



Cowichan Green Community

Cultivating food, community, and resilience

2019 Annual Report

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About Us

Cowichan Green Community Society (CGC), is a non-profit organization located in Duncan, BC that has been working toward environmental sustainability in the Cowichan Region since March 2004. In 2007, our mandate started to focus on improving food security by developing strong relationships with local food producers and increasing urban and rural food production. We continue to witness how important increased access to healthy food, food education, and local food production capacity is to our community's health and well-being.

In our role as one of Community Food Centres Canada's 'Good Food Organizations', and as an Island Health designated 'Food Hub', we work tirelessly to increase awareness and build local capacity with all our community partners. Our reach is constantly expanding with new programs such as the reFRESH Cowichan Marketplace, the Farm Equipment Lending Library, and children's gardening lessons. We love working with all members of our community, from young to old, as we know that everyone plays a critical role in sharing knowledge and building a stronger local food system.



Message from the Board President

We are so fortunate to be welcome to live, love, grow and play on the unceded territory of the Quw'utsun' people; this beautiful, fertile, water bountiful Cowichan Valley. We raise our hands in gratitude for this great privilege.

Food, food , glorious food. At Cowichan Green Community we are all about food. Food security ultimately. That is, enough healthy food to meet individual needs every day, for every person. This is a Big Goal. A star to hitch a cart to. For more than ten years CGC has been driving that cart; doing all it can to educate, inspire, increase know-how and connect people with food.

Every year is busy, our activities diverse, our staff creative and energetic. 2019 was no different. I single our two programs for their impressive reach and impact.

The Food Recovery Program, building on the momentum begun in 2018, delivered 61 tonnes of recovered food, through 21 community programs, to the plates of 18,000 Valley residents. 18,000? Did I type that number correctly? That is a lot of meals created, a lot of food diverted.

We have also been able to extend our reach in the community through the reFRESH Community Marketplace, offering fruit, vegetables and ready to eat meals at prices accessible to all. So many residents and visitors have been introduced to the good work of CGC through visiting our market. reFRESH also provides a storefront opportunity for small scale entrepreneurs, doubles as CGC reception centre and triples as a social enterprise intent on raising, at least in part, the funds required to keep the Food Recovery Program running.

Partnerships are fundamental to who we are and to moving toward that star of food security for all. Some are limited by the length of the project, others continue over many years, such as our partnership with the Cow-op. This year, in addition to the many partnerships that sustain the Food Recovery Program we are pleased to have partnered with local Rotarians on their Starfish Backpack program, to have strengthened our role with Pregnancy Connections and to be supporting well received changes to the Meals on Wheels program.

It delights me to say we closed out the year with a small cushion in the bank, for the second year running! This feat is due in large part to the considerable creativity, skill, hard work and stewardship of executive director, Judy Stafford. Gratitude is also given to directors of the past who held the vision for The Station and brought to life despite many challenges. The intention for The Station to further the sense of community and place – downtown Duncan as vibrant, safe and fun - was soon proven. Now, five years on, the intention that it be a reliable source of income is also achieved.



Nadeane Nelson
President

Message from the Executive Director

As I sat down to write this annual report I realized, I've just started my 13th year with this amazing organization and I had to take pause to think of how far we've come. So many dreams and visions have come true over the last dozen years from purchasing the old Phoenix Hotel to setting up a Children's Summer Camp to launching the reFRESH Cowichan food recovery project and Marketplace.

We've faced countless obstacles, had way too many sleepless nights, and even some deeply saddening opposition. But someone told me a long time ago if you're not pissing people off, you're not doing enough to evoke positive change.

Well we've made a lot of positive changes and we're about supporting each other, to uplift and inspire everyone who's doing good work. We were thrilled to partner with the Rotary's StarFish Backpack program and to help them with their very successful Oktoberfest fundraiser to raise money for the Pregnancy Connections Coupon Program that we support. And more recently, we've offered to Sponsor the 2020 Chamber of Commerce Black Tie awards for the newest non-profit category. We're also a Premier Sponsor at the Cowichan Valley Film Festival.

