



Giving Hope Today

The Salvation Army
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subscription fees
paid need to cover
all the costs of the
farm, including the

farmer's cost of living. The Sunflower Farm CSA model will have subscribers contributing to the operational costs of the farm, while Wendell gladly pitches in his 40 years of experience and some "sweat from his brow". When it is time for the subscribers to take delivery of their share of the beef, they are invited to direct it to a local charity, such as The Salvation Army Food Bank, in return for a tax receipt for the fair market value of the beef.

Wendell feels the arrangement is a real win-win scenario. He gets to continue doing what he loves, while feeling good about it; the community in need benefits from a wholesome, locally produced meat; the local economy benefits from having an active farm; and the subscribers to the CSA benefit from the satisfaction of helping their neighbours in a time of need, receive a tax receipt for their investment, and get to enjoy the tranquility of the farm.

For information on how to become a member of Sunflower Farm CSA contact Wendell and Maude at 258-9228, or by email at farm.joyce@ripnet.com. More details on the website <http://www.sunflowerfarmcsa.com>.



DOING THEIR
PART TO
STAMP OUT
HUNGER!



For the past two years, Erick LePors of Dial-A-Chef, pictured above with Stephanie Gilmer, has donated a percentage of December sales to The Salvation Army Food Bank! We are so appreciative of Dial A Chef and everyone for their great support of our work. We couldn't do it without you!

LOCAL SERVICES & PROGRAMS

- ☑ Teen MOPS
- ☑ Skills of Success for Women
- ☑ Summer Camp
- ☑ Friendship Lunch Ministry
- ☑ Food Bank
- ☑ Thrift Store
- ☑ Job readiness
- ☑ Assistance for victims of fire or abuse
- ☑ Snow Suit Fund
- ☑ Pastoral Care
- ☑ Christmas Care Program
- ☑ Income Tax Prep for low income earners
- ☑ CSO & Volunteer Program

The Salvation Army Transformations

We care for people in need with help from people who wish to make a difference!

Fall 2009

Dear Friends,

What a glorious time of year! The crisp air and sunny days just makes my heart ready to burst! What an awesome God we serve who made such a beautiful world for us to enjoy.

It has been a very busy few months. Our staff received CPR training, we sent six kids to camp, we received a grant from the Municipality to purchase a large upright freezer for the food bank, Tim Horton's held a fundraiser to support our snow suit fund, we started the Teen MOPS program—so many great things are happening.

Another thing that is happening for The Salvation Army are Christmas preparations! Can you believe it?? We are ready with our Christmas Kettle schedule, just waiting for you to step up and volunteer! And Christmas Applications are ready for those who need help this Christmas.

Unfortunately, we will be saying so long to our Advisory Council chairperson, Shelley Gerber, who is one of our inaugural Advisory Council members. We have so appreciated her dedication and time to furthering our ministry. We are delighted to welcome Kevin McCleery as our new chairperson.

What can I say? It's all good. If you would like to be part of our exciting, life-changing work, please drop by our office for a volunteer package.

Thank you to each one who has contributed to our ministry in this community!

Sincerely,



Meets every Tuesday at 6:30 PM at The Courthouse on Water Street in Kemptville. Doors open at 6 PM.



Second Annual
OPP Christmas BBQ!
Thursday, December 3, 09 - 11:30 till 1:00
Sponsored by Gale Real Estate
No charge for BBQ but donations will be gratefully accepted.
Donation of food and toys may also be dropped off.

A LIFE TRANSFORMED

Gary Lowson is a man whose life has been transformed. When he came to The Salvation Army back in the winter of 2009, he was looking for a fresh start. Out of work, he found the idle time was not a friend to him.

His mother passed away in 1992, and his marriage broke down not too long after. Alcohol and cocaine became a part of his daily life until he became "unable to deal with life on life's terms". Living a "gypsy" lifestyle, he sought out what he calls a "geographical cure".

Gary admitted himself into rehab in 2003 for the first time. However, he deteriorated within 4 months when he stopped attending AA/NA meetings. It was only when he hit rock bottom that he realized only total abstinence would work for him. He says, "I was always a great survivor, but I was slowly dying".

