

SHYFTING TIMES

SHYFT Youth Services' Society

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www.shyft.ca

N.S. YOUTH WELL BEING: VITAL SIGNS

Special points of interest:

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**SHYFT
HOUSE**

**Safe place;
Staff support;
7 beds; 24/7.**

A recently published report from the Community Foundation of Nova Scotia paints an eye-opening picture of the province's youth. Facts like these are clear evidence of why SHYFT's services are so necessary.

[Check this link](#) (starting on page 36) for the latest on N.S. youth rates of depression, suicidal thoughts (more girls than boys), sexual behaviour, alcohol and drug abuse, with the highest use of cannabis in the country. A wake-up call for everyone.



GOING THE EXTRA MILE

SHYFT'S services for youth go further than our provincial grant can cover, to include emergency health costs, necessary personal items, safe transportation to appointments, clothing for the season, sundry expenses and some facility improvements. This is why your donations and fund-raising efforts are so important.

SHYFT 'S FIRST AMAZING RACE

It took almost two hours, but eventually all the teams completed the route and the mystifying challenges without mishap. Prizes were awarded to the winning team from YACRO Arcadia House: Sheldon Parker, Maggie Scott and Darryl Nickerson plus several consolation prizes and everyone enjoyed the BBQ lunch.

Many thanks to Tanika Seabrook and her team of volunteers plus the 20 local businesses who donated prizes or funding towards the day. \$ 300 was raised for SHYFT.

Photo Donna Gavel and Kathy Cleveland brought colour and enthusiasm to the Amazing Race.



SHYFT HARVEST DINNER: A REAL COMMUNITY EVENT

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A delicious seasonal meal was served and much appreciated on 3 October at the Knights of Columbus Hall. SHYFT staff member Wendy Lawrence and her mother Angie Lawrence started organizing this event back in July. Donations of money, gift cards, food, preparing of food, and volunteering on event day were made by over 60 community members and businesses.

Our sincere thanks go to everyone involved, including: SHYFT youth and staff members, Ethel Jarvis, Marge Lawrence, Yvonne Lawrence, Bell Johnson, Barbara Falls, Reverend Donna Fells, Rachel Falls, Stephanie MacDougall, Grace Fenton, Karen Fenton, Brittany Deveau, Tanika Seabrook, Cheyenne Burke and Kristin Lawrence.

The straw figure was donated for the evening by SHYFT staff member Brittany Deveau and Adam Dolliver was our entertaining M.C. Close to 150 huge plates of turkey or corn beef dinners were served. People are still commenting on the huge portions and how beautiful the hall was decorated. The best part is that \$ 2660.00 was raised for SHYFT.



Photo A cheerful smile greeted diners at the Harvest Dinner.

RENOVATIONS ONGOING

Much needed building improvements are progressing steadily thanks in large part to a forgivable loan from the Shelter Enhancement Programme of Housing Nova Scotia. A new sewer line, upgraded indoor plumbing, redesigned bathroom, roof repairs, ceiling renewal, emergency exit signs, new doors and oil tank, are all in the works. SHYFT appreciates this important support for our efforts to provide a vital youth facility for years to come.

STAFF FEATURE



Pictured here at the recent Open House are Amy MacKinnon and Evan Nemeth, SHYFT outwork workers for Shelburne and Digby counties respectively.

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Design: Stephen Paquette