We expanded our list of organizations that receive the recovered food we pick up from grocery stores and are thrilled we've rescued and delivered almost 175,000 pounds of food since we started this program in 2018.

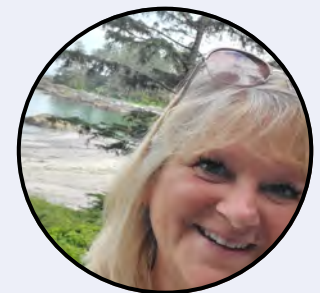
There are always way too many other exciting successes each year to list but here are a few of the ones I am most pleased with:

- Expanding the Incubator Seed Farm into the Cowichan Agriculture Seed Hub including an inclusion garden/farming space and expansion of the seed bank and library.
- Hosting the "Eat, Think, Vote" event and helping to put food security at the forefront of the political debates for the Federal Election.
- Being chosen by Community Food Centres Canada to host another series of Youth Food Fit nutrition classes with the students at CVOLC.
- Partnering with the Cowichan Seniors Community Foundation to be the catering for their invaluable Meals on Wheels program.
- Hosting our AGM at Small Block Brewery as we launched our 'Community In-cider' brewed in partnership with Valley Cider Company.

One bit of sad news did spoil my trip down memory lane for 2019 and that was the leaving of Heather Kaye. She was my right hand for many, many years and although I was thrilled she chose to return to University to become a teacher, her shoes will never quite be filled and we're definitely missing her guidance and encouraging presence.

But as we dive into 2020, we're already in full swing with 5 grants written and sent off before the end of January and many more on the list. We're so grateful to all our many supporters, donors, volunteers, and those who cheer us on from the sidelines – we couldn't do it without you!

"If we don't change, we don't grow. If we don't grow, we aren't really living." -Gail Sheehy



