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HeartBeatsHate shows the world some love

More than 500 trees donated and planted in the community



1440 King St. N.
St Jacobs, Ontario
Canada N0B 2N0



heartbeatshate.com



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Kitchener, ON: Our world is choking. Literally. And it took the courage of a young girl from Sweden to get many of us to stand up and act.

“Greta Thunberg is my hero,” says HeartBeatsHate Founder Alan Quarry. “Talk about standing up, speaking out and pushing back. This girl is making sure we all take note. That we all act.”

Known as an anti-bullying, anti-bigotry, and anti-hatred movement, HeartBeatsHate easily saw the connection of their work to the environment.

“We’ve been bullying our environment for years,” Quarry continues. “We’ve been showing our environment apathy and even hatred. And it shows. The time to act is now. We need to be kinder.”

As such, the HeartBeatsHate team sourced 500 native spruce trees and distributed them into the Kitchener Waterloo community. The response was positive. The impact will be long-lasting.

“Since our inception in 2011, Trees for Woolwich has planted more than 28 thousand trees in the community,” says Inga Rinne, Chair. “Our goal is to see up to 4,000 trees planted in the community annually. The 300 trees from HeartBeatsHate will help to achieve this.”

Part of a larger group, the Township of Woolwich Environmental Enhancement Committee, Trees for Woolwich has a native tree nursery that’s home to 2,100 trees, and (quite literally) growing.

“I reached out to Trees for Woolwich because they’re taking a stand - they’re acting. They’re creating impact. HeartBeatsHate is all about that. We’re creating a movement. We’re working alongside people who are putting more kindness out into our world.”

In the past two years, HeartBeatsHate has found innovative ways to engage with the community, to inspire movement. And it’s working. More and more people are taking note. They’re standing up. They’re speaking out. They’re pushing back.

“It’s all about momentum for us right now,” says Quarry. “This isn’t my organization. This isn’t about me. This is about our community. We exist to encourage, empower, and enable others to make the changes we need to see in our world. It’s all about spreading more heart. I truly believe we’re kind. This is about being kinder - to all.”

“Our goal is to start local and to get as many people in Waterloo Region as possible familiar with our message. By offering native trees that others can plant in their homes was just one more way we could do this.”

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Who is HeartBeatsHate?

HeartBeatsHate exists as an antidote to hatred. We stand in radical defiance of racism and bigotry. We’re here to help others learn a better way. We’re building a brighter future for all. And we’re doing it with one simple message: love. Because love is greater than hate. And only **HeartBeatsHate**.

What is HeartBeatsHate?

We’re a grassroots, global movement that believes hate is a choice. To radically oppose hate we choose heart. Our aim is to encourage, empower and equip others to choose heart too.

We’re an anti-bullying, anti-bigotry, anti-hatred, pro-kindness movement. Our movement is made up of a collection of individuals who believe that together we can triumph over hate in all its forms to make our homes, schools, communities, and the world, better. We’re grassroots, have no organized religious affiliation and are non-political.

We’re people, just like you: Changemakers. Students. Teachers. Parents. Sisters and brothers. Visionaries. Activists. Community builders. We are a diverse group of individuals from all parts of the world working together to stand up, speak out and push back against hate.

Media Contact

Victoria Ford, Executive Director

vford@quarry.com

226-749-2348

