

## Food Link Nanaimo - DIGEST #5, December 7th, 2007

**Welcome!** The Food Link Nanaimo (FLN) Digest is an initiative of the Board to increase communications with its Members and others interested in food sustainability initiatives, locally & beyond. News, updates, resources, reports and events that are relevant to food security, food systems, and sustainability will be included. Please forward to anyone who might be interested. Advance apology for any cross-postings.

### FLN Board updates:

√ In December, in lieu of a Board meeting, our Board will join Nanaimo Community Gardens monthly **vegetarian potluck, on Sunday, December 9<sup>th</sup>, at 6:00 pm** at the Foodshare Centre, 271 Pine Street. Maybe we'll see you there!

√ **2008 FLN Board meetings** will be held on the third Wednesday of each month at 4:00 pm. The following dates have been scheduled: January 16<sup>th</sup>, February 20<sup>th</sup>, March 19<sup>th</sup>, April 16<sup>th</sup>, and May 21<sup>st</sup>. Our AGM will be on Wednesday, May 28<sup>th</sup>. All meetings are open.

√ At our November 21<sup>st</sup> Board meeting we heard from guests: **JoAnne Dundas** of Loaves & Fishes, as well as **Wendy Potter**, food activist and community/organization development consultant. We also welcomed two new Board members, **Dawn Smorong** and **Debra Librock**.

√ We received **Dave Driedger's** resignation, though we look forward to continue working with him in his capacity at Mid-Island Coop on the FSS sub-committee and on the Board of Nanaimo Community Gardens. Thanks Dave for contributing such a lot during this important transition time for Food Link!

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## DIGEST SUMMARY

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Christmas Hamper Project  
NCGS Update as of December 2007

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New film: Tableland  
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## **DIGEST #5**

### **Member Organization updates & events:**

#### **Christmas Hamper Project**

The Christmas Hamper Project in Nanaimo is located at 135 Pine Street (corner of Prideaux and Campbell). Registration closed on Friday, November 30<sup>th</sup>. However, the food drive continues until December 14<sup>th</sup> (for the hampers) and ongoing into January to boost the food bank.

This is a joint project between **Loaves & Fishes** and the **Salvation Army**.  
Contact number for Hampers: 754-3181

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#### **NCGS Update - December 2007**

For fifteen years the Nanaimo Community Gardens Society (NCGS) has delivered public education on how to grow organic produce at a demonstration garden on Pine St (adjacent to the Foodshare Centre). Through hands-on involvement of the community in growing food, NCGS helps people understand the importance of local food so our

community will grow and eat more of it. We believe that the more food we grow locally, the healthier our community and environment will be.

Nanaimo Community Gardens was given notice recently that we need to vacate from this long-standing educational garden site on Pine St **by mid January**. Our board has decided to temporarily move our primary operations to a 2 acre agricultural property in City limits on 14th Street for the 2008 growing season while we explore downtown locations that we've identified as possible long-term options. The landowner of this farm site has allowed NCGS to use her property on a small scale for the past five years and is supportive of increasing food production and the involvement of the community on her land.

We invite you to help in this transition. Here are some ways you can get involved:

- **Help with the move** – A large work party day is set for Saturday December 28th and Sunday January 6<sup>th</sup> from 10-3pm at 271 Pine St. Future work party dates will be announced for the farm site. Gardening will start right away as we have winter gardens with kale, chard, leeks, celery etc. Seeding of other vegetables will begin in our greenhouse as early as February.
- **Be a mentor and garden host** – Share your knowledge and skills with others in the communal garden and help people learn to grow food. All participants in the garden share in the food grown.
- **Join as a member** – your membership in the Nanaimo Community Gardens Society puts your voice and financial support behind our mandate to have more food grown locally.
- **Make a donation** – Your financial support will be instrumental in financing the relocation of our educational gardens and to ensure that community members continue to have access to this valuable program. Donations over \$15 receive a charitable tax receipt.

We invite you to **join us on January 13<sup>th</sup> for a celebration of all the food and friendships we've grown in the Pine St Community Garden**. The celebration will include a slide show and a vegetarian potluck starting at 5:30pm at 271 Pine Street.

We would be happy to give you a tour around our farm. Please contact us if you'd like to be involved or get more information.

Sincerely,

Jessica Snider, Executive Director (250) 722-2292

Nanaimo Community Gardens Society

[www.nanaimocommunitygardens.ca](http://www.nanaimocommunitygardens.ca)

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*If you would like your local event notices included in an upcoming digest, please contact [sandra.christens@yahoo.ca](mailto:sandra.christens@yahoo.ca) and to become an active member of Food Link Nanaimo contact Jen Cody at [jenandbearit@gmail.com](mailto:jenandbearit@gmail.com)*

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**Local Links**

**From:** Rev Jordan Ellis [mailto:revjellis@shaw.ca]

**Sent:** Sunday, December 09, 2007 11:17 AM

**Subject:** Green Drinks

NEXT meeting: Wednesday, December 12th, from 5 to 7 pm

January meeting: January 9th, 2008

**NEW LOCATION! "Mermaid's Mug"** on Wesley St.; "Old City Quarter", directly across from Dellicado's.

Our first meeting (last month) at 'Mermaid's Mug' was great! The new venue better suited our needs re: circulating & meeting others and hearing ourselves talk and the proprietor is into "sustainability" in that her menu is based on "The 100 mile diet" concept – worthy of our support in and of itself!