Judy Stafford
Executive Director

Staff



Naomi Kulhawy
KinPark Youth
Urban Farm Staff



Laura Boyd-Clowes
KinPark Youth Urban
Farm Manager



Kat Brust
Agricultural Seed
Hub Supervisor



Heather Kaye
Farm Map Coordinator,
Cow-op.ca Manager



Debra Cebula
Program Coordinator



Sonya Young
Bookkeeper



Madelaine MacLeod
Facility Manager and
Administration



Alyssa Krawchuk
Program Coordinator



Jan MacKirdy
Ceres Edible
Landscaping
Manager



Lauren Bosch
Ceres Edible
Landscaping
Staff



Kristie Erickson
General Manager



David Martin
Maintenance



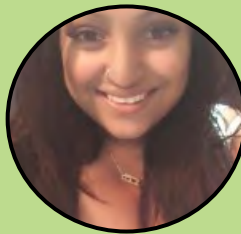
Tony Monk
reFRESH Kitchen
Staff



Georgia Hicke
reFRESH Cowichan
Marketplace Staff



Kelsey Odber
reFRESH Cowichan
Marketplace Manager



Nanita Nair
reFRESH Cowichan
Marketplace Manager



Nathan Harben
Food Recovery
Project Supervisor



Lisa Cooper
Project Coordinator



Marcia Forst
Kitchen Manager



Sharon Snow
Kitchen Manager

Interns & Summer Students



Morgan Klassen
Cowichan
Agricultural Seed
Hub Participant



JJ White
Cowichan
Agricultural Seed
Hub Participant



Karen Bernard
Cowichan
Agricultural Seed
Hub Participant



Kyra Whitburn
Office Intern



Corina Fisher
KinPark Kid's Camp
Counsellor



Massie Masselink
KinPark Kid's Camp
Counsellor



Todd Carnahan
Food Recovery
Project Participant



Hannah Morten
Ceres Edible
Landscaping



Jonathon Line
Food Recovery
Project Participant



John Stewart
Food Recovery
Project Participant



Jess Van den Broek
Seed Farm Intern



Eden Graham
Office Intern

Board of Directors



Nadeane Nelson
President



Amy Luck-MacGregor
Secretary



Lucy Thomas
Director



Chloe Boyle
Director



Cathy Gilbert
Director



Diane Hinton
Director



Roanne Weyermars
Director



Shannon Norris
Director



Suzanne Didier
Director

Volunteers

2019 was another great year, full of volunteer leadership throughout our programs and at events. You may have met some of CGC's wonderful volunteers in the reFRESH Cowichan Marketplace, at KinPark, at Duncan Seedy Sunday, through the Cow-Op, or maybe in the kitchen cooking up a storm.

No matter what role they take on, CGC's work wouldn't be possible without volunteers. Here is a list of just some of the 335 amazing people who contributed 5,923 hours to helping us achieve our goals in 2019:

Sophia Auton
Pat Crowther
Tom Devereaux
Serena Haire
Bobby
Kayla Kremer
Lois Larose
Austin Martin
David Martin
Beverly McKeen
Sandy McPherson
Mitzi Mogden

Louise Nadeau
Dorothy Nelson
Zoe Martin
Zoe Sorenson
Otto the Gardener
Kailli Pigott
Morgan Sinclair
Rachael Sinclair
John Smith
Susan Smith
Hilary Stead
Della Rice
Sylvester
Gladys Dorst

Heather Ferris
Bart MacNeill
Selena Carpenter
Linda Webber
Barbara Sobbon
Lakshmi Ariaratnam
Helen Liba
Denis Taillefer
Carol de la Haye
Anna Kobb
Krystyna Andrianos
Wendy Sehn

A Special Thank You



Linda Dowdeswell has been a long-time friend and volunteer of Cowichan Green Community. For over 3 years, Linda has been a beloved long-term volunteer in our storefront, and has stuck with us during our big store transformation from the Garden Pantry Store to the now reFRESH Cowichan Marketplace. Her sweetness and dedication not only impacts our staff, volunteers, and store customers, but the community around her through her talents in knitting and pottery at The Hub at Cowichan Station. At CGC alone, she has contributed well over **1,250 volunteer hours!** That is simply incredible, and so is she.

Special Mention: Heather Kaye

What can we say about the formidable, Heather Kaye. I think one of the first times I heard the word, formidable, was when Leonard Cohen used it to introduce Sharon Robinson on one of his song tracks. I remember being intrigued by that word and when I looked it up, I thought, wow Sharon must be someone extremely special. Well, I haven't had a chance to use that word very often, but in describing Heather, it certainly fits the Oxford dictionary meaning as someone inspiring, impressively large, powerful, intense, and capable. She is all that and so much more. She's compassionate, dedicated, trustworthy, reliable, hard-working, and incredibly kind. She's been my confidant, my sounding board, my ally, my shoulder, and my friend. She has great ideas; if you need a clever pun, or to name something silly like the downtown mascot, she's your gal. She's worked way more than the number of hours she's been paid for, she has never, ever let me down, she's shown incredible leadership, and has left her legacy on a number of CGC projects.

Going back to university to earn her teaching degree is one more example of her tenacity and courageousness to keep learning, growing, and expanding her horizons. I know she's going to leave a huge impression on all the young students she'll be nurturing, but selfishly, I still wish she wasn't leaving.

They say everyone is replaceable, but not in her case. I really don't know who I'm going to send late night, ranting emails too, who I am going to share the excitement of a new grant with, who will understand all the nuances of CGC life like she does, or who I can lean on when days just seem too overwhelming. The good news is, she may have accidentally given me her personal email and I do know where she lives.

So I dare to say, she hasn't heard the last of me and CGC will go on, hopefully with her quiet, unknowingly supportive self in the background ... Heather you will be missed!



The Station

CGC's award-winning building located right downtown Duncan continues to be a very busy hub of activity. With the rebranding and grand opening of our reFRESH Cowichan Marketplace, hundreds of visitors and shoppers were introduced to our fabulous space and saved money on their grocery bills at the same time.

