

A photograph of a lush garden with various plants, flowers, and a gazebo in the background. The foreground is filled with tall green grass. In the middle ground, there are several raised garden beds with various plants, including pink flowers and green leafy vegetables. A wooden trellis with a net is visible on the left. In the background, there is a wooden gazebo with a green roof, and a small building is partially visible on the right. The background is filled with dense green trees.

**Sooke Region Food CHI Society**

*"Good, local, affordable food for all"*

**Annual General Meeting**

**November 17, 2010**



# Acknowledgements

Sooke, a west coast Vancouver Island settlement of rural communities from Port Renfrew to East Sooke and an incorporated District of Sooke is the home for 12,000 people. What makes Sooke so special is its volunteer spirit and community support from its many partners, organizations and small businesses. Without the support of the following, Sooke Food CHI's success this last year would simply not have been possible.

Sooke Marine Industries Ltd

District of Sooke Council and staff

Local farms: ALM Organic Farm, Woodside Farm, AK Farms, Ragley Farm, Tideview Farm, Seaside Garden,

T'Sou-ke Nation Ladybug Garden, Sooke Harbour House Farm, Little Farm, Boquist Farm, Silver Cloud Farm

Dockside Underground Services, Dirt Taxi

HHS Drilling & Blasting Ltd

Coast Power

Sooke BackHoe Services Ltd

Sooke News Mirror

Western Island Tree Service Ltd

Rotary Club of Sooke

Wittich Environmental Services Ltd

Alpine Disposal

Butler Brothers Supplies Ltd

Arden Gravel

4M Bobcat & Trucking Ltd

Sooke Home Hardware

Juan de Fuca CRD Electoral Area – grant in aid

Juan de Fuca Economic Development Commission - grant

VIHA – Vancouver Island Health Authority CFAI Program

FarmFolkCityFolk

District of Sooke Community grants

TD Friends of the Environment Foundation - grant

Mountain Equipment Coop - grant

Double D Nurseries

Communities in Bloom

Sooke Coast Guard Auxiliary

Small & Rossell Landscape Architects

William Head Correctional Institute

Pacific West Secondary, SD 62

Canada World Youth

Road's End Construction

Hubert Rhodes family

Bonnie Jones

Jason Childs – Small Load Delivery & Excavator Services

Reber Creative

And our many many volunteers from the  
Sunriver Community Allotment Gardens,  
local farms and the Sooke region.





# Sooke Region Food CHI Society

In the spring of 2007 a group of keen citizens from the region began to meet monthly, sharing a potluck supper of local foods and ideas. The Sooke CHI (Community Health Initiative) group, a collection of social and health associated groups sponsored us. In fact they adopted us. Hence the name CHI continued. These humble gatherings of local farmers with working hands, gardeners with dirty clothes, and interested foodie folk came together to start galvanizing the local food movement in the area.

In 2008 a society was formed and incorporated. Three years later, with a membership of close to 200, Sooke Food CHI, Food CHI for short, has become a household name in our communities. For three years beginning in 2007 and extending to March 2010 we received seed monies from Vancouver Island Health Authority (VIHA) to contract a part-time coordinator to assist Food CHI in developing and promoting food security strategies and programs. Since April of 2010 we have been without VIHA funding and operate with no paid staff, save for a small contractual fee for service for our Farm Mentorship Program coordinator. Throughout the year we have special events where our members and volunteers participate to further the purposes of our society. We have an AGM each fall to celebrate our accomplishments.



## FOOD CHI BOARD of DIRECTORS – 2009 and 2010

### Officers

Phoebe Dunbar – President, Sunriver & SEASIDE gardener, wood artist  
Mary Alice Johnson – Vice President, Past President, ALM Organic Farm, Full Circle Seeds  
Lynn Saur – Treasurer, Sunriver gardener and accountant  
Jessica Boquist – Secretary, landscaper and gardener, Seedy Saturday coordinator

### Directors – serving past year

Diane Welters – liaison to Sunriver Gardens  
Pia Carroll – EMCS Culinary Arts, SD 62, community school garden, Sunriver  
Jill Winstanley – Sooke Harbour House Farm, artist  
Lindsay Snelling – new farmer  
Mary Holland – Little Farm – backyard gardener extraordinaire, artist, musician  
Christine George – T'Sou-ke Nation Ladybug and greenhouse garden  
Sandy Reber – graphic designer  
Kelly Sprague



## Fee for Service Contractors 2009 and 2010

Jessica Boquist, Sooke Food CHI part-time coordinator –  
*October 2009 to March 2010 (10 hours a week)*

