



KFPC MINUTES

Wednesday, October 4, 2017

Mt Paul Food Centre, 140 Laburnum St

Meeting 5:30-7:30pm, clean up 7:30-8pm

NETWORKING MEETING

WELCOME from

Rotating Chairperson: Lisa Forth

Note Taker: Addie de Candole

Set Up: Sandra, Rob

Clean Up: Sandra, Deanna

1. **Territory Acknowledgement**

We acknowledge that this meeting took place on unceded Secwepemc territory.

2. **Round Table Introductions**

Addie de Candole (KFPC Staff and F2SBC), Carole Hebden (KFPC Chair), Lisa Forth (Go Forth Composting), Cathy Wang, Paul Denby (KFPC Board and Arthur Hatton teacher) and Carter, Shelaigh Garson (Permaculture designer), Vessy Mochikas (Brock Principal), Mary Dunsdon (small scale organic farmer), Bonnie Klohn (KFPC Staff), Amanda Hunter (IH Dietetic intern), Kara Moro (IH Dietetic intern), Sonya (TRU education student), Donovan Cavers (Conscientious Catering, City councilor), Anne Grube (Kamloops Farmers' Market), Lindsay Harris (PhD student), Amber Hum (Brock Seniors' Centre), Alexis Blueschke (Interior Community Services), Deanna Hurstfield (Kamloops Organic Food Buying Club), Sandra Frangiadakis (KFPC GAP), Rob Wright (KFPC Board and Gardengate) and Nick, Barb Lundstrom, Matt Greenwood (ASK Wellness), Eileen (JUMP Volunteer), Glenn Hilke (JUMP), Dede Bone (ICS Community Kitchens), and Laura Kalina (KFPC Board and IH dietitian).

3. **Accept minutes** from September 6, 2017 meeting (see website)

Moved by Laura Kalina. Carried.

4. **KFPC Board Update** - Carole Hebden

- Introduced board members present in the room, have 6 board members.
- Moving from a working board to one that has regular staff support and can take a broader systems perspective.
- The 2018 AGM will be next summer (August or September). Carole is looking for more board members; think about your personal interest or people who might be interested. If you are unsure about joining the board at this time, then there is an opportunity to join committees/working groups.
- There are several committees and working groups, and Carole will focus on one committee tonight: Food Policy and Advocacy.
 - An example of this committee work is thinking about what the KFPC wants to recommend in regard to creating more food-based amenities

for developers when properties are rezoned, and incorporating these recommendations as part of the OCP ([Kamplan](#)).

- Another example of the committee work is addressing food insecurity and poverty.
- Another priority is integrating indigenous food systems into the general food security discourse.
- Speak to Carole, Bonnie, or Laura if you are interested in joining it.
- Engaging in strategic planning update at the next board meeting on October 18, Carole welcomes input from everyone about what might be included in the plan.

5. KFPC Programming Update

a. **Gleaning Abundance Program (GAP)** - Sandra Frangiadakis

- i. There has been 15,000lb of fruit picked this year so far. Harvests are winding down as fruit is becoming less plentiful.
- ii. On Sept 30, we had the seed cleaning equipment demonstration at the farmers' market with the recently purchased seed cleaning equipment (a winnower and thresher). On Oct 1, Sandra and Bonnie did more seed cleaning with Daniela Basile at SSOL Farms, learning more about the equipment.
- iii. In exchange for cleaning seeds, the KFPC will keep some of the cleaned seeds from the farmers and start building up a Kamloops Seed Bank.
- iv. Our social enterprise project is moving forward, with a press release from the Maple Leaf Foundation next week, and the end of a summer of freezing and dehydrating fruit. This winter, we will be testing recipes, completing the Interior Health food safety paperwork, and creating the business plan for the project.
- v. IH dietetic interns (Kara and Amanda) made dehydrated food bars for everyone to sample. The ingredients were dehydrated apricots, dates, oats, hemp hearts, and chocolate. The members seemed to like them.

