

Linking Hands Community Connection

More volunteers needed

“Linking Hands and its many projects and programs are possible because of the generous participation of community and agency volunteers,” coordinator Sandy Casselman said.

From the initiative’s steering committee to its many working

groups, projects, programs, and events are populated by volunteers.

Currently, there is a need for additional help in several different areas, each with unique time and/or skill requirements.

***“Individually, we are one drop.
Together, we are an ocean.”***

- Ryunosuke Satora

Green Food Box: Volunteers are needed to help sort and pack GFB bags in BOTH Morrisburg and Winchester. Volunteers are needed to man pick-up desk. Time requirement varies according to position.

Places for People: This initiative focuses on creating new

affordable rental housing in Dundas County. There is a need for volunteers to help on various sub-committees.



Working Groups: More people are needed to populate several of Linking Hands’ working groups, including

Financial Health, Mental Health, Community Connectivity, and Transportation.

“Change will not come if we wait for some other person or some other time.

We are the ones we’ve been waiting for. We are the change that we seek.”

- Barack Obama



“No act of kindness, however small, is ever wasted.”

- Aesop

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"One of the great liabilities of history is that all too many people fail to remain awake through great periods of social change. Every society has its protectors of status quo and its fraternities of the indifferent who are notorious for sleeping through revolutions. Today, our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change."

- Martin Luther King Jr.

VCR: let's improve life for all

The Vibrant Community Roundtable (VCR) is a project that brings together various community leaders, including civic representatives and individuals from the business, non-profit and interfaith sectors in Akwesasne, Cornwall and the United Counties of Stormont, Dundas and Glengarry.

The roundtable's purpose is to engage in discussion about how to address complex societal issues like poverty and community livability. The roundtable's ultimate goal is to form a group that will work together to build a healthier and more vibrant community for all.

A recent VCR survey pinpointed three top concerns: mental health, access to health services, and poverty/ income security.

"The Linking Hands initiative looks for ways to address issues of poverty in Dundas County," Linking Hands coordinator Sandy Casselman said. "With this group, I'm hoping that it's possible to do more than we're already doing. I would like to see action leading to the elimination of poverty altogether."

To learn more about VCR, or to join the group, visit the Social Development Council's website: www.sdccornwall.ca/vcr-news/

House of Lazarus
Dinner on the House
↓
This weekly community meal is FREE!
Everyone is welcome!
Every Thursday evening from 4 to 7 pm.
•
at
Knox Presbyterian Church
2227 Simms St., Mountain
www.houseoflazarus.com
613-989-3830

Food bank use growing for Ontario seniors



The Ontario Association of Food Banks (OAFB) recently published its 2018 Hunger Report, *The Looming Crisis: Senior Hunger in Ontario*.

Last year, the number of seniors accessing hunger-relief agencies increased more than 10% over the year before, “a rate nearly three times faster than the growth of Ontario’s senior population.”

Between April 2017 and March 2018, there were 2,935,476 visits to food banks in Ontario. The top users were single adults, coming in at 52.8% of all visits, while single-parent families followed next at 19%. The top two reasons for visiting the food bank were: 1) changes to social assistance at 35% ; and, 2) low or delayed wages or not enough hours at 16.8%. To view the report, visit www.houseoflazarus.com.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” - Margaret Mead

HOL helps local seniors

Seniors (adults aged 65+) make up roughly 10% of House of Lazarus (HOL) food bank clients. Last year, close to 60 seniors accessed the food bank at least once, some regularly.

In fact, seniors access several HOL programs, including the CRA Tax Program, which helps individuals to complete basic income tax forms.

Seniors also use HOL’s clothing voucher program, and many have received free window insulation kits and/or pallets of Eco-Energy Logs for their fireplace or woodstove.

The 2018 Christmas season

saw HOL’s Adopt-A-Senior Program help 17 seniors, ensuring they had food for Christmas dinner, as well as gifts for under the tree.

Dinner on the House, HOL’s weekly free community meal, which is open to everyone, also sees a large number of seniors attending each week.

Client services manager Kim Merkley believes there are many more seniors experiencing food insecurity who are uncomfortable coming forward for help.

To learn more about HOL programs, projects and events: www.houseoflazarus.com

EXPO 2019

Save the date for the next Linking Hands EXPO, to be held on Wed., March 13. Stay tuned for details, as there will be a new venue this year! Follow us on Facebook!



CRA Tax Program



House of Lazarus

rpulfer@houseoflazarus.com

613-989-3830



Community Food Share

admin@communityfoodshare.ca

613-898-0781

Who are your political representatives?

Being an informed citizen is paramount in today's world, whether it's staying on top of what's happening municipally, provincially, federally, or internationally.

In 2018, there was both a provincial election and a municipal election.

For those living in Dundas County, the provincial election saw a change in premier, bringing in Conservative leader Doug Ford, but our the local Member of Provincial

Parliament (MPP), Conservative Jim McDonnell, held on to his seat.

Municipally, new councils were inaugurated in both North and South Dundas.

Names can be found below left.

In 2019, we will see a federal election. Currently, our prime minister is Liberal leader Justin Trudeau, while Dundas County's local Member of Parliament (MP) is Conservative Guy Lauzon.

