

Remembering Neighbours

Author Anthony J. D'Angelo wrote, "Without a sense of caring, there can be no community." Farm communities in Canada were built by neighbours helping neighbours. That bond needs to be strengthened now more than ever.

In uncertain times caused by BSE, drought, and all of the other risks in farming, don't forget to reach out to your family and your community. We have all seen first-hand the caring and support for farm families from communities across Canada, but in the spirit of 'acting locally', take a few moments to consider what you can do to help your neighbour.

Perhaps you know a farmer facing significant difficulties. Is there something that you can do to provide support? It might be as simple as going out for a cup of coffee to listen to their concerns. You may want to provide a list of resources to help deal with their particular situation.

The strength of every community depends on the commitment of the people within it. So, remember to look after your family and your community. And if you need help, don't be afraid to ask. A good place to start is the Manitoba Farm & Rural Stress Line. Their toll free, confidential telephone service is staffed by trained counselors with farming backgrounds. They are there to listen and to help. Call 1-866-367-3276, visit their web site (www.ruralstress.ca) or email them at help@ruralstress.mb.ca. You'll be glad you did.

- Courtesy of The KAP Alert, Keystone Agricultural Producers newsletter

