



Sooke Region Food CHI Society
“Sustaining Food Systems”



Annual General Meeting
January 28, 2013

Acknowledgements

Sooke Region Food CHI's efforts to build community and sustain food systems is making a difference in our region. In five short years, we have formed and nurtured many partnerships. Four critical ingredients support our collaborative efforts to increase food production in the Sooke area:

- a visible purpose that our communities embrace
- partners (program/event sponsors, funders)
- volunteers (families and adults, all ages)
- farmer support network

We wish to acknowledge and thank our 2012 partners, funders and hundreds of volunteers. Without you there would be no Sooke Region Food CHI.

2012 Funders and Donors

District of Sooke
Edible Tree of Canada – Loblaws and Taste of Nature
EPCOR – Community Essentials
Glen's Gardening Services
John S Brock
Sen O. J. Holdings
Vancity Community Investments
Vancouver Island Health Authority (VIHA)
Walmart-Evergreen

Hats off to Sooke region local businesses, organizations and individuals

Arden Gravel Operations
ALM Farms
Anne Boquist
Camosun College Horticulture Program
Cherry Lane Riding stables
Clayton Whitney Horticulture
Crab Shack
Demxx Deconstruction Inc.
Double D Gardens
Edward Milne Community School, culinary arts
Eldon Smith
EPCOR Utilities Inc
FAS Seafood
Glen's Gardening Services
Hahaquen (feast donation)
Henry Heggelund Family
Inishoge Farm
Integrated Health Network
Jack Most Photography
Jasmine's Excavating

Lulu & Paisley
Maywell Wickheim
Ragley Farm
Reber Creative
Robinson Road Farm
Ryan Moreland
SEAPARC
Silver Cloud Farm
Sooke Backhoe
Sooke Disposal Ltd
Sooke Harbour House
Sooke Lions Club
Sooke Marine Industries Ltd
Sooke News Mirror
Sooke Region Museum
Sooke Work Link
Three Sisters Farm
T'Sou-ke Nation
Victoria Grow a Row funded by Lifecycles
Woodside Farm



Cover photo: Sooke Region Food CHI's fundraising Harvest Feast at Sunriver Community Garden.
Cover and harvest feast photo above by Jack Most.

Sooke Region Food CHI Society

Who are we and what do we do?

Established in 2007, we are a registered society and voluntary non profit organization, with approximately 200 members representing our different rural communities of the Sooke region ... from Port Renfrew to Jordan River, Shirley, Otter Point, Sooke District and East Sooke, a population of approximately 15,000.

Our activities include:

- promoting the local food movement through events and programs (e.g., Seedy Saturday, presence at community events and fairs)
- supporting and mentoring new farmers
- promoting the conservation of farm lands and agricultural planning
- promoting farming as a viable economic activity
- organizing farm and local food events
- sponsoring community gardens
- supporting a community orchard
- fruit tree project and food recovery
- producing food to distribute to the hungry
- participating in development of food policies with local government
- supporting slow food and our regional cuisine

Sooke Food CHI Board Highlights

In February 2012, a general meeting was held to discuss pursuing charitable status for Sooke Region Food CHI Society. The members attending voted unanimously to amend our purposes to more accurately reflect our evolving charitable activities and services we offer to the residents of our Sooke area. The resolution was filed March 20, 2012. The Sooke Region Food CHI Society's revised Purposes are:

- 1) to grow and provide food and food growing opportunities to support the hungry in the community by establishing, operating and maintaining community gardens and food recovery programs
- 2) to educate the community about the need for and importance of local food production through workshops, seminars, community consultation, training, collaboration and mentoring
- 3) to educate the public on agriculture and farming

Other Society highlights of the year included the launch of the new website in spring 2012, a very successful Harvest Feast, the continued success of grants thanks to the leadership of Phoebe Dunbar, and the growth of our many ongoing projects.

To the many people who have donated time, energy and resources, thank you for helping to make the past year so successful.

The Sooke Region Food CHI Board

Food CHI Board of Directors – 2012

Officers

President – Anita Wasiuta

Vice President – Jessica Boquist

Treasurer – Mary Alice Johnson

Secretary – Sandy Reber

Directors

Bonnie Jones

Mary Coll

Keeley Nixon

Don Moloney

Part-time contractors supporting Food CHI initiatives and programs

Emily Moreland – Sunriver Garden mentorship program

Erika Rolston – Farmer2Farmer Network coordinator

Mara Morrison – Outreach coordinator



Highlights

In keeping with our mission to support local food production and increase numbers of citizens and farmers in growing and distributing food we offer you the following highlights for 2011 and 2012 fiscal year.

Vancouver Island Health Authority's (VIHA) Food Security & Healthy Lifestyles funded Food CHI this past year to be a vital and integral part of the Vancouver Island's Community Food Action Initiative Program. We received a \$10,000 grant that enabled us to contract Erika Rolston to be our part-time Food CHI coordinator to coordinate a number of important programs and projects in support of Sooke's food systems. Erika established the Sooke region Farmer2Farmer network, coordinated the Sooke Fruit Tree project, liaised with key Sooke groups to help us recruit and support Sunriver garden volunteers and network for food recovery and distribution, liaised with local government planners on Sooke's agricultural plan, helped with special events and produced web articles, including a bi-monthly FOOD CHI newsletter.



Seedy Saturday – February 25, 2012

Every February, on the last Saturday of the month, Sooke Food CHI puts on Sooke's very own Seedy Saturday in the historical, funky wooden community hall in downtown Sooke. This event was our 3rd Seedy Saturday, led by Jessica Boquist and supported by Jen King and our many volunteers. This is an event that brings many folks, farmers, gardeners, vendors and foodie "wannabees" together. It's our kick off to the temperate west coast growing season, enjoyed by all ages.



To Make a Farm: Film Night with Awareness Video – March 7, 2012

This was a well-attended film night at EMCS, with local farm vendors and food producers selling produce and seeds, and Sooke Food CHI promoting its programs and activities. Following the film, there was a panel discussion with two Sooke area farmers, Food CHI coordinator and president of the Island Chefs' Collaborative promoting sustainable food systems. The panel shared the rewards and pitfalls of establishing a farm in our area, explored ways to further grow and support our local food community, and answered questions from the audience. Food CHI's share of the proceeds from the film night went to activities of the Farmer2Farmer Network.



Taste of Harvest Feast – September 23, 2012

In lieu of a Farm Tour in 2012, Food CHI hosted a fundraising Harvest Feast at Sunriver Community Garden. Scheduled to coordinate with the Sooke Slow Food Cycle, September 23 was a day to celebrate local food on all levels. Well over 200 people attended and feasted on locally donated produce prepared by the Edward Milne Culinary Arts students. Seafood was donated by local fishermen and was hot-smoked on site by volunteers. Everyone enjoyed the fresh apple juice that was pressed on site by volunteers. See our thank you list at the front of this report; it includes the farms and fishermen who donated.



Sooke Region Fruit Tree Project – Autumn 2012

Between August and October, this project picked nearly 2000 pounds of fruit that would otherwise go unpicked and unused. Funds were obtained for coordination and picking equipment, and all picks were done by just over 20 volunteers. Fruit was picked and shared amongst owners, volunteers and the food bank, meal programs, crisis centre and families in need.



Sooke Region Farmer2Farmer – Spring and Winter 2012

Using input and feedback directly from local farmers, the Sooke F2F network has created learning opportunities for farmers including sessions on insurance, government regulations and the business of farming. The Sooke F2F network has also worked to increase the opportunities to share knowledge with each other and the rest of the community through the use of a listserv and the Food CHI website. Most recently, several local farmers have agreed to work directly with Food CHI as an advisory panel. With this support and direction, the momentum is building and so is the strength of Sooke's farming community.



Sunriver Community Gardens Orchard

In its second year, the thriving Sunriver Community Orchard produced its first crop of apples, mostly heritage varieties, pears, plums and cherries. Local horticulturists, Glen Thelin and Clayton Whitney, conducted a series of educational workshops, funded by the Edible Tree Program. Topics included planting, pruning, grafting and tree maintenance. Future development of the orchard has begun with installation of water lines and plans for a root cellar and orchard shed.



Sunriver Community Gardens – Phillips Road

Sponsored by Sooke Food CHI in partnership with the District of Sooke

Our theme at the gardens this year was engaging volunteers to sustain food production: vegetables, berries, herbs, fruit and native plants. With financial support from EPCOR we were able to bring Emily Moreland, our garden coordinator back for 2012. Emily played a major role in coordinating the sustainment of our community plots. Vancity helped fund a support program for our many volunteers, led by Mara Morrison. A Walmart-Evergreen grant enabled an irrigation system to be installed and the purchase of a 40' grow hoop. Other funding included a grant from the District of Sooke which facilitated the development of a wetlands native garden and new pond early in the fall.

Over the spring and summer we engaged 120+ volunteers to grow and distribute food for others, and to share in the harvests. For over seven months volunteers of all ages showed up for at least three afternoons a week to lend a hand.

Our successes this past summer included:

- doubling our community common areas to grow food
- tripling our volume of food to distribute
- involving horticulture students and Journey Middle School grade 8s
- building two more raised beds, total of 12
- creating 12 new allotment plots, total of 75
- grading the common social gathering spaces near gazebo
- tripling the number of engaged gardening families



**SOOKE REGION FOOD CHI SOCIETY
INCOME STATEMENT**

For the Period Ending August 31, 2012

	Food Chi General Fund	Projects Program Fund	Sunriver Community Garden Fund	Total
Revenues				
Sales	383.11	0.00	0.00	383.11
Grants	0.00	10,000.00	27,165.00	37,165.00
Memberships/Fees	620.55	0.00	0.00	620.55
Events	0.00	0.00	0.00	0.00
Plot Fees	0.00	0.00	3,440.00	3,440.00
Donations	1,166.36	0.00	0.00	1,166.36
Interest	21.08	0.00	0.00	21.08
Seedy Saturday	0.00	1,894.52	0.00	1,894.52
Farm Tour/Harvest	0.00	0.00	0.00	0.00
Other Revenue	0.00	170.00	0.00	170.00
Total Revenues	2,191.10	12,064.52	30,605.00	44,860.62
Expenses				
Food CHI Administration	3,795.80	0.00	0.00	3,795.80
Food Systems, Coordination Grant	0.00	2,288.39	0.00	2,288.39
Food Systems, Farmer to Farmer	0.00	4,209.86	0.00	4,209.86
Food Systems, Food Guide	0.00	0.00	0.00	0.00
Food Systems, Gleaning	0.00	885.84	0.00	885.84
Events – Annual	0.00	3,345.79	0.00	3,345.79
Events – General	0.00	0.00	0.00	0.00
Events – Seedy Saturday	0.00	2,110.28	0.00	2,110.28
Sunriver Gardens	0.00	0.00	18,334.79	18,334.79
Amortization	0.00	0.00	2,677.22	2,677.22
Total Expenses	3,795.80	12,840.16	21,012.01	37,647.97
Excess of Revenue over Expenses	-1,604.70	-775.64	9,592.99	7,212.65
Fund Balances, Aug 31, 2011	8,475.68	6,532.80	35,301.08	50,309.56
Fund Balances, August 31, 2012	6,870.98	5,757.16	44,894.07	57,522.21

Thank you to our funding partners

VIHA, EPCOR, Walmart-Evergreen, Edible Trees, Vancity, District of Sooke

**SOOKE REGION FOOD CHI SOCIETY
BALANCE SHEET
as at August 31, 2012**

	Food CHI General Fund	Projects Program Fund	Sunriver Community Garden Fund	Total
Current Assets				
Petty Cash			191.05	191.05
Coast Capital Chequing	6,247.60	5,660.10	8,331.17	20,238.87
Coast Capital Shares	5.00	0.00	0.00	5.00
Vancity Chequing	0.00	0.00	5,206.27	5,206.27
Vancity Shares	0.00	0.00	20.00	20.00
Grants Receivable	0.00	0.00	3,000.00	3,000.00
GST Recoverable (prior years)	613.38	97.06	1,561.02	2,271.46
Mountain Equipment Co-op Shares	5.00	0.00	0.00	5.00
	6,870.98	5,757.16	18,309.51	30,937.65
Investments				
Irrigation System			3,877.31	3,877.31
Equipment			400.00	400.00
Fence/Gates/Signs			7,055.00	7,055.00
Shed			2,317.20	2,317.20
Gazebo			13,401.65	13,401.65
Outhouse			1,310.23	1,310.23
Greenhouse			2,604.00	2,604.00
Shed			2,500.00	2,500.00
Accumulated Amortization			-6,880.83	-6,880.83
	0.00	0.00	26,584.56	26,584.56
Total Assets	6,870.98	5,757.16	44,894.07	57,522.21
Current Liabilities				
Accounts Payable	0.00	0.00	0.00	0.00
Deferred Revenue	0.00	0.00	0.00	0.00
Fund Balances				
Externally Restricted Funds				0.00
Invested in Capital Assets			26,584.56	26,584.56
Unrestricted Funds	6,870.98	5,757.16	18,309.51	30,937.65
	6,870.98	5,757.16	44,894.07	57,522.21
Total Liabilities and Fund Balances	6,870.98	5,757.16	44,894.07	57,522.21

The Sooke News Mirror is published every Wednesday by

OUR VIEW Sept 22

Do you know someone who used to love gardening and wants to grow a few veggies the easy way this summer — your man, or wife or aunts, a grandy or a neighbour?



Volunteers Bonnie, Sheila, Mel, Mike, Maywell, and Bob work on the new raised beds at the Sunriver Allotment Gardens.

On February 7, at Sunriver Community Garden, a handful of volunteers showed up to make two more raised beds bringing the total of raised beds to 10 raised plots each 4 x 8.

These new plots are ideal for a kitchen garden or planting a summer garden, and a winter garden (broccoli). In the winter grasses do very well here in Sooke — check this link: [http://www.sookenewsmirror.com](#)

"When we move into the condo I mean leaving our garden to a few containers on the deck. We enjoy the flowers and a few veggies. Last year was a treat to have a raised bed in Sunriver garden. It was so easy to be on the edge — no level or leveling, no fence or border, the raised bed border both an 'X' and 'Y' are here in our case."

A \$20 annual plot fee entitles one to use of water, cast a hose from nearby, tools, 'compost' all amendments, I have some floral seeds available to you to garden by standing up, heading

Pirjo Raits
Sooke News Mirror

The Annual General Meeting of the Sooke Region Food CHI Society was a mixture of past accomplishments and future plans.

In speaking about the society, Phoebe Dunbar said it all began at a 2007 meeting where a group of people met to talk about their hopes and dreams.

"There was a lot of



Sooke CHI Chief Gordon Planes



Going green for longer

(Front row) Emily Morland, Phoebe Dunbar, and Erika Rolston of the Sooke Food CHI.
(Back row) Jennie Wild, Wayne Goodwin from Goodwin's Greenhouses and Nelly Bruhn, Sooke Food CHI community garden volunteer.

Building a better greenhouse

The Sooke Region Food CHI Society erected a greenhouse on June 2, which will add to the community garden at the Sunriver Allotment Garden.

and winter vegetables in the colder season. It will also extend the growing season from eight months to year-round, allowing Food CHI to supply a higher

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A Sooke success story

The Sunriver Community Garden "is a sanctuary and everyone feels that when they come here." Those are the sentiments of our MLA John Horgan. He was present at the first Harvest Feast on Sunday and his comments were right on the mark. Apparently a lot of other people thought so too.

More than 250 people came together to enjoy the harvest season at the garden on Sunday. Phoebe Dunbar, one of the visionaries of the allotment garden, said they were a victim of their own success as she hustled about tending care of things. If this community needs anything done, just ask a person like Phoebe. She is not alone though. There is something about gardens that brings out the best in people. The community garden is

Seedy Saturday in Sooke

Farmers, growers, gardeners get together to share and swap



Kaidyn and mom Teresa Willman with Jasmin Farm are new to the area farmers.

As you may be aware, early every growing season gardeners around the world get together at their local Seedy Saturday's to buy and swap seeds and plant starts. It is a place for inspiration and learning — to hear about local growing techniques and to share our plant plans for this year even as the buds start showing on the

spectacular beaches! Seedy Saturday also connects the public and sooke-made granola and preserves. The event will be

Volunteers to pick a peck of fruit for community

Sharron Ho
Sooke News Mirror

The Sooke Region Food Community Health Initiative (CHI)

can get involved, they just have to give us a call and we'll find out how to work with them."

She provided the example of one volunteer who

Currently, volunteers are going out to properties, occupied and unoccupied, on Wednesdays and Sundays

to ensure food's not going to waste." Rolston said. According to Rolston, the project is also supported by



Volunteers help with the planting at the wetlands pond at the Sunriver Allotment Garden.

Volunteers help with wetlands pond at the Sunriver Allotment Garden

Pirjo Raits
Sooke News Mirror

propose an allotment garden in Sooke. The land was an amenity provided to the District

of the horticulture instructor at Camosun. She has toured community gardens in

most Garden had 65 volunteers last season and as the popularity of gardening grows

Sooke Slow Food Cycle

Local Food Harvest Feast
Sun River Community Garden 4:30 pm
Adults \$20 - Kids \$10

Collective Transition:
18 • COMMUNITY www.sookenewsmirror.com

Food Feast

Students from the culinary arts class at Edward Milne community school prepare the Harvest Feast at the Sunriver community garden.

The feast was attended by about 250 people who enjoyed the local produce and seafood.

Presented by the Sooke Food CHI, the event featured



Sharron Ho photo

A community feast to celebrate the harvest

Pirjo Raits
Sooke News Mirror

Hot-smoked salmon, black cod and Dungeness crab are three things Sooke is known for. The salmon is



They wanted others to know that while the important part of the community was the garden plot, but not everyone wants to get into the dirt. Some

Happy in Sooke

If you were fortunate and quick enough to get a ticket to the second annual Sooke Food CHI Harvest Supper you were treated to a magical evening filled with excellent food



Mavis Dora Alvarez

"In the last 10 years, Cuba has undergone a "peak oil" experience. But here on Vancouver Island, we don't need to wait for a peak oil experience to improve food security — we can support our local farmers, now," says Phoebe Dunbar, Sooke Food CHI director. "We are

vibrant, sustainable foodshed for our area. Our region is rooted in local production, historical and First Nations' knowledge and environmental stewardship. Concerned individuals, producers and consumers have joined together to foster the