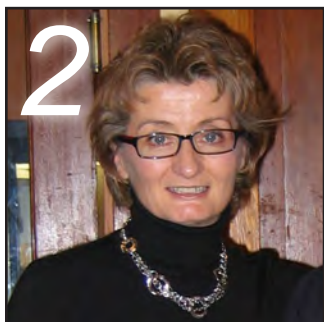


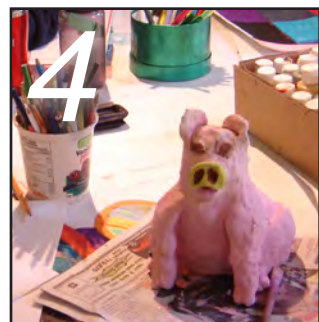
# Providence Community News



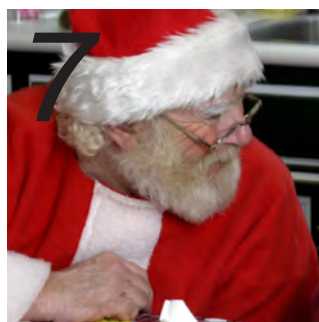
Fall 2010



A Farmer's Daughter...



Art: Good for the Heart...



Events...

## Seasons of Change:

For the past 30 years, Providence Farm has focused its vision on the renewal of body and spirit, and on people caring for the soil and the soil nurturing the people. During this time the Farm has welcomed the challenges and opportunities that the natural rhythm and transition of the seasons bring. The Farm's capacity to thrive as growers and as a community seeking to serve the needs and foster the talents of people in the Cowichan Valley has come from honouring the past while adapting to the seasons of change to ensure a healthy and vibrant future.

It is in this spirit, of knowing from where Providence Farm has come and having a clear sense of the future, that its Board of Directors is thrilled to announce the appointment of Karen Bittner to the position of Executive Director. Karen's leadership and insight, desire to serve the people of the Cowichan Valley, and respect for the people who are mutually invested in Providence Farm promise to contribute greatly to the organization and the greater community.

Before accepting the position at Providence Farm, Karen held the position of Director of Residential Contracted Services with the Vancouver Island Health Authority. She holds CMA (Certified Management Accountant), FCMA (Fellow of the Society

of Management Accountants) and MBA (Masters in Business Administration) designations and has served in the public service for over 20 years in Saskatchewan and, more recently, British Columbia.

Under Karen's leadership Providence Farm will continue to provide the quality of programs and services that the local community has come to trust and value, while seeking new ways to serve and contribute to the people of the Cowichan Valley. We look forward to Karen's perspective, skill and experience helping to foster the sustainability and growth of Providence Farm and continue to invite you to join us in this.

Please contact us, or drop by for a visit, to welcome Karen, explore the farm and consider your ongoing involvement in our thriving community.

Kevin Corbett  
Programs Manager



Four weeks into my role of Executive Director of Providence Farm, I am finding myself in the midst of a newsletter being published and I have been asked to write about myself! Firstly, where should I start and, secondly, I am not sure that I am the most intriguing person to read about. For a fleeting moment, I thought about embellishing my past with stories of leaping tall buildings in a single bound and blazing gun battles, but you would likely see right through that. Instead, I have opted to simply write from the heart.

I was raised on a farm approximately 110 kilometres north of Regina. My Dad was born in the farmyard in which I was raised and my Mom came from Toronto. My parents met when my Dad went to Toronto for a welding course and boarded in the house in which my Mom lived with her Grandmother. My Mom used to joke that her friends told her that farmers from Saskatchewan had lots of money and so that is why she agreed to marry him – which she later learned to be a vicious rumour (likely started by farmers from Saskatchewan!). As a result of their union, I was raised in a home of die-hard Saskatchewan Roughrider, Toronto Blue Jay and Toronto Maple Leaf fans! (My husband and I fly a Roughrider flag on our home to this day – Go Riders!) My Mom used to tell me that we were raised poor, however, that depends on one's interpretation of the word "poor". While I am sure we did not receive everything off our foot-long letters to Santa, I do not remember wanting for much. There was always plenty of food, warmth and love for my three siblings and me.

My parents were the epitome of community leadership and volunteerism. With our home community of Raymore being only 800 people strong, it was the strength of the people in the community that made it grow. My parents were those "go to" people in the community – you know the ones – involved in the church, the arena, the museum, the school, the local government – the list goes on. I have many memories of making loaves of egg salad sandwiches for the church

tea, colouring posters for the "Fowl Supper" and walking with my Dad to the arena to watch the Raymore Rockets for whom my Dad was the volunteer goal judge for years. When I look back, despite my now many years of education and experience, it is likely the influence of my parents that brings me to be sitting writing you this letter today.



