



**THE TWENTIETH ANNUAL GENERAL MEETING  
MARY JANE'S COOKING SCHOOL, INC.**

**Sunday June 30, 2019**

**2:00 5:30 p.m.**

**Mary Jane's Cooking School**

**252 Arlington Street, Winnipeg, Manitoba, R3G IY8**

**Agenda**

**Welcome and Opening Prayer**

**Approval of the Minutes of AGM on June 28, 2018**

**President's Report**

**Treasurer's Report and Approval of the Auditor's Report**

**Program Coordinator's Report**

**Fundraising Committee Report**

**Nomination of Board Member(s) 2019-2020**

**Appointment of the Auditor**

**Adjournment**

**Refreshments and Door Prizes**



**MARY JANE'S COOKING SCHOOL, INC.**

**Board of Directors, 2018**

**President: Laura Steiman**

**Past President: Eveline Caners Resigned June 2016**

**Secretary Treasurer: Indira Rampersad**

**Board Members**

**Kristen Andrews**

**Chantal Driedger**

**Paulette La Fortune**

**Amanda MacDonald**

**Lynn Sommerville**

**Advisors**

**Art Shofley, Elder Advisors: Art Shofley, Ralph Rampersad and  
Idalina Ferreira**

**Funders and Project Sponsors**

**The Winnipeg Foundation, the Spence Neighbourhood Association and the Assiniboine Credit Union**

## **ANNUAL REPORT OF THE PRESIDENT 2018**

It is an honour to submit this report as Mary Jane's Cooking School celebrates the twentieth anniversary of our incorporation as a non-profit organization in Manitoba.

At such a milestone, as we look at the accomplishments of the past year it is also important to acknowledge our beginnings. Where did we come from? Where did we hope to go?

It was the early '90's in Winnipeg and Mary Jane Eason knew that the time had come. Her three children were rapidly becoming independent young adults busily looking forward to starting their own careers. Mary Jane herself had recently completed her post-graduate university degree in nutritional science. The parchment was framed and ready for hanging on her wall. Now was the time to follow her dream.

It was a dream of action; a practical dream and seemingly a modest enough one. Little did Mary Jane know that her work was to provide a means of helping hundreds of families and many more individuals from around the world to survive and even to thrive in tumultuous times.

Mary Jane's dream was to share her knowledge --her university learning along with the practical skills and the intuitive understandings of foods--to teach the gifts of home-cooking and environmentally friendly home making as the basis for healthful living.

These were the same skills that Mary Jane's mother and father had always shared with Mary Jane and her siblings at home on the family farm near Fisher Branch. Teachings born of the traditions of their ancestors; honed by hard work on the land and in the house; and re-emerging now as the couriers of kitchen table memories for years to come. They spoke of healthful foods; of strong bodies and spirits, of respect for all life, and of the importance of communities as diverse and welcoming as Mother Earth herself.

Mary Jane cherished these memories as the seeds of her dream school to come.

She started her dream quest by volunteering as a teacher and program facilitator in the outreach programs of inner-city grassroots organizations and churches. Along the way over the next few years she inspired others to come forward as her helpers. They were people of diverse talents and abilities who admired Mary Jane's dedication to her mission. Within a short time their numbers grew to include former students, family members and friends of all ages wanting to help set the groundwork for the school.

Pooling ideas and resources, Mary Jane and her supporters set up shop in diverse spaces; church basements and community centers; rented offices and family kitchens until they found the perfect Home. It was in the Wolseley neighborhood near downtown Winnipeg. And it remains the School's setting to this day.

Mary Jane's Cooking School opened in that location at 252 Arlington Street in 1998. It was incorporated that December 23 and soon after gained the prized status of federally registered charity. Over the twenty years since that time, the School has grown continually, step by careful step following the advice of American nature poet and essayist Ralph Waldo Emerson, to "Go ...where there is no path and leave a trail."

Today, the School is still pioneering the movement for health in the home and harmony with the environment despite the uncertain future of climate change, technological incursions into foods, and economic and social flux. Core to our approach is the sharing of traditional skills in cooking and home making with others of every age and background, every race, social status, and religion. Some of us are vegetarian and vegan; others are omnivore and still others have special dietary needs and preferences. All have a place at Mary Jane's Cooking School. All belong. All are welcome.

