

The Four Way Flasher



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Website: MeadowRidgeRotary.ca

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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JANUARY IS VOCATIONAL SERVICE MONTH

A HAPPY AND HEALTHY New YEAR 2021 TO EVERYONE!

Happy Birthday	Happy Anniversary
Jan 20: Betty Levens	
Jan 20: Urma Mollema	

UPCOMING SPEAKERS:

Jan 19:	Raghwa Gopal	Jan 26:	Franz Gehriger	
President	and CEO of Innovate BC	Ne	w Era Project in Maple Ridge	

OUR CLUB LAST WEEK'S MEETING:

President Clint Callison presided.

Guest: **Al Sjenegaard**, Assistant Gov.

Program: Yellow House Farm

Speakers: Rayne Beveridge and Christopher

About Rayne Beveridge:



Rayne Beveridge has a degree in opera, and is an accomplished choral conductor, director, and pedagogue. He has founded and directed eight choirs and five musical theatre programs in coordination with School District 42 and the Maple Ridge/Pitt Meadows Arts Council. But that is not what he spoke to us about today. Over the past few years he has gone down a different path and established the organic

Yellow House Farm, located on 272 Street, in Maple Ridge.

Rayne started as a hobby gardener but that progressed and developed into food production. He saw the uncertainty in the food industry brought on by climate change, monopolization and trade disputes, and took it upon himself to look for a better way to develop modern agriculture. He disagreed with the trope that you can't survive as a small farmer, and decided the answer was vertical integration of the farming process, whereby the farmer could increase their margins by capitalizing on every step in the food system. Thus, they grow their own fertilizer, vegetables, chickens and farm animals and sell what they produce, right up to providing gourmet food cooked on their premises.

As stated on their website:

We are a certified organic, vertically integrated, no-till, bio-diverse, regenerative farm. We use the land responsibly; giving consideration to the natural ecosystems that we inhabit and cultivate our land sustainably. We grow over 200 varieties of crops, and offer high quality, nutritious, and flavourful food at accessible prices. You can purchase a membership for our weekly CSA farm boxes, fresh produce, preserves, and baked goods from Our Grocer, and hand-crafted meals at our Sunflower Cafe; with the majority of ingredients coming from our land. We are "certified organic in transition" with FVOPA, and will be fully "certified organic" May 2021.

Our Mission: Nature thrives when left to settle into its own balance. It does this through diversity, complexity, interconnectedness, and opportunity. If you walked into a wild meadow, you would never find only one type plant, one type of bug, or one type of animal, so we built our gardens with that in mind. First

and foremost we don't disturb the natural soil structure or microbial life through tillage, which often kills many of the important ecosystems within the soil and releases carbon dioxide into our air. Instead, we simply cover our fields with wood chips and compost in order to give our crops their best chance. We cultivate over 200 varieties of garden, field, and orchard crops, 3 types of livestock, bees, and mushrooms.

Not only do we want to have health plants and animals, but leave our soil healthier and more resilient than when we found it. We graze our animals on a 36 day rotation which allows the pastures to regenerate and flourish. We save our seeds in order to breed our crops for the highest flavour, nutrition, and vigour in our microclimate. All our garden waste is fed to our animals, and their waste used to feed our compost, that in turn feeds our crops for the following year. We integrate our farm vertically by saving our own seed, making our own compost, selling our produce directly, butchering our own animals, making our own preserves, and cooking our own meals. This allows us to eliminate our transportation carbon footprint, offer reliable and resilient food production in the community, and keep our prices competitive. We never use fertilizers or steroids and sparingly and carefully use antibiotics and certified organic herbicides or pesticides only when we are faced with either an entire crop failure or the death of an animal.

Nothing is more important to us than the humane treatment of our animals. We make sure that our laying hens have access to our entire 21 acre farm, they are checked twice daily, and are not given any artificial light or heat that can interfere with their natural moulting and laying cycles. As the farm begins to grow, our first major improvement to the livestock will be the building of a butchering facility so that our animals are never transported, never held anywhere but on our farm, and never handled by anything other than a loving thoughtful hand. We want to know that our animals are always cared for, always safe, and never afraid. In 2022, we hope to expand our farm to include a dairy operation where we will also make sure that our dairy cows' bodies aren't under the constant strain of pregnancy and their calves taken from them the day they are born. Instead, we will only impregnate our cattle once every two years, we will allow the calves stay with their mothers until they are properly weaned at 9 months, and then become part of our beef herd.

About Chris:



Chris grew up on a small farm in a small town in Saskatchewan where his family grew their own vegetables and made their own sausages and were somewhat self-sufficient. When he grew up, he went to Toronto, went to college, and worked in restaurants has a chef. He then went to Paris for three years and got further experience working as a head chef in restaurants, including cooking for the US and Canadian consulates.

Chris is very excited to work with Rayne, and said that it was his "dream come true". As a chef, he wants to provide food that is elegant and refined, but natural at the same time. They will be serving gourmet food on the property in the gazebos and picnic tables commencing June 1, 2021.

Happy and Sad:

It was **Matt**'s 80th birthday on January 13, and he made a lot of money for our Club as a large number of members contributed happy dollars in honour of his birthday.

Dave Rempel was exceedingly happy that the sewer system problem on his property has been fixed (and no doubt delirious that he no longer has to go out in the middle of the night to his daughter's house to use her facilities).

Ineke says that she currently has to go to several stores each week to buy the various items of food to fill the backpacks, and is happy that she may have solved the buying problem. She is hopeful that she will now be able to do one-stop shopping at the new Fresh Co store (the former Safeway location) at 300, 20201 Lougheed Hwy.

Patrick Dobbyn has now completed 4/5 of his PETS Zoom meetings which is a requirement of new club presidents. ("Had I known!", quipped Patrick).

Patrick also noted that Rotary District 5050 requires that clubs who wish to participate in Global and District Grants must have a minimum of two club members attend the Grants Management Seminar each year, and that one of those two members must be the president elect (incoming president). The other members attending the seminar are the club members who would normally complete and be responsible for the District and or Global Grant application. Upon successful completion of the qualification requirements, the club will be qualified for one Rotary year. Club members are qualified for three Rotary years. In addition to incoming president Patrick, other club members who have agreed to attend are Adrienne, Urma, Debbie, and Ineke.

President's Quote for the Day:



Submitted by Laurie Anderson