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Hope Newsletter April 2025

Hope-Filled Organization:

HAPPY TRAILS FOR KIDS

Camping, Connections and Confidence for Children in Foster Care



In 1976, a wonderful boy named David Abrams was stricken with childhood leukemia when he was two years old. He survived cancer but his treatments left him with intellectual disabilities and a person with epilepsy. When it was time for sleep-away camp, because of David's illness, no camp would have him. So, in 1982, his mom, Pepper Edmiston, started one.

With the help of David's grandparents, Max and Janet Salter, Camp Good Times prospered and David blossomed. But, by 1993, David's impairments were so pronounced that his family founded a new program named Happy Trails.

For thirteen years, Happy Trails hosted families who were raising seriously ill or incapacitated boys and girls - either their youngsters by birth or through foster care. Happy Trails celebrated children with challenges and the families who loved them. All of David's siblings came to camp: his brothers Jon, Matt, Ben, Will and Charlie and his sister Susan.

Susan grew up to become an attorney who represented children in foster care. In 2009, when she took over as president of Happy Trails, Susan focused the mission of the program on boys and girls in foster care with and without disabilities. Her brothers each pitched in: Jon is chairperson of the board; Matt and Ben serve as counselors; Will provides music at the dances and Charlie creates all of the graphic art. As it was from the beginning, camp is a family affair.

On February 22, 2009, early on a Sunday morning, David passed away from an aggressive seizure. Although David suffered from many limitations, his capacity for joy was limitless and his love for his

family and for Happy Trails was enormous. To watch a 3 minute about this program, click on this link: <https://youtu.be/NdakCs8HgiQ>

Hope-Filled Organization:

Consider planting an extra row for the hungry Donate fresh garden produce to food bank, soup kitchen

By JESSICA DAMIANO, Associated Press, Published: March 29, 2025



This image shows a Plant a Row for the Hungry, Port Washington garden in Port Washington, N.Y. The local organization brings residents together to plant, tend, harvest and donate crops to help alleviate hunger in their community. The national Plant a Row campaign encourages individuals and groups everywhere to plant and donate extra produce for neighbors in need of fresh food. (Marvin Makofsky via AP)

If you're gearing up to plant fruits, vegetables or herbs this spring, why not grow some extra to donate to your local soup kitchen or pantry?

The national Plant a Row for the Hungry campaign, launched in 1995, has been encouraging home and community gardeners to do just that every year to help feed neighbors in need of fresh food.

The program was spearheaded in 1995 by Anchorage Daily News garden columnist Jeff Lowenfels, who wrote a column encouraging his readers to plant extra crops and donate their harvests.

After seeing the impact that his column had on local food donations, Lowenfels partnered with GardenComm International, then known as Garden Writers of America, to enlist garden columnists all over the country to promote the cause in their own communities.

Since then, more than 20 million pounds of produce, providing more than 80 million meals, have been donated through the campaign by home gardeners.

“All of this has been achieved without government subsidy or bureaucratic red tape — just people helping people,” according to organizers on the campaign’s website. And there’s no big advertising campaign, either — just garden columnists and their readers spreading the word.

If everyone reading this column planted one extra row and donated its harvest, together we could have an impact on hunger.

So what do you say?

To participate, plant an extra row or container (or, if you’re short on space or resources, even just one additional plant) and donate its harvest to your local food pantry, soup kitchen, house of worship or informally to a neighbor who could use it.

If you’d like to help even more, consider starting your own Plant a Row campaign with friends, neighbors or co-workers and plant individually or at the office, in a community garden, school garden, prison garden — whatever garden you have at your disposal.

If you need help getting started, Garden Communicators International [GardenComm Home](#) has posted steps for running your own campaign and a listing of existing campaigns to join in your state and town.

But it’s not necessary to join a group. To find food drop-off sites near you, visit <https://ampleharvest.org/find-pantry/> and plug in your zip code.

Before dropping off food, call the organization to confirm they accept perishables (soup kitchens are generally more likely to have the refrigeration necessary for storage than pantries or food banks, but there may be exceptions).

Hope-Filled Organization:

CITY HARVEST

[Home - City Harvest](#)



Forty years ago, City Harvest helped start the [food rescue](#) movement. Today, we continue to see the tremendous impact food rescue has on our community.

Neighbors across New York City rely on City Harvest to help fill their plates with fresh, nutritious food. This year, we will rescue more than 81 million pounds of food and deliver it, free of charge, to hundreds of food pantries and soup kitchens across the five boroughs to help feed New Yorkers [experiencing food insecurity](#).

But that's not all we do. We grow the capacity of our partner agencies to help more people, provide [nutrition education](#), strengthen local food systems, [advocate for anti-hunger policies](#), connect [volunteers](#) with opportunities to help their neighbors, and more.

Together, we are feeding our city one day, one meal, one New Yorker at a time.

Click on any of the blue links above to learn more about the specific programs supported by City Harvest.

The Arts:

SPRING IS THE SEASON OF HOPE AND JOY

Though all of us experience ups and downs in our lives,

I frequently remember the song "April Showers" which was very popular when I was a kid. It has always helped me accept and cope with the negatives of life, and then be ready to enjoy the many good things in my life.

Though April Showers May Come Your Way

... Life is not a highway strewn with flowers

Still, it holds a goodly share of bliss

When the sun gives way to April showers

Here's the point you should never miss

... Though April showers may come your way

They bring the flowers that bloom in May

So if it's raining, have no regrets

Because it isn't raining rain, you know

It's raining violets

... And when you see clouds upon the hills

You soon will see crowds of daffodils

So keep on looking for a bluebird, and listening for his song

Whenever April showers come along

Written by Louis Silvers

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Send me an email (robert@robertbeezat.com) with the name and email address of the person you think would be interested. I will then contact them.

Thank You