The names of our special programs this year are illustrative of that inclusiveness. The Flavours of Home evoked memories of the most delicious meals of childhood and the finest family food experiences of maturity--all home-cooked of course. Meanwhile the Kitchen Circle project brought us together with others in the wider community to prepare tasty and economical meals as gifts for sharing with those closest to us, our families and friends.

These gifts have always been at the heart of Mary Jane's Cooking School. They remain so today. On behalf of the Board of Directors I extend my thanks to all of our founders, supporters, donors, volunteers, and friends of the School, and especially to the students whose participation is vital in making our school a success. And as always, special acknowledgment goes to Mary Jane Eason, our program coordinator, for her tireless work toward the vision of the School. Mary Jane, Your dream has come true. Congratulations. And just keep going.

Laura Steiman, President

### **MESSAGE FROM THE ELDER ADVISOR**

Thank you for maintaining the principled message of inclusivity, care, and concern for Mother Earth and all her children. It is vital that we continue to respect all of life and to love one another as ourselves. To the staff, board of directors and volunteers I send my congratulations, best wishes and blessings for another year of service.

Miigwetch,

Elder Art Shofley, White Bear Standing Anishinabe

## **TREASURER'S REPORT**

In 2018 our revenues more than doubled last year's which was due to the fact that we received funding for several programs in 2018. We also realized an increase in donations, fundraising revenue and income from classes.

Revenues in 2018 exceeded expenditures by \$4,089 which was a significant improvement over the previous year with a deficit of \$7,988.00.

The school must make a continued effort in fund raising and obtaining grants as well as offering cooking classes to the public.

Respectfully submitted

Indira Rampersad

Treasurer

## **PROGRAM COORDINATOR'S REPORT**

The past year has been a busy year in which MJCS engaged with the community. The goals are to promote education in nutritional home cooking as the foundation to good health in the home and wider community, with respect and care for the environment. There is honour in being able to prepare our food. There needs to be an underlying respect for nature and food as a gift from the creator which will provide us with all our nutritional needs if we use whole foods. As a culture we face many food challenges-food insecurity is a big challenge due to the corporatization of our food and the inundation of processed foods and beverages. The negative health results of highly processed foods are more and more evident. MJCS takes a natural approach to food and to its preparation. All our classes involve hands-on cooking. We take an environmental approach in the conservation of water and resources and we do not use harmful chemicals in cleaning. We live on a planet with finite resources and we need to be mindful on both a global and local level of the necessity to limit growth and consumption. The belief in progress and growth are out of sync with the reality of a finite world just as our measure of economic growth by the GDP is out of sync with a health based and sustainable economy. I feel it is a time to practice frugality in how we live and how we eat and time to decrease our consumption of products that are harmful to the earth and to life. One big challenge is to eliminate plastics from our lives and while it may be impossible we have to really make effort to reduce plastic consumption drastically. We teach by example. The work of the school is labour intensive but it must be done. There are no shortcuts and the choice of doing the inconvenient for holistic and ethical reasons is one we make every time we offer a class or sponsor an event.

The following report will be under the following headings: **Funded Programs, Cooking Classes, Presentations and Workshops, Special Events and Activities, Developments and Future Goals and Thank Yous.**

## **FUNDED PROGRAMS**

**The Kitchen Circle:** MJCS delivered a food and nutrition program called the Kitchen Circle through federal funding received from the Spence Neighbourhood Association. The program was held every second Wednesday each month, beginning on March 14 and ending in November and to be extended into 2019. The Kitchen Circle was aimed at seniors who were taking leadership roles in the community and would teach their peers the skills that they learned. It was similar to a “training the trainer” program but more informal. Anyone who wanted to become involved in the cooking program was welcomed and from that group, those that were interested in working in a leadership capacity with other seniors would be getting the opportunity to do so. Each of the 11 sessions had a nutrition component, which generated a lot of discussions and questions. The group at SNA were interested in holistic nutrition and open to new ideas, no doubt, reflecting the influence of organic gardening programs sponsored by SNA.

Handouts in the form of a package were given to each of the participants at each class. After the discussion, the group would be divided into smaller groups with each group chose a task or a recipe. It all came together in a very busy kitchen at The West End Co-op Housing site on Maryland and St. Mathews Street. An entire meal was prepared and then enjoyed at a sit down dinner. Leftover food was taken home.

