

BC Food Systems Network

13th Annual Gathering Resiliency and Diversity July 7 – 10, 2011

Summary Report



Prepared by: Dawn Morrison, Gathering Coordinator Prepared for: BC Food Systems Network

Acknowledgements

We would like to pay special gratitude to the following individuals and organizations who donated supplies, equipment, food, talent, time, energy and money. Your help was greatly appreciated. We could'nt have done it without you!

Alex Zamorano- guitar music

Bridge Creek Estates – campsite

Bruce Ambler – wall tent

Cariboo Chilcotin Beetle Action Coalition and its Social Development

Cariboo Family Enrichment Centre – childcare

Cariboo Regional District - \$500.00

Chartreuse Moose Coffee Shop – coffee

CEEDs – potatoes

Chung family- setup and service

Circle H Ranch Ann Armann – local meat

Crannog Ales

District of 100 Mile House – teepee

Family Farm Natural Meats – local meat

Free Press - promotion

Gisele Marion – tour package

Gort's Gouda

Gus Horn – local meat

Horse Lake Community Farm Cooperative – farm tour

Higher Ground Natural Foods – food

Interior Health - \$1,500.00

Keith Jackson, Retocarts- fine street food

Larch Hills Winery

100 Mile House Royal Canadian Army Cadet Corps – cots

108 Mile supermarket – storage

Provost family- setup and service

Rita Geisbrecht – flowers, facility orientation

Steve Roy and Astrid Hensey - entertainment organization

Success by 6

Summerhill Pyramic Winery

Will Love – sound and lights

Working Group – farm tour development group

We would also like to thank the billeters/hosts for their generous hospitality.

Dick Weir Katherine McKibbon Lauren Bock Linda and Don Savjord Sherry Stewart



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Introduction

The 13^{th} Annual BC Food Systems Network Gathering happened on July 7-10, 2011 in the community of 100 Mile House in the central interior region of the province. The 100 Mile Lodge Conference Centre offered a gracious venue in a picturesque rural setting. The venue carries the history and spirit of the theme of the gathering with stories of a "standing policy in the depression years to feed anyone who needed a meal if they were willing to do some of the work in exchange".

Hosting the gathering in the central interior region provided the BCFSN with the opportunity to learn about the associations between the people, plants, animals and land that make up bio-region. Linking to the community food related networks in the region thereby enabled the BCFSN to build and enhance relationships with a rich diversity of community farms and cooperatives, artists, musicians, authors, poets, traditional Indigenous harvesters, and the spiritual and intentional community of the historical Emissary of Divine Light in 100 Mile House.

The gracious hospitality and creative vitality of the community of 100 Mile House, combined with the tantalizing and highly nutritious meals prepared with fresh local food by the loving hands of many volunteers and cooks were highlights of the Gathering. Accommodation consisted of billeting in the homes of local residents, as well as outdoor camping on the Gathering site which overlooks the rich grassland biome and Aspen groves that are characteristic of the Cariboo Chilcotin region .



The Gathering reception followed the Special Public Forum titled: Land Redistribution and Reform – Securing Food for Present and Future Generations. The reception and forum brought together local residents and Gathering participants to explore the controversial issue and enjoy organic wine, beer, snacks and refreshments provided by local vendors.

The following is a summary of impressions from a first time attendant of the Gathering who resides in the Cariboo region. Nicole Chayka (www.middleearthhome.com) succinctly attests to the richness of the experience and encourages others to consider participation in future gatherings.

"Umm.. Wow. Holy Smoke and back to Wow again."

What a whirl wind tour, a cornucopia of events, speakers, experiences and contacts crammed into one jam packed, exciting, inspirational and feel good weekend. Need I say the food was incredible? Thanks to a host of excellent volunteers and local produce we ate well, cultivating ideas and relationships while breaking bread. Of course food and events always pair well together, but the significance was ever the greater given that the core issues bringing this diverse group together centred on our common concerns and intention to co-create 'food security'.

A broad range of activities and talks were offered up causing this Newbie the discomfort of 'having to choose' between sitting in on power point presentations on Xeriscape gardening, or running off to learn about 'bees in the garden' hands on. Clearly there was something here for everyone to sink their teeth into be it walking the Horse Lake Co-op farm tour to discover how they got the co-op 'off the ground' - to discussions on Provincial food security policies. Some of my favourite moments happened quite organically when other volunteers with hidden gifts and vast knowledge stepped up to share what they knew about wild edibles and medicinal uses for indigenous plants.

