



# Heartworks Newsletter March 2009

Our community ***must*** be the  
*Shelter of each other.*

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### Would you like to support the HeartWorks Community Garden?

For a minimum donation of \$10 towards the development of the HeartWorks Community Garden, you will receive a free 11x17 copy of the poster to the right.

## How Does Your Garden Grow?

At HeartWorks we're always growing, but this spring we're *really* growing! We are excited to announce the development of our community garden! The HeartWorks Community Garden is housed in a 4000 sq. ft. fenced-in lot at the Heartorks Safe Harbor Youth Center facility. This space was first designed and developed last year and currently contains 4 raised beds that measure 4'x8' each. This year, three of these beds will be planted with vegetables and one will be used for herbs. This year's garden plan also includes a butterfly garden, sunflowers, a fig tree, and watermelons as well as developing a bird feeding station.

The development of the community garden will serve many purposes.

- The garden will beautify our community by turning a currently vacant lot into an attractive and functional garden.
- Through working in the garden, the children in our after school and summer programs will learn more about health, nutrition and food production. They will learn to cook with fresh produce, how to use water and other resources in eco-friendly ways and more about the insects and wildlife they encounter in the garden.

- Families, students and volunteers will benefit from the physical exercise and exposure to nature that working in the garden will provide.
- Based on availability, the yield from this garden will help provide healthy snacks for the children involved in our programs as well as help provide fresh produce to the families to whom we supply emergency food supplies.



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\* HeartWorks Community Garden 2009 \*  
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"Many things grow in the garden that  
were never sown there."  
-Thomas Fuller 1732



# News from HeartWorks

- ◆ You can now support HeartWorks each time you search the internet! Visit [www.goodsearch.com](http://www.goodsearch.com). Enter "HeartWorks" under "Who do you good-search for?" and click "verify". Each time you use Good Search (which is powered by yahoo) money will be donated back to HeartWorks!



- ◆ HeartWorks is now on Facebook! Find us under "Heartworks Pamlico". We want to be your friend!

- ◆ HeartWorks also has a brand new website! Check us out at [www.heartworksonline.org](http://www.heartworksonline.org). We've included lots of information and some great pictures!

- ◆ April 19-25 is National Volunteer Week. We offer a heartfelt thank you to all of our volunteers! Want to volunteer with us? Check out the information right over here!



# VOLUNTEER

Would you like to contribute to your community while you contribute to HeartWorks?

HeartWorks is currently seeking volunteers in many areas including:

- Food donation
- Mentoring students
- Arts and Crafts with students
- Music with Students
- Administrative Assistance
- Community Garden

To see the most up-to-date information on HeartWorks volunteer opportunities, please visit our website [www.heartworksonline.org](http://www.heartworksonline.org) or look for us on the following sites:

- [www.idealists.org](http://www.idealists.org)
- [www.volunteermatch.org](http://www.volunteermatch.org)
- [www.servenet.org](http://www.servenet.org)



# Programs and Services

**HeartWorks is still looking for individuals who are interested in being mentors. To attend an upcoming training, please contact HeartWorks.**

## WRAP

WRAP (Wellness Recovery Action Planning) is a 16-hour, no-cost training to help individuals develop greater skills in handling life's challenges. This self-help class supports you in handling life's ups and down and helps you lead a happy and fulfilling life. Classes will be held on Tuesdays from 1-3pm for adults and 3:30-5:30pm for youth. The next set of classes begins on Tuesday, March 24. Contact HeartWorks at 252-745-9703 to register.

## NEW PROGRAM: HARVEST HOPE PROJECT

HeartWorks knows, especially in today's economy, that more and more families are struggling to afford healthy food on a regular basis. The Harvest Hope Project strives to teach families the self-sustaining skills of organic gardening, composting, seed saving and food preservation and canning. In exchange for committing to a minimum of 15 hours of service in the HeartWorks Community Garden (between April and October), families will be provided seeds or plants for their home gardens, some basic gardening tools, training on common gardening tasks, ongoing support, and access to fresh produce from the HeartWorks Community Garden. The HeartWorks Harvest Hope Project helps families learn how to supplement their grocery bills with fresh, homegrown, healthy produce, therefore setting them on a path to greater nutritional independence.



**Do you know a family who might be interested in this program? Let us know!**

## FUN PROGRAM



Everyday in the FUN program, students participate in great activities, including receiving extra help with school work.



## How You Can Help: Invest in Tomorrow

Contributions to HeartWorks made by individuals play a vital role in helping to prepare young people for successful lives. Each donation goes to support an area that is not otherwise funded by grants or contracts.

If you wish to refer potential donors to us or to make a donation yourself, contact HeartWorks at 745-9703.

HeartWorks is a tax-exempt organization under the IRS 501 (c) 3 statutes.

**Please Link your Food Lion MVP Card  
[www.foodlion.com](http://www.foodlion.com)**

A percentage of your purchase price comes back to HeartWorks when you shop.

HeartWorks  
PO Box 365  
Bayboro, NC 28515  
252-745-9703  
[www.heartworksonline.org](http://www.heartworksonline.org)  
Address Service Requested