passionate about everybody being warm, having food and homes, feeling connected and having a sense of purpose. For the last 5 years, we have been all about learning, creativity, inclusion, and building strong community connections and supports for each other.

*Hub Meeting,
September, 2020
Here we are
practising the art
of the outdoor
meeting.*

We are made up of many working groups (see below) and a large and growing network of people who are involved in all kinds of ways.

We give help and we get help. Some of us are paid employees and some of us are members who come in and out depending on what's happening in our lives. Some of us are here all the time and some of us only show up when we're needed (for something big or small) or when we need something (big or small).

We all need to feel like we belong, to be cared for, and to be part of a larger dream that is about hope and joy and this is what guides us every day.

2020

This past year has shown us how close some of us are living to the edge of survival. We have seen so much trauma, deprivation and fear. At times this has been hard on those of us working close up, and bearing witness to decades of inadequate supports for so many in our community.

Poverty and deprivation are systemic issues stemming from a very long historical focus on profit before people. Many of us have not benefited from this arrangement. And many others have been extremely hurt - people who have lost their housing due to job losses, health issues, family losses, seasonal and unpredictable employment, and inadequate government support systems.

Many people in our community cannot afford to eat healthy or regularly, and choose daily between food and housing (rent, hydro, water, mortgage, insurance.....).

For many of us these stresses and losses result in mental health concerns. In addition to mental health concerns, some of us suffer from addictions. These burdens are made worse by stigma, described by a close member of The Trust:

Yes I am a drug addict, the result of years of trauma, abuse and mental health issues. However, I am also a single, loving, supportive and devoted mother, a loyal daughter and sister, a genuine friend, a professional in the community, a social advocate and first and

foremost a fellow human being, equal to those above and below me on the social status grading system.

Society makes the fatal assumption that addiction is a choice and the result of a moral deficit rather than the actual truth that addiction is an attempt at fixing what is already broken.

And so as a society we continue to blame and marginalize the addict instead of providing support and social opportunities for the addict to thrive. We disconnect them from society when what they desperately need to recover is connection.

Our harm reduction philosophy and approach is based on inclusion, acceptance and kindness, with the recognition that we are all worthy, and we all need to belong.

This fundamental understanding is at the heart of all of our programs and work.

Working Groups

Harvest the North:



Growing food collectively, sharing resources (seeds, seedlings, and tools), creating our compost, dreaming of greater sustainability, and strengthening our friendships and connections.

*Three cheers
for all the
volunteers.*



“The community gardens are an outright treasure in North Hastings. As a volunteer with Harvest the North, I am privileged to witness people connecting with each other and to watch them experience the natural wonder of the growing season. Taking the opportunity to produce our own food in our own community not only provides us with much needed fresh vegetables but allows us time outdoors in a beautiful park environment - often while making new friends along the garden path. There is no doubt in my mind that the food gardens create resilience and well-being. I can't thank North Hastings Community Trust enough for supporting this local food security project.”



WoodShare:

Led by community members committed to sharing wood so nobody is cold in the winter. This program is made possible by many businesses and individuals thinking creatively about sharing and connecting, and is indeed a network of outreach, support and care.

Thanks all who got together to put up a mighty tent to protect this years' donated wood.





FoodShare:

Has naturally grown out of the incredible community support and offerings of food. People drop off dried, fresh and frozen food to share with people who do not have enough.



Rock:

(Rural Outreach Community Kindness) grew out of our harm reduction responses. A team of Community Support Workers meet people on the streets of Bancroft to offer basic needs, harm reduction kits, and referrals + lots of kindness! Please see Page 19 for Harm Reduction Principles.

Housing & HomeShare:

We continue to work with the community on responses to the housing crisis. One initiative is **Home Share**, which is grounded in the belief that we all need a home and community connections. This model is flexible and based on needs and resources in our community. Our goal is to match homeowners with people seeking homes, in a supportive matching process.



Advocacy:

Examples of our successful community led advocacy include: work in 2016 to reduce rural hydro rates and our local campaign to reduce the Bancroft water rates. Both initiatives involved hundreds of people coming together to alleviate suffering due to broken systems.



At the end of most communications you may receive from us, you will most often find our favourite motto:

**Nothing about us,
without us.**

Latin: "Nihilis de nobis, sine nobis"

We repeat this to ourselves everyday to remind us, and you, that decisions in community are made in the best way when all voices are heard, when the voices of the people most affected by the decisions to be taken are heard along with the voices of those who have the most power.

What we need now

At the beginning of the covid virus we reached out for help and it came - food, food preparation, wood, offers of companionship, funds, art-making, dollars and continued reaching-in asking, "What do you need?"