Karen Bittner, the Farm's new Executive Director, is welcomed to the farm by Kori, the Kitchen Program Manager.

After graduation, I moved to Regina to further my education and find work. For the next 20 years, I worked in a variety of civil service roles and attended college and university, first to complete a Certified Management Accountant (CMA) designation and then a Masters in Business Administration. I held high my parents' value of "giving back" and, over the years, have volunteered on various committees and boards of directors, organized numerous events held in Regina and taught classes. In 2007, I was recognized for this work by receiving the Fellowship of the Society of Management Accountants of Canada (FCMA). The highest honour granted by CMA Canada, a Fellowship is awarded to CMAs who demonstrate excellence in management accounting, a commitment to their profession and a civic-mindedness that enriches their community – this designation really belongs to my parents.

Fast forwarding to three years ago, the love of my life, Blair, moved to Vancouver Island for work and I followed him approximately one year later. I proudly started my Island career with the Vancouver Island Health Authority in the seniors care portfolio until assuming this position four weeks ago.

So that's me in a nutshell – no leaping tall buildings or blazing gun battles – rather a farm girl from Saskatchewan, now a Farm girl from British Columbia. I am thankful to be here at Providence Farm and am thankful to my parents for guiding me here.

With warm regards ~  
Karen

# Farm Faces:



Anita and Dan Stringer (Caretakers and Volunteer Coordinator/Events Manager) are moving on from the Farm this Fall, and are pursuing their Timber Falling and Chipping business. We will miss them here and wish them blessings on this next step .



The Farm is sad to say good-bye to **James Lockwood** (Produce Manager) as he ends his seasonal contract with Providence as of October 30th. James, all the best in your new position and with the international adoption proceedings you are undertaking with your wife Cammie.

**Don James Linde:** March 1965 – October 2010

It is with sad hearts, we say good bye to Don Linde. You will be missed by all; your laughter and smiles will always be remembered. Bye Don, from the guys at the Small Engine Maintenance Program.  
– Mark Mason

Don worked in the Furniture Shoppe at Providence Farm for a short time before his death. We would have liked to have had a greater opportunity to get to know him better. His cheerfulness and eagerness to help out will be missed. Thank you Don  
- Moe Copiak

Congratulations Cara!



*"Hi, I am Cara and I entered a photo contest at The Cowichan Exposition. My photo of Molly and Dolly took Second place in the Category of Domestic animals. I was very happy."*

You can see other photos from Cara at her blogspot:  
[providencefriends.blogspot.com](http://providencefriends.blogspot.com)

Welcome to **Rod Carswell**, the new Farm Caretaker. Rod is a local artist and will be using the Red Barn as both his home and studio. Talk about an inspirational location!



Welcome to **Peter Bontkes** as the **new Board Chair**. Peter has been on the board for a number of years and last year worked with Jamie Lowes (past Chair) as Vice-Chair. Peter is a Professional Forester and the owner of Silvifor Resource Consultants which provides comprehensive forestry planning, operation and management services. After following the organic and innovative vision of Providence Farm for years, Peter was delighted to join the community. His involvement enables him to focus his passions for social justice and healthy, sustainable development. Peter is married to Michelle and has three young children.

Peter leads a team of 15 board members. This year we also welcome Jim Dias, Reynold Hert, Jim Endersbe and Gerry Newell to this dynamic and community –minded group.

# Art: Good for the Heart

Kevin Corbett  
Programs Manager

From the very beginning one of the fundamental ideas that has shaped Providence Farm is the belief that the therapeutic value of work, of giving people the opportunity to participate and contribute towards something greater than themselves, is vital to the health and well being of everyone. Beneath this belief and practice is an even more fundamental conviction that health and well-being must be approached holistically if it is to be regained, developed and maintained. We have sought to be a community that offers diverse opportunities in which people hoping to find balanced approach to their health can connect with the resources they need.

To this end, we have been focusing time, energy and resources on the continued development of our Arts and Recreation programs. We believe that the creative, restorative and therapeutic elements of music, exercise and art are values that help form a balanced and holistic sense of health and well-being.

These values are exercised weekly with Monte Nordstrom leading a lively group of music lovers on Monday mornings and I am lifted along with the cacophony of free and confident voices singing folk songs in the room beneath my office. I have also seen how transforming a dull, cold lump of clay into a dynamic, creative expression of imagination also has the capacity to create a sense of pride and expression for people that might struggle to otherwise articulate their feelings or ideas. This wonder occurs throughout the week as Michael Cousineau, our art coordinator, encourages people to explore different media and forms to express themselves. Betty Worthy co-ordinates our textiles program in which the loom room, and the hand crafted textiles created in it, become a living metaphor of well-being, with individual threads or discarded bits of fabric being woven together to create something of beauty and purpose. Each of these program areas have been developed to encourage and support practical skill development and the therapeutic

value the experience creates space for. It is difficult to express what produces the beaming smile and proud words saying "I made this", but I know that it comes from a deep place of wholeness and healing.