One of Gary's favourite sayings is, "You can't change the past and tomorrow never comes, so do the best you can with today". Gary went into rehab again in January 2009 and came to see us upon his release. Gary still receives weekly support from his rehab counselors, from whom he seeks advice, or as he calls it "experience". He attends three to five meetings a week and on January 17th, 2010 he will celebrate one year of living clean and sober.

As the fog clears and he works the AA Program, Gary has been rebuilding relationships with his two teenaged daughters and he has found

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CHRISTMAS KETTLE VOLUNTEER INFORMATION EVENING

On Monday, November 2nd at 7 PM The Salvation Army is holding a Christmas Kettle Campaign information meeting for all kettle volunteers at **North Grenville Community Church**, located at 2659 Concession Road between the Kemptville Hospital and South Branch School. At that time, we will be handing out volunteer identification buttons to be worn when you are with the kettle. Please mark your calendars and let me know if you plan to attend.



Perhaps you may even know of a friend who might also enjoy lending a hand. If you or someone you know is willing and able to participate in the Christmas Kettle Campaign, please contact me as soon as possible. Once again, thank you for your willing support of this very necessary ministry and your ongoing support of the work we do in this community. ✨

"Freely you have received, freely give."

Matthew 10:8b

Applications for Christmas Assistance are now available through The Salvation Army Thrift Store.

FOOD BANK HOURS

Monday 12:30 PM - 3:30 PM

Thursday 12:30 PM - 3:30 PM

The Salvation Army operates a food bank that is community supported and is available to all in need.

We'd like to thank everyone for their support of this vital need in our community.

DONATIONS WELCOMED & APPRECIATED!

We gratefully acknowledge those businesses and organizations who have generously supported The Salvation Army!

- AAA Aardvark Storage
- Al's Used Furniture
- B & H Foodliner
- Broadway Bar & Grill
- Kemptville Christian Reformed Church
- Clothier Inn
- COBA Studios
- Community Living North Grenville
- Cornerstone Wesleyan Church
- Dial A Chef
- Dr. Tom Harle
- EMC Community Newspaper
- Food Basics
- Grateful Bread, The
- H. A. Ken Shipman Surveying
- Harmen Enterprise
- Holy Cross Church
- Joan Nolan
- Kemptville Advance
- Kemptville Home Furniture
- Kemptville Truck Centre
- Leslie Hall
- Moncion's Independent Grocer
- Municipality of North Grenville
- North Grenville Community Church
- North Grenville Community Newsletter
- North Grenville District High School
- O'Farrell Financial
- Out Grow Out Play
- Paul Cormier, Rana International
- Ron Whitlock
- Scarlett Lassies
- Scizzors Family Hair Care
- Southgate Community Church
- Soy Candle Creations & Home Décor
- St. James Anglican Church
- St. John's United Church
- St. Paul's Presbyterian Church
- Sunflower Farms
- Tackaberry & Sons
- the branch restaurant
- Tim Horton's Kemptville
- To Be Continued Consignment Store
- T. R. Leger Kemptville
- T. R. Leger Prescott
- Wayne Lynch

THE MISSION of The Salvation Army in Kemptville is "To be a transforming influence in our community and to help people recognize and develop their potential by sharing the love of Jesus Christ through the compassionate provision of holistic support in cooperation with others."

OUR VISION is to help those we serve to discover and overcome barriers that may hinder independence. Through building relationships and understanding needs, we are able to offer services that alleviate stress and assist people to become more self-reliant.

OUR OBJECTIVE is to improve the quality of life of poor and marginalized people living in our community by providing a safe and non-judgmental environment where people can access services or referrals, learn new skills based on identified needs, connect with others and enjoy a sense of belonging, and cultivate friendships.



FREEDOM IS NEVER FREE!

We honour and thank the brave men and women who have valiantly defended our freedom through the ages.

THANK YOU

SPOTLIGHT ON OUR ADVISORY COUNCIL:

M. Catherine Woolham

This sterling example of true Christmas Spirit is Ms. Mary Catherine Woolham. Catherine has been helping with Angel Trees since 1996, and has taken leadership of this program for The Salvation Army for the last two years. She is one of the founding members of our Advisory Council and has worked with us in this capacity since 2005.



