



The Kindness Campaign

The Kindness Campaign is a social action project organized by Global Awakening In Action and *Good News Toronto*.

This collaborative project seeks to spread more kindness at home, at work, and in the world.

The concept behind the campaign is simple, but powerful:

Each month we feature a suggested act of kindness to help readers consider ways to bring a bit of kindness to an unsuspecting soul. Of course, our monthly suggestion is just that — a suggestion. We encourage you to let your spirit soar with possibilities and then put those inspiring ideas into action through your spontaneous good deeds.

You are also invited to leave behind the Kindness Card, provided below. The card explains the campaign and encourages the recipient of your kind act to “pay it forward” in the form of another act of kindness to a stranger.

Kindness Activists are also

invited to submit the story of their act of kindness for inclusion in *Good News Toronto*. If selected and printed, we send you a *Good News Toronto/Kindness Pays* t-shirt as a reminder of your good deed and participation in this social action project.

This month's suggestion: Search for a volunteer opportunity in your community. Need ideas? Tap into this great online resource: www.volunteertoronto.ca. Learn about the basics of volunteering, how to get started, and what to expect once you've found a position you're interested in.

“The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.”

– DeAnn Hollis

A Fundraising Recipe for Success

“Take ten ‘pay-it-forward’ types, add chef’s hats, donation cans, and some cutesy buttons, then plop ‘em down in one of Toronto’s busiest subway stations at rush hour, and *voilà* — an instant fundraising team is born!” This is how kindness activist Orla Hegarty described last week’s Lunch Money Day, a fundraising event in support of Toronto’s Second Harvest. Orla is a member of Global Awakening In Action (GAIA), a group of engaged citizens who help charitable organizations to fulfill their mission.

February 17th was Second Harvest’s 13th annual Lunch Money Day. This well-promoted citywide event encourages Torontonians to donate the equivalent of what they would usually spend on lunch to help feed Toronto’s hungry. Every \$5 provides fresh food for 10 nutritious meals. Last year, Lunch

Money Day raised enough funds to provide fresh food for over 480,000 meals. This year, the goal was to raise \$330,000 to provide over 660,000 meals.

Founded in 1985 by Ina Andre and Joan Clayton, Second Harvest is a charitable organization that takes a commonsense approach to hunger. For the past 25 years, they have been picking up donated, perishable food, which would otherwise go to waste, and distributing it to social service agencies in Toronto.

What started out as two people in a hatchback picking up fresh food from restaurants has since grown significantly. They now have a fleet of seven refrigerated trucks that deliver six million pounds of food per year (the equivalent of 16,000 meals a day) to more than 200 social service agencies in the GTA, including soup kitchens, women’s shelters, children’s programs, and drop-in centers.

To support their efforts, Second Harvest organizes several special fundraising events each year, such as Lunch Money Day, the proceeds for which keep trucks on the road delivering food to those in need.

“Lunch Money Day is our largest fundraiser,” says Tonia Krauser, Director of Communications at Second Harvest, “and has grown organically over the years to include over 100,000 participants and various activities across GTA.”

Indeed, individuals are now running their own campaigns and getting creative. For example, at Yonge/Dundas Square this year, Sam Stilson from the comedy web series *The Record Collection* set a new world record for the longest time spent in a paper bag! Dressed as a banana, Sam locked himself inside a gigantic 10-foot-tall paper lunch bag, without food, and spent the day inviting passersby to drop money into the bag.

Good News Toronto participated by successfully and loudly canvassing at the Union Station subway.

The ten members of Global Awakening In Action were very happy to participate in and support Lunch Money Day at Queen’s Park Subway Station during the afternoon rush hour.

It’s always amazing how instantly a sense of community is formed when you take a group of people and focus on doing something for others.



Stephen D’Amico, founder of Global Awakening In Action, coordinates the Kindness Campaign in collaboration with Good News Toronto. Visit stephendamico.com and globalawakeninginaction.org

KINDNESS CARD

This Random Act of Kindness is sponsored by *Good News Toronto* and *Global Awakening In Action*

Please help us keep the kindness going... Give this Kindness Card to the next person you help. After you pay it forward, write a brief description of your act of kindness and email it to:

info@goodnewstoronto.ca

If your story is printed in our paper, you will receive a FREE Kindness Pays T-Shirt as a reminder of your good deed!

In collaboration with

www.goodnewstoronto.ca
www.globalawakeninginaction.org
 Visit us on
www.facebook.com/kindness.pays

Good News Toronto Recipe – Smiling Pancakes

KATHLEEN BETTS AND NURAMINA IBRAHIM

For *Good News Toronto* readers who love pancakes as part of a healthy breakfast, the happy headline here is that this recipe is for a perfect blend of sinful decadence and good living. Whether your family celebrates Pancake Day, Fat Tuesday, or Mardi Gras, these treats are bound to leave loved ones asking for more!

Essentials:

- 1/2 cup coconut powder
- 1 cup lightly roasted ground sunflower or sesame seeds (Coffee grinders are great for grinding these seeds)
- 1 cup whole wheat flour, sifted
- 2 Tbsp sunflower oil
- 1 cup ground rolled oats
- 1 Tbsp ginger
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 1 tsp ground cardamom
- 3 cups milk or buttermilk
- 2 eggs
- canola oil for pan
- favourite fruits

Here’s What You Need To Do:

While thinking thankful thoughts for the good food your family is about to enjoy, stir the dry ingredients in your favourite bowl.

With the milk of human kindness in your soul — and a strong arm — mix in the milk.

Let the mixture soak over night to sweet perfection.

When you wake and make your way to the kitchen in the morning, begin by beating the eggs to mix well into the mixture, about five minutes. Depending on desired consistency (not too thick and not too thin), add more milk or buttermilk.

Turn the stove on to medium heat and brush the canola oil into the frying pan as it warms.

Singing a happy tune for good measure, use a cup to pour portions into the slightly sizzling frying pan. Keeping a close eye on the pan, flip the fabulous flapjack when the bubbling begins and the topside shows signs of setting.

Serve to your loved ones, who have been busy preparing the table and favourite fruits for the feast so that the sharing is both of work as well as fine fare for the family.

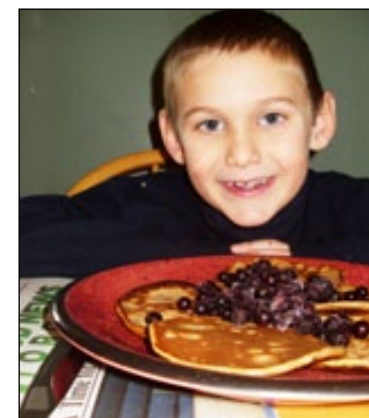
Have a grateful pancakeful day!

As *GNT* readers may already know for optimal benefit, we like to meditate on how thankful we are to be alive and say a childlike “mmmm” with each delicious bite. Happy Pancake Day — and happy every day to all, and to all a good eat!

If you’d like more fountain-of-youth secret recipes and tips on healthy tasty treats, please write to Nuramina at info@goodnewstoronto.ca.

Kathleen Betts is a mother of four, freelance writer, and entrepreneur

Nuramina Ibrahim is a health and fitness guru who enjoys sharing her fountain-of-youth secrets for energetic living



Ryan Betts looking forward to eating his smiling pancakes