There's entertainment (music jam) after 7 for those who might want to stay on awhile.. Why not make it a fun evening out?

This meeting we gathered in one large group and discussed, as a jumping off point at least, the idea of our carbon footprint, carbon credits and what we each, individually are doing to "make a difference".

In researching the 'environmental (carbon) cost' of my annual winter vacation, I find I can buy "gold standard" carbon credits to offset my and my wife's trip for \$111. Now, the real question is, will I actually DO it? The "rubber is about to meet the road", so to speak.

This month, John and Tim have offered to present, again as a starting off point for discussion, some of the environmental benefits relating to the "Island Corridor Foundation". That is, getting our train service up, down and across the island functioning MUCH better.

Hopefully, MP Jean Crowder will be available to be our discussion catalyst, presenting some ideas about food security and the environment. As always, I am open to receiving more offers for presenters and topics for future meetings for consideration!

Don't be shy! Nominate yourself if you have a particular topic of passionate interest that you would be prepared to make a brief presentation on and kick-start discussion!

Remember to invite your friends and refer them to our Yahoo group page for more info:

<http://groups.yahoo.com/group/nanaimogreendrinks>

To those I won't see before, may you have a safe, peaceful, blessed and inspiring Christmas season.

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## **Seedy Saturday at Qualicum Beach**

*Always the first of the year across Canada*

\*Date - Saturday, February 2nd, 2008 from 10 am 'till 3:30 pm

\* Location - Qualicum Beach Civic Centre, Qualicum Beach, B.C.

\* Theme - "Sustainable Island Living"

\* Up to 50 vendors, 1600 people attend (more or less)

\* Seed Swap, garden related companies and organizations, 3 special speakers, including Carolyn Herriot who will talk about today's version of the long-ago "Victory Gardens"

\* Admission by donation, lots of prizes and draws

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Contacts:

Keith & Joy Smith, 2503 Island Highway West. Qualicum Beach, BC V9K 1G5

[gwenmar@shaw.ca](mailto:gwenmar@shaw.ca)

250 752 8135

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## New Radio Show: "Heart & Mind: Tools for Change"

We are excited to share that we have started a radio talk show on Community Radio Malaspina CHLY 101.7 FM ([www.chly.ca](http://www.chly.ca)) called "Heart & Mind: Tools for Change". It is focused on offering tools for living more consciously and creating higher awareness. It is aired live on Tuesdays from 1 to 2pm - the on-air phone number to call in is 740-1017.

I am editing the shows and posting them on Synergy's website ([www.synergymag.ca](http://www.synergymag.ca)) as time permits, so feel free to check out the shows that pique your interest!!

Yours,

Nicole and Dirk

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## Tableland

A new film by Craig Noble

Get Local...Get Inspired! This is a fantastic new film featuring many BC producers and more. Highly recommended. The director will be at the Ridge screening to speak with the audience and answer any questions.

All across North America grows a wonderful bounty of local, seasonal and tasty food. Award-winning filmmaker Craig Noble brings it to the table at the Vancouver premiere of Tableland, his culinary expedition in search of the people, place and taste of North American small-scale, local food production. With passionate human stories, bucolic locations, delicious food and a pertinent message, Tableland will entertain and tantalize viewers.

Recently screened at the Ridge Theatre in Vancouver on Dec 2nd & 3rd.

Barbara from Nanoose Edibles let us know that it will be shown at the COABC's AGM event held Feb 29 to Mar 2 in Sidney (that's the Certified Organic Association).

To watch the trailer, please visit <http://www.p1-productions.com/tableland.html#>

"When we were children, our parents taught us not to take candy from strangers. Now we buy food from faceless corporations and consume it without question."

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## The Future of Farming in BC: a Speaker Series

Hello

Barbara Ebell suggested I contact you to ask for your help in promoting the Speaker Series described below on the Future of Farming in BC.

My name is Erin Nichols from Your Local Farmers Market Society and what follows is the announcement for this exciting series of presentations and workshops.

**The Future of Farming in BC: a Speaker Series**

Your Local Farmers Market Society has gathered together the best people we could find to address three of the key issues farmers all over BC and North America face today: seasonal revenues, the cost of farmland and succession. As a diverse agricultural community in BC we need to look at the supply side of local food together if we are to meet the growing demand for BC products. This series is for experienced, new and aspiring farmers, horticulturalists, conventional and organic growers and meat and poultry producers who are passionate about the future of farming in BC.

Event details and registration is at <http://www.eatlocal.org/vendor/> or call 604-742-0545 for more details.

**Eliot Coleman, Four Season Farm**

**Winter Harvest: Methods for year-round revenues**

Eliot Coleman has been a farmer for nearly 40 years. At times he has earned up to 50% of his income in the colder 8 months of year while weathering hurricane winds and winter temperatures of -30F in his home state of Maine . “I refuse to say anything is impossible”, says Coleman. He has developed affordable low, double-wide tunnels and moveable greenhouses and will discuss how farmers can extend their harvest season. He is the author of the New Organic Gardener, Four Season Harvest and the Winter Harvest Manual.