Salvation Army Advisory Council Member, M. Catherine Woolham

Catherine enjoys being a part of The Salvation Army team. She likes "doing something worthwhile in the community" and enjoys meeting new people from all different walks of life. She is especially excited to see a new building in The Salvation Army's future, to use as a drop-in and outreach centre. She appreciates that all of the work of The Salvation Army is a community effort, and that we don't "toot your own horn".

Through The Salvation Army's Angel Tree Program, Catherine works to ensure that every child receives both new clothing and toys. While all gifts are appreciated, Catherine is hoping that people will donate items of the same quality that they would purchase for their own children. When choosing toys or clothes for our Angel Tree kids this year, consider finding out what the "IT" toy is. For example, last year we had many requests for Hannah Montana and Transformers products; this year we are anticipating an influx of G.I. Joe and Jonas Brothers requests. Here's something else to consider: while any gift is wonderful to have under the tree, by choosing an Angel Tree gift or clothing tag, you are fulfilling that particular child's Christmas wish!

Much to this writer's surprise, Catherine and her assistant, Heather Dulsey, organized and completed the entire Angel Tree Campaign on their own. What an accomplishment! If you are considering helping out this year with either Christmas Hampers or the Angel Tree Program, please contact our Christmas Coordinator, Melanie McElhinney, at 258-3583.

Catherine Woolham, we couldn't do it without you! Thank you! ✨



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acceptance and a semblance of peace as he has admitted that alcohol and drugs never satisfy - "One is too much, a thousand is not enough".

He is taking time to re-train his ways of thinking through reading and positive relationships. He likens the process to blazing a new trail through tall grasses. It's slow going at first, and you may even stumble, but if you continue to choose the new path, before too long it becomes smooth and well-cleared. He has found he is becoming less reactionary and more deliberate in his life. Changes like these take time, patience, forgiveness, tolerance, hope, love, and more than a little faith.

When Gary left rehab last spring, he mentioned to his sponsor that he had too much time on his hands, and his sponsor suggested he come to The Salvation Army to volunteer. Gary worked every day with us here at The Salvation Army until he was hired full-time at Pioneer Nursery. Volunteering at The Salvation Army gave him a sense of purpose. He finds it gratifying to give instead of take. To Gary, his time here has been a gift and he insists he's received much more from his experience than he has given.

To someone in that dark and hopeless place that is addiction, Gary says there is a way out. Seek counseling when you are ready to make a change. He admits that had he not walked into the Tri-County Addictions, he would be dead or in prison by now. No one can make such a huge change alone, though. He would challenge you to step up to the plate and make the call.

Where does he go from here? Gary has hopes and dreams for the first time in a long time. He hopes to start his own business, maybe in landscaping, and when his pardon is granted, he hopes to donate some of his time to working with the elderly again, as he has done in the past. For today, he will continue to journal, continue to meet with his sponsor, continue to share his story of transformation and continue to grow and change. One day at a time. ✨



Salvation Army volunteer, Gary Lawson

The Bible says . . .

Mercy triumphs over judgment.

James 2:13b



Thank you to Ingrid Salvador and her team at Tim Horton's in Kemptville and to each one who purchased a Smile Cookie in support of The Salvation Army's Snow Suit Fund.

We raised \$2,079.00!

LOCAL FARM TACKLES COMMUNITY HUNGER

Oxford Mills beef producers Maude Roy and Wendell Joyce believe they have found the perfect project for their pre-retirement years. The idea of farming to supply food for members of the community in need of food aid began to germinate after the beef industry was decimated by BSE. "The Ontario beef industry has never fully recovered," Wendell asserts. "At the height of the crisis cows were virtually worthless, so instead of 'donating' them to the industrial food chain, we started sending them directly to the Ottawa food bank. Local food banks are chronically short of nutritious unprocessed foods such as meat, eggs, milk, and fresh fruits and vegetables."