At this time, more than ever before, what we need is for all of us to come together to address basic needs for all, belonging for all, structures of support and care that stretch along every single road and surround every individual and community.

We want to strengthen our web at a time when we are all a bit shaken, disconnected, isolated and sometimes afraid. We are living at a time of great polarization. And we are imagining new ways to work together, find hope, inspiration, and a continued sense of belonging for everyone.

What you can do:

- Join the people who are delivering wood this winter. We need two to three people for each delivery. You do not need to own your own vehicle.
- Continue to drop off food to our space at 23 B Bridge Street - frozen, dried and fresh
- Join Harvest The North community gardens to plan for next year's gardens and help us increase our capacity to grow our own food.
- Support our Outreach work with needed supplies for the winter, including: hats, mitts, socks, hygiene products, snacks, notes of support and kindness.
- Help us make art!
- Tell us your ideas for community involvement and projects that connect us.
- Dollars \$\$\$ - We are mostly funded by community donations, with support from the United Way and Hastings County. Donations allow us to pay our employees, rent our space, and pays for our administration and program costs.

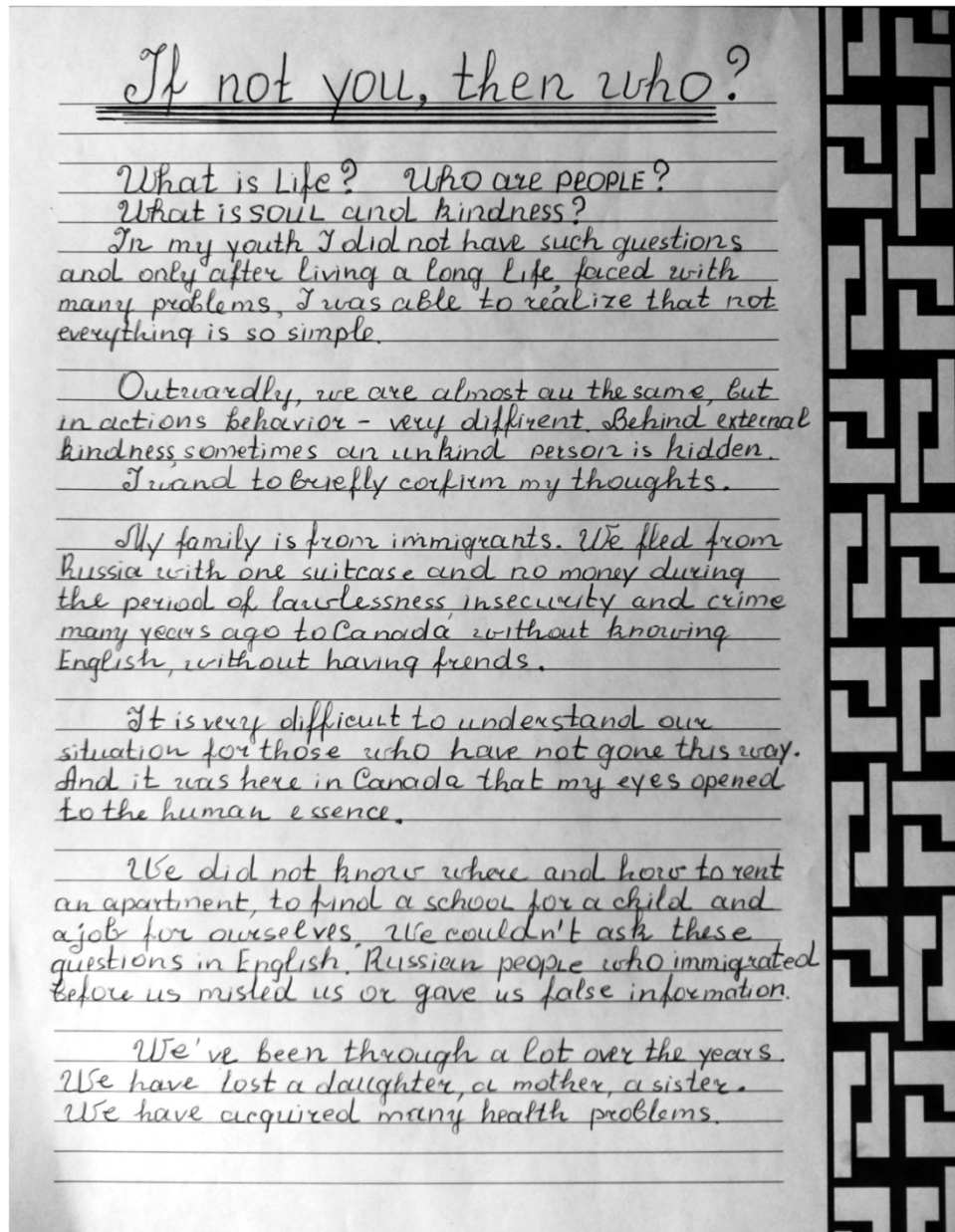
We want to raise \$5000 a month. Can you support us monthly? Any amount is welcome. If we get 200 people giving \$25/month we have a strong foundation we can count on. Donations are tax deductible.

