

Hello,

My Name is Nadine and I have been an RMT at Metcalfe Massage Therapy for almost 10 years.

In November of 2014, I'll be going for 10 days, ( 6 days building, and travel two days there and two back.) as part of a team of 23 people on a volunteering trip to Paraguay for Habitat for Humanity, Global Village, with the Ottawa Fire service. We are all either Firefighters, or family members of a firefighter. Please see the giving page link below.

Habitat is not a "hand out" type of charity, they expect the local recipients to give "sweat equity" into the projects too, then they also pay for, at a reduced price, the houses they've helped build. So it's more of a "hands up" type of thing.

I have sponsored a child through World Vision for almost 15 years now. While that is rewarding, I find that it's more of a passive way to give. For years I have wanted to go and physically help and meet the people face to face that I help. Being self-employed it's always been tough for me to consider. This gives me a way to take a shorter time off and still see and give help first hand.

Having said that, there are costs involved with this venture. Return airfare, a bed and food for the volunteers, plus building costs where Habitat asks for a mandatory donation. I have to try to get approx. \$3600- 4000 raised. The accommodations will be basic; three or more to a room, shower facilities (maybe not hot) and three meals a day with clean drinking water only. This will not be a vacation or an all inclusive type trip at all. We shall be in a rural setting with basic needs.

I have signed up for this willingly, and I am ready to lose two weeks income and to add any shortfall to my fundraising efforts. It would just be a very welcome help if through fund-raising I could try to cover the basic costs only. If there happens to be any surplus it could either stay with Habitat for future builds, or I could choose to divert the funds to another volunteer that hasn't raised enough on my team. So there will be no money in my pocket. Also, any donation of \$20 or more will receive a tax receipt.

Any donation would be gratefully received. I understand that not everyone can do this, so just spreading the word will be equally of value.

I thank you for your time and interest in reading this.

Thank you in advance.  
Nadine LaRouche Rmt.

<http://www.canadahelps.org/gp/35736>