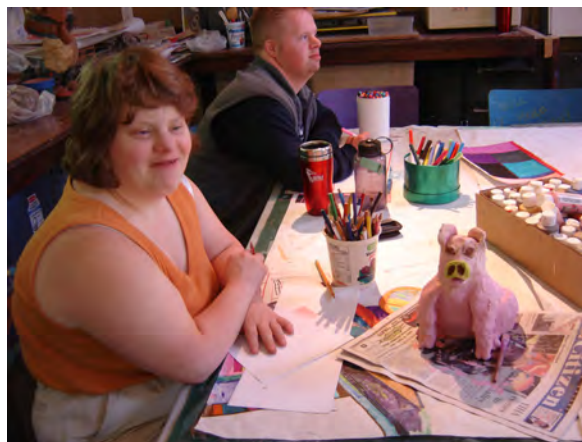
Our art studio and weaving room are two initiatives that we are seeking to further develop as grant and fundraising resources allow. If you're interested in contributing towards these programs with your time, supplies, equipment or financial donations please contact us.



*The Arts program is progressing, with The Segues and Greenways folks enjoying a wide range of mediums.*

*Clay, of course, is the favorite, and some of the works being produced are quite amazing. We are now in the process of setting up two wheels for throwing pots. We hope to have a RAKU KILN and SAWDUST KILN built and in use by Spring.*

*Michael Cousineau  
Arts at the Farm ~ and other hats*



# Providence Farm hosts Canada World Youth:



Welcome Shane, Junior, Spenser and Florianna!

The Canada World Youth program is back in the Cowichan Valley and four young participants are helping with the chores at Providence Farm. This year the program is partnered with AJUDE, a Mozambique organization that seeks to mobilize youth by promoting volunteerism, activism, and community outreach.

The team at the farm is composed of two Canadians and two youth from Mozambique. They will be at the farm until mid-December assisting in all the programs. This is a unique situation for many of our participants to meet new volunteers, learn a few words in another language, and discover another culture. It helps everyone at the farm realize that we are all citizens of a world that cares and shares.

## Summer Update:

### St. Ann's Garden Club Plant Sale:

As the harvest wraps up, a quick thought back to the start of many of those plants and a thank-you to everyone who came in April to support SAGC (we raised \$3,200!) and get a strong start to the growing season. Mark your calendars for the next sale, April 30th, 2011.

### Country Gospel Sunday:

Kind thanks to Devon Mills, Lorern Stubbs and Donna Roxburgh for making this fund-raiser for the Earthquake victims in Haiti a special day with tasty grub, a broomstick rodeo for the kids, and the sweet sounds of our local country gospel talent, all for a very good cause.



### Hoedown: June 19th

Many Thanks to everyone, particularly our generous local businesses, and our many tireless volunteers, for making this past Hoedown a rousing success.

Together we netted over \$33,000 towards supporting the programs and participants at Providence Farm.

### Farmer's Market:

Bill Baker and James Lockwood were the friendly faces of the Farm at this season's Farmer's Markets. Thanks to them and to all the local folks out there who purchase our naturally grown produce for supporting us in this social enterprise.

# Community Support:

*Providence Farm is blessed with generous support from organizations and individuals in our community that allow us to continue to better the lives of those at the Farm and within the greater community. Thank you.*

**Jackson's Ice** (Pam & Steve Jackson) - bagged ice to the Farm's General Store

**Jack Vanderbasch** - gravel

**Jack Pearce** - donated over 30 hand-crafted wooden bowls for sale at Farm events

**Sprigs & Twigs** - donation of plants to St. Ann's Garden Club

**Gail Fordyce** - donation of a loom, shuttle, and books to the Farm's Textiles Program

**YTT Productions** - donation to Nursery/Greenhouse

**Debbie Loewen & Chris Groenendijk** - Equipment and supplies to the Farm's Textile program

**Rolland Holland & Reta Flanagan** - electric saws

**Anton Turner & Peter Lord** - installation of new irrigations system in St. Ann's Garden

Harvest Hayride tractor drivers: **Paul Douville, Al Brunet, Michael Cousineau, Jack Hutton, Moe Copiak**



**Cowichan Seniors  
Community Foundation**

Cowichan Seniors  
Community Foundation:  
\$10,000 to St. Ann's Garden  
Club for new raised garden  
beds, more accessible and  
safe paths, and necessary  
fencing & gates.



