

## FINAL REPORT FOR GRANT RECIPIENTS

### CONTACT INFORMATION:

Grant Application #: 20100546 Org. # (if known): \_\_\_\_\_  
Organization Name: KLUDAHK OUTDOORS CLUB  
Project Name: URBAN SUSTAINABILTY – MAINTAINING BEST PRACTICES  
Grant awarded from which Fund: WILLARD & ELVA DAWSON FUND & ORION FUND

Person preparing this report: Phoebe Dunbar, Emily Moreland, Christine George  
Today's Date: September, 22, 2011  
Title: President K.O.C (Phoebe) Email: phoebetwin@shaw.ca  
Name of another signing authority (Executive Director/Board Chair) who acknowledges approval of this report: Hillary Rudd (secretary K.O.C.)

Daytime phone number: (250) 642-7163 email address: hilljay@telus.net

### FINANCIAL SUMMARY

Total value of grant received from the Victoria Foundation: \$ 13,000 (\$6,500 for SRG, \$6500 for T'Sou-ke Nation)  
Amount spent to date: \$ 13,000

#### **Sunriver Community Garden (SRG)**

Mentorship fee @ \$25/hr Feb-Sep (240 hrs): \$6000  
Sooke Food Chi Administration Fee (photos, print costs, gas, mileage, marketing, promotions): \$500

#### **T'Sou-ke Nation**

Wages: 2 staff at \$12/hour (500 hours): \$6000  
Supplies: \$500

### PROJECT SUMMARY

#### **SRG - Health Impact Summary**

*Health of the participants:* Mental health, positive behaviours of becoming connected and involved, building community, and experiencing success through best practices. Physical health outcomes from gardening & exercise, eating healthy foods, harvesting and sharing.

*Health of the garden:* The garden, in its 2nd year, through a soil building program and mentoring best practices has flourished. Health of soil means healthy plants and nutritious food for participants and for the community. A healthy garden is a sustainable garden. A healthy garden teaches best

environmental practices and skills are then transferred to other lifestyles and home gardens elsewhere within the Sooke region. Other funders and community groups participated this spring and summer to support the development and operation of SRG. Success breeds success.

*Health of the SRG council organization:* With success, sharing, communication and a sense of belonging and pride through proprietorship, more plot gardeners this summer have become involved in operating the garden and its council. Through positive participation (fostered by our mentor) and representation, the SRG has become a healthy organization. 12 new participants have stepped up to become involved, run meetings and undertake special events. Pride and positive participation with representative decision-making generates sustainability through self-governance. The sponsoring agency's (FOOD CHI) role is lessened.

### **T'Sou-ke Nation - Summary**

We have now formed a great partnership with Sunriver gardens. We have learned from each other in many ways and we have formed a lifetime friendship. We have participated together on hikes to gather Native plants to bring back to our gardens to transplant and we have created a Native plant garden at Sunriver for future teachings there. Working with the mentor at Sunriver was very rewarding as she has great ideas and a definite love for gardening and helping others.

### ***Highlights***

- Learning Salish, practicing Sencoten words, producing Sencoten booklet for wild plant gatherings and use of
- Teachings of the elders
- Involving youth participation to ensure sustainability
- Sharing own rich culture with others



## STATISTICS

**SRG****Impact Numbers and Mentorship Learning Opportunities**

<b>Group Impacted</b>	<b>Number of Persons in Impact Group</b>	<b>Number of Mentoring Opportunities</b>
Target Group (Plot-holders)	65 plots x 2 people per plot =140	66 mentoring sessions (2 per week averaging 2 ½ hrs each x 7 months Feb- mid Sep) plus weekly “electronic” mentoring approx 200 hrs
Children (from family plots)	16	66 mentoring sessions (2 per week x 7 months)
Mobility challenged raised-bed gardeners	13	44 sessions (2 per week x 5 months Apr – mid Sep) 110 hrs
School Groups	Middle school: 90 Pac West school: 8 Teachers: 4	Middle School: 3 sessions (10 hrs) Pac West: 1 session (2hrs)
William head inmate work release program	6	3 sessions (18 hrs)
Plot-holders and community members attending workshops outside of scheduled mentorship time (initiated by mentor)	50	5 workshops (14 hrs)