Some of the topics of interest were the nutrients in our food, sources of protein, information on legumes, types and value of whole grains, gluten and gluten-free grains, types of Squashes (winter and summer squashes), types and methods of cooking fish and the concerns about soy and soy products. Examples of foods prepared, based on class preferences and suggestions were Shepherd’s Pie, Lentil Pie, Scalloped Potatoes, Quinoa Salad with Black Beans, Tabbouleh, Green Salads, Spring Borscht, Spicy Carrot Bisque, Three Sister’s Soup, Beef & Barley Soup, Stir Fries with Chicken, Home Made Pizza, Breaded Fish, Eggplant Sliders, Corn Bread and Bannock.

This was a very popular program with consistently good attendance during which bonding and cooperation as well as taking initiative was noted by staff at SNA. It was a positive program in the community which seniors enjoyed attending. They expressed an interest and a desire for renewing the program.

### **The Flavours of Home:**

The program Flavours of Home focused on newcomer women whether they be mothers, aunts, siblings, grandmothers, relatives or friends who were caregivers of children from an age range from 3 months to 17 years and who prepared food for them. A brief questionnaire served as an application form which was completed and signed by each participant.

Some of the women were relatively new arrivals to Winnipeg (within the last 12 months) while others had been in Canada for as long as 7 years. This could be a positive thing for the group as a whole as they communicated with each other sharing their understanding of what was being discussed. All of the women were from Afghanistan and were part of the Afghan Canadian Women's Organization (ACWO). There were from 10 to 12 participants. The program represented a partnership between the ACWO and MJCS.

The program aimed to provide the women with both experience of cooking healthful children-friendly Canadian foods and the nutritional knowledge to help them make healthy food choices. Parents have expressed the need to learn to cook the foods their kids have been exposed to through school and eating at local restaurants. Children want food that is eaten by their peers at school. Newcomer parents often struggle trying to prepare Canadian style food that their children want while facing all sorts of restrictions on the kinds of food they can bring to school (peanuts, dairy, eggs etc.). At the same time parents may feel that their children do not like their own food and although the parents might be skillful cooks in their own right, they feel uncertain about the "what and how" of preparing healthy Canadian foods. The "Flavours of Home" focused not only on lunches but on regular Canadian dishes that their children would likely enjoy.

The goal was to empower parents to provide healthy Canadian foods that their children would enjoy. The program also addressed nutritional and cooking topics that were of interest to them. We spent a lot of time on weights and measurements and "best before dates" as well as oven temperatures, which hearkened back to the time when they were taking the Food Handler's Course. At the same time there was a recognition of the holistic time-honoured practices in food handling and the importance of using whole foods as the best way of building immunity to disease.

We began with relatively simple meals and lunches and by the mid-point prepared more complex dishes. The program also nourished the participants, by providing them with lunches and tea. The children reportedly looked forward to whatever was packaged and brought home after the classes. Discussion and sharing of their traditional food was included in the class conversations. The lunches provided for the women incorporated traditional preferences and flavours, i.e. the offerings of eggplant - based foods or traditional breads. Adherence to halal food was strictly kept.

The Flavours of Home delivered 12 four-hour classes beginning on September 23 and ending on December 16, 2018. A Completion Ceremony was held on December 23. All the classes were held on Sundays to accommodate group leader, Ariana Yaftali, who worked during the week. Each of the women were provided with binders in which to keep their handouts of recipes and information. Each week the women were given a package of materials stapled together that included an outline of the topics, nutrition notes and recipes.

Ariana Yaftali was a capable group leader that got everyone together and one of the participants served as an interpreter for the group.

Chantal Driedger was a very capable assistant to the instructor, getting things ready, putting out the lunches and making the Indian green tea, helping organize the activities and generally helping to keep the classes moving smoothly. She, along with the women, helped with washing the dishes and cleaning. She endeared herself to the women with her gentle yet competent ways. Her services were invaluable.

The classes broke any sense of isolation. It was important for the Afghan women to be together as a cohesive group because they all shared unique experiences being from Afghanistan and having first the French, then the Russians and finally the Americans becoming militarily involved in their country. A little later on a few Afghan women who lived in the neighbouring Pakistan joined the class. Many had experiences fleeing into other countries that weren't altogether welcoming. They shared strong family values and took parenting very seriously. The women experienced a sense of welcoming in the environment of MJCS and as the program progressed they became more and more at home. Talking in their own language was natural and between the communications of the instructor and assistant and the interpreter's retelling and then the women discussing what was said amongst themselves in a lively fashion created a very dynamic environment.