Presentation: Saturday Dec. 8th 7-9 pm

Workshop: Sunday Dec. 9th, 10 am - 1 pm

**Heather Pritchard, FarmFolk/CityFolk & Ramona Scott, The Land Conservancy**

**Community Farms: Alternate ways to own or access farmland**

Land prices continue to rise and forward-thinking farmers are creating solutions. From collectively owned farmland to eco-villages, Heather Pritchard and Ramona Scott have toured the province gleaning the best practices from which to create alternative agricultural models that can be replicated throughout BC. They will speak on how the Community Farms Program aims to address the challenges of increasing local food production in BC by helping new farmers access affordable land through a network of landowners, and community organizations.

Presentation: Saturday Jan 12th, 2008, 7-9 pm

Workshop: Sunday Jan. 13th, 10 am - 1 pm

**Growing New Farmers: The next generation**

**John Anderson, a Farm Succession Planner & Chris Bodnar, with a new farmer's perspective**

90-100,000 family farms across Canada have a lead farmer that is 5-10 years away from retirement yet less than 4% have a succession plan for their business. Meanwhile, hundreds and hundreds of young men and women would love nothing more than to be part of this industry. John Anderson understands the issues of succession and offers practical strategies on how existing and new farmers can form working partnerships. Chris Bodnar will share his experience as a new grower entering an established cooperative farm.

Presentation: Saturday Feb. 23rd, 2008, 7-9 pm

Workshop: Sunday Feb. 24th, 10 am - 1 pm

The events will be held in Langley at the Kwantlen University College campus and at the Best Western Langley Inn. A reduced Hotel room rate has been negotiated at the hotel under the name Farmers Market. Event registration is online at <http://www.eatlocal.org/vendor/> . Presentations and workshops are \$20.00 each with a 15% discount when three or more events are booked .

If you have any questions or need materials to support the advertising of these events please contact me, erin@eatlocal.org, 604-742-0545 ! Thanks for helping us spread the word about this great opportunity.

Your Local Farmers Market Society is a not-for-profit organization located in Vancouver BC. We run four summer markets, one winter market and a holiday gift market. For 13 years we have fostered alternative

sustainable food systems that enhance the way food is grown, distributed, purchased and consumed in the region. To learn more about us please go to <http://www.eatlocal.org/file://www.eatlocal.org> .

**These events are generously funded by Vancity Credit Union and by Western Economic Diversification**

**And supported by the Institute for Sustainable Horticulture, Kwantlen University College**

Erin Nichols

Vendor Business Development Coordinator

Your Local Farmers Market Society

erin@eatlocal.org

Home office: 604-742-0545

[www.eatlocal.org](http://www.eatlocal.org)

Eat well. Eat local.

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**Amnesty International Global Write-a-thon for Human Rights, Saturday December 8th**

----- Forwarded Message -----

From: Deborah Ferens <debferens@hotmail.com>

Sent: Sunday, December 2, 2007 3:01:47 PM

AMNESTY INTERNATIONAL  
GLOBAL WRITE-A-THON FOR HUMAN RIGHTS

Saturday, December 8.

Gabriola locations: Harvest Thyme Whole Foods on Gabriola from 10 a.m. to 4 p.m. and the Gabriola Commons, 675 North Road.

Nanaimo location: The Thirsty Camel Café at 14 Victoria Crescent from 2 p.m. to 5 p.m.

Call 247-8335 for more information.

This international event commemorates Human Rights Day (Dec 10) which focuses on the rights enshrined 60 years ago in the Universal Declaration of Human Rights.

The purpose of the Write-a-thon is to mobilize thousands of people around the world. The main goal is to use the power of letter-writing to help bring about the release of people who have been wrongfully detained and to influence world leaders to protect individuals or people whose human rights have been denied.

**SIGN A LETTER - SAVE A LIFE**

Letter writing works! Amnesty has found that letter-writing efforts have led to positive results in approximately one-third of the cases. But we've also learned that it takes persistence: some countries can be more responsive than others; and some high profile individuals, such as Myanmar's Aung San Suu Kyi have been repeatedly arrested.

You do not need to be a member of Amnesty International to participate. Amnesty welcomes all those who are keen to keep shining the light on human rights.

Amnesty International is a worldwide movement of people dedicated to the protection and promotion of human rights. Amnesty works to free prisoners of conscience; protect refugees, abolish the death penalty, end political killings, "disappearances" and torture.

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## Action Initiatives

**Trading Democracy** is a documentary film on the dangers to our rights and sovereignty from secret agreements like the North American Security Prosperity Partnership (SPP) and the inter-provincial Trade, Investment and Labor Mobility Agreement (TILMA). These agreements are being negotiated in secret, right now, by heads of state and representatives from ONLY large corporations.

A fundraiser for his new film was held in Nanaimo on November 24th - a great turn out!

A sneak preview of what his film will be about, can be seen at:

<http://www.youtube.com/watch?v=DCRs06wT64>

Paul Manly, local activist, can be contacted at: [paul@manlymedia.com](mailto:paul@manlymedia.com)

I also found this article on CBC:

"Nanaimo man speaks out after filming undercover cops at Montebello summit

The Vancouver Island man who filmed three undercover police officers during peaceful demonstrations at the international summit in Montebello, Que., said he is disturbed by what he saw."

This story on <http://www.cbc.ca> at the following URL:

<http://www.cbc.ca/canada/british-columbia/story/2007/08/24/bc-protest.html>

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## Fresh Voices Contest

Are there any **Fresh Voices** out there? Do you have a vision on how sustainable organic production and marketing systems could improve profitability, stewardship of the land and water, and quality of life for farmers, ranchers and their communities? Well COABC wants to hear your thoughts and is launching a contest just so we can.

The top three **winners** will be **invited to present** their entry at the closing plenary session of the 2008 COABC conference on March 2, 2008 in Sidney, BC. Event registration, food, shared accommodation, and some travel expense compensation is available for the top 3 entries.

Additional **cash prizes** of \$500, \$300, \$200 for the top 3 entries, plus 3 consolation prizes of \$100, \$50, \$25 will be presented at the COABC conference, or mailed to successful candidates after the conference. **Deadline** is 4pm Jan 28, 2008.

Check out the **awesome contest poster created by Robin Tunnicliffe** at <http://www.certifiedorganic.bc.ca/AGM2008/contest.php> (feel free to print off display, distribute, promote). All the rules are pasted below, and a special thanks to those nice people at Sea Soil for donating all the prize money, and to Robin for all her hard work getting this off the ground!

#### **RULES FOR ENTRY**

Entries should be self contained and self explanatory and will be accepted in the following categories:

**Text:** Essays, narratives, poems, or other text submissions of 750 words or less submitted by mail or by email to [extension@certifiedorganic.bc.ca](mailto:extension@certifiedorganic.bc.ca) in a Microsoft Word or PDF document.

**Audio/Video:** Audio or video submissions should be between 5 and 10 minutes and submitted on VHS, CD, or DVD media (CD preferred). All audio/video entries must be accompanied by a transcript and a signed copyright and subject-release form for all individuals portrayed. Digital files should be: Windows Media Player compatible (see <http://support.microsoft.com/kb/316992>) No larger than 100 MB A minimum resolution of 720 by 480 pixels

**When is the deadline for entries?** The deadline for entries is 4 pm Jan 24, 2008. Winners to be announced February 8th, 2008.

**Eligibility:** The competition is open to all residents of BC except current or past paid COABC staff. We particularly encourage submissions from emerging leaders, students, beginning farmers and ranchers and individuals new to the sustainable organic agriculture community.

**Who will judge the entries?** The panel of judges will consist of growers, advocates, researchers, and educators from across the province. Entries will be judged for their capacity to engage the audience in an innovative and compelling vision for the future of sustainable agriculture.

**What happens with the winning entries?** The winner and finalists will be announced February 8, 2008. Winning entries will be featured in conference publications and materials.

All submissions, both winning and non-winning, may also be published in all COABC print and electronic publication.

#### **What are the rules for entry?**

1. Entries must be received by 4pm January 24th, 2008.

2. Every entry must include a cover letter that includes the following:

- your name,
- your e-mail address if applicable, your postal address,
- your telephone number,
- 100 words or less telling about yourself and how you represent a “Fresh Voices” in sustainable organic agriculture.

3. Text submissions should be sent to [extension@certifiedorganic.bc.ca](mailto:extension@certifiedorganic.bc.ca) or by mail to COABC Fresh Voices, 3402 32nd Ave Vernon BC, V1T 2N1. Audio/video submissions must sent by mail only to the address above, and should include six identical copies of each submission on separate CDs or DVDs, each clearly marked with the entrant’s name. All audio/video entries must be accompanied by a transcript and a signed copyright and subject-release form for all individuals portrayed.

Please be aware that submissions sent by mail will not be returned.

4. By entering the contest, you give the Certified Organic Association of British Columbia the right to use your entry with credit in any of its publications.

5. We reserve the right to edit all submissions as we see fit.

6. Entries must be your own work.

7. Entries should not have won previous competitions, and should not have been published elsewhere.

8. No responsibility is accepted for ineligible entries or entries made fraudulently.

9. By entering this competition you are accepting these rules and agree to be bound by them.

10. Current or past paid COABC staff cannot enter this contest.

The aim of the “Fresh Voices” contest is to solicit new ideas to help COABC meet its mandate of “a strong and sustainable community, serving the evolving needs of the sector and the public for generations to come.”

Rochelle Eisen

COABC’s Organic Extension Agent

[extension@certifiedorganic.bc.ca](mailto:extension@certifiedorganic.bc.ca)

250.547.6573 (h)

250.306.7980 (c)

250.547.6580 (f)

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## **Funding Resources**

## Food Skills for Families Initiative

The Canadian Diabetes Association (CDA) is taking the lead to implement a Food Skills for Families Initiative – one of the four evidence-based Healthy Eating Strategies supported by the BC Healthy Living Alliance (BCHLA) with funding from the Ministry of Health. The key components of the Food Skills for Families Initiative to be developed and implemented are:

### 1. A Food Skills for Families Program

- A best practice core training program with food skills modules for Aboriginal, South Asian, new immigrants, and families on very limited budgets will be developed.
- The program will be designed to build on the strengths of the Canadian Diabetes Association Cooking for Your Life program and curriculum [http://www.diabetes.ca/section\\_regional/bc\\_helthy.asp](http://www.diabetes.ca/section_regional/bc_helthy.asp),

Cooking Fun for Families and other successful food skills programs. Key features will include: a standard curriculum, sharing food (food is provided as part of the program), links to nutrition information, and networking support.