b. **Regional Food Sovereignty/Financial** - Bonnie Klohn

- i. October 11 - the Wild Salmon Caravan is coming through Kamloops. The parade runs from 10am-4pm starting at the east side of Riverside Park. Following the parade there is a feast hosted by the KFPC/ICS.
- ii. You are welcome to bring your contributions of art to carry during the parade.
- iii. The Caravan started at the Pacific Ocean and followed the migration route of the Adams River sockeye salmon.
- iv. Thursday night (Oct 5) is the last art build workshop to make lino cuts at the Art Gallery from 6-9pm. The KFPC/Caravan has hosted 5 arts build workshops now (including making salmon on a stick, salmon puppets, dipnet art, and lino cuts).
- v. We are looking for volunteers to help prepare and clean up from the feast on Tuesday morning 9-12pm, afternoon from 1:30-4:30, then on Wednesday after the parade from 3-5pm cleaning up at Mt Paul Food Centre.
- vi. We are looking for more game roasts.

- c. **Communications/Administration** - Addie de Candole
 - i. We are still working on updating our website, and will be presenting the website likely at the December networking meeting and ask the members for feedback.
 - ii. Addie will be stepping down from the KFPC, and the communication/administration job will be posted in October to start in November and run until March 31, 2018. Watch the website for the job posting!
6. **ICS Programming Update** - Alexis Blueschke
 - The grand opening of the Mount Paul Food Centre is on November 17, and will be hosted by the KFPC and ICS. Both organizations will be celebrating their volunteers, and combining the opening of the Centre with a volunteer appreciation party.
 - Starting soon on Wednesdays, Alexis will be teaching a free laughter yoga course at the Food Centre. Just bring your own yoga mat!
7. **Dinner and Networking** 6pm, opening with Mindful Eating Exercise (Cathy Wang)
 - a. A reminder that the cleanup of dishes should begin at 7:30pm, so everyone can pay attention to the presentations as the dishes can be quite distracting. A big thank you to everyone who cleans up after the meetings!
8. **Community Spotlight: October is [Farm to School](#) Month! ([Farm to School BC](#))**
 - a. **Brock Middle School** - Vessy Mochikas (principal), Food Sustainability Class
 - i. If you want to contact Vessy, her email is vmochikas@sd73.bc.ca. If you would like to sign up to teach one of the Food Sustainability classes, check out the [calendar here](#).
 - ii. Vessy is teaching a Food Sustainability class at Brock Middle School; last year, the class had 7 people, now it has 38 students!
 - iii. The Food Sustainability class has a broad mandate; encouraging students to learn more about their food system by learning food literacy skills harvesting, cooking, eating, and celebrating local food, they are learning to be healthier and take control of the food they eat.
 - iv. As a recent example of the class' activities, they partnered with GAP to harvest fruit, and they process fruit in many programs. They also partnered with the Brock Seniors' Centre who prepared and froze GAP fruit for them all summer, allowing them to use more than just the September-October fruits (e.g. apples, plums, and grapes).
 - v. The class is also involved with growing and selling microgreens, the Farm to Cafeteria salad bar, and growing food in the courtyard garden with help from the Thompson Shuswap Master Gardeners. The school is diverting all of their food scrap waste from the landfill and they have already filled up a Jora composter in the courtyard garden. There will be a school-wide craft fair on November 4, where the class will be selling salsa and apple pies. The students also made the apple pie and canned peaches that were part of the KFPC potluck dinner tonight.
 - vi. Vessy wants the students to run their own farmers' market, so they learn entrepreneurship, leadership, math, business skills, and customer service skills to create a successful market.