Our commercial kitchen was made available to rent by a variety of local producers including jam makers to Brazilian delicacies. Cooking classes were ongoing and dozens of families, seniors, and children benefited from learning more about healthy cooking and nutrition.

Our boardroom was also available for a variety of groups for meetings, workshops, and training sessions, including the Ministry of Agriculture, for-profit businesses, local political groups, non-profits and CGC donated the use of the space to the inspiring Earth Guardians group for their get togethers.

The Station Manager, Madelaine MacLeod, ensured the 20 residential suites upstairs as well as Cycle Therapy Bikes and Harmony Yoga, our commercial tenants were kept content and feeling safe in our amazing building.



reFRESH Grand Opening April 2019



"Chow Down" family cooking class at The Station's kitchen

Ceres Edible Landscaping

2019 had its ups and downs for Ceres. The unfortunate and unexpected tool loss from not one but three thefts left us struggling and somewhat deflated. We were able to secure our storage area with better locks, and reorganize the shed to better protect our equipment. Despite all of these obstacles, work continued and overall it was another successful season.

With five new bi-weekly clients added on to our roster and seven new occasional clients, we look forward to getting out into the field come February. This upcoming season we will be carrying on with numerous new and ongoing garden projects.

Ceres crew had two extensive make over projects this year which were very satisfying. It is always rewarding to look at the before and after pictures, but more fulfilling is the admiration of the clients. Having clients express their gratitude for their garden transformations is possibly the best part of what we do.

Ceres is looking forward to a productive and prosperous season in 2020



Jan MacKirdy
Ceres Edible
Landscaping
Manager



Lauren Bosch
Ceres Edible
Landscaping
Intern

Cowichan Agricultural Seed Hub

Formally the Cowichan Incubator Seed Hub, The Cowichan Agricultural Seed Hub has seen some changes this year, and other things have stayed the same. We have continued to farm crops for seed, in the second year of our I.O.P.A. Certified Organic production. Our staff learned a lot about seed farming and are happy to boast that we have successfully planting, tended to, harvested and had successful germination on 30 varieties.

This year the CASH project saw the beginning middle and end of the Ross Wristen Inclusion Garden. This accessible farm-style community gardens has four 120" rows and five wheel chair accessible planter boxes. The Inclusion Garden is intended as a space where members of the community who may need extra supports in their gardening adventure can come together and connect with one another and the Earth while learning valuable skills. With participants from the Clements Centre Society and Community Inclusive Partnerships we grew tomatoes, beans, squash, watermelon, orach, arugula, kale and peas.

Our Seed Bank is well stocked as is the Community Seed Library. The Agricultural Equipment Library is still operational with the addition of a tiller this year. We welcome guests for tours, if the gates open come on in!



Kat Brust
Agricultural Seed
Hub Supervisor

Cowichan Grown Farm, Food, & Drink Map

In 2019, CGC produced the 10th edition of the Cowichan Farm, Food, and Drink Map. This self-funded project is aligned with CGC's efforts to increase food security in the Cowichan Region.

52 farms listed on the map, including 11 new farms. Once again this year, the map was produced in collaboration with Economic Development Cowichan and Tourism Cowichan.

Connecting consumers to local food and offering affordable marketing opportunities to our region's farmers is an integral part of CGC's vision for a food-secure Cowichan. Pick up a copy today and start shopping the local way!



50 **Yellow Point Farms**

Justin & Rebecca Dault
4756 Yellow Point Rd, Ladysmith
250-619-9155
info@yellowpointfarms.com
www.yellowpointfarms.com

C2 

Yellow Point blues – the most delicious, naturally grown, blueberries on Vancouver Island.

Blueberries and other seasonal fruit and vegetables including garlic, apples, figs, grapes, cider, eggs and honey. Purebred Nigerian Dwarf dairy goats, Babydoll Sheep, Kune Kune pigs as well as heritage turkeys and chickens. Visit our website to book farm tours, goat yoga, or goat walks.