if you are inspired to give to a specific part of our work in dollars, time or materials - please do.

We are inspired to be a part of such an incredible, generous, creative, and increasingly connected community. Thank you for being a part of The Trust and for helping to create a future for all of us.



a letter from a friend



But I well understood how we all depend on each other. Meeting with kind people - helps us in life and loses faith with the soulless.

It happened with me too.

We moved from Toronto to Bancroft with my husband. Our family income is very low and it is not enough for normal life. Large cost of medication, travel to hospitals in Peterborough, Beville, food prices are rising.

Where is the exit?

For us with higher education who never ask for assistance it was humiliating to ask for help. But the current situation made us turn to Community Trust.

What was the first impression that the meeting with the people who work here made on my right away?

Warmth and kindness!!!

Everyone has open, friendly faces!
It does not matter to them - race, education, age. They don't ask - why we turned to them. They understand - if we opened the door - then we need help. They pay attention - to everyone!!!

Understand, PROMPT, help!!!

I want to share the most honest.
Many people go to Church in a difficult situation -

I go to Community Trust!!
I know - they will understand, they will
help!!!

I am delighted to think about the
correctness of creating such a help system
and about the correct selection of personnel
to work with people!!!

Thank you all (and forgive
me for not knowing all the names of
the workers) for your attention, to
time spent on us and assistance!

Your office with you is like
a second home for me!!!

Health to you LOVE, RESPECT
FOR WELL-BEING and SUCCESS IN WORK!!!

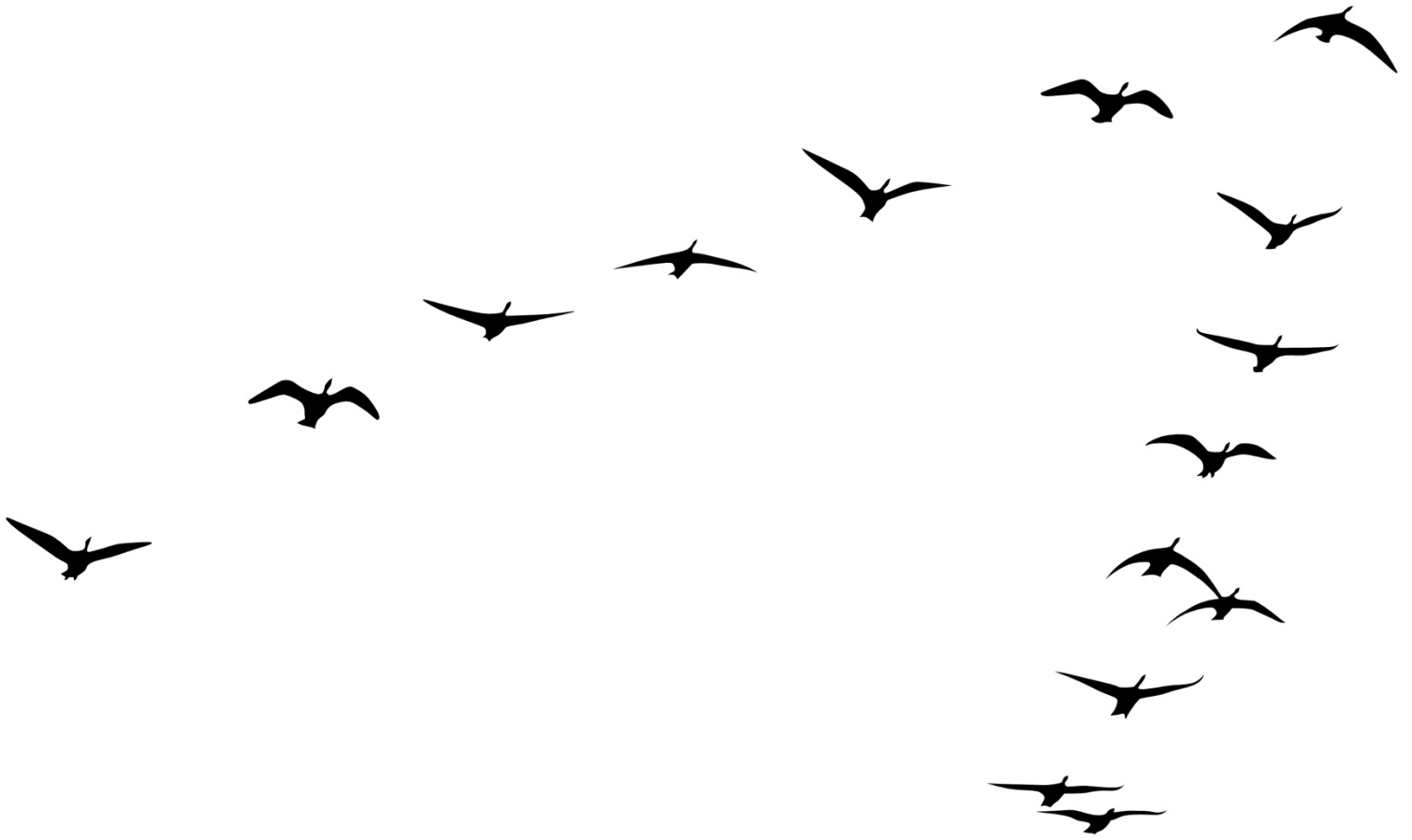
LOW BOW TO YOU!!!