Keeley Nixon, Sooke Food CHI, part-time Farm Mentorship coordinator –  
*winter 2010, August 2010 to April 2011, as needed.*

*Sooke Food CHI, with many partners, and support  
from its members, is making a difference; the  
collective foodie conscience is growing.*



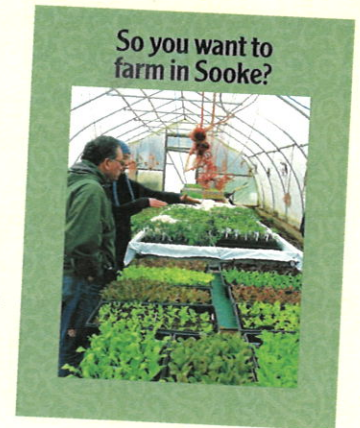


# Highlights

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 2009 and 2010.

## Farm Mentorship Program

A first for the Sooke Region. Ten protégées mentored with 10 regional farms and farmers to learn the basics of how to set up a farm. Throughout the winter months the protégées spent many weekends at our local farms. Mentoring is a most effective way to learn hands on. The organizers for this program, Keeley Nixon and Mary Alice Johnson, have produced a comprehensive manual *So you want to farm in Sooke?* Visit our website to find out more how you can access this useful manual or order a copy. [www.sookefoodchi.ca](http://www.sookefoodchi.ca). Some of the 2010 protégées are already farming, an investment to keep our new farmers in Sooke. The program will be offered again in 2011, for more information contact [sooke.farm.mentorship@gmail.com](mailto:sooke.farm.mentorship@gmail.com).



## SEEDY SATURDAY - February 2010

Sooke's first Seedy Saturday – at SEAPARC's facilities, organized by Jessica Boquist, and supported by a number of Food CHI's volunteers. Hundreds of folks came out and purchased and traded seeds, early spring "starts" and supported Food CHI and our local farms. Most importantly those who came out attended work shops, purchased and supported local seeds and were encouraged to start their own seed saving this summer. And... proceeds from Seedy Saturday contributed needed dollars to the Sunriver Allotment Gardens, to support others to begin growing food. We look forward to our February 2011 2nd annual Seedy Saturday!

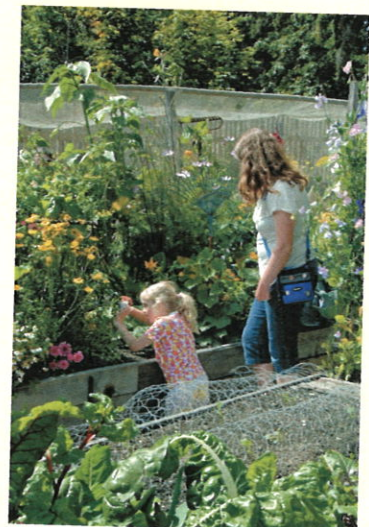


## DIRT: film night with Awareness Video – March 2010

Well attended film night at EMCS, community theatre, with farm vendors present selling seeds, and Sooke Food CHI promoting its programs and activities. Food CHI's share of the proceeds from the film night went to Sunriver Gardens' development costs.

## Farm and Food Garden Tour – August 8, 2010

Another first!! Food CHI, with very generous support by the District of Sooke to promote our agriculture, planned and produced this tour to raise funds for our 2nd Farm Mentorship Program 2011 and to raise awareness of our productive farms and gardens in Sooke's west coast climate. This farm and garden tour was offered as the "working garden farm tour" – a tour of 12 unique farm gardens to inspire its visitors and share local knowledge of what grows well in the Sooke area. Close to 300 people took part in this tour on a fine sunny August day. The day was a huge success, and not only was \$2800 raised for the Farm Mentorship program but a number of our farms did well with gate sales and contacts for the Sooke Country Market. The day was successful once again because of our volunteers, our generous farmers and eager-to-learn public.





## Sunriver Community Allotment Gardens – Phillips Rd

Sooke Food CHI, since its inception in 2007, has wanted to play a facilitating role in the development of community allotment gardens for Sooke area residents and those who do not have suitable backyard gardens, or access to gardens, to grow food.

In the summer of 2009 the District asked Food CHI to develop the Sunriver Allotment garden, a 2.5 acres site, part of the old Phillips Farm. Phoebe Dunbar and Jessica Boquist led the development of this successful garden.

Sooke Food CHI has a licence to occupy this site, an agreement with the District of Sooke.

Starting in February 2009, with many citizens signed up for a plot, work began to install roadways, drainage ditches, paths, irrigation, deer fencing, gates, tool shed, a parking lot and eventually turn the sod under and till the field.