Farm gate: Appt necessary. Cedar, Qualicum and Duncan Farmers' Markets. GPS: 49.04946, -123.82031



6 **Hard to Come By Farm**

Wayne & Cindy Haddow
3311 Telegraph Rd, Mill Bay
250-710-6154
cindyhaddow@shaw.ca

H11 


Crisp, sun-ripened apples for fresh eating, pies and juice.



Apples, blackberries, apple juice, corn, fall raspberries, garden veggies, Swiss chard, Christmas trees and greenery.

Farm gate: Appt necessary. Pets OK.
Cow-op.ca, Duncan Farmers' Market, Cedar Farmers' Market


Environmental Farm Plan GPS: 48.67791, -123.55056

FREE LOCAL FARM MAP
10th Anniversary Edition! Your year-round guide to locally produced food and drink in the Cowichan region.
Over 50 farms, vineyards, and Cowichan food processors listed!
TO VIEW ONLINE VISIT OUR WEBSITE
WWW.COWICHANGREENCOMMUNITY.ORG/FOODMAP





COWICHAN GROWN

 Cowichan Green Community
Cultivating local community and resilience

Heather Kaye
Farm Map
Coordinator &
Cow-op.ca
Manager



Cowichan Valley Co-operative Marketplace

The Cowichan Valley Co-operative Marketplace, a co-operative model food hub, launched its year-round online farmers' market, www.cow-op.ca in August of 2015. The "Cow-op" has been helping its membership of Cowichan farmers and food processors sell their products ever since.

In 2019, the Cow-op sold over \$87,000 of Cowichan-grown fresh produce, value-added products, meats, and eggs through the website from local food processors direct to consumers. There are currently 82 members in the co-operative and 1023 registered customers.

26 new farms and food processors joined the Cow-op this year..

How does the online marketplace work? Each week, orders can be placed online between Friday and Tuesday. Wednesday, farmers harvest their orders and drop to Lockwood Farms where they are packed for customers for pick up on Thursdays in Duncan (Cowichan Green Community) and Victoria (Zero Waste Emporium).

This year, Cow-op received funding from Community Evolution to commence a marketing and re-branding project. Through the support of this project we developed a new website, new logos, signs and promotional material.

Visit www.cow-op.ca to learn more.



FARMERS' MARKET
ONLINE

YOU CLICK. WE PICK.

LOCAL GROCERY SHOPPING made easy.

Curate your weekly box of Cowichan Valley grown fruits & vegetables, ethical meat & poultry, sustainable seafood, free range eggs, baking & local foods from over 25 producers.



COW-OP.CA

Farmer's Market Nutrition Coupon Program

CGC was able to offer the BC Farmer's Market Nutrition Coupon Program again this year. We were able to support a total of 92 young families and seniors with a \$21 weekly coupon to shop at the Duncan Farmer's Market. This program, funded by the Ministry of Health and the Ministry of Agriculture, resulted in \$23,520 going directly into the hands of our local farmers and producers here in the Cowichan Region.

Another coupon program, we were able to offer with funding from Island Health, was a \$15 a week coupon to shop in our reFRESH Cowichan Marketplace for fruits and vegetables for those participants who also received a meat and egg voucher through Pregnancy Connections.

In addition, we supported families in the Growing Together program to also access free fruit and vegetables which provided dozens of people with more healthy, nutritious food free of charge.

All these programs, supported hundreds of people in accessing affordable fresh food, helping to create a more vibrant and healthy community. We're grateful to all our funders and supporters for these invaluable programs.



FruitSave

The 2019 FruitSave season produced a modest harvest. A wet spring, followed by hot June, then a wet July meant a bit less fruit than normal. However, well over 17,632lbs of fruit was recovered and redistributed through our reFRESH Cowichan program to other service providers, and turned into preserves and other value-added products.