We came from all walks of life motivated to be in this one place at this pivotal time in grass roots history with the collective desire to create a better quality of life for ourselves, our families, our communities and to meet our 'tribe'. It turns out we're not all alone on our 'food sustainability' islands after all.

From the slow food movement to eating within the 100 Mile diet to food recovery issues and small organic farm economic initiatives, we were heard and listened to each other, and gave each other the hope and vision to be the change we want to see in the world.

Closing ceremonies brought home the heart felt appreciation and gratitude we all felt for having had the experience, and the lingering happy memories.

Hopefully you can make it out for the next annual conference. We'd be very happy to have you join our 'foodie' tribe and a little piece of advice...bring your fork!



Program

The 13th Annual BCFSN Gathering organized the time and space to deepen our understanding of the attributes and processes associated with the resiliency and diversity that can increase communities' ability to adapt to critical changes and overcome stress and uncertainty associated with food insecurity by:

- Fostering the inter-generational and transmission of local and traditional knowledge.
- Appreciating and building on strengths.
- Identifying ways to decrease reliance on high energy inputs and create local systems.

Community leaders and front line workers who are known for their demonstrated dedication and commitment to social and environmental justice were invited to come share, learn and appreciate the vast amount of knowledge, wisdom and values that exist within the various communities and bio-regional networks around the province. Unlike a typical academic style conference that quite often rely on outside "experts" to provide scientific facts and information, the Gathering program consisted of 24 sessions that were facilitated "in kind" by community experts who were intrinsically motivated to share their hard earned knowledge, insights, values and wisdom gained through direct experience at the grassroots level. The following is a brief summary of the content of each session.





1. Opening Plenary

• Introduction to Gathering Location: Spiritual and Intentional community at the 100 Mile House Lodge Conference Centre by Linda Savjord, The Emmisary of Divine Light

Overview of the history of early settlers in the 1900's who purchased the land (1200 acres) and hired First Nations to build the 100 Mile House Lodge. The history reveals how the intentional community (12,500 acres) which was built around the lodge, attracted the "back to the land movement" in the 1960's and 70's. Through conscious living, the residents of the Emissary worked together to build and maintain the residential buildings and facilities for growing and processing their own food i.e. flour mills, greenhouses, root cellars, juicing, making a variety of food.

• Pam Theodore, Canim Lake Indian Band

Traditional name is Tsq'escenemc which means People of the Broken Rock who are part of the Lakes Division of the Secwepemc (Shuswap) Nation in the Interior Salish Language Group. Overview of band supported programs that serve to perpetuate traditional hunting and gathering activities including; ethno-botany camps, Secwepemc language and culture for children, community garden, and trapping for clothes, food and trade. Pam spoke of the ways that traditional lifestyles led to resiliency of Secwepemc people who have adapted to drastic changes since the time of contact with European settlers.

• Jessie Archie, Canim Lake Indian Band

Overview of the changes that have taken place since the time of contact and the ways that the

Tsq'escenemc overcome problems. Jessie reinforced values of hard work, self-confidence, self-reliance, helping one another, and humour and described the BEADS program - Building Economic and Agricultural Diversity through Sustainability and how it was designed as a project to get the community involved in growing their own food.

• Theresa Healy, Northern Health - The Courage of the Everyday: Lessons from Then and Now.

A summary of Theresa's P.H.D work that involved interviewing over 100 Elders who demonstrated resiliency and diversity by overcoming the stress and uncertainty of the Great Depression in the 1930's. Theresa provided many interesting facts and reminded of us of the knowledge and skills that enabled survivors to put food on the table in a time of scarcity, and also reinforced the values and mindset that are necessary for future generations to learn.

• Lorraine LeBourdais, Horse Lake Community Farm Cooperative

History of how the community farm coop evolved from living and working closely with native people in the 1980's & 90's. Reinforcing the values and philosophy and providing a model of working together and sharing. Lorraine's parents and family invited WOOFER'S and residential school survivor's together with people from the Carnegie Centre on Vancouver's downtown eastside to help with the farm and the BC Land Conservancy helped to sell shares

Dayna Chapman, Chair BC Food Systems Network Board of Directors

Official welcoming to the Gathering on behalf of the BCFSN Board of Directors. Introduction to the theme of Resiliency and Diversity and how and why it is important and relevant to the BCFSN. Emphasized the importance of including diverse cultures in the network, and also the importance of applying diverse strategies to growing, harvesting and securing food. Reinforced diversity as a key component of resiliency.

