



# Farm to Family Meals Service Society

## Newsletter: Summer 2025

*Farm to Family (F2f) is a Denman Island charity providing meals to fellow community members, made by volunteers using local produce.*



## Farm to Family Launches Intergenerational Community Meals!

On June 21, Summer Solstice, the back hall was filled with many smiling faces of the island's youngest to eldest, dining together at the first of a series of Intergenerational Meals to be hosted by Farm to Family Meals Service Society (Farm to Family/F2f) over the coming months.

Farm to Family is pleased to announce that we have received funding under the Government of Canada's New Horizons for Seniors Program for our project, Building Intergenerational Connections Around Local Food.

This federal grants and contributions program supports projects that are led or inspired by seniors who are making a difference in the lives of others in their communities.

The funds will be used to provide community meals open to our recipients and volunteers, and the community at large, for free or by donation, throughout the summer, fall and winter months. At the inaugural Solstice Dinner, our fabulous and hardworking Meal Program Coordinator, Bee, and her amazing team of volunteer cooks, served up a local feast of wild sockeye frittata, herbed new potatoes, beautiful local salads, and strawberry custard tarts!

Another wonderful component of this grant project, which runs until the end of March, 2026, is our Local Food Skill Shares, where members of the community host a workshop sharing a cooking skill with neighbours and friends of all ages. So far, we've had pesto making with Richard, Instant Pot cooking with Judy, Frittata Fun with Lee Andra, and Permaculture Salad with Serendipity!

Thank you to the Government of Canada's New Horizons for Seniors Program for the funding support provided to Farm to Family. It will make a significant difference in the lives of seniors in our community. For more information, visit [New Horizons for Seniors Program - Community-based projects](#).

For a full schedule of upcoming F2f events, please see Page 8 of this newsletter.

## F2F Now Provides Donation Tax Receipts!

F2f is pleased to announce that our application to the Canada Revenue Agency was successful! Farm to Family has been awarded charitable status which means we can now give you a Charitable Donation tax receipt for any donation over \$25.

**Please consider** making a one time or monthly donation to support Farm to Family's important work for the Denman Island community. Be sure to include your full name and address to receive a receipt.

There are many ways to donate:

### By cheque:

- Mail to: Farm to Family, 1200 Lacon Rd
- Leave an envelope in the Farm to Family folder at the Abraxas Free Post



### By e-transfer:

- E-transfer to [acctfarm2family@gmail.com](mailto:acctfarm2family@gmail.com)

### Online:

- [Zeffy](#): Search online "Zeffy Farm to Family" or scan this QR Code
- New Farm to Family Website! [www.farmtofamilybc.ca](http://www.farmtofamilybc.ca)



## THANK YOU TO OUR PAST AND CURRENT GRANTORS!



HORNBY & DENMAN  
COMMUNITY HEALTH CARE SOCIETY



Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



QUESTIONS? WANT TO VOLUNTEER? Reach out to us at [info@farmtofamilybc.ca](mailto:info@farmtofamilybc.ca) or find us on [Facebook](#)

We welcome new recipients of our Meal Programs. Please reach out to Bee: 250-702-0584 or [bee.farmtofamily@gmail.com](mailto:bee.farmtofamily@gmail.com)

## Farm to Family's Core Values

**Vision:** An informed and engaged community that supports local food producers, where residents have regular access to nutritional, local, responsibly grown food that relieves poverty and contributes to their overall health.

### Values

- Reduction of poverty.
- Local food producers.
- Environmentally responsible food production practices.
- Affordable, respectful and equitable access to local, nutritional and seasonal food.
- Social interactions and relationships, as social determinants of health.
- Food sovereignty.
- Community engagement.

### Mission

- To relieve poverty by providing regular, nutritious and seasonal meals to seniors, families and others in need on Denman Island.
- To support local food producers through the procurement of locally produced goods.
- To prepare and provide food in a manner that is respectful, accessible and supports relationships.
- To heighten the community's awareness of the benefits of eating food that is local, seasonal, nutritional and sustainable.
- To support and enhance local food security and agricultural sustainability through partnerships and collaborations with other like-minded organizations.



Farm to Family respectfully acknowledges that our work takes place in the traditional, unceded, and treaty territories of Peoples of the Coast Salish and Kwakwaka'wakw First Nations, who have stewarded these lands and waters since time immemorial. We honour their deep, ongoing relationship with the land, plants, animals and waters that sustain us all.

As an organization committed to food sovereignty, we recognize that Indigenous food systems have long embodied sustainable, reciprocal relationships with the environment. We are guided by this knowledge as we strive to support just and regenerative food practices that respect Indigenous rights, histories and leadership.

We express our gratitude for the opportunity to live and work on these lands and commit to continuing our learning, unlearning, and action in solidarity with Indigenous communities.

## Introducing the F2f Board of Directors!

Farm to Family is fortunate to have a compassionate and dedicated Board comprising people who care deeply about nourishing the people of Denman. We are a diverse bunch, each bringing a unique background, skill set and perspective. We all feel privileged and grateful to be on the Board of Farm to Family, an organization that is becoming an integral part of the social and economic fabric of the Denman Island community.

(Continued pages 4-6)



## **Erika Bland (President)**

What is Farm to Family without Erika?! Erika is the founder, the visionary, and the leader. Erika has lived on Denman since 2012, prior to which she was an apprentice on an organic farm in Pemberton, BC. She studied Human Geography at UBC focusing on social justice, fair trade and local food systems in Canada and Central America. Erika then completed her MA in Environmental Studies; her research involved the examination of the relationship between conservation and agriculture on Denman Island. Erika loved her work for the Denman Conservancy Association from 2015 to 2022 and continues her commitment to the Conservancy as a Board member. She is also a former Board member of the Growers and Producers Alliance.

In 2020, with support from the community she began to implement her long held dream of creating Farm to Family, an organization that would address the dual needs of increased markets for farm produce and access to supplemental frozen meals for seniors and elders on the island. Erika is committed to supporting aging in place in our amazing community. Farm to Family has flourished under Erika's wise and creative leadership.

Erika and her family will be welcoming a new baby in October and she will be taking a leave from the Board for the months surrounding that occasion.



## **Nancy Anderson (Vice President)**

Nancy is a retired Social Worker with a background working with children and adults in the disability field. In her last job, Nancy worked in a community based program that supported adults with severe brain injuries. She was also a longstanding Board member of an agency that supported people with developmental disabilities.

While Nancy and her husband have owned property on Denman for over 20 years, she has only been able to make Denman more her home in 2020, when she retired. It was then that Nancy started to participate in the Denman community. Besides volunteering on Two Roads Farm, Nancy is involved in a number of community events including the Christmas hampers, Readers and Writers Festival and the Community Auction. Nancy has recently joined Friends and Neighbours.

Nancy was delighted to join the Board in 2023. She encourages the Board to consider and embrace the 'psychosocial' benefits of providing food; the social connections made around the provision of food are vital to decrease the negative effects of social isolation on health.



### **Joni Daniels (Treasurer)**

Joni has a long and prestigious history in the music business, promoting her first concert at the young age of 17 with legendary folk singer Stan Rogers! She was one of the crew that launched MuchMusic, stayed at MuchMusic as a producer/director there for 15 years and then became a general manager of a record label. After she lost her hearing due to loud music exposure, Joni built her own successful marketing company helping musicians find the funds for records, videos and tours.

After spending most of her life in Toronto, Joni was looking for a big change and, fortunately for our community, she chose Denman Island. Here she has pursued her-lifelong dream to be of service to her community. Many on the island would know her as a volunteer co-director with Concerts Denman, Board member of Arts Denman, and the Chair of the Denman Sponsorship group who supported a young refugee from Afghanistan to resettle in BC.

Joni joined the Farm to Family Board in 2023 and is the Treasurer. Her business, financial and fundraising background is exceedingly helpful as Farm to Family works to expand and fund its programs. The Board appreciates her ability to translate complex financial information into understandable concepts!



### **Megan Brousseau (Secretary)**

Megan is employed full-time in the Kinesiology Department of Langara College as an instructor, Assistant Chair of the Department, and member of the Equity Diversity Inclusion Committee. Her work has a strong focus on the social determinants of health, including food security and the importance of social support.

Megan lives in Vancouver and has spent many years volunteering with and being a Board Member of the Cedar Cottage Food Network. CCFN is an independent, non-profit organization working toward more sustainable and just food systems at the neighbourhood level. The organization creates space for Kensington-Cedar Cottage residents to take part in different levels of food systems by providing programming, tools, and opportunities for community connections.

Megan has been with Farm to Family since its inception and a Board Member since the Society was registered. Sharing a strong belief in the organizational vision, she played an integral role encouraging and supporting Erika to make her dream of Farm to Family a reality. Megan has an amazing diversity of skills to contribute; her knowledge, experience, and technical skills make her a valued Board Secretary.





### **Noni Fenwick-Wilson (Director at Large)**

Noni is a longstanding member of the Denman community. She began visiting Denman Island in the mid-seventies and lived here until 1991. After a 20+ year career teaching primary school in Royston, Noni and her husband returned to Denman 10 years ago, to make Denman their retirement home and community. Noni is a well-respected and committed volunteer on Denman. She has very much enjoyed her work with the Readers and Writers Festival since 2019.

Noni first became a volunteer with Farm to Family in January 2020 as a driver. Noni values how providing nutritious, locally sourced meals to seniors is a wonderful support to help elders to age in their own homes and community. Noni joined the Farm to Family Board in 2024. One of the newer Farm to Family Board members, Noni was quick to jump into the operational side of our society, working closely with Bee to ensure that all food production is safe and efficient as possible.



### **Elina (Lee) Blomley (Director at Large)**

Lee's academic background as well as her work experience testify to her belief that all communities should have the right of access to food in a dignified way. Prior to coming to Denman, Lee completed graduate academic research through SFU's Food System Lab, working with the South Island Farm hub to expand their aggregation of local food. She was also involved in miscellaneous mutual aid efforts to ensure all in community are fed. For 7 years Lee has worked on farms throughout the province in both rural and urban contexts.

Lee is a new community member on Denman. She moved here in 2024 to join the staff of Two Roads Farm as a full-time employee. Lee took no time to become an active contributor to the Denman community: she is also a medical first responder with the Denman Island Volunteer Fire Department.

Lee believes in Farm to Family's vision of bolstering a strong local food system through feeding our community and supporting food growers. Her education and experience lend a valuable and well-informed perspective to the Farm to Family work.



Farm to Family is seeking 1-2 New Board Members, especially those with skills and experience in grant writing and fundraising, to help our organization thrive!

If you are interested in learning more about joining our Board, please contact us! [info@farmtofamilybc.ca](mailto:info@farmtofamilybc.ca)

**Our 2025 Annual General Meeting (and Board Election) will be held on Wednesday, November 26, 2025 at 5:30pm, at the Back Hall.**



## Food Skills Sharing!

This summer, we launched a new Food Skill-Share program, supported by various grants. Community members have been enjoying opportunities about once a month to come together and share with each other their knowledge and tips and tricks around food and cooking! Skill shares are Free! See a list of upcoming skill shares on Page 8 and email Bee ([bee.farmtofamily@gmail.com](mailto:bee.farmtofamily@gmail.com)) to sign up and join in the fun!

## Seniors Musical Lunches!

Previously, Kathy Rieder, Sharon Walberg and many volunteers organized a popular Musical Lunch Series, where seniors gathered for food and entertainment by local musicians. With DenmanWorks! support, F2f is gearing up to host a series of these lunches again, beginning in September. Seniors, along with friends and family members of any age, are welcome. See Page 8 for the schedule!



## Food Preservation Help!

F2f is seeking volunteers to help us preserve food for the winter! If you have knowledge and experience in canning, dehydrating, freezing etc. (or are keen to learn) we need your help! We will be holding a few Food Preservation Sessions in late summer and fall. To join the work parties and help us stock up for winter, please reach out to Bee ([bee.farmtofamily@gmail.com](mailto:bee.farmtofamily@gmail.com)).

## New Herb Garden!

This summer we built a new garden box to grow herbs for our programs within the Community School Garden! We are grateful for support for this from the School and the Garden Coordinators Kimberley & Dennis, as well as grant funding from DenmanWorks! and in-kind donations from Antoine Auger, Landor Farms, Steve & C-Rea, Bente & Henning and Andy Lepore! The garden will be planted once the weather isn't so hot and will provide fresh herbs for years to come!



# Upcoming F2f Events – Summer, Fall, Winter

## Intergenerational Community Meals

**Community Feast** - Sun. Aug. 24, 6-8pm, Denman Community Hall (Collab. with UVic Environmental Studies)

Harvest Dinner - Thurs. Oct. 9, 5-6pm, Back Hall

Winter Solstice Dinner - Thurs. Dec. 18, 5-6pm, Back Hall

Know Your Farmers Dinner - Thurs. Jan. 29, 2026, 5-6pm, Back Hall

For the Love of Food Banquet & **Square Dance Fundraiser** - Sun. Feb. 8, 2026, Community Hall (times to be confirmed)

## Food Skill-Share Sessions

Session 4A: Masa Harina with Denman Corn (with Emily & Dylan) - Mon. Sept. 15, 2-4pm - Community Hall

Session 4B: Medicinal Syrups (with Maya) & Sprouting (with Chris) - Mon. Sept. 15, 5-7pm - Community Hall

Session 5A: Ayurvedic cooking (with Thailita) - Mon. Oct. 6, 2-4pm - Community Hall

Session 5B: Apple Pie Making Workshop (with Jenna) - Mon. Oct. 6, 5-7pm - Community Hall

Session 6A: Sauerkraut (with Jenna) - Mon. Oct. 27, 2-4pm - Community Hall

Session 6B: Pressure Canning (with Heidi) - Mon. Oct. 27, 5-7pm - Community Hall

## Seniors & Friends Musical Lunches

Wed. Sept. 10, 2025, 12-2pm - Back Hall - Music by Eli Hilberry - Suggested \$6-10 donation to help cover costs

Wed. Oct. 8, 2025, 12-2pm - Back Hall - Music by Richard Garvey - Suggested \$6-10 donation to help cover costs

Wed. Nov. 5, 2025, 12-2pm - Back Hall - Music by Jordi Hilberry - Suggested \$6-10 donation to help cover costs

Wed. Dec. 3, 2025, 12-2pm - Back Hall - Music by Tahiti Rey - Suggested \$6-10 donation to help cover costs

Wed. Jan. 7, 2026, 12-2pm - Back Hall - Music by Randy Duncan - Suggested \$6-10 donation to help cover costs

Wed. Feb. 4, 2026, 12-2pm - Back Hall - Music Carly Woolner - Suggested \$6-10 donation to help cover costs

**Pie Fundraiser!** F2f will be collaborating with the Growers & Producers Alliance this fall to bring you delicious holiday pies made from island apples! **October 11, 2025 | Pick up at the Market.** More details to come. To pre-order a pie email [info@farmtofamilybc.ca](mailto:info@farmtofamilybc.ca)

**Our 2025 Annual General Meeting will be held Wednesday, Nov. 26<sup>th</sup>, 2025, 5:30pm - Back Hall**

**Look for the Farm to Family Booth at the Denman Island Craft Fair on December 6-7!**



# Farm to Family Numbers At A Glance

A few statistics from our last fiscal year (April 2024 - March 2025)

- Number of Meals Served: 4135
- Number of Cooking Sessions Held: 52
- Number of Meal Recipients Served: 203
- Number of Volunteers Involved in Various Programs: 90
- Number of Members: 75
- Number of Board and Committee Meetings held: 22
- Number of Jar Lid Labels Scrapped off by Four Pruney, Raw Volunteer Hands: 2242



## Acknowledging our Amazing Volunteers!!

Farm to Family is made up of an amazing group of incredibly dedicated volunteers, who continually go above and beyond to make this organization what it is! Aside from our one fabulous staff person - Bee - everyone who brings you F2f programming is a volunteer. We would like to heartily acknowledge and thank all of you. Many, many cheers for the following people - Farm to Family so grateful for you!

- Kitchen cooking and cleanup crews for Elder, Family and Intergenerational Meals and Seniors Musical Lunches.
- Elder Meal food distribution crews and delivery drivers.
- Elder Meal menu distribution and managing the orders spreadsheet.
- Folks handling volunteer scheduling and communications.
- Recycling crew.
- Food preservation work bee volunteers.
- Garden volunteers and folks who help with various food production on Denman and make food donations.
- Those who make sure returned jars and lids are scrubbed clean before cooking day (a thankless task!)
- Fundraising and other event volunteers, artists and musicians.
- The F2f Board of Directors.

*"Farm to Family is an amazing example of Denman's commitment to the community and its citizens. As a volunteer, F2f has given me an opportunity to contribute neighbour-to-neighbour in the most helpful essential way. The provision of healthy food where needed in an open-hearted way is the most rewarding and essential opportunity. Thanks for developing this thoughtful system. It is also joyous to cook alongside neighbours for a great cause." ~ Barb*

**Acknowledging The F2f Story Archipelago Project** Huge Thanks to Graham Hayman for his voluntary work this past year, collecting stories and data for Farm to Family from the various 'islands' of people who coexist alongside one another to make this organization what it is. Graham, a dedicated F2f volunteer himself, suggested this story project at our last AGM, and after a brief chat with Erika, got straight to work. He produced surveys and questions for the various volunteers, meal recipients, and farmers that participate in our programming, and distributed these among the many channels of our community. He received and collated all the responses and produced a report with a collection of testimonials that will be helpful for contributing to funding applications and other publications. Thank you, Graham!



QUESTIONS? WANT TO VOLUNTEER? Reach out to us at [info@farmtofamilybc.ca](mailto:info@farmtofamilybc.ca) or find us on [Facebook](#)

We welcome new recipients of our Meal Programs. Please reach out to Bee: 250-702-0584 or [bee.farmtofamily@gmail.com](mailto:bee.farmtofamily@gmail.com)