In addition to the 44 coordinated FruitSave picks this year, the Cowichan Valley Regional District organized a pick at one of their parks, Currie Park, with a group of students from Queen Margaret's School (QMS) as a service day project. Together, QMS students alongside our 92 registered FruitSave pickers contributed over 480 volunteers hours to the FruitSave program.

A highlight of this year's FruitSave season, local Conservation Officers connected with our coordinator to help residents manage some pretty large orchards in an effort to deter local bears. One team of volunteers picked 9 apple trees for an elderly couple, collecting over 650 lbs of fruit in one afternoon!



*Queen Margaret's School
FruitSave Pick at Currie Park*



KinPark Kids Camp

Camp began the first week of July, running for nine weeks until the last week of August. We saw many familiar faces with the return of campers from previous years. Many of the campers were registered for multiple weeks of camp, with two attending for eight of the nine weeks. An average of 10 campers were registered each week. Our busiest week we were full at 20 campers some of the days.

The kids spent each day enjoying lots of games, crafts, and activities at the park, helping in the garden and learning about all aspects of growing food. A favoured game was "Camouflage", requested frequently each week, and a favoured farm activity was harvesting and watering. We welcomed Vancouver Island Regional Library back for their "Story Time in the Park" series. One particularly exciting story time included visits from farm animals brought over by the local 4H club during a "Feathers, Fur and Fleece" themed event. On another occasion, a story-telling troupe came and performed a hilarious set that engaged the kids and had everyone, even the adults, laughing. Other special activities included weekly adventures to Centennial Park's waterpark, swimming at the Duncan Aquatic Center, and Monday's cooking class at the CGC kitchen. The kids loved the chance to harvest and cook their own food, particularly if the day's recipe involved chocolate!

This years camp counsellors Massie and Corina had a blast with the campers and were backed by farm and camp manager Laura, and farm intern Naomi who both led farm activities and helped with the camp activities as needed. It was a fun filled summer of sunshine and smiles, and we can't wait to see what next year brings!



Naomi Kulhawy
KinPark Youth
Urban Farm Intern



Laura Boyd-Clowes
KinPark Youth Urban
Farm Manager

KinPark Youth Urban Farm

The 8th year at KinPark was another busy year filled with fresh vegetables, youth, education and community. In 2019, we welcomed students from 5 schools and Cowichan Tribes House of Friendship for work parties, science and biology lessons, workshops, work experience, and volunteer placements. KinPark Manager Laura Boyd-Clowes facilitated weekly gardening classes at Queen of Margaret's for primary students. Blade Runners, Island Savings, Island Ford, Queen Margaret's, and Cowichan Secondary worked hard on the upkeep and betterment of KinPark. Farm intern Naomi Kulhawy joined the KinPark team in May, looking after the garden and helping with the facilitation of youth and volunteer activities. It was a bustling year in the park with over **440 young people participating** in farm and educational programming at KinPark and over **908 volunteer hours** resulting in over **1040 lbs of fresh produce harvested!**

We received grant funding from the Government of Canada's Enabling Accessibility Fund, thanks to the advocacy of our Youth Outreach Volunteer Rachel Sinclair, which allowed for the construction of new wheelchair accessible paths through the park in early spring. In the fall, a sign was installed in the park with a map showing these paths and other park information, with original artwork and design by Naomi.

KinPark Youth Urban Farm continued to increase sales revenue on www.cow-op.ca, and in the reFRESH store selling carrots, kale, tomatoes, leeks, garlic, spinach, beans, beets, squash, zucchini, asparagus, rhubarb, fennel and other herbs, and value-added products including garlic scape pesto, pickled beets, and fennel tea, still harvesting leeks and kale from the garden well into December.



Naomi Kulhawy
KinPark Youth
Urban Farm Intern



Laura Boyd-Clowes
KinPark Youth Urban
Farm Manager

reFRESH Cowichan

2019 was a big year for the continuation of CGC's food recovery project. Now titled reFRESH Cowichan, the team worked hard on recovering and distributing even more food to the service providers and clients who needed it most.