One of the women bussed to the class from St. Norbert and on a Sunday this meant that it took her 2 hours to get to the school and two hours to return home often when it was dark. She attended 10 out of 12 classes. The classes were 4 hours long which makes for a 12-hour day. This was quite an extraordinary effort. The necessity of having nourishing and culturally acceptable lunches was obvious. Sometimes she got a ride home and sometimes our assistant kindly took her home. She expressed sadness when the classes had ended.

At the completion Ceremony after the certificates were handed out and communal food was shared, the women sat around the classroom talking to each other when spontaneously someone began singing traditional songs in Farsi, their common language. The singing took the form of storytelling with others joining in and bursting out laughing. Pots and pans were used to make music which sounded phenomenal. There was music and singing and dancing which lasted as long as the impulse caught them. It was explained that the songs were songs of olden days, carried on from ancestors. This was a time for healing and bonding. It was very powerful.

**Publicity:** Aviva Jacob, Associate Producer, CBC Radio spent the afternoon with our class on December 2 conducting interviews with Ariana, Mary Jane and the women who wanted to be put themselves out there and be interviewed. The women were very excited about this opportunity and gave Aviva samples of the Pumpkin Muffins and Banana Zucchini Muffins they had made. The program was aired on the CBC Morning Show on December 23, 2018 at 6:00 a.m. The link to the written program is:

<https://www.cbc.ca/news/canada/manitoba/afghan-women-cooking-class-1.4957483>

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### **Cooking Classes with the Peaceful Village at Hugh John Macdonald School:**

A portion of the cooking and nutrition project funded by the Spence Neighbourhood Association in a grant given to Raymond Ngarbouri, CEDA Community Development Coordinator was delivered by Mary Jane's Cooking School.

A series of three cooking and nutrition classes were delivered by Mary Jane's Cooking School on February 16, 23 & March 2 in cooperation with the Peaceful Village Project at HJM School. The participants were from the ages of 12 to 15 years. The workshops focused on the preparation of culturally appropriate, nutritious and teen/kid friendly foods that are both easy to prepare and also low cost. The classes were held in the cafeteria at HJM School. There were 10 students for the first 2 classes and 8 students for the third class.

The classes of 1.5 hours involved some nutrition and cooking information and discussion followed by the preparation of wholesome foods which would be shared with other members of the Peaceful Village program. The class began at 3:45 p.m. The food was prepared and set out at 5:30 p.m. when the students from the Peaceful Village came to share the food. This was an amazing feat for teenaged students.

The students worked in groups and were responsible for doing the clean-up. They worked together very cooperatively and responsibly.

All in all it was an intense period of activity. The first menu choice was chosen by Mary Jane and the next two menus were chosen by the students. Foods prepared: Veggie Wraps w Black Beans & Salad, Chicken & Rice w salad and Vegetarian Pizza

Participants were given folders in which to keep their handouts of recipes and notes. Each participant signed their name on a sign sheet and attendance was taken before each class. Time was limited but some nutrition information was included. Since the veggie wraps involved making a filling using black beans, we discussed legumes and the different types of legumes that can be found in grocery stores. A handout with pictures of a variety of legumes were given to the participants and they were asked to colour the legumes—an activity that students seemed to enjoy.

At first no one thought they would like black beans in their veggie wraps but when the filling was being made, using cumin and herbs some of the students were not only surprised but very excited that spices they were familiar with were being used. They became quite enthusiastic at that point. Students paired up informally to cut up or grate the various vegetables and to cook ingredients.

The menu for the second class was stewed chicken with rice and a salad. Halal chicken was purchased to accommodate the dietary requirements of Muslims. A salad was made to accompany the chicken and rice. The food was served to everyone who came.

The students expressed an interest in making pizza. The nutrition discussion centered around types of cheeses (ripened and non ripened), types of Cheddar (mild, medium & old) and cheese suitable for pizzas (Mozzarella). Participants received a handout on cheese and were asked to draw and colour vegetables or other foods that they could put on a pizza represented by a large circle on their handout.

Organic whole wheat and unbleached white flour was used to make the pizza dough. Toppings included pineapple chunks, onions, mushrooms, sweet peppers, eggplant and zucchini. Some of the students decided to make a vegetable dish as well using zucchini and eggplant. The pizzas were baked in the special stacking oven until nicely browned and bubbly.

Because of the time frame during which the program had to be offered and the delays in getting the program started there were less classes than originally intended. Due to the shortness of the program and the time constraints for each class there was no Completion Ceremony at the end.