- The program will be coordinated by CDA with the assistance of key partners and delivered via organizations and groups in the community who serve the target families and have expressed an interest and readiness.

### 2. Train-the-Trainer Certification Program

- A Train-the-Trainer Certification Program will be developed.

The intent is to identify and involve a number of master trainers in each region who, in turn, will be willing to train local community facilitators. The aim is engage those with a broad range of relevant food and nutrition experience, not limited to dietitians, nutritionists and chefs, to provide the Food Skills for Families Program.. This will help build capacity to provide programs across the province and expand reach and access to the Food Skills for Families program.

- Facilitators as well as participants will have access to oversight and advice through registered dietitians or community nutritionists and/or through Dial-A-Dietitian.

### 3. Key Partners

- Each of the Regional Health Authorities <http://www.healthservices.gov.bc.ca/socsec/index.html> will identify community organizations and groups who serve the target families and

have a readiness to provide the Food Skills for Family program.

- DASH BC <http://www.dashbc.org/> will connect schools with the Food Skills for Families Program, identifying readiness and enabling schools to maximize the benefits of the Initiative.

- Greater Vancouver Food Bank Society's Vancouver Community Kitchens Project <http://www.communitykitchens.ca/> will link the Initiative with the network of organizations and people providing community kitchens across the province.

- Other organizations such as: the Ministry of Employment and Income Assistance (MEIA) <http://www.gov.bc.ca/eia/index.html> will assist groups to build capacity to sponsor Food Skills for Families programs; and Dial-A- Dietitian <http://www.dialadie>

[titian.org/](http://titian.org/) will provide a central food and nutrition information resource for facilitators and participants.

#### Implementation Process:

##### &#61656; Timeframe

The development of the Food Skills for Families Curriculum and Train-the-Trainer Certification Program is scheduled to occur over the next five months from November, 2007- April, 2008.

##### &#61656; Consultant and Advisory Resources Required

The Canadian Diabetes Association – Pacific Region is seeking the following resources:

1. Consultants to develop the curriculum for the Food Skills for Family Core Program as well as the curriculum for each of the modules for target families:

- Aboriginal
- South Asian
- Food insecure/families on a very limited budget
- New immigrants

One or more consultants are required with a background in nutrition, adult education and curriculum development. A contract will be established for the selected consultant(s) .

2. Advisory Group members to provide advice on the food skills module content, approach and curriculum for the four different family groups. It is preferred that advisory members come from the target population and/or have relevant experience working with these families.

Advice will mostly be sought by telephone or email.. Advisory group members may need to meet face-to-face once or twice and if so, travel expenses will be covered.

3. Consultant to develop the Train-the-Trainer Certification Program.

A consultant is required to develop the Train-the-Trainer Certification Program. The skills needed to develop this program include adult education, food and nutrition and curriculum

development. Experience in delivering community kitchen programs, Food For Life and/or Food Fun for Families sessions is important.

4. Advisory Group members to provide advice on the content, approach and curriculum for the Train-The-Trainer certification program.

The plan is to ask individuals who would be interested in becoming master trainers to participate on this advisory committee. Note: The intent is to identify a number of master trainers in each region – individuals with a background in food and nutrition, and experience in adult education who would be willing to train facilitators in their region. Master Trainers will be compensated for their work.

5. Facilitators - individuals with a broad range of relevant experience (not limited to dietitians, nutritionists and chefs) who would be interested in completing the training required for certification to provide the Food Skills for Families Program. Facilitators will be compensated for delivering the Food Skills for Families Program in their area as part of this Initiative.

For further information, please contact:

Zena Simces (604-644-1874) [zenasimces@shaw.ca](mailto:zenasimces@shaw.ca) or  
Sue Ross (604-876-9086) [sueross@interchange.ubc.ca](mailto:sueross@interchange.ubc.ca)

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### **DASH BC: Cooking and Skill Building project**

DASH BC is pleased to announce the remaining Cooking and Skill Building project equipment and resource funding will be made available in a third funding cycle beginning January 2008.

The project provides grants for equipment and "how to" learning resources for community agencies throughout BC providing hands-on cooking and nutritional skill building programs for adults and families living with limited income.

Priority will be given to agencies who DID NOT receive funding in cycle one and two of the project. Community agencies who previously received funding can re-apply to address additional equipment and resource needs and will be granted based on availability of funding.

Cycle Three applications will be available on the DASH website in the first week of January. DEADLINE for submission of applications is February 1, 2008 with funds to be distributed mid March 2008.

For more information contact DASH BC at [info@dashbc.org](mailto:info@dashbc.org) or call 604-583-6047.

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### **GEOCONNECTIONS FUNDING FOR COMMUNITY MAPPING (Letter of Intent due Feb 1st, 2008)**

[From Community Food Action Brief #37]

The objective of this announcement of opportunity (AO) is to solicit letters of intent for projects that will ultimately account for, build and draw upon distributed sources of geospatial information over the Internet. Projects will address specific issues within one of four priority areas: public health, public safety and security, environment and sustainable development, and matters of importance to Aboriginal People. Projects should assess and make use of the policies, standards, technologies, services and datasets that comprise the Canadian Geospatial Data Infrastructure (CGDI) and facilitate information sharing in support of decision making. Furthermore, projects funded through this announcement of opportunity will build capacity within user groups, and also promote, expand, and increase the use of the CGDI.

<http://www.geoconnections.org/en/opportunities/fa=IAO7.xxxxx1>

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## **MEASURING UP ACCESSIBILITY AND INCLUSION FUND**

**(JANUARY 31, JUNE 30 AND DECEMBER 31, 2008)**

[From Community Food Action Brief #37]

2010 Legacies Now has received a \$2-million grant from the Province of BC to establish the Measuring Up Accessibility and Inclusion Fund. This fund will support community projects aiming to improve how people with disabilities can actively participate in, and contribute to, their communities. The fund, which provides approximately 70 grants of up to \$25,000, supports the provincial government's goal to build the best system of support in Canada for people with disabilities. For more information on the Measuring Up Accessibility and Inclusion Fund, please contact Cynthia McEwan at (778) 840-5169. [Measuring Up Accessibility and Inclusion Fund Application in PDF](#)  
[Measuring Up Accessibility and Inclusion Fund Application in Word format](#)

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## **ABORIGINAL HEALTH RESEARCH ABSTRACT DATABASE**

[From Community Food Action Brief #37]

NEARBC (Network Environments for Aboriginal Research BC) has launched the first stage of the Aboriginal Health Research Abstract Database. This initiative is a result of consultations with the Aboriginal community members who wished to have access to information that would assist communities in defining future health research questions. The Aboriginal Health Research Abstract Database features five health areas that provide communities and researchers with a wealth of information in the following categories: diabetes, cardiovascular diseases, fetal alcohol spectrum disorder, tobacco, injury and suicide. <http://www.nearbc.ca/aboriginalhealth/>

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## **NEW SUSTAINABLE FOOD PURCHASING POLICY GUIDE AVAILABLE**

[From Community Food Action Brief #37]

The Sustainable Food Policy Project announced this week the completion of a new Guide to Developing a Sustainable Food Purchasing Policy (<http://www.foodalliance.org/sustainablefoodpolicy/sfpg.pdf>). The guide is intended to help universities, colleges, hospitals, and other institutions – as well as those advocating for food system change – create, promote and implement practical sustainable food purchasing policies. It can be downloaded along with related policy examples at <http://www.sustainablefoodpolicy.org>.

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## **Education & Awareness**

### **BC Meat Regulations and US Meat regulations**

(Reference Article posted below)

----- Forwarded Message -----

From: lorelei <lorelei\_andrew@shaw.ca>

Sent: Saturday, December 1, 2007 5:06:16 PM

Subject: FW: BC Meat Regs and US Meat regs

Wal-Mart is now the biggest seller of food in the world, apparently. No wonder.  
Lorelei

**From:** Jenny and Hugh MacLeod [mailto:hughjenny@shaw.ca]  
**Sent:** Saturday, November 24, 2007 11:07 AM  
**To:** Jennifer and Hugh MacLeod  
**Subject:** BC Meat Regs and US Meat regs

We are not alone. Our smallhold farmer neighbours to the South are suffering the same kind of problems we are in Canada .

The parallels are so exact that it seems to me that the forces pushing these regulations are probably identical in Canada and the US . It was the issue of tuberculosis in cattle that really caught my eye, but the story in its entirety seems to be our story as well..

Maybe there are some common solutions to be found here?

Jenny

## **Old McDonald Had a Farm...and He Got Arrested?**

by DAVID E. GUMPERT

Posted online on November 16, 2007 at:  
<http://www.thenation.com/doc/20071203/gumpert>

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### **Tax Man Next Pest for Farmers**

An interesting article from the Times Colonist on reassessment of farm property in Saanich ... disallowing farm status for some farms..

<http://www.canada.com/victoriatimescolonist/columnists/story.html?id=763ca2f9-aa4b-4699-aad4-6c145209955a&k=84165>

Helen Martin  
Nanaimo, BC  
Vancouver Island, Canada  
<http://mypage.uniserve.com/~hrmartin/>

Here's what some of our local food activists have to say about the above article:

----- Forwarded Message -----  
From: lorelei <lorelei\_andrew@shaw.ca>

Sent: Saturday, December 8, 2007 2:17:00 PM  
Subject: FW: Personal Thoughts Christmas Message and Jack Knox article

It looks like we are thinking along similar lines, in that a larger base of supporters in the public and in government is needed to protect local farmers.  
Lorelei

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**From:** Jenny and Hugh MacLeod [mailto:hughjenny@shaw.ca]  
**Sent:** Saturday, December 08, 2007 12:31 PM  
**To:** Jennifer and Hugh MacLeod  
**Subject:** Personal Thoughts Christmas Message and Jack Knox article

To all of you who are working toward a shared goal of a healthy, secure food supply for all our communities,

Merry Christmas to you and yours.

I look forward to some kind of positive action supporting local food availability in the New Year. Facing the multiple challenges of the BC Meat Regulations, the BC Assessment challenges to all farms on non-ALR land, the threat of more regulations to more categories of food in the near future, the recent hostility expressed toward the smallhold farmers and the small scale food processors (abattoir owners/operators) by the BC Food Processors Association has been a shocking and an exhausting experience.

I tried to get an all Party meeting set up in Victoria . I wanted some kind of consultation with the Ministry of Agriculture and Lands, the Ministry of Health, CDC, and as many stakeholders in the local, small-scale food chain as possible, from farmers to the Eat Local groups.

The response I got was that no one was around the legislature and that it would be futile to set this up.

Trying to get anything arranged before Christmas is impossible anyway. If you are trying for a public information meeting the people who might attend are too busy and too distracted with the holiday season preparations to participate. No one I asked would be a panel member until after the New Year anyhow.

I have finally come to believe what the Past President of District A Farmers Institutes believes, that only the people themselves, not organizations, are going to be able to turn this trend around.

Small-hold farmers are represented by the Farm Community Council who have one seat on the BC Agriculture Council (BCAC). The BCAC is a commodities driven organization with no interest in supporting the small-hold farmer. These huge commodities groups are the ones controlling the quota system through the marketing boards (chicken Board, Egg Board, Turkey Board etc.).

The BC Food Processors Association supports the goals of their membership. Their members are all large scale producers of food and the small-hold farmer has no place or voice in that organization.

What we are left with are the NGO's, the 100 Mile Diet folks, the Eat Local and Organic support groups.

Educating the public is our biggest challenge.

There is a fundamental disconnect between the idea of eating local and the need to support local farmers by political action against government policy. Communicating that truth, the need to get involved in farming issues to support small-hold local farmers to access local food, seems to be the biggest hurdle.

This provincial government is interested in the large scale system, the Free Trade agreements and all that that implies. Again there is a disconnect there between the idea of an ecologically sound system of food production as an adaptation to climate change and food security and healthy food products and the small-scale farm issues. The BCAC and the BC Food Processors Association are largely responsible for that attitude in government. There is no real voice for the small-hold farmers' organizations representing their own best interests.

Somehow we must bring these issues to the people clearly, to stress their impending lack of choice in the way they nourish themselves and their families. The free range option for local meat and poultry is being slowly destroyed by the new BC Meat Regulations. Pat Bell stated that by 2009 wine, honey, fruits and vegetable would be the next products "regulated". What will be left to sell at the farmers markets? The same question arises. When all the recalls of vegetables (lettuce, spinach, salad mixes) have involved large factory farms and large scale food processors, what reason is there to "regulate" local vegetable and fruit production. Locally produced honey and wine, the beautiful finishing touches to local cuisine and tradition, the mainstay to many farmers incomes and the sure tourist draw to agri-tourism are threatened. What inspection processes will be forced on the local producers and at what cost to them? Will they also be charged the cost of government inspectors as the small scale meat processors will be after 2012? That is your end date for local small scale meat processing, by the way. The costs involved in inspection will kill that industry as surely as the sun rises and sets.

We need to stress to local governments the folly of destroying their small-hold local food producers and small scale food processors that allow their communities the access to food despite any interruption to the large scale food supply chain.

Local governments will listen if population risk management best practice is stressed, especially as the costs to their constituency in a food supply failure is catastrophic. The failure of a cohesive food supply for local society is three days away on Vancouver Island, according to local food supply information. What will a human being do if their loved ones are starving? What would you do?

This issue is beyond party politics, beyond petty local competitiveness, beyond any consideration but the issue of human need and human justice.

We must assure our people of a consistent, healthy, local food supply. We must assure our people that their food choices today will be there for their children tomorrow and for generations to come.

Make no mistake. That is the dilemma before us. The solution must come from the people who understand the issues and are committed to the best result for our communities.

It is our responsibility, all of those of us who do understand this dilemma, to pass this information on to all of those who do not. It is our responsibility to give this information freely to the people, to be available to them to provide explanations and a real understanding of what is at stake.

I hope that we can all think on this and come up with new directions in the New Year. The old directions have led us to the same doublespeak and confusion as the government proceeds along its predisposed path, the standardization of food for the population, which reduces sustenance to its lowest common denominator, with little or no concern for real nutrition. The bottom line, as with any commodity driven group, is profit. What appeals to children (fats and sugars) and what will sell the most, the fastest and the most addictive (giving them a continuous guaranteed demand that they then supply) are the bottom line requirement for most large scale food producers. Nutrition is secondary.

With continued hope and many thanks for all who work toward the goal of a secure, healthy food future for this province and for all the world,  
Jenny MacLeod

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## BC Specialty Food Directory

Hi Folks,

The BC specialty food directory is available online here: <http://www.ssfpa.net/bcsfd/>  
You can also download the document in PDF format. Lots of great information.