A staggering 165,950 lbs (75 tonnes) of surplus fruit and vegetables was collected from five local grocery stores with 134,857 lbs of this being directly donated to 21 service providers throughout the Cowichan Region. Almost 18,000 individuals were positively impacted from this food that would of otherwise been given to livestock or composted. The difference in food was processed in our commercial kitchen and turned into nutritious meals for the clients of Meals on Wheels and store customers.

The team also came up with creative initiatives to utilize some of the otherwise wasted food products. A successful example was the on-going collaboration with Small Block Brewery in which unutilized bread was turned into a variety of delicious and popular beers, and brought light to our project and reducing our communities food waste.



Nathan Harben
Food Recovery
Project Supervisor



reFRESH Cowichan Marketplace

With the grand opening of our reFRESH Cowichan Marketplace early in the year, we have been able to offer even better access to nutritious food for a fraction of the cost compared to other stores. This has also allowed us to recoup some of the operational costs in order to move towards a more sustainable social enterprise business model.

Located in downtown Duncan, the reFRESH Cowichan storefront is a warm and inviting space where the whole community can benefit from healthy, affordable foods like fresh produce, frozen meals, dehydrated snacks, dry goods, herbs & spices, and a line of value-added products at accessible prices. reFRESH stands for: Food Recovery Social-enterprise Hub. Expanding on the work of CGC's food recovery project, the newly re-branded store offers a dignified and inclusive shopping experience made possible by the generosity of food donors and partners.

Revenue generated via the reFRESH Cowichan storefront covers ongoing program costs like transportation, training/job creation, and facility rentals. Operating as a social enterprise, reFRESH Cowichan offers products and services to generate revenue that allows the food recovery program to continue fulfilling our mandate of increasing community access to healthy, low cost foods while reducing greenhouse gas emissions by keeping good food out of the landfill.



Kelsey Odber
reFRESH Cowichan
Marketplace Manager



Events & Workshops

CGC hosts creative, inclusive, and educational events that contribute to building a more food secure Cowichan, including our Donor Breakfast fundraiser, Annual General Meeting, and the popular annual Duncan Seedy Sunday.

In September, we hosted a non-partisan Eat Think Vote event, an initiative of Food Secure Canada. All candidates of the 2019 federal election and citizens were invited to share food and engage in dialogue to support healthy and sustainable food systems. The event started with refreshments provided by CGC, followed by a structured Q&A with Green, Liberal, and NDP candidates attending. Lucy Thomas opened the event with a traditional prayer/territorial recognition. She offered an eagle feather that had been blessed to act as a talking stick and Judy Stafford moderated. Some questions were initiated by our presenters, Laura Boyd Clowes from KinPark and Laura Sjole with Carrie Rae from House of Friendship. Two mics were set up for the public and seven questions were asked. Approximately 125 people attended and many viewed the live streamed event from home.



Cowichan Green Community Foundation

The foundation continued to ramp up programming and activities while continuing with Food Fit and the free family cooking classes offered with support from Food Centres Canada and NutriLink.

Some changes including providing more support to Island Health's Pregnancy Outreach program by offering the participants of the meat and egg program additional coupons to purchase fresh fruit and vegetables through our reFRESH Marketplace.

We continued to support Meals on the Ground, the free meal program offered at the Duncan United Church 3 nights a week. In addition, we took on the supporting partnership role with the Rotary's StarFish Backpack program, providing healthy food to children in our local schools.

Also, we were thrilled to partner with the Cowichan Senior's Community Foundation to take over the catering for the Meals on Wheels program. Our kitchen was buzzing with prepping the nutritious meals for dozens of local people who rely on this service.

We hope to continue to expand programming under the Foundation in 2020!



Chris Hall
President



Patricia Gray
Director



Isabel Rimmer
Director



Stephen Bishop
Director

Starfish Cowichan Valley Pack Program

The "Starfish Cowichan Valley Pack Program" started in 2017 by the four Rotary Clubs within School District 79 launching a pilot project at one school in Duncan. This program provides a bag of groceries on the weekends during the school year to students in need. The schools send information about the program home and parents are able to sign up.