## **COOKING CLASSES /PRESENTATIONS AND WORKSHOPS**

### **Vegan/Vegetarian Spring Classes:**

A series of 4 after afternoon and 4 evening classes were offered during March (March 15, 22 & 29) and April.(March 20 & 27 and April 3 & 10) at MJCS from 1:00 to 4:00 p.m. and from 5:00 to 7:00 p.m. The menu was a Carrot Cashew Casserole with Mushroom Sauce, Millet Topped Shepherd's Pie, Eggplant with Marinara Sauce and Chick Pea or Black Bean Patties. Three people attended the afternoon classes and 4 people attended the evening classes.

**Vegan/Vegetarian Fall Classes:** A series of 4 evening fall classes were offered on September 27 and October 4, 11 & 18 and 4 afternoon classes offered on October 16, 23 & 30 and November 6. Participants prepared:

### **Indian Cooking with Nandita Selvanathan:**

Two workshops were offered by Nandita Selvanathan, one on Tuesday evening on November 17 when 8 participants made Butter Chicken with Cumin Basmati Rice and Chutney and one on Saturday March 31 when 4 participants made Butter Chicken w Roti and Sweet & Sour Tomato Chutney. Both workshops ended with a sit down dinner of delicious Indian cuisine.

**Winter Food Preservation Workshop Series by Anna Sigrithur:** In these workshops participants learned some ancient food preservation skills-- how to make **miso**- the fermented bean paste used in miso soup (and great in so many sauces), how to cure home- made **charcuterie**), how to brew home -made **all-natural beer** and how to take your **sauerkraut** game to a whole new level! Classes included lessons about the biochemistry of these methods as well as plenty of hands-on practice. Every class included a take-home product or

ingredients. Classes were held on January 24, February 21, March 21 and April 25.

**Bake A Cake & Ice it Too:** A Saturday workshop was offered on Saturday April 21 for participants who made a Strawberry Shortcake using a One-bowl method and a butter cake using the traditional method.

**Workshop on Cultivating and Cooking Mushrooms:** This workshop was offered on June 19, by ecologist and mushroom growing enthusiast Tom Nagy who introduced some of the basic techniques you can use to cultivate delicious oyster mushrooms in your own backyard. This was followed by a cooking demonstration using fresh, locally grown oyster mushrooms.

**Sauerkraut Saturday:** this workshop was held on October 7. Participants learned the basics of vegetable fermentation and the health benefits of micro-organisms found in sauerkraut while making a variety of krauts using organic red and green cabbages and other vegetables along with flavoring ingredients. Participants took two types of kraut to enjoy later in the season.

**NEW PROJECTS:** MJCS has been working on a program for people with lived experience with schizophrenia, mood disorders. During the year 2018 we were developing a proposal in consultation with the Manitoba Schizophrenia Society and other people involved with mental health. This process was ongoing. The plan is to submit an application to a granting body, possibly the Thomas Sill Foundation in 2019.

## **SPECIAL EVENTS AND ACTIVITIES**

- **LITE Event: Buy Social Holiday Market:** (November 30<sup>th</sup>, 2018) This year the LITE event was held at the Catholic Portuguese Church located at 181 Austin Street.: MJCS participated in the event where we sold our products and baked goods and also got to socialize with other vendors and patrons. (See the Fundraiser Report).
- **Garlic-Centric Vegan/Vegetarian Dinner:** This fundraising dinner was held on November 23 with 8 people in attendance. The focus was on the different types of garlic and their characteristics, uses and health benefits as well as how to grow garlic. John Watters who has an organic garden in the Okanogan area of B.C where he plants many varieties of garlic which are sold both locally and in Manitoba. John lives off the grid and uses beloved horses on the farm. He is part of a network that protects the land and food grown on it. It was John's idea to combine an educational event using garlic with a dinner which of course used his garlic. His larger goal is to reach out to chefs in Manitoba to help them become acquainted with the varieties of garlic out there. Proceeds would go to MJCS. The evening began with a garlic-tasting session where people could taste and take notes of the qualities they observed. Each tasting required some water and bread to cleanse the palate.

After much discussion, a vegan meal was served consisting of an Almond Potato Bisque with Garlic, Persian Style Aubergines and Lentil Stew, Chick Peas with Coriander and Coconut Milk, Brown Rice, Roasted Potato Wedges, Braised Pumpkin, Braised Red Cabbage with Raisins & Cloves, a Green Salad with Maple Dijon Dressing all served with Eadha's Sourdough bread. Poached Pears were the dessert. John and his wife Sondra also made an apple pie, using you -guessed it –garlic. The evening was devoted to long conversations over food and about food. (See Fundraiser Events).