Yours faithfully -

Tamara Titova,
VICTOR TITOV

28.09.2020

BACROFI



the geese
show us how to live
in community

In North Hastings; we live in a natural world and most of us enjoy it. We can also learn from it. From the geese we see overhead - if we lift our heads to the sky. Look up!

As each goose flaps its wings, it creates an uplift for the birds that follow. By flying in V formation, the whole flock adds 71% greater flying range than if each bird flew alone.

People who share a common direction and sense of community can get where they are going more quickly and easier, if they are also traveling on the thrust of one another.

We can all travel so much farther together. That's why we need to support our community by shopping locally, by paying attention to local events and the interests and concerns of local people, by volunteering, and donating if possible, to local agencies and organizations, and generally creating a vibrantly positive, thriving community!

*“Over half our population does not have
enough to meet their basic needs.
This is a rural crisis”.*

Jane Kali, Program Director, NHCT

The mission statement of North Hastings Community Trust: (NHCT) works together with our community to provide emergency and sustainable solutions to poverty in North Hastings.

Can it add that special 71% that the geese provide the members of their communities? The bit extra that everyone needs to be able to live their best possible lives? Only if we support it - not only by volunteering to help out as we are able - but also by letting our elected officials know that it is important to us that every member of our community is able to access their basic needs: food, decent housing, water.

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It makes adjustments as needed to get back into formation and take advantage of the lifting power of the bird immediately in front of it.

Lesson: If we have as much sense as a goose, we stay in formation with those who are headed where we want to go. We are willing to give, and receive, help.

In 2016 NHCT heard from nearly 500 people seeking financial assistance and our local food banks served 530 people monthly with numbers ever increasing.

In September 2016 NHCT, in collaboration with A Place For The Arts, The Poverty Round Table (Belleville) and Put Food in the Budget, facilitated three local community consultations to ask people about poverty in North Hastings. The aim of these consultations was to better understand the extent of the impacts of poverty, to hear what is working in communities to address these issues, and to discuss what is needed to end poverty.

In forming partnerships, we learn about how others see the world, the community, what they see as a future for themselves and the community in which we all live. We cannot help others unless we understand where they are going. No point in giving them directions to L'Amable when they need to go to Maynooth.

We cannot assume that everyone wants or needs to go to the same place on the same road at the same speed. We need to listen to them, consult with them, we cannot try to make decisions for them without their permission. We have seen the sorry results of this happening in the past.

Among the current services of NHCT: wood share; food share, assistance with overwhelming financial burdens. It is also working on a housing initiative, seeking ways for the community, our community, to provide acceptable housing for each member.

When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson: It pays to take turns doing the hard tasks and sharing leadership. As with the community of geese, we are interdependent

on each other's skills, capabilities, and unique gifts, talents, or resources.

A recent newspaper article pointed out the lack of adequate volunteers in NH. How often does someone not think to volunteer for something due to a feeling of not being able to provide useful service, not being aware of what is needed, not feeling like this is their community because somehow they have been left out, or felt left out.