TD Canada Trust:  
\$2,000



IBM Canada Ltd.:  
Two laptop computers



Island Savings Credit Union:  
\$2,000  
Plus staff clothing drive for  
donation to Sr. Frieda's Store  
at the Farm.

**Providence Farm is  
honoured to be the  
recipient of donations  
in memory of:**

Tony de Bree  
Emile Courchene  
Owen Finnegan  
Helmut Klein

*To remember your loved one  
with a special gift, or to plant  
an Oak tree in their memory,  
please contact the main office  
for details.*

## *Community Organizations:*

**Cowichan Valley Shrine Club** (free tickets for Farm participants to the Shrine Variety Show)

**Probus Club of Duncan**

**Garden City Horsemen's Club**

**Sechelt RBC Employees**

**Christian Science Society**

## *Corporate Donors/Supporters:*

**Microsoft Canada** - \$700 donation of new software

**Salesforce.com** - database licenses (\$11,000 per year)

**Hayes Stewart Little & Company**

## *Ongoing contributions from:*

**Level Ground Trading**

**True Grain Bread**

**Waste Services Inc.**

**Phil's Farm**

**Murray Logan at Ye-Old Dogwood Lumber**

**Corix**

**Dinter Nursery**

**Nonuttin' Foods**

**Buckerfields**

## Wish List:

Pint and ½ pint size canning jars  
Buckets – all sizes  
Tea towels, towels, washcloths  
Industrial steamer in good working order  
Sewing kit and supplies  
Men's clothing, particularly for use outdoors, on  
the Farm

Reminder: tax receipt may be provided for larger  
items, providing they are in good working condition

# Events:

## Providence Farm 2011 Wall Calendars

These full colour calendars celebrate a year at the Farm in photographs, and with inspirational quotes.

All proceeds go towards our continued growth for next year.

Calendars are available for \$15 each in the office and Farm Store.

2011 A Year of Growth

All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work.  
-Calvin Coolidge

providence farm

The growth and development of people is the highest calling of leadership.  
-Harvey S. Frost

June 2011						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Father's Day 26	27	Summer Solstice 28	29	30		

## CHRISTMAS CRAFT FAIR

Come and enjoy a fun day out for all the family at Providence Farm.

Saturday, Dec. 4th 9am-3pm

Pop in to the main house to pick up some local and hand-made gifts or spend some time with the family doing activities such as face painting and crafts in Santa's workshop.

There will be a Community Craft Tables, farm-made products and a raffle.

You can have lunch, hot chocolate and baking or get a portrait with Santa by professional photographer Andrew Leong.

There will also be hayrides around the farm! Hope to see you there.



## CHRISTMAS TREE FUNDRAISER

Pre-order your locally grown Christmas tree today.

email [provfarm@providence.bc.ca](mailto:provfarm@providence.bc.ca)

Collect your tree on Dec. 13th.

\$25.00

All proceeds will go to programs at the Farm.



# Thank you!

## A Dollar Donated ... A Dollar Invested Locally:

In September, many of you may have watched a CBC investigation that found Canadian registered charities in nearly every province paying upward of 70% or 80% of their revenues to companies that organized their fundraising drives. While the number of charities in this situation were few, it is still a news story that may have you questioning where your donations go.

As we approach our Annual Giving Campaign we thought it important for you, our valued supporters, to know that every dollar donated to Providence Farm is invested in the people of Cowichan Valley. We do not engage the services of companies to organize our fundraising drives. All of our fundraising activities at Providence Farm are carried out with the generous support of volunteers and staff and all of the money raised stays right here.

Please watch for our **Annual Giving Campaign** brochure in your mailbox soon.

## Our Corporate Members

G.M. Pace Enterprises Inc.  
Aquafun Family Pools & Spas  
Twin Fir Tractor  
Grant & Yvonne McKenzie  
Frederick Brown  
Butler Brothers Supplies Ltd  
Jacoba Dikkentman & Stuart Simmonds  
Dr. David L. Wakelin  
Mill Bay Vineyard  
Cowichan Petroleum Sales Ltd  
T Bird Services  
Silver Fern Walk-In Clinic  
Polster Environmental Services  
JP Construction  
Island Tractor  
Ken & Elizabeth Newcomb

## Database Update:

To better keep track of our wonderfully supportive members, we're upgrading our database. Someone from the office may be contacting you in the near future if we're missing some of your information. Thanks for your continued support.

*"The Mecca of horticultural therapy in B.C. is Providence Farm, outside Duncan on Vancouver Island, where it is used to enable people to overcome barriers to education and employment."*

Steve Whysall,  
Vancouver Sun,  
Sept. 25th, 2010



## Contact us:

Open Monday - Friday, 9am - 4pm

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