**T’Sou-ke Nation****Impact Numbers and Mentorship Learning Opportunities**

Medicinal Teas	11 (all ages)	
Kludahk bog plant hike	7 (native/non native)	
Mystic Beach	14 (youth – elders)	
SRG Work Party	10 (SRG Ladybug Volunteers)	
Game & wild meat workshop	9 (all ages)	
Sea Harvest (3)	45,21,26 (youth)	
Berry Gathering	12(all ages)	
Kludahk Trail	5 (adults)	
Peden Lake	10 (all ages)	
Plant ID/Berry Gathering	18 (youth)	
Sacred Mountain	13 (all ages)	
Fruit Gathering	17 (youth)	
Preserving Wild Food	20 (all ages)	

### SRG & T-Sou-ke Nation Participation at other Food CHI and Community Food Events

Event	Percentage Attendance Rate at Event
Seedy Saturday (Feb 26)	80%
Farm Story telling (Mar 13)	10%
Sooke Rotary Fair (mar 7)	20%
Film Night (apr 13)	10% volunteered
Community In bloom Lunch (Jul 22)	20%
Sooke Farm Tour (Aug 14)	60%
Sooke Fall Fair (sep 10)	30%
Sooke Slow Food Cycle Harvest (Oct 9)	25% attendance expected

#### *T'Sou-ke Nation – Regional Sharing*

We have had at our seafood gatherings participants from Scia'new First Nation (Beecher bay) & Pauquachin First Nation & Pacheedaht First Nation plus dignitaries from the District of Sooke and other financial institutions and INAC folks too plus we had three CWY students from Mozambique & Uruguay for oct – Dec this year.

#### SRG : On-Site Engagement

Volunteer Activity	Average # of Volunteers	# of Sessions	Total man-hours
Building the FOOD CHI garden & Plots	5	48	240
Land Clearing	10	8	80
Community Orchard(planning, manure fertilizations, irrigation, pruning, grafting, mowing grass, espalier installation)	8-12 participants 3 mentors	6 (average 3 hrs each)	200 (approx)
Cutting Firewood for cob oven & wood stove	5	8 sessions (4 hrs each)	160
Clean-up bonfires	6	10	60
Landscaping	5	8	40
Composting	5	48	240
Infrastructure (various building projects and growing structures)	10	6	60
Gathering Soil building materials	5	6	30
Storage Shed (William head prison work release program)	5	3 days at 6hrs/day	90
Cob Oven & oven roof	19	2 sessions/week @2 hr each session (to date) + 2 8hr days	36
Harvesting	5-10 volunteer harvesters from community agencies	(8 Wednesdays, 3 hrs each)	120 (approx)

Grow-a-row Food Recipients: Food Bank, Meals on Wheels, Vital Vitals, Sooke Baptist Breakfast Program, Crisis Centre, salvation Army, Work Link Families, low income families

#### *Plot-Holder Evaluation*

While many people benefited from this grant (as shown in the table above), the key group of people to which we felt the grant could make the biggest difference was the plot-holders. The average number of people attending mentoring sessions was 9 but at times included as many as 20. The mentoring of best practices took on many forms and plot-holders were able to take advantage of method(s) that worked best for them. Methods were tracked and adjusted using a quarter-term assessment and mid-term evaluation. The evaluation results are shown in the table below:

<b>Mentoring Method Used</b>	<b>% of Participants Engaged and Who Felt They Benefited from Mentoring Method</b>
Email & Facebook Group: weekly brief articles, advice, pictures and answering questions	75% email 15% facebook
1:1 mentoring (advice, encouragement, problem-solving)	100%
Teaching garden: best-practices shown, hands-on opportunities, and teaching signage	75%
Soil-Building opportunities (manures, compost, organic fertilizers, cover crop seed)	100%

#### **PARTNERS SECURED & DOLLARS LEVERAGED**

SRG's leveraged additional funding was key to providing the tools needed for the mentorship program to succeed.