- **Radio Program Wooden Spoons at CKUW 95.9 FM.** MJCS sponsors a Weekly radio program Wooden Spoons which airs every Friday morning from 8-9 a.m. on CKUW, community and campus radio aired from the University of Winnipeg. A vibrant new co-host for the program, Kristen Andrews, appeared on the scene and brightened up the airways with her enthusiasm and appealing voice. During the program Mary Jane and Kristen interviewed guests on a wide range of topics that pertain to health and well-being and also provides nutrition information and information on relevant issues in our world.

Examples of guests from **2018** were astrologist **Brenda Johnson** who started the year with her astrological outlook for the coming year as well as looking back on the past year; **Smanthaa Sawatsky** described as a crystalline whisperer, talked about the uses of singing bowls as alternative sound therapy for healing; the topic of poverty and homeless reduction was addressed by **Josh Brandon**, who is chair of Make Poverty History; **Debbie Wall**, animal rights activist talked about animal rights issues and being vegan; **Ruth Pryzner** who lives west of Brandon and came to Winnipeg to oppose the introduction of Bill 24 The Red Tape Reduction and Government Efficiency Act which would give the green light to hog barn expansion in Manitoba, spoke about the harm to our water, Lake Winnipeg, residents' health that would result if the law was passed; Biologist **Chris Higgs** documented the flora and fauna of the city's last remaining wetlands, along with many ecosystems that ended being sacrificed for development by Gem Equities through non-transparent dealings with City Hall under Mayor Sam Katz. **Dan and Fran DeRuck** whom we buy our flours and grains from spoke about organic farming on their Top of the Hill Farm. Their farm is surrounded by conventional farmers. **Dacia and Adam Christian** talked about their Meadowlake Interlake Farms where they raise free-range chickens and provide direct market sales of their amazing ungraded multi-colored eggs; **Theodor and Morgan Fontaine** joined us when Theodore spoke about the book he wrote "The Broken Circle which chronicles the abuse and after effects he suffered in a residential school located in Tuxedo and how he met his wife when as a teenager, the residents of the school would shovel the walks for people in Tuxedo. **Bother Thomas Novak** talked about the plight of Mexican migrant workers in Manitoba. We had several with **Lucy Sharrat**, Coordinator of the Canadian Biotechnology Action Network, (CBAN) to talk about GMO's from the perspective of farmers, consumers and the

environment, based on science for the public good. We interviewed photographer **Tyrell Mendis** and musician and singer **Sheena Grobbe**. We interviewed **John Watters** and **Leonard Gauthier** about farming with horses.

## **CHALLENGES, DEVELOPMENT AND FUTURE GOALS**

MJCS supports the local economy and local producers who practice sustainable agriculture and the humane treatment of animals as much as is possible. We continue to forge partnerships with organic growers, with the aim of increasing the amount of organic food used in our cooking classes and projects. On this front we have made progress through our connections to two local organic farmers who supply us with flour, grain and produce including butter. We use Hymalayan rock salt or unprocessed salt. We continue to get our unpasteurized honey from local producer Daryl Wright. We now order our eggs from Interlake Meadows Farm which are organically raised and fed with non-GMO grain during the winter months. Our former board member Paulette LaFortune has expanded our contact with organic growers and farmers. Encouraging growing one's own food even in a small way and education in making wise food choices in a sea of dubious foods is becoming more and more urgent and needed to for health.

On the educational front the school continues to disseminate information pertaining to wholesome food, holistic nutrition and humane food production and creation care, through our classes, workshops and radio program. We continue to rely on the Canadian Biotechnology Action Network (CBAN) which researches independent studies and provides information on Genetically Modified Organisms based on science for the public good.

Not being able to respond to the request for classes has always been a challenge as a result of there being only one staff. Delivering classes is very labour intensive and time consuming. Classes are offered for both small and large groups.

## **THANK YOUS**

Gerry Atwell with his creative vision has been a guiding spirit and we are very grateful for all the help and guidance he has given us.