2. Walk to the Farmer's Market – Self directed

3. First Nations and Agricultural Investment in Canada: The Case of One Earth Farms, Melanie Somerville

An overview and question and answer period that explored the trend towards "land grabbing" phenomena in Canada. Current research reveals the history of farmland acquisition and how it is linked to food security and First Nations land claims and reveals how the land grabbing phenomena is linked to promises and treaties that were broken in the process of colonization. Overview of the current economic and political situations where First Nations are leasing large tracts of land to foreign investors such as Sprott Resource Group, who are providing minimal token rewards in return for access to huge tracts of land at a minimal cost. This case study exposes Sprott Resource Group who is developing One Earth Farms on approximately 200 thousand acres in Saskatchewan and Alberta in partnership with 3 to 9 First Nations groups., and discusses the effects of this large corporate approach to agriculture and sustainability in First Nations communities.

4. Who owns food? Sarah Bradshaw

Take home message: Food is not a commodity. If we want to be free from control of corporations and governments and ensure that everyone's basic needs for food are met we need to rebuild the economic systems based on trust rather than currency. Advocates for reclaiming our inherent right to food and not thinking we have to ask the government for permission, while at the same time working with (rather than against) governments, corporations and in an all inclusive approach that supports our collective and individual rights to food.

5. Partners in Aboriginal Food Initiatives, Andy Miller, Western Canada Wilderness Committee

Collaborative problem solving — identifying ways to build capacity through building and maintaining partnerships and linking volunteers and organizations such as the Western Canada Wilderness Committee, Willing Workers on Organic Farms (WWOOF), Katimavik, EDUCO, BC Institute of Agrologists, and the BC Food Systems Network - Working Group on Indigenous Food Sovereignty for the purpose of establishing community gardens on Indian reserves in B.C. Exploring possibility of spawning a new organization or tapping into existing networks.



6. Towards a Transformative Food Politics, Charles Levkoe

Interactive discussions about community food security efforts in British Columbia. These reflections and ideas are a part of sharing collective knowledge and experience within and across regions in order to support our work and to explore concepts of a transformative food politics. Working in small groups, participants created a picture of how community food security (CFS) affects our communities using a What's Happening? Participants discussed things that make it more difficult to establish CFS in our communities, and identified ways we are working to increase CFS. In addition participants looked at 3 different levels where people are affected: local/provincial, national, and global.. Ideas were posted on a chart in 5 areas that impact us: social justice, ecological sustainability, community health, democracy, and other?

7. Seedsaving, Show and Tell and Demonstration, Arzeena Hamir

Discussed the need to increase the quality and quantity of our seeds for the future, and identified some practical tips, tools and resources to support seed-saving collectives across B.C. i.e. Email listerve, upcoming conferences and workshops etc... Expert advice on seed-saving from community experts!







8. Bioregional Autonomy Association, Iyra Stewart

Explored the potential strategies for setting up Autonomous Bioregional Non Government organizations which involve establishing bioregional partnerships between Indigenous nations in the northern and southern hemispheres for the purpose of trade and mutual solidarity.

9. Slow Food and Biodiversity – The Ark of Taste, Joanne MacKinnon

Gathered ideas and identified champions for new Ark of Taste through the Slow Foods Vancouver and brainstormed implementation strategies for Slow Food biodiversity projects. Increased awareness of

what Slow Food is, who they are and how they operate grassroots and internally.

10. Youth Engagement 101, Kris Archie

Exploring the relationships between youth and allies and the ways to meaningfully engage youth through community building, conscious communication, skills sharing, and building trust. Using the tree metaphor to identify and consider various aspects of youth engagement.





11. Mental Health and Resiliency in Relationships, Dawn Morrison

Discussion of the ways that mental health is relevant to individuals and groups working on community food related action and exploration of ways to decrease stress associated with not knowing where the next meal is coming from. Understanding the ways in which humans can re-program the way we think and be compassionate and offer healthy solutions that break down the cycle of oppression that is at the root cause of food insecurity. Encouraging self-awareness, compassion, and healthy interaction between front line works and individuals and groups who are at the highest risk for experiencing food insecurity.

12. Special Public Forum: Land Redistribution and Reform – Securing Food for Present and Future Generations



Dawn Morrison, INDECO - Indigenous Education and Community Development Services, Neskonlith Secwepemc

Overview of some of the most notable legal and practical land and traditional food harvesting strategies that have been applied by the Secwepemc who reside on the Neskonlith and Adams Lake Indian reserves in southern Secwepemcul'ecw (land of the Shuswap). This presentation framed the long legacy

of Secwepemc activism in context of food sovereignty and stressed the need to reform the way that land has been distributed throughout the process of colonization. The presentation also highlighted the many socio-political impacts, issues and concerns related to land-grabbing and land settlement. Advocates for working across cultures with Indigenous hunters and gatherers to set aside adequate tracts of land for the exclusive use of hunting and gathering reserves, in an equally the same vein as agriculture land reserves are being set aside for the exclusive of use of growing food for the non-Indigenous society.

Harold Steves, Councillor - City of Richmond, Co-Founder Agriculture Land Reserve
Overview of the history of the establishment of the Agriculture Land Reserve and the way that
farmland and local food has been eroded since the 1950's. i.e. rezoning of land for housing
development (1956), and the 2011 Regional Growth Strategy. Advocates for the Land Trust model and
protecting agricultural land in B.C. for the purpose of re-localizing the food system and counteracting
the dangers and impacts of the globalized food system.

David Tracey, Writer/Environmental Designer, Guerilla Gardening and Urban AgricultureBegins by looking at the bigger picture and discussing strategies of how to feed the rapidly expanding world population through small scale agriculture and assertion of usufructury laws and rights. i.e. Agro-forestry, community gardening, guerilla gardening etc... Critical analysis of the privatization of land and tragedy of the commons. Suggest that the way small scale agriculture can achieve the necessary scale to feed the world is through building and maintaining relationships in solidarity, working together, knowledge sharing, and shifting our consciousness.

Melanie Somerville, PH. D. Candidate – Land Grabbing in Canada, Farmland Acquisition and Investment

Summary of the ways that large-scale investment in agriculture (land grabbing) impacts communities and economies and highlights some major issues and concerns associated with large scale agriculture investment and accompanying lack of transparency. i.e. Overview of information about the largest farm in Canada (2.1 Million acres acquired by Sprott Resources – One Earth Farms) that stretches across Alberta, Saskatchewan and Manitoba. Presentation revealed the gaps in research that reveal how most studies are focusing on land grabbing in other countries including Africa, Latin America and Asia but only one focusing on Canada and 2 on Eurasia. Alarming statistics reveal current situation including increase in food prices, reduction in arable land, climate change and increase in pollution and development. History shows how large scale investment and acquisition of land dispossesses Indigenous peoples whose customary land tenure systems are not recognized or applied.

Andy Miller, Western Canada Wilderness Committee

Advocates for Aboriginal Title Rights as a strategy for protecting land and food in B.C. and recognizes the strategic value and location of First Nations land as well as the immense potential of traditional foods for sustenance. Also advocates for management of forests based on Indigenous food and cultural values. Highlights the ways in which the proposed Site C Damn threatens to erode agricultural land also the environmental impact of oil tankers, pipelines and privatization of rivers with proposed Run of the River projects.

12. Walk to Community Garden – Led by Patty Tawiyaka

Recognition of the Emissary of Divine Light for the instrumental role it played in establishing the community garden. Overview of the purpose and layout of the garden. Sharing of knowledge and practical organic gardening skills taught to children at the garden. i.e. Rainwater collection, beekeeping, composting and vermiculture.





13. Towards a Provincial Food Security Policy – David Coney and Linda Geggie

Overview of the status of international, national, and provincial food security policy. i.e. Policy papers written by United Nations, G 20, Ministry of Agriculture, Canadian Federation of Agriculture, Peoples Food Policy Project. Regional and local policies proceed in the absence of formal provincial policy. A provincial policy working group was established and a discussion period allowed time and space to explore some answers to the following questions.

What role does the BC Food System play in developing a provincial food security policy? What are the jurisdictional differences between federal and provincial policy? How to affect policy making?

How does the BCFSN engage? Strengths/weaknesses?

Who will take the lead? What is the vision? How will we define it?

How does the Network know that it really represents the whole province? If not, then how do we identify the missing players and get them involved?

14. I don't need to water my plants and they're not plastic, Mary Forbes, Cariboo Chilcotin Conservation Society

Overview of the water wise conservation project being delivered by the Cariboo Chilcotin Society and local food and environmental sustainability activities that workshop participants are involved with. Provided information about the medicinal and cultural uses of local native plants and some useful "weeds" that require little or no water to grow. Identification of some invasive plant species found in the bioregion. Reference to some local resources that provide information and increase awareness about the different kinds of beneficial plants that require little water and how to garden with them. i.e. Okanagan Xeriscape Association and Xerendipty.

15. Urban Agriculture: Ideas and Designs for a New Food Revolution, David Tracey, Environmental Designer, Author

Identified statistics that support and encourage urban agriculture and provided information on some of the most common and effective ways that food can be grown in cities. ie. 800,000 Canadian rely on food banks, and approximately 50% of the worlds people live in cities. Urban agriculture was encouraged through specific practices including windowsill gardening, sprouting, worm composting, balcony or backyard gardening, community gardens and orchards, and guerilla gardening etc.

- 16. Bees in the Garden, Kate Adams Sorry summary notes not available
- 17. Balm of Gilead Salve Making Workshop Sorry, summary notes not available
- **18. Perishable Food Recovery Program A model for a small town, Agatha Jedrzejczyk** Brief discussion of the spiritual and social aspects that influence human understanding of the sacred

nature of food. Overview of the Donor Encouragement Act and the ways it can be used as leverage to start a food recovery program. Promotion of food recovery programs will help to cut down on the large amount wasted and feed the high number of people in Canadian communities who depend on food banks. Identified ways that the Terrace Food Share Program was able to overcome the stress and uncertainty experienced when government funding was cut, and how the sustainability of the program was dependent on the maintainance of relationships built between several diverse organizations who held values and missions that aligned to the recovery program.

19. Agriculture Web Based Enterprise Tool, Wylie Bystedt

A presentation on how the project will help support diversity through the Cariboo Chilcotin region and how communities can participate in the project on an ongoing basis as either a producer or consumer. The facilitator requested feedback to ensure the online enterprising tool will be implemented ina way that is effective and useful for people developing agriculture based businesses.

20. BC's Food Movement and Public Health – An action oriented discussion, Erika Mundel An overview of the two main food security programs being offered by health agencies in B.C. i.e. Core public health programs and the Community Food Action Initiative. A discussion of the ways that the connections between the programs and communities in all regions of the province are in flux and would benefit from some stability in the amounts and ways that funding is distributed.

21. Transitioning to a Sustainable, Resilient and Just food System and the Role Food Policy Councils Can Play, Michelle Daymond, Food Action Coordinator, Williams Lake Food Policy

Facilitated discussion that identified some of the things that participants and their communities are doing to transition to a sustainable, more resilient food system. Facilitator asked participants if there is a food policy council in their communities and if so, how the FPC is engaging youth. Participants also discussed the major setbacks their communities are facing and identified some solutions that FPC's or other similar groups have come up with to these barriers.

22. Horse Lake Community Farm Cooperative Tour, Lorraine LeBourdais

Overview of the history of the co-op and how it began in 1971 as a commune and evolved into a co-op that works with The Land Conservancy to preserve the land in trust for future generations. In return for their ideas, economic initiatives and labour, the 133 acre farm provides organic food to the shareholders and their families, and the surplus is sold to the public. The farm produces 15-20 tonnes of potatoes annually, as well as radishes, lettuce, spinach, all brassicas, onions, garlic, and tomatoes. In addition to providing food for over 80 families, there is cultural element to what the co-op offers the community through teaching organic gardening methods and bringing the community together.

23. Native Plant Walk with Sarah Bradshaw

An impromtu walk to explore and learn about the native and wild plants that are growing on site at the 100 Mile Lodge Conference Centre. In addition to learning about plants and their food and medicinal uses, participants gained information about the different kinds of knowledge that Sarah is willing to share in the hands on workshops she offers on topics related to raising rabbits, and harvesting, preserving food and seeds.