During the consultation process with other community groups, NHCT learned about problems, strengths and directions that might need to be traveled. Jane Kali reports:

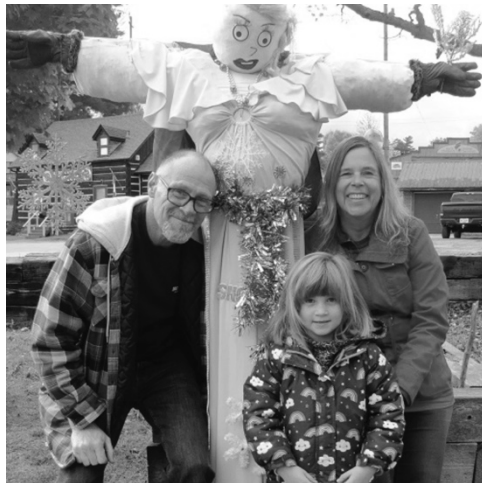
"We heard stories of community strength, people supporting each other in creative and co-operative ways, problem solving, and neighbours looking out for, and after each other. We also heard stories of painful survival, of the impacts of struggling daily without enough money to pay bills and eat. We heard stories of isolation, lack of transportation options, and stories of people stuck in the bush with no way to access services or stores."

At NHCT, everyone is welcome. There is a white board where offers and needs are posted. There is wood to be prepared and stacked and loaded and unloaded. There are committees and groups, and there is a comfortable place to sit and have a cuppa and talk, or not. Maybe add your story to the rest or find a way to help, or be helped, in your community! Every member is important. Just ask the geese!

Written by Dorothy Parshall, a member of NHCT



a few scarecrows *thank you Harvest the North volunteers*



Be a Catalyst for Love, Justice, Community and Connection.

Together, we can create a world healing from harms, free from judgement and built on equity.

HARM REDUCTION PRINCIPLES

Harm reduction is evidence based practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

Harm reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs “where they’re at,” and addressing conditions of use along with the use itself.

We consider the following principles central to harm reduction practice:

Accepts, for better or worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.

Provides people who use substances a choice of how they minimize harms.

We glorify neither abstinence nor substance use.

Calls for the non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm.

Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.

Affirms people who use drugs (PWUD) themselves as the primary agents of reducing the harms of their drug use and seeks to empower PWUD to share information and support each other in strategies which meet their actual conditions of use.

Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm.

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use.

Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others.

Kindness Matters!



from all of us - thank you

Since 2015 The Trust has grown because of all of you! We started with one employee and a cell phone - five years later we have grown into our own space, increased community connections, programs and supports.

Thank you!

- Thank you to all the local organizations, agencies and groups working to create a healthy equitable community in North Hastings.
- Kijicho Manito Madaouskarini Algonquin First Nation
- St. Paul's United Church
- Bridge Street Church
- Social Justice Without Borders
- Maynooth Madawaska Pastoral United Church
- St. John's Anglican Church
- Freymond Lumber
- Vance Motors
- Deuce Tattoos & Boutique
- A Place For The Arts
- Art Gallery of Bancroft
- Birds Creek Developing
- Bancroft Community Family Health Team
- Hastings Prince Edward Public Health
- United Way Hastings And Prince Edward
- Hastings County
- Lush Cosmetics
- Freedonia
- Transition Town Maynooth
- Put Food In The Budget
- The Community Development Council of Quinte
- Numerous individuals who help lead and support Wood Share and Harvest
The North Community Gardens, and Home Share - thank you!
- Bird's Creek Public School
- York River Public School
- North Hastings High School - Particularly the NOS and NERDS students
- Loyalist College

- Everyone who donates food for our Food Share Program - individuals, farmers and growers!
- Home Hardware
- Canadian Tire
- Northwood Lumber
- Sirch Community Services
- Workers Action Centre
- Wellington Water Watchers
- Socks North Hastings
- Kawartha Dairy
- Hay Lake Lodge
- Everyone who make *Women's Group* possible
- St. Stephens Community House
- Town of Bancroft
- Hastings Highlands Municipality
- Wollaston Township
- Bancroft Fire Department
- Local O.P.P.
- Community And Advocacy Legal Clinic (CALC)
- Bancroft This Week & The Bancroft Times
- Bancroft Community Family Health Team
- Bloom Consulting
- CDS Signs
- The Sword Inn
- York River Meats
- Everyone who made sandwiches during covid!
- Our seasonal resident friends who organize "Ride For The Trust"
- B's Kitchen

Thank you to the United Way Hastings and Prince Edward for supporting The Trust over many years and being part of our growth and vision.



& All of you who make financial donations - who make it possible to be a community based organization.

hey kids, colour me

... all the colours of autumn





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