

# Horseplay helps feed hungry

BY MIKE PEARSON  
NEWS STAFF

Dave Coons was back in the saddle this year for his second ride to fight against hunger and support Hamilton Food Share.

Coons, an Ancaster resident and insurance broker, set out for a four-hour horseback ride through the Dundas Valley to Plan B Organic Farm in Flamborough on Oct. 21. He raised more than \$1,200 in pledges for Hamilton Food Share.

"We had a great time," said Coons, who plans to make his fundraiser an annual event.

Coons invited donors to visit his online contribution page on Canada Giving, or to donate directly to Hamilton Food Share, an umbrella organization that supports food banks throughout Hamilton.

As Coons points out, 18,600 Hamiltonians access a food bank each year. Sixty-four per cent of those people are women and children.

"Poverty exists right on our own door step. You do not need to look past our own community to find a charity worth our constant support and awareness," said Coons.

Driven by a desire to give back to his community while promoting local food, Coons came up with the idea for the fundraiser last year.

"I was looking for something to give back, so I chose this," he said.

Plan B Organic Farm supports Hamilton Food Share by donating supplies of fresh organic produce.

Rachel O' Reilly, resource development manager at Hamilton Food Share, said Coons is the first person to ride a horse as part of a Food Share fundraiser.

Remington, a 20-year-old stallion, carried Coons all the way to Plan B and back, an eight-hour, 70-kilometre round trip from Coon's home on Sulphur Springs Road. He planned to use GPS technology to share his adven-



PHOTO BY MIKE PEARSON

**Dave Coons rode Remington, a 20-year-old stallion, from Ancaster to Plan B Organic Farm in Flamborough to raise money for Hamilton Food Share.**

tures with followers via email and the Internet.

Coons is already training Remington's son, a two-year-old colt, to follow in his father's footsteps for future fundraisers.

Donors can still contribute to Coons' fundraiser online at [www.canadahelps.org/gp/14424](http://www.canadahelps.org/gp/14424).

## Help Hamilton Food Share

Hamilton Food Share needs help all year long. For more information on how you can help Hamilton Food Share in its quest to end hunger, call (905) 664-9065 or visit its Web site at [www.hamiltonfoodshare.org](http://www.hamiltonfoodshare.org).