The Starfish Pack Program originally started in Abbotsford about 10 years ago, and has grown to be in 20 communities throughout the province. With Cowichan identified as one of the places in BC with some of the highest child poverty rates, this program is needed in our community.

Early 2017, the four Rotary Clubs (Duncan, Duncan Daybreak, South Cowichan and Chemainus) came together to plan and start fundraising. We then met with School District 79 to learn what the need would be and started our pilot in April 2017.

Our pilot started with one Duncan school at 31 packs per week, and increased to 35 per week after 3 weeks. By the end of the 2017/2018 school year, packs increased to 50 packs per week. In 2018 and 2019, we included two other schools in Chemainus and Lake Cowichan. We are now at a total of 90 packs per week in three communities in Cowichan! Our long term goal is to provide all students in need in our valley, with weekend packs, (estimate of 200 per week) and we are moving closer to our goal each year.

This school year 2019/2020, we have expanded the program to include meat and egg coupons from Cowichan Green Community, soup from Ed's Soup Shack, and are now partnered with Cowichan Green Community Foundation.

The feedback from the teachers and parents is very positive and it is wonderful to see the excitement on the children's faces each week when the bags are delivered to the schools.

Our Fundraising is ongoing, and includes many individual donations, donations from many local charitable groups, support from the four Rotary Clubs and our Sponsor of the month program. We would like to extend our deepest appreciation to the everyone who has donated and supported Starfish to date, we could not do this without you!



For more information
contact:

Corrine Thompson

250-709-1903

cheesieman@icloud.com

Derek Harkacker

250-701-3387

dhisland@telus.net

Thank You !

We would like to share a special thank you to our community members who have donated to CGC. Your generosity supports programs with limited or no funding including: FruitSave, Farmer's Market Coupon Program, Community Gardens, KinPark Youth Urban Farm, and the Cowichan Agricultural Seed Hub.

We would also like to thank the following supporters:

Partners & Donors

Community Seniors Foundation
Country Grocer Cobble Hill
Country Grocer Lake Cowichan
Cowichan Secondary School
Cowichan Valley Basket Society
Cowichan Valley Garden Club
Cowichan Valley Heritage Quilters
Cowichan Valley Open Learning
Crown Arbour
Duncan Garage & Café
Fisher Road Recycling
Integral Ecology Group
Island Savings
Libra Tree Service
Municipality of North Cowichan
Mustard Seed Street Church
Queen Margaret's School
Rotary Club of Duncan
Save On Foods Duncan
School District 79
Thrifty Foods Duncan
Thrifty Foods Mill Bay
VIU WEST Program
Vancouver Island Regional Library

Funders

BC Association of Farmers Markets
CIRA
Canadian Centre for Disease Control
Community Action Initiative
Community Food Centres Canada
Diabetes Canada
Ethos Career Management
Global Vocational Services-Wage Subsidy Program
Government of Canada-New Horizons for Seniors
Government of Canada-Career Focus
Government of Canada-Summer Students
Government of Canada-Eco Action
Innoweave GT Hiring Solutions
Investment Agriculture Foundation
Island Health
NutritionLink
Our Cowichan
Peninsula Co-op
Province of BC Community Gaming
Province of BC Ministry of Social Development
and Poverty Reduction
Rotary Club of Duncan
Vancity
Victoria Foundation

Businesses

Buckerfields
Dinter Nursery
Island Ford
McBarleys
Peaks Coffee Co
Reber Creative
Saltspring Seeds
Small Block Brewery
South Island Peninsula Co-op
Transition Cowichan
True Grain Bread
Valley Cider
Valley Voice

Farms

Farm Table Inn
Home for Hooves
Hope Farm
Island Hothouse
Keating Farm
Lockwood Farms
Muddy Feet Farm
Westholme Tea Farm
Yesteryear Farms

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