Maude and Wendell began to toss around ideas of how they could transform their farming operation and decouple from the global beef supply chain, while remaining viable, and deriving satisfaction from their efforts. Wendell works for an agricultural organization in Ottawa but wanted to keep their 170 acre farm active, producing food and contributing to the local economy. "Too many of our small farms are sitting idle and simply growing up to brush. Our farmland is not suitable for corn and soybeans but is well suited to producing hay and pasture that grazing cattle can convert to high quality protein." He and Maude are the 6th generation of his family to farm in Canada, originally in Quebec.

Their new farm model - Sunflower Farm CSA - combines elements of Community Supported Agriculture (CSA), local food, and agri-tourism, all with a charitable focus. In a CSA, 'subscribers' pay an annual fee to the farmer, and receive a proportional share of the farm's output in return. Generally the

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HYGIENE NOW

In September 2007 a bill was passed allowing dental hygienists to work independently from dentists. This opened doors for those on fixed incomes or without dental insurance to access affordable dental care without the prohibitive cost of traditional dental offices. Independent dental hygiene clinics, such as Hygiene Now, located at 2722 Highway #43, are able to offer their services at 20 to 30% less than traditional dental offices. In these difficult economic times, everyone is looking for ways to save! Most major dental plans are accepted, including ODSP, CINOT and Ontario Works. Hygiene Now provides greater access to dental care by having evening and weekend hours. It is great for busy families or those who cannot leave work to keep appointments.

Hygiene Now's Jen MacDonald graduated from Algonquin College and also has a degree from Carleton University. She has been practicing dental hygiene full time for 9 years in the Kemptville area. She decided that Kemptville would be a great location to open up her independent clinic because of its growth and progressive demographic nature. Hygiene Now is pleased to be North Grenville's first independent dental hygiene clinic.

"I look forward to meeting the residents of Kemptville and surrounding area and helping them with their dental hygiene needs." Call 613-258-3200 to book your appointment! ~ Jen MacDonald, RDH



SPOTLIGHT ON OUR VOLUNTEERS: Joan Nolan

For Mrs. Joan Nolan, right, volunteerism is a lifestyle. This powerhouse gives freely of herself to not just The Salvation Army, but also to Al-ateen (an AA group for teens) and the Children's Wish Foundation. Joan tells us, "It's important to give back. There are rewards in life, and there are huge rewards for giving of your time."



Joan Nolan at the Children's Wish Foundation Picnic!

Joan is mother to a son, step-mother to three others, and grandmother to five. Joan grew up in what she calls a dysfunctional home, and then spent 18 years married to an alcoholic, where aggression was a way of life for her. The Salvation Army and AA were there when she needed them, so when she had the freedom and emotional strength to give back to the world, she chose to contribute to those organizations.

When Joan and her second husband, Ron Whitlock, were married, they decided that in lieu of gifts, they would encourage their guests to give to the Children's Wish Foundation. They raised approximately \$1500 and eventually she joined her son, Jody, on his fundraising team for the Wish Foundation. She raised approximately \$400 her first year, and this year, with the help of the Kemptville community, she is closing in on \$4000! When asked why she chose this particular cause, Joan responded that getting involved was just the right thing to do. While her grandchildren are blessedly healthy, there are many children who are not.

The Salvation Army and AA were there when she needed them, so when she had the freedom and emotional strength to give back to the world, she chose to contribute to those organizations.

Joan has been an important part of our Christmas Kettle Campaign for about five years. She has used her charm and many connections to help build a team of Bell Ringers as well as putting in much of her own time ringing the bells and wishing the community a Merry Christmas! She has helped out at The Salvation Army Thrift Store as a cashier or sorting items that have been donated. We

asked her why she volunteers, to which she responded, "It keeps me young! Retirement's just a word, you know!" Joan also adds, "I need to be humbled and by doing for others (helping out) volunteering of my time, it humbles me and that is something that I need (for myself) to do more of, in my life".

The Salvation Army salutes Mrs. Joan Nolan. ✨

Thank you to the branch restaurant for hosting Thanksgiving Dinner for the Community & collecting food & funds for The Salvation Army Food Bank! Altogether, \$743.00 was raised plus a bunch of non-perishable food!