<b>Other Grants</b>	
TD Friends of The Environment	\$5000 (soil Building)
MEC	\$2000 (Site Development)
BC HYDRO	\$2000 (Raised beds & Sitting Garden)
District of Sooke (Community Grant)	\$2500
<b>Community Partners (donations exceeded \$12,000 in kind)</b>	
William Head Correctional Institute: Clearing land, Storage Shed (\$2000)	
DOS: Community in Bloom (\$2000)	
CRD Water Board: Agricultural rate saves 85% annually off water bill (\$2000)	
District Of Sooke: Engineering & Planning Support (\$1000)	
Local Businesses: Sooke Backhoe machines & Operators for Grow-a-Row garden	
Other Program Supporters: Arden's gravel Pit, Cherry Lane Esquire, East Sooke Llama Farm	
Life Cycles Grow-A-Row: \$300	
Sooke Marine Industries: \$5000	
Victoria Education Compost Center: \$100	
Two Local Nurseries and West Coast Seeds: Plants and Seeds: \$600	

## LESSONS LEARNED



### SRG

Less grant money than requested (\$6500, not \$10,000) resulted in less mentoring hours to do more with T'Sou-ke Nation. 6 hours /week was not enough to meet all the onsite learning needs.

#### SRG Budget Adjustments

We planned to pay service fee of \$20/hour for our mentor, however to negotiate and contract our selected candidate we had to offer \$25/hr. Horticulturalists and teachers to receive \$25 an hour is still less than what our mentor would earn as a gardener (\$30-\$40/hr).

### T'Sou-ke Nation

**Challenges:** Making certain that we are prepared for transplanting native plants so we are successful with them. Some species are very picky when it comes to moving them and great care needs to be taken with them so they survive.

**Lessons Learned:** Working together with partners makes a big difference as opposed to being on your own. Together with Sunriver we are recognised as making a difference in our communities by way of our gardens and the teachings that come along with them. This makes you proud not only as a partner but the friendship that developed for the future.

### SRG Objectives Met

1. *Inclusion & Engagement – Community Participation:* From February to September, the garden mentor was available through e-communication and on-site two afternoons per week for group and one-on-one mentorship. Along with volunteers, the garden mentor worked on many projects to encourage community participation:
  - Teaching garden: Hands-on experience growing and harvesting, volunteering to grow & harvest and deliver food for community groups. Engaged students, plot-holders and work-link volunteers.
  - Native edible plant garden: Built friendship and learning opportunities between T'Sou-ke Nation and SRG user groups.
  - Workshops: Community members and plot-holders learned from knowledgeable people in the community.
  - Soil building materials: brought in and organized to encourage soil building best practices. Plot-holders and school groups met to learn and work on soil building programs.
  - Children's garden: Encouraged children to learn



and experiment growing and build relationships with other children at the garden. Local business donated plot.

- Food donated: The food produced and donated connected SRG with Grow-a-row Victoria and 6 local Sooke food agencies
- Community cob oven: Engaged community of Sooke, Transition town group, middle school students and plot-holders and children
- Mentorship Program: 100% of plot-holders engaged in the best-practices mentorship in one form or another. Together, challenges were overcome and best practices flourished. By August, the gardens resembled a giant produce market overflowing with peas, cabbages, squash and berries. But even more importantly, confidence, gratification and delight overflowed from the gardeners tending those plots. The mentorship program reached children, families, physically challenged and the elderly.

2. *Increase number of Community Partners to engage clients in food initiatives:*

- a. School Groups: 3 middle school classes engaged in fun workday events. The kids planted community food, weeded, watered, mulched, participated in soil building activities, and worked on their school-held plots. The alternative school Group also came to learn about planting and planning their plot.
- b. Edible Native Foods: Together with T'Sou-ke Nation and a representative from the Sooke district we collected plants and created the beginnings of a small but diverse native edible food garden to showcase local native edible plants within a conventional crop garden setting. This garden serves as a bridge between the community of Sooke and the T'Sou-ke nation and Ladybug nursery projects.

- c. Mobility Challenged &/or Elderly: The raised beds and volunteer opportunities at the garden brought 12 mobility challenged gardeners to the garden. These people didn't have the ability to have a large plot but they could manage a small raised plot. Some who still felt they had more to give got very involved with the grow-a-row garden planting, weeding and watering, harvesting and donating food.



*88 year-old Nelly volunteering in the Grow-A- Row garden.*

3. *Best Practices – mentoring and*

*teaching to ensure success of food production 12 months of the year. Success will inspire others to engage in the food movement and community:* Mentoring sessions teaching best practices included:

- soil building techniques (manures, organic fertilizers, beneficial bacteria, soil texture and structure, compost, cover-crops, avoiding erosion, mulch)
- seed saving

- planting (techniques, spacing)
- building trellises & cold frames
- succession planting
- maximizing space
- natural pest control (wireworm, fleabeatle, cabbage and carrot fly)
- beneficial insects & companion planting
- winter gardening (especially in wet plots)
- cold frames/mini hot-houses
- edible flowers
- growing strawberries, blueberries & raspberries
- best practices for growing tomatoes, potatoes, and garlic as well as many other crops.
- over-wintering plots
- making herbal teas
- cob oven building

As plot holders experienced success, other plots holders and visitors to the garden learned and were inspired in their own efforts. The completion of the cob oven Sep 30th will be our final event of the season to celebrate the harvest from the garden and the relationships created.

4. *Positive Learning: Best practices through mentorship are non-threatening, accessible and productive.* In our quarterly report we realized that because of the nature of a community garden (people come and go on various time schedules) communicating and reaching all the gardeners was our key challenge. We initially thought that monthly workshops would be a productive way to reach participants (and we did hold successful workshops with guest speakers on organic fertilizer, composting, pruning, grafting) but we quickly realized that participants loved the non-threatening, hands-on 1:1 mentorship approach. E-mails and a facebook group site also proved to be helpful, especially to those with time constraints.

5. *Vita Signs, climate change and health determinants will be many:* The incredible success of plots using organic practices and sustainable soil building techniques is testament to the environmentally and economically friendly growing practices used at the garden. It can also be said without doubt that the plot holders and their families benefited from the healthy produce grown on their plots. Engaging the 140+ participants of the garden in physical activity also has countless beneficial side effects to community health. But possibly one of the most understated benefits to community health and one that we heard over and over through-out the season was the fantastic psychological rewards that come from achieving



*Braiding garlic for community food and saving seed for fall planting.*



*"I've never used to grow purple vegetables!" says Loretta as she and her son pick purple beans for dinner. She used to grow a large garden and is enjoying the chance to grow her own food again.*

success, coming to a peaceful and beautiful space, reducing loneliness, and being engaged in a community of like-minded yet diverse people.

a) **UNANTICIPATED BENEFITS**

1. Community Food Plot & Teaching Garden & Native Edible Gardens:

- Produced more food & showcased healthy soil = healthy foods. Demonstrated best practices.
- Engaged more volunteers than 2010
- Serves as a welcoming focus to SRG visitors as one enters the garden

2. Governance restructuring at SRG: Positive participation from all SRG user groups (Plot holders, orchard and FOOD CHI) Willingness for new plot gardeners to become involved with decision making and sustainability.

3. Communities in Bloom Award shared with T'Sou-ke Nation: SRG and T'Sou-ke Nation were delighted to receive this award especially since it was shared award and reflects the partnership building built. SRG hosted a lunch at the garden for the provincial judges and the many community groups and volunteers involved in FOOD CHI initiatives.

4. Community Orchard: Not planned in Summer of 2010. Engages others and has been successful in integrating as a new user group at SRG.



*SRG a place for families build community in Sooke: Tomoko and her children (new themselves to Sooke and Canada) welcome Sara and her family who just moved to Sooke to SRG.*

5. Increase in Number of Family-held Plots: Last year we saw families with young children struggle to achieve success with their plots. We even lost several families die to frustrations and insecurities. This year we have seen family plot numbers increase greatly and success flourishing. The mentor was able to identify challenges, provide solutions, provide encouragement and foster an environment suitable for children.

**b) How did the grant help you form new relationships, partnerships or leverage more funding?**

Success at SRG always breeds more success. Where there is a site need, local businesses and local municipal services assist, usually in kind, or nominal service fees. New relations formed with funder's project staff and their networks.



*Before & After at The FOOD CHI learning and community food plot*

**c) What are your next steps and plans for continuing or changing this program/project?**

**SRG**

- Review 2011 program and 2012 needs with SRG council and FOOD CHI board
- Continue mentorship, adopting models subject to funding availability
- Encourage other horticulturalists to provide peer support (eg: sunriver community orchard)
- Explore other teaching opportunities, interns or apprentices to teach best practices
- Expand social responsibility at SRG to teach benefits of food recovery and food distribution

**T'Sou-ke Nation**

Carry on with elder teachings and involving youth throughout the year.

**d) Do you have any unmet or continuing needs pertaining to this granting activity?**

**SRG**

The potential benefits from continuing this mentorship program are worthy. Some ideas to expand the program include;

- Sustainability of growing food for those in need



- Working with SEAPARC (Sooke Parks & Rec) to introduce AGRIRECREATION
- Working with local VIHA funded Integrated Health Network (IHN) to include IHN chronic disease citizen volunteers. 900 IHN citizens live in the Sooke region.
- Working with the local middle school's 'Exploratories' program which engages students in an eight-week career-exploring program. The mentorship program could promote career options such as soil-science, farming, horticulture or community health.
- Engaging immigrant families from the Sooke community by getting them involved in growing food – especially from their home countries
- Continuing to mentor a model of food sustainability that marries the local traditional native culture's knowledge with cutting-edge scientific knowledge of organic growing and soil science.

e) **How could this project/product be sustained in the future? You may find some future partnering sources here:**<http://www.victoriafoundation.bc.ca/web/grantingprograms/links>

### **SRG**

Ultimately, Sunriver Allotment Gardens will have many participants who will continue to teach each other by sharing local knowledge and growing skills. However, SRG is for some a unique incubator garden. It's more than an "allotment" garden – it's full of visionary ideas, which can translate into other community growing ventures elsewhere in our Sooke region. The community piece of the garden- the teaching, demonstration garden has much to offer to sustain food security for our marginal citizens. We would like to see the FOOD CHI plots be funded for several more years to continue to build community and foster new programs to engage school youth, and the elderly. This fall we will explore social entrepreneurship with Van City re sustainability.

### **T'Sou-ke Nation**

Our program will continue to do what we have structured for our gardens. We are going to focus towards our Youth as they are the ones whom will carry on after we are gone. It is vital that we teach the Youth now as we are losing our Elders quickly and we need to retrieve the knowledge that they have so it is not lost. We also need to be consistent in our teachings so that people do not lose track or stop learning because there is no help out there.

f) **Are there roles for the Victoria Foundation, other than funding, to assist in your project at this point?**

### **SRG**

Advisory is so important to Sooke FOOD CHI. Our board has busy retired citizens and working families who don't always have time to 'network' with other regional food security groups. We rely on organizations like Victoria Foundation to keep us in touch and appraise us of other possible funding opportunities. Help us keep the doors open and let the light come in!



## TESTIMONIAL ON IMPACT SRG

“This is our first year so we got advice on when to start turning the soil given such a wet spring...Emily was terrifically helpful! Very knowledgeable and a great mentor. It has been a terrific experience” - the Mallets

“I am a community palliative care nurse who has a small raised bed at SRG. To be able to come in between patients and tend to my garden breathes life and health into my day”. -Augusta

“(the best practices I learned from the mentorship program and applied to my plot) were soil building – how to mix the soil, fertilizing and watering” -heather

““(the best practices I learned from the mentorship program and applied to my plot) were soil amendments...excellent results” – anonymous



“I most definitely feel I have applied all the gardening best practices as set out by Emily and I’m receiving many compliments on my garden due totally to Emily’s guidance and encouragement. I have learned more about growing vegetables this year than I ever have before” – Donna

“As for the first-time gardener...it’s been wonderful. We’re grateful for the opportunity to be part of SRG”



“We were fortunate to see Emily on several occasions. The weather being what it was caused our seedlings to take their own sweet time to germinate. Emily was very encouraging which helped. We appreciated getting her opinion on what to plant where for the maximum benefit of our patch.” – Bev

“Emily answered my questions in depth, giving me a lot of information to work with. Having an expert gardener and a great person like Emily available has been wonderful both for the knowledge gained and for the supportive, friendly atmosphere created in the garden. I would like the mentorship program to continue...” – Marilyn

“I absolutely applied the best practices learned to my plot. The number one thing I did was make 3 foot rows for better use of space” – Mel & Judy

---

PROFILE – SRG plot participant: Please see separate attachment “Donna: SRG Profile”

ADDITIONAL INFO

Please see scanned newspaper clips, SRG newsletter March edition: emailed separately

# *PROFILE - A 2011 testimony – DONNA*

*Sunriver Allotment Gardens – Sooke BC*



DONNA – is a 67-year-old woman who was widowed suddenly in March. She had signed up early in the winter assuming she would be enjoying gardening in her plot with her husband of nine years, a husband with whom she shared all her adventures. “We loved doing activities together and learning.” She had heard about the new allotment garden in Sooke from friends and late last summer wandered in with her camera to take pictures and knew she wanted to be involved. She had never grown vegetables before, but had had success with past gardens – flowers and shrubs.

During the spring of 2011, numb with grief, Donna knew not to stay in a cocoon. She had to get out and remain involved. The twice-a-week mentorship program was the ideal way to arrive at the gardens, make connections and learn. It was safe and she didn’t have to disclose much. Donna found the gardens a very pleasant place to be – unlike her home that was up for sale and presented many unknowns. The garden became her “gym, her church, and her sanctuary.” Donna took a neglected plot someone abandoned last year and slowly worked it into a small garden that could grow almost anything. She came with us to get llama manure. She wore the right boots, brought her own shovel and jumped right in.

She was thirsty to learn – Emily helped her with plot design, raised bed prep, seed choices, seed starts and how to nurture the growing seedlings by building healthy soil. Donna on her own journey of grief often went away in the spring for a few days or sometimes a week to visit her family of grown children or her friends in the Okanagan. Sometimes we didn’t know where she had gone. Who has seen Donna? Yet she always came back and told us stories of other community gardens she visited. She would re-enter our world by coming into SRG, through the gates, calling out – “there isn’t anything like this anywhere I have been.” Her stride into the garden was cheerful, confident, and over to her plot she would go. All we could hear was exclamations of what had grown, with a few cussy words at the slugs thrown in for good measure. She engaged with Emily right away to learn more.

Donna thrives on non-traditional learning, away from the classroom or an organized work shop. Hands on, dirty hands is the way she likes to learn. She also is enjoying getting to know her fellow gardeners, and learning from them. She believes if you talk to your neighbours you will always come away with a tip or hint on how to do it another way.

While Donna has grown at SRG, she may have not known we too were taking from her experience some very big life learnings. Loss, grief, adapting, and moving on.