You can register your company online here:  
[http://www.ssfpa.net/pages/specialty\\_foods\\_directory\\_form.htm](http://www.ssfpa.net/pages/specialty_foods_directory_form.htm)

I think they did an excellent job setting this up. We need to get our farmers on this directory and promote the site.

Peace,  
Guy <[ambiance@shaw.ca](mailto:ambiance@shaw.ca)>  
Rec'd: Nov 2, 2007

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On November 8, the Canadian Association of Food Banks' released **/HungerCount 2007/**.

The 11th annual /HungerCount/ reports on levels of food bank use nationally and provincially, and provides information on sources of income, household composition, and -- for the first time -- housing situation of individuals and families assisted by food banks. /HungerCount/ is the only annual national survey of food banks and

emergency food programs in Canada.

The /HungerCount/ is an essential resource for gauging the level of hunger and poverty in Canada. We hope that you will be involved in the release by passing the report on to your own partners and friends.

The full report can be accessed at  
<http://www.cafb-acba.ca/english/EducationandResearch-ResearchStudies.html> .

Regards,

Shawn Pegg  
Director of Public Policy and Research  
Canadian Association of Food Banks

Tel. / tél.: 416-203-9241  
Toll free / sans frais: 1-877-535-0958  
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<<http://www.cafb-acba.ca>>

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### **Cost of Eating in BC 2007 Report**

----- Forwarded Message -----

From: Abra Brynne <[abra@peelingtheonion.ca](mailto:abra@peelingtheonion.ca)>  
To: B. C. Food Systems Network <[bc\\_food@fooddemocracy.org](mailto:bc_food@fooddemocracy.org)>  
Cc: Andrea Ottem <[aottem@telus.net](mailto:aottem@telus.net)>  
Sent: Monday, December 3, 2007 9:19:13 PM  
Subject: Cost of Eating in BC 2007 Report

Hello all,  
as many of you will know, each year dietitians throughout BC price a basket of food at a number of grocery stores using a standardized food costing tool called the National Nutritious Food Basket (NFB). The basket contains 66 basic foods that require preparation. The cost of the food basket is then compared to disposable income for a number of family scenarios. For those on income assistance, or with a low earned income, shelter and food costs consume an unreasonable proportion.  
The 2007 report by the Dietitians of Canada, BC Region and the Community Nutritionists Council of BC can be found on the BC Food Systems Network's website, on the Resources & Links page as well as the What's New page:  
<http://www.fooddemocracy.org/new.php>. It can also be found in the Resource Centre of the Dietitians of Canada's website: <http://www.dietitians.ca/>, along with many other useful resources.

Just to give you a taste of what you will find in this important report, from their Media Backgrounder:

"The Facts:

- Poverty is a reality for many British Columbians, despite a booming economy.
- The province has the highest child poverty rate in the country.
- More than 76,500 British Columbians used food banks in 2007; almost 28,000 of these were children.
- For recipients of income assistance considered employable, shelter and support allowances have remained virtually the same since 2001, even though some individuals and families saw a \$50 increase to both in 2007. This increase only returned some, for example the lone parent family, to the support rate of 2001. In 2002, the support allowance was reduced by \$51 a month for this family.
- Minimum wage has remained at \$8 since 2001, while the costs of living have risen."

Please feel free to share this information with your community.

in good and just food,

Abra Brynne, Communications Co-ordinator (a.k.a.: website and listserv Mamma) BC Food Systems Network  
[info@fooddemocracy.org](mailto:info@fooddemocracy.org) [www.fooddemocracy.org](http://www.fooddemocracy.org)

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## The Story of Stuff

----- Forwarded Message -----

From: cliff stainsby <[cliffas@shaw.ca](mailto:cliffas@shaw.ca)>

Sent: Wednesday, December 5, 2007 12:23:21 PM

Subject: [Fsc-sac] A very good short video by Annie Leonard

Please watch this short powerful video: <http://www.storyofstuff.com/>

Cliff Stainsby

[Editor's note: this video is 20 minutes long; great educational resource / US focus]

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### Global Climate Change – One man's perspective

**From:** Rev Jordan Ellis [<mailto:revjellis@shaw.ca>]

**Sent:** Wednesday, November 28, 2007 11:14 PM

**To:** [revjellis@shaw.ca](mailto:revjellis@shaw.ca)

**Subject:** FW: climate change

This is a very powerful video on global climate change. Simple but to the point, worth the few minutes it takes to watch and listen to the message.

<http://www.slide.com/r/GJKPC3AfvD9CxviOqpFn7xEE9pPZUOdO>

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## CAFS Newsletter #4

Canadian Association for Food Studies newsletter is now available at

<http://www.foodstudies.ca/Documents/CAFS%20newsletter%204.pdf>

Irena Knezevic

Canadian Association for Food Studies

c/o Centre for Studies in Food Security

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**END OF DIGEST**

*NOTE: If you would like to add or delete an email from this list, or make a submission, please reply to: [sandra.christens@yahoo.ca](mailto:sandra.christens@yahoo.ca)*

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Membership – Jen Cody – [jenandbearit@gmail.com](mailto:jenandbearit@gmail.com)