### Getting the job done



Volunteers work together to get the gazebo built at the Sunriver Allotment Garden. The garden is quickly becoming a favorite place for people to meet, plant seeds and reap the harvest of friendship and knowledge.

The community donated over \$50,000 in kind for services and materials to make the garden happen. By early May close to 65 plots had been assigned and summer gardens were planted. Food Chi offered a number of workshops to help new gardeners get going. During the summer, walk-about were led by experienced Sooke gardeners, mentoring, to teach the gardeners best practices.

Enough food was produced in our first year to feed many families, and throughout August to October supply surplus food to Sooke's agencies: Ayre Manor, Seniors Centre, Food Bank, Meals on Wheels, Crisis Centre and low income residents. This past summer close to 100 nettle plants from East Sooke were planted at Sunriver. We hope each year to add local food plants to our native garden. In the fullness of time this will include wild berries too.

With the addition of a large garden gazebo, 24' in diameter, designed and constructed by Sooke Marine Industries, the garden has played host to

numerous gatherings and events this summer and fall. These engaging events all involved food – growing, harvesting, sharing and eating.

- Solstice supper for Sunriver gardens and Food CHI members
- Communities In Bloom luncheon for over 50 guests
- Equinox harvest lunch gathering for Sunriver gardeners
- School groups – harvests and lunch cook outs
- 15 Work parties – wood cook fires, sharing of food, volunteer recognition
- Garden potluck suppers – July through to early October
- Farm and Food Garden Tour – August 8th
- TD Friends of the Environment Foundation celebration



By the end of 2010 a Sunriver Garden Council will be established to operate the gardens.



**SOOKE REGION FOOD CHI SOCIETY  
INCOME STATEMENT  
For the Period Ending August 31, 2010**

	<b>Food CHI General Fund</b>	<b>Farm Mentorship Program Fund</b>	<b>Sunriver Allotment Garden Fund</b>	<b>Total</b>
<b>Revenues</b>				
Grants	\$ 9,300.00	\$ 2,500.00	\$ 11,815.00	\$ 23,615.00
Memberships	361.50	2,250.00	0.00	2,611.50
Events	129.25	2,882.15	2,768.25	5,779.65
Plot Fees	0.00	0.00	2,882.50	2,882.50
Donations	5.00	1,857.27	21,862.99	23,725.26
Interest	9.31	0.00	0.00	9.31
<b>Total Revenues</b>	<b>\$ 9,805.06</b>	<b>\$ 9,489.42</b>	<b>\$ 39,328.74</b>	<b>\$ 58,623.22</b>
<b>Expenses</b>				
Amortization	\$ 0.00	\$ 0.00	\$ 1,380.52	\$ 1,380.52
Food CHI Administration	607.38	0.00	0.00	607.38
Food CHI Events	456.44	0.00	0.00	456.44
VIHA - Contract Fees	7,093.15	0.00	0.00	7,093.15
Farm Mentorship	0.00	3,485.40	0.00	3,485.40
Farm Tour Event	0.00	2,108.27	0.00	2,108.27
Sunriver Development	0.00	0.00	7,170.96	7,170.96
Sunriver Events	0.00	0.00	569.04	569.04
Sunriver Operations	0.00	0.00	2,913.14	2,913.14
<b>Total Expenses</b>	<b>\$ 8,156.97</b>	<b>\$ 5,593.67</b>	<b>\$ 10,653.14</b>	<b>\$ 24,403.78</b>
<b>Excess of Revenue over Expenses</b>	<b>\$ 1,648.09</b>	<b>\$ 3,895.75</b>	<b>\$ 27,295.08</b>	<b>\$ 32,838.92</b>
<b>Fund Balances, September 1, 2009</b>	<b>11,389.34</b>	<b>500.00</b>	<b>400.00</b>	<b>12,289.34</b>
<b>Fund Balances, August 31, 2010</b>	<b>\$ 3,037.43</b>	<b>\$ 4,395.75</b>	<b>\$ 27,695.08</b>	<b>\$ 35,128.26</b>

**SOOKE REGION FOOD CHI SOCIETY  
Notes to Financial Statements - Year Ended August 31, 2010**

**Note 1: Nature of Activities**

Sooke Region Food CHI Society is a registered not-for-profit society consisting of a group of concerned individuals, producers and consumers from the Sooke District, Otter Point, East Sooke, Shirley and Port Renfrew. It is concerned about local food production and is developing a food strategy for the Sooke Region.

**Note 2: Significant Accounting Policies**

The restricted fund method of accounting for contributions, which includes government grants, is used. Results are reported in the general fund and special purpose funds.

**Fund Accounting**

Fund accounting procedures recognize external restrictions on the use of contributions by donors or granting agencies.

- The general fund reports assets, liabilities, revenues and expenses for general operations.
- Special purpose funds report assets, liabilities, revenues and expenses for:
  - Farm Mentorship Program
  - Sunriver Allotment Garden

**Capital Assets**

The following criteria apply:

- Capital assets acquired or constructed are recorded at cost. Donated capital assets are recorded at their fair market value on the date of donation.
- Amortization is recorded on a declining-balance basis using CRA asset classes.

**Revenue Recognition**

Unrestricted operating grants and donations, are recognized as revenue when received. Such grants, if contributed for a future period, are deferred and reported as deferred contributions until that future period. Externally restricted contributions, grants, and donations are reported as revenue depending on the nature of restrictions imposed on the use of the funds by the contributors.



**SOOKE REGION FOOD CHI SOCIETY  
BALANCE SHEET  
as at August 31, 2010**

	<b>Food CHI General Fund</b>	<b>Farm Mentorship Program Fund</b>	<b>Sunriver Allotment Garden Fund</b>	<b>Total</b>
<b>Current Assets</b>				
Cash	\$ 2,076.93	\$ 4,395.18	\$ 1,235.39	\$ 7,707.50
Coast Capital Shares	5.00	0.00	0.00	5.00
Accounts Receivable	0.00	0.00	289.28	289.28
Grants Receivable	0.00	0.00	0.00	0.00
GST (Prior-year Estimate)	300.00	0.00	0.00	300.00
GST Recoverable (Gross)	60.08	0.57	704.08	764.73
Mountain Equipment Co-op Shares	5.00	0.00	0.00	5.00
	<b>\$ 2,447.01</b>	<b>\$ 4,395.75</b>	<b>\$ 2,228.75</b>	<b>\$ 9,071.51</b>
<b>Investments</b>				
Inventory (Brochures, etc.)	\$ 590.42	\$ 0.00	\$ 0.00	\$ 590.42
Gazebo	0.00	0.00	13,401.65	13,401.65
Equipment / Tools	0.00	0.00	400.00	400.00
Outhouse	0.00	0.00	1,310.23	1,310.23
Shed	0.00	0.00	2,317.20	2,317.20
Irrigation	0.00	0.00	3,877.31	3,877.31
Fence/Gates/Signs	0.00	0.00	7,055.00	7,055.00
Accumulated Amortization	0.00	0.00	-1,380.52	-1,380.52
	<b>\$ 590.42</b>	<b>\$ 0.00</b>	<b>\$ 26,980.87</b>	<b>\$ 27,571.29</b>
<b>Total Assets</b>	<b>\$ 3,037.43</b>	<b>\$ 4,395.75</b>	<b>\$ 29,209.62</b>	<b>\$ 36,642.80</b>
<b>Current Liabilities</b>				
Accounts Payable	\$ 0.00	\$ 0.00	\$ 1,514.54	\$ 1,514.54
<b>Deferred Revenue</b>				<b>\$ 0.00</b>
<b>Fund Balances</b>				
Externally Restricted Funds	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00
Invested in Capital Assets	0.00	0.00	26,980.87	26,980.87
Unrestricted Funds	3,037.43	4,395.75	714.21	8,147.39
	<b>\$ 3,037.43</b>	<b>\$ 4,395.75</b>	<b>\$ 27,695.08</b>	<b>\$ 35,128.26</b>
<b>Total Liabilities and Fund Balances</b>	<b>\$ 3,037.43</b>	<b>\$ 4,395.75</b>	<b>\$ 29,209.62</b>	<b>\$ 36,642.80</b>

**SOOKE REGION FOOD CHI SOCIETY  
Notes to Financial Statements - Year Ended August 31, 2010 *continued***

**Note 3: Investments in Capital Assets**

	<b>Cost</b>	<b>Accumulated Amortization</b>	<b>2010 Net Book Value</b>
Gazebo	\$ 13,401.65	\$ 670.08	\$ 12,731.57
Equipment	400.00	60.00	340.00
Outhouse	1,310.23	65.51	1,244.72
Shed	2,317.20	115.86	2,201.34
Irrigation	3,877.31	116.32	3,760.99
Fence/Gates/Signs	7,055.00	352.75	6,702.25
	<b>\$ 28,361.39</b>	<b>\$ 1,380.52</b>	<b>\$ 26,980.87</b>





**Growing a crop of farmers**

Curt Maxwell and Mary Alice Johnson talk farming at the ALM Organic Farm off Otter Point Road.

The Sooke Food CHI is initiating a farm mentorship program for would-be farmers.

**OUR VIEW**

# Creating Community

While it is so easy to slam things that are happening around Sooke, this needs to be taken as positives.

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## Passion, vision and dedication leads to awards

Sooke commended for beautification efforts

Pirjo Raits  
Sooke News Mirror



"Both of these community characteristics combined equate to great achievement and extreme potential for future accomplishment," says the report.

The judges also recognized the T'Sou-ke Nation as Canada's largest solar community in the Community Showcase Entry.

"Their study of this alternative energy source will hopefully lead the way for com-

WEDNESDAY, MAY 12, 2010  
DOKE NEWS MIRROR - WEDNESDAY, MAY 12, 2010

## A growing concern at Sunriver garden

Jim Sinclair  
Sooke News Mirror



The volume of produce that can be grown on a one-hectare plot is staggering. The fact that a local, dedicated hectare is being co-operatively cultivated for that purpose, is inspiring.

It's a safe bet you'll never hear anything but positive comments on the value of gardening, and the Sunriver Allotment Garden is a shining example why

Thanks out list of supporters. Bev and Michael, below left.



## Amazing spaces

The allotment garden along Phillips Road provides a place for the greater Sooke community to get together, grow ideas and plants. The success is largely due to volunteer and District of Sooke commitment.

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## Farm/Garden tour benefits all

Jim Sinclair  
Sooke News Mirror



Next to air and water there's not much that shares the universal appeal of food, especially fresh, locally grown food.

It's a commodity we can have more of if we follow the lead of the Sooke Region Food CHI Society. CHI stands for Community Health Initiative, and the community's overall health is very likely to improve if people grow more food, or support their neighbours who do. It's an eco-friendly hedge against shortages and spiraling prices at the supermarket.

There's a Farm and Food Garden Tour coming up that is meant to inform and inspire and it's set for Sunday August 8, rain or shine from 11 to 5.

The tour has 12 stops scattered from East Sooke to Otter Point and will offer valuable connections of where to buy choice produce that hasn't seen the inside of an airplane,

Some of those organizing the tour recently at ALM Farm, are Mary Hollai and Marika Nagasaka, and



garden designs from a variety of local "experts in the field."

Along with edible produce "tourists" will discover fibres provided thanks to sheep and llamas, not to mention a dazzling assortment of the most robust vegetables to be found anywhere.

Although the focus is on productivity, the gardens and farms all have their own strikingly natural beauty, some are in especially scenic settings as well.

This is designed to be an enriching experience for everyone who

clary too - namely the The Sooke Region New Farmer Mentorship Program - a conduit for the advancement of folks who take a serious interest in the whole process.

These garden etiquette tips are a bit of a heads-up for those making a date for August 8.

- Please use paths and take care not to
- Do not pick produce or pet animals unless the garden owners encourage you to do so
- Please respect your hosts' privacy and stay within areas designated for the tour
- The ticket/brochure

**SOOKE NEWS MIRROR**

The Sooke News Mirror is published every Wednesday by Black Press.

## Doing it right in the garden

The Sunriver Allotment Garden is something all of Sooke should be proud of. It was brought forward by a number of dedicated volunteers and is including, but not limited to the Sooke Food CHI.

The land itself was in the AL with some foresight saw this encourage local food and local is an amazing example of how together for the common good.



There seems to be a hunger for this sort of community involvement



## Farm mentorship program proves to be a success

Pirjo Raits  
Sooke News Mirror

Some people are born with a deep affinity for the earth and the creatures that wander through it. These people are the farmers and growers who are out there creating a sustainable lifestyle.

Rasmus Rabien grew up on a dairy farm in Northern Germany and knows all about what it takes to be a farmer. He knows about the tough regulations and



Rasmus Rabien is passionate about farming and grows a lot of what his family eats on his small acreage. Below, Rabien with Keeley Nixon at Rabien's garden area.



animals.

It's all in the spirit of cooperation with the idea to purchase things such as seeds, plants, specific pieces of equipment together.

The idea is not to combine farms into one large corporate farm but to support the small farms so they can continue to survive.

"These little farms will have more and more importance," said Rabien. "We have got to protect the land."

He said the program will help people become aware of what "real" food is and where it comes from.

"I do it because it's worth it," he said.

The Sooke Region New Farmer Mentorship program takes place from November 2010 to March 2011.

Contact Keeley Nixon at: sooke.farm.mentorship@gmail.com or go to the society website at: www.sookefoodchi.ca for more information.

## Down to earth and loving it

**Growing trend**

With Diane Wetters, Sooke Food Chi director, is rotating the Phillips farm property at Sunriver.

WEDNESDAY, NOVEMBER 3, 2010 • SOOKE NEWS MIRROR