- vii. Vessy also has a plan to spread the word about composting to all of the feeder schools on the North Shore, as Brock Middle School receives all of the kids from North Shore. Marcia Dick (City of Kamloops) came into the school to do food waste audit, and Vessy wants her students to learn how to do their own waste audits and teach classes at the feeder schools how to do them.
 - viii. Vessy wants to apply for another grant to build a garden in their courtyard, and build more garden plots that many other classes can partake in; for example, the shop classes can make the garden boxes, the photo club can take photos and make a calendar, the foods classes use food produced in the garden, and the art classes can create a mural in the space.
- b. Arthur Hatton Elementary** - Paul Denby (grade 5/6 teacher), School Community Garden and Food Preparation
- i. If you want to contact Paul, his email is *pdenby@sd73.bc.ca*.
 - ii. The students have been growing and selling microgreens to individuals and local restaurants including Terra Restaurant. Paul brought a sample of these microgreens to the potluck dinner tonight.
 - iii. His class also partners with GAP to receive fruit that is then eaten fresh, dehydrated to make snacks, or cooked during one of the lessons. Many of his students are sent to school with insufficient food.
 - iv. Paul has done several cooking lessons with his class, making sushi, pizza, and even salads for the PAC's back to school night in September.
 - v. Their class has gone on several field trips with Vessy's class, including the Green Living Expo, Farm to School Celebration of Learning, SSOL Gardens, and the Kamloops Regional Farmers' Market.
 - vi. Paul worked with the School District to get approval and then build a community/school garden on the school property during the 2016/2017 school year. There are four garden boxes now; he wants to build more boxes during the 2017/2018 school year and get more teachers and parents involved. The garden is structured as a community garden that the Arthur Hatton PAC runs.
 - vii. Why don't we expand to other schools? We are only affecting a small group of kids. Hungry students that attend every day both Arthur Hatton and Brock, and there are many students that would benefit from a school garden program.
 - viii. Community groups are very important to the success of the garden, as the main complaint about gardens on school grounds is what to do during the summer time, which the community garden design addresses. The School District is also concerned about what happens when lead teacher/principal leaves, which in this case is addressed with the PAC running the garden, not a single teacher.
 - ix. Brock has a courtyard garden, so it makes getting permission from the District easier. The new curriculum really supports the Farm to School program. Getting publicity and media at schools is really important!

- x. The three biggest issues for school gardens are: summer maintenance, garden irrigation, and what happens when the lead teacher leaves.
- xi. One of the members had a suggestion to consider hiring a Canada Summer Student as a garden coordinator; Vessy wants to create a for-credit agriculture program, but has to write the curriculum.
- xii. Arthur Hatton's community school garden is a pilot project; but we always tell kids that they have to try, and sometimes they will fail, so we have to do that too as teachers.

c. Wild Salmon Caravan (Bonnie) - Salmon Art Activity

- i. Made salmon on a stick art

9. Upcoming Events/Announcements/Volunteer Needs

a. Glenn Hilke:

- i. There are three Thanksgiving dinners this weekend; Oct 7 will 3:30pm at Royal Social Club (JUMP), Pit Stop 3:30pm on Sunday, New Life 3:30pm on Monday.
- ii. Royal Social Club needs help putting the garden to bed, can donate tomatoes and other vegetables in exchange for your time.
- iii. Royal Social Club always looking for guest cooks, breakfast and lunches every day, and Saturday dinners.

b. Project Connect at Spirit Square on Wednesday, October 11; you can interact with people living on fixed incomes, over 30 organizations attend with tables and tents and you can learn more about their programs.

c. Glenn was encouraging people to get in touch with mayor and councilors and share your compassion for many of the new homeless people we have in Kamloops after the fires this year.

d. ASK Wellness has their AIDS walk on Friday Oct 6 11-2pm, having a BBQ after

e. 2018 Provincial Budget - chance to have input on the budget on Oct 12, 8pm at the salon of the Coast Hotel and Conference Center

f. Oct 26 from 6-8:30pm, Gardengate has their Pumpkins of Light event, will have 350 carved pumpkins by schools, have late season food for sale. This event is not scary, refreshments are provided as long as they last. Check out their [Facebook event page Open Door Group Gardengate](#). Produce sales end on Friday Oct 6. Will be formally announcing the approval of the new building project at the Pumpkins of Light event!

10. Highlight for November: My Place, Glenn Hilke

NEXT MEETING will be on Wednesday, November 1, 5:30-8pm MOUNT PAUL FOOD CENTRE

Chair: Deanna Hurstfield

Minute Taker: Bonnie/Addie

Set up:

Clean up: