

WITH YOUR SUPPORT...

WE'RE GROWING FOR IT!

Welcome to IWAV's spring newsletter: a short but sweet update to our community partners and supporters, letting you know what we're up to and how you can contribute. In this edition, we put a spotlight on The Cedars, our second-stage housing program for women and children affected by violence and abuse.

This crucial program offers women up to 16 months of housing and support as they transition to a new life of independence, usually after a stay in our emergency Transition House shelter. Our Cedars Program Coordinator, Sarah, is on site four days a week helping residents in practical ways that help them find a way forward.

Unfortunately, while we do receive minimal rental income at the Cedars, it is not financed by a government operating agreement. The Cedars relies on income from Transitions Thrift Store, grants and donations from people like you. Your support is transformational for the women and children we serve.

Thank you,

Alicia Herbert, Executive Director

WHY GARDENING?

We are very excited about the enrichment we are able to provide our clients through the Cedars Garden Program. Not only is this garden providing fresh food and food security for our residents, but they are participating in the growing and marketing of the produce. Many of the women and children we serve have little experience with gardening or with preparing garden produce, so in a community way we are able to help develop healthy living habits.

One of our most exciting enhancements to the program this summer is the hiring of two of our residents with a WorkBC grant to gain some work experience while they help us expand the project. They are delighted with this opportunity!

Our dream is for the Cedars Garden Program to become a self-sustaining social enterprise, earning income from seed sales and market produce while providing opportunities for our residents to meaningfully participate. We will soon debut our products at the Tuesday Market in Ganges - come and see us there!

WHAT IS SECOND-STAGE?

Second-stage housing is for women and children who have stabilized after fleeing immediate danger from domestic violence. The Cedars has been in operation since 2012 and today houses up to 12 people in 7 subsidized units.

Your support keeps the Cedars' doors open. Donations can be made by cheque or credit card, and more information can be found on our website: iwav.org/donating. Thank you!

SAVE THE DATE! CEDARS GARDEN FUNDRAISER

Tuesday, September 12th.

\$10,000 for Change

Farm to Table Supper

**Featuring produce from
The Cedars Garden Project**

Details coming soon!



CEDARS GARDEN TIMELINE



Spring 2020

We begin rehabilitating an existing, overgrown garden. IWAV Staff volunteer their time to help cut back overgrowth and reshape the garden

Summer 2020

Residents begin to grow their own food with the support of IWAV staff. Adults and children alike are excited to participate and to have access to fresh food!

Fall 2020

With Covid funding, the Cedars Coordinator gains 5 hours/week for working with residents in the garden and developing programming. These funds also help to buy compost, seeds and other resources for the next season.

Spring/Summer 2021

The Cedars residents participate in monthly garden activities such as seed starting, potato planting, garden rock markers and more.



Fall 2021

IWAV staff begin to design a new social enterprise. A new space on site is cleared and drainage installed to create a larger 4000 sq foot area intended to grow products to sell to help fund the gardening projects on site.

Spring 2022

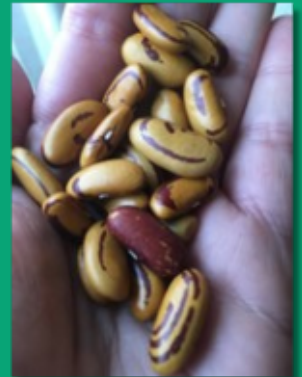
We continue to develop the new food garden: building a fence to keep deer out, adding compost, tilling the soil, and installing a water catchment irrigation system. Staff develop a farm plan to grow seeds for market.

Summer 2022

Both garden plots are growing well and producing quality food and seed. Residents continue to enjoy and participate in garden-related programming. The seed garden produces lettuce, tomato, beans, peas, and squash varieties for seed. The resident food garden produces a variety of vegetables such as salad greens, strawberries, beans, tomatoes and peas, as well as a variety of herbs.

Fall/Winter 2022

The work begins to process the seeds from our new plot. Many hours of threshing, screening and winnowing go into processing the seed harvest.



Spring 2023

"Grow For It" becomes the name of the project, thought up by a Cedars resident. It encompasses both the food garden and the social enterprise, and symbolizes the energy behind the project's intentions and the overall goals of life at The Cedars. The vision of this program is multi-layered: provide fresh food, educational and therapeutic benefits, employment experience, and a source of revenue to recoup costs and promote IWAV services.