24. Annual General Meeting

The AGM heard reports from the Communications Coordinator, the Treasurer and Board of Directors,

and the Working Group on Indigenous Food Sovereignty. Detailed updates and information provided in reports can be found in BCFSN AGM Minutes 2011_07_09 document.

A. 2011/2012 Board Elections

Dayna presented the names of the current directors wishing to let their names stand for re-election and individuals willing to be nominated for election:

- Jamila Ali (new);
- Abra Brynne (new);
- Dayna Chapman;
- Trish Chung;
- Jen Gamble;
- Linda Geggie;
- Arzeena Hamir;
- Carol Kergan;
- Azalea Erin Moen;
- David Parkinson;
- Cheryl Thomas;
- David Tracey (new)
- Diana Penner (new)
- Erika Mundel (new)
- Christina Elliot (new)



B. Diversity Statement

The Diversity statement was collectively edited by the participants in the Gathering. Linda Geggie facilitated a group conversation and editing session, which resulted in a provisional version. Cheryl Thomas moved that the membership accept this provisional statement as a working document, recognizing that the Network will continue to work on it. The motion passed by consensus with no blocks or stand-asides.

C. Provincial Policy Working Group

The board provided provisional support for a provincial policy working group that was formed by the Network consisting of participants in the Towards a Provincial Food Security Policy session at the Gathering.

25. Working Group on Indigenous Food Sovereignty Meeting

Dawn Morrison welcomed new members, provided an update of recent activities, and reviewed the history of the development of the WGIFS. Consensus was reached on the matter pertaining to the WGIFS developing as an independent organization in close relationship with the BCFSN. A two day strategic planning meeting is being planned for the WGIFS to gather in October to identify a governing structure for the WGIFS (i.e. Co-op or non profit society), as well as formalize a vision and mission, review and revise the purpose, goals and objectives, and develop a workplan and sustainable funding plan. The WGIFS strategic planning meeting will coincide with the BCFSN Board Strategic planning meeting to allow time and space to discuss how to maintain the relationship with the Network in mutually beneficial manner.

Outcomes

- 1. Participation In keeping with theme of the Gathering Resiliency and Diversity, the gathering brought together a total of 71 participants which included a diversity of individuals, organizations, businesses, and artists involved with food related action in various communities from around the province of BC. In previous years the number of participants from the northern region have been underrepresented due to the long distance between gathering locations and the northern region. Hosting the gathering in the central interior region decreased the distance for participants from the northern region, and thereby made it easier for them to participate. (30 out of 71 participants were from the northern bioregion, 23 from coastal communities and the remainder from the southern interior region).
- 2. Development of tools and resources for potential use in community food related action, research and policy reform. i.e. Diversity Statement working document, Chart of factors that increase food security, 2011/2012 network contact list.
- 3. Development of Provincial Food Policy Working Group that will enable the Network to focus more time and energy on forming and influencing provincial policies that will advocate for increased community food security in an organized manner.

Next Steps

- 1. Strategic Planning Meeting Board of Director's
- 2. Strategic Planning Meeting Working Group on Indigenous Food Sovereignty

Evaluation

While a closing circle provided an opportunity for Participants at the Gathering to provide verbal feedback before leaving the Gathering, the formal evaluation of the Gathering is based primarily on verbal feedback that was gathered from Participants through an online survey.

Feedback from members of the Gathering Committee was solicited at a separate debriefing meeting which allowed time and space for individuals involved with organizing the Gathering to give feedback on details related to the planning and coordination.

The feedback below was summarized by identifying the key strengths appreciated by Participants in the online survey. Notes from debriefing meeting and recommendations for improvements focused on details related to planning and coordination and are therefore available as a separate document upon request through the <u>food@bcfsn.org</u> email listserve.

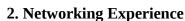
What was your most memorable experience at the Gathering?

1. Program

Participants appreciated the opportunity to make closing comments Practical nature of seed-saving workshop

Open mic session provided a celebratory atmosphere where Participants could relax and enjoy local talent

Quality of presenters and the variety of topics covered in sessions



Inclusion of children

Networking and developing relationships - meeting like minded people and local folks Great food and conviviality!



3. Logistics

Food was great! Campsite was exceptional - in beautiful location

Quotes from Gathering Participants:

"Hearing the very progressive thinking from Harold Steves; gaining hope that things can be turned around in other constituencies".

"An AMAZING group sharing some personal and emotional thoughts and feelings. Powerful."