"No fundamental social change occurs merely because government acts. It's because civil society, the conscience of a country, begins to rise up and demand - demand - demand change." - Joe Biden

North Dundas Council

Mayor:

Tony Fraser

Deputy Mayor:

Allan Armstrong

Councillors:

Gary Annable

Tyler Hoy

John Thompson

South Dundas Council

Mayor

Steven Byvelds

Deputy Mayor

Kirsten Gardner

Councillors

Don Lewis

Archie Mellan

Lloyd Wells

What can you do to stay informed?

Municipally, there are many ways to stay informed: read the local newspapers; attend council meetings; visit your municipality's website and/or Facebook page; if you have specific queries that aren't answered by doing the first three things on this list, then contact your local council representatives or municipal staff.

Municipal websites have a host of information. You can find out how to pay taxes, see what recreational activities are available, when the

next council meeting is set, and more.

North Dundas website:
www.northdundas.com

South Dundas website:
www.southdundas.com

The best way to learn more about your council representatives and how they work, is by attending a council meeting, which are open to everyone. Meeting agendas are normally available online before the meeting. Meeting minutes are also available.

Get more for less with the Green Food Box

The Green Food Box provides a chance to buy more produce for less.

In Dundas County, we have two GFB pick up dates each month, one in North Dundas on the fourth Wednesday of the month and one in South Dundas on the second Wednesday of the month.

There are two bag sizes, small for \$10 and large for \$15. The program is open to eve-

ryone and there is no limit on the number of bags a buyer can order. In fact, the more

bags purchased, the better the buying power, meaning buyers receive even more produce for less!

To learn more, visit our website at

www.linkinghandsdundas.ca/green-food-box/ and/or follow us on Facebook at Green Food Box Dundas County



"The likelihood that your acts of resistance cannot stop the injustice does not exempt you from acting in what you sincerely and reflectively hold to be the best interests of your community." - Susan Sontag

HEY, DUNDAS COUNTY...



Looking for job search help?

Nos services sont disponibles en français.

JobZONE d'emploi

This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

530 Fred St., Suite B, Winchester
613-774-JOBS (613-774-5627)

144 Pitt St., Cornwall
613-933-9675

www.jobzonedemploi.ca

Canada Learning Bond can help

The Canada Learning Bond (CLB) is money the government adds to Registered Education Savings Plan (RESP) for children from low-income families.

This money helps to pay the costs of a child's full- or part- time studies after high school at: apprenticeship programs; CEGEPs; trade schools; colleges; or universities.

No personal contributions to an RESP are required to receive the CLB.

The Government of Canada contributes up to \$2,000 to an RESP for an eligible child. This includes: \$500 for the first year of eligibility; and, \$100 each year the child continues to be eligible (up to an including the benefit year in which they turn 15).

For more information, visit House of Lazarus' Advocacy Centre Tuesdays from 1 to 4 pm.

Editorial: Is it enough to do no harm?

What does it mean to be a 'good' person? This is a question I've pondered quite regularly since childhood. (Yes, seriously.)

There are some who might say being a good person means minding your own business and not doing harm to anyone else. While others might argue it takes more than a passive stance. They might say it requires a little action, a contribution to the world at large, whether through paid work or volunteering.

I believe it's both. In life we find ourselves in all sorts of situations. There are times when perhaps the best we can do is to do no harm and that's okay. But, when we can do more, we should do more. What to do depends entirely on the individual, their passions and their abilities.

When I was younger, I felt I had nothing to contribute, except for money. So, I donated to charities I was passionate about. In later years, I discovered there was so much more I could do

with my time, my desire, and my skills. And, so I did.

Today, I work for a non-profit and I see first hand the enormous difference volunteers make each and every day. Much of what happens at Linking Hands and House of Lazarus wouldn't be possible without the knowledge, expertise, skills, time and energy of volunteers.

"What is the essence of life? To serve others and to do good."

- Aristotle



How to volunteer with us

Anyone can volunteer and all are encouraged to check us out to see if one of our groups, programs, or events might be a fit.

Contact our volunteer coordinator, Vicki Cane:

vcane@houseoflazarus.com
613-989-3830



2245 Simms Street
Mountain ON K0E 1S0

613-989-3830
scasselmann@houseoflazarus.com

www.linkinghandsdundas.ca
Like & Follow us on Facebook!



House of Lazarus Advocacy Centre

Do you need help?

Are you looking for information?

Do you need access to local resources?

Call or visit us at HOL's Advocacy Centre.

Tuesday afternoons from 1 to 4 pm

2245 Simms St., Mountain
rpulfer@houseoflazarus.com
613-989-3830



House of Lazarus Ladies' Night Out

Saturday, February 23

6 p.m. to 9 p.m.

Matilda Hall

4421 Brinston Road, Dixon's Corners

Tickets are **\$15** each
Limited seating available.
Don't delay,
get your ticket today!



Available at HOL,
Juli Fashion, Main Street
Clothing Company,
& Scotiabank

houseoflazarus.com • 613-989-3830 • kmerkley@houseoflazarus.com