I am deeply appreciative of all the board members who have worked so hard on fundraising and guiding and supporting the work of the school. Thank you to Past President, **Eveline Caners** who have given so much of her time and service in developing a vibrant fundraising committee and continued to be involved with all our fundraising events; **Amanda MacDonald** who so diligently took the minutes and really worked on getting board participation in the school and for sharing her

excellent organizing and marketing skills and to **Lynn Sommerville** and **Indira Rampersad** who took on the fundraising role and also offered leadership and support in events. Indira took care of the vendors and musicians with **Paulette la Fortune** and also became the MC for events. Lynne took care of the Silent Auctions we had and always helped whenever tickets needed to be sold. Thank you to **Chantal Driedger** for her creative help with cooking events and her interest and work on mental health issues. Thank you to **Kristen Andrews** for her innovative ideas and leadership as well as contribution to the radio program. Thank you to all the amazing volunteers—**Catherine Gauthier** who is always generous with her help and baking at every event, **Leonard Gauthier** who is on call for leaky taps and malfunctioning stoves to name some, **Henry Caners** who takes care of everything that needs to be done—need to put up the air conditioner or take it down, arranging for the pickup, set up and return of the tents from Harvest Moon Society not to mention the meticulous bookkeeping that keeps everyone on track; to **Leo Caners** who helped brother Henry set up the tents in the early morning, to **Eric Van Shie** who provides needed items such as crates and gardening tools and helps with the Garden Party by getting the tables and chairs picked up and returned; **Kelly Ross** who helped on numerous occasions when we had events and for solving different problems; **Julien Cooper** who was the stand by on Wooden Spoons for many years as well as a volunteer; To **Debbie Belcourt** and **Cathy Barnsley** who took responsibility in ably handling the cash at the GP; to **Idalena Ferreira** whose support and help could be counted on and **Neil Taylor** always ready to help at events come rain or shine; to **Bruce Eason** for getting out all the signs for the Garden Party and keeps a close eye on things; to Paulette for her energetic contributions to our fundraising efforts and sourcing local organic food and being a key person for the Garden Party success. Thank you to **Jeannine Theoret** for all her help in past years washing endless dishes at our Garden Party of other events—as someone who always kept the yard tidy and mowed—we miss her since she passed away. Thank you for our out-of-town President **Laura Steiman** who lives in Chilliwack but is always supportive and abreast with whatever goes on at the school and thank you to **Art Shofley** our elder advisor for his support and guidance for the school.

Respectfully submitted,

Mary Jane Eason, MSc.  
Program Coordinator and Community Nutritionist

## **FUNDRAISING REPORTS**

### **Garlic-Centric Dinner:**

This fundraising dinner was held on November 23 with 8 people in attendance. The focus was on the different types of garlic and their characteristics, uses and health benefits as well as how to grow garlic. We netted **\$300.79** at the event.

### **LITE Event:**

The LITE event held at the Portuguese Church on Leila Street on Friday, November 30 was not so well advertised which could account for the lower than usual attendance and sales. The sales were down for a number of vendors. MJCS had a table where we sold products for which we netted **\$116.50**. The social networking however was a very positive thing.

**Products:** The sale of products sold at MJCS (flax seeds, hemp seeds, butter and salt, etc.) netted **\$752.92**.

## **Annual Garden Party Fundraiser Report 2018**

The 9th Annual Garden Party fundraiser was held on Saturday, May 26 in the back lane of the school at 252 Arlington Street. The event opened at 10 a.m. with our host Indira welcoming guests, thanking our funders and introducing our opening guests Brandy Vesina who offered an Opening Song followed by drummer and singer Rico John and his accompaniment. She also introduced the day's program and promoted the vendors and workshops throughout the day. It ended at 4 p.m. after the silent auction prizes were given out.

We were blessed with good weather. There were varied attractions as in the past including a menu of great tasting vegetarian fare from Mary Jane's kitchen, 8 local artisan vendors selling various goods, a wide variety of healthy plants from Prairie Flora, an ample and attractive silent auction, entertainment for both adults and children alike, and 3 workshops.

Our fundraiser was well advertised through posters, an ongoing Facebook events page managed by Paulette, CKUW, boulevard signs and posters. Mary Jane was also interviewed early Saturday morning of the Garden Party by Nadia Kidwai of CBC's 'The Morning Show' which resulted in several people hearing about our event and coming to it. Thanks to early-riser Bruce for putting out the boulevard signs early Saturday morning of the event.

Mary Jane and Lynne distributed notices to the neighbors for permission to close off the North end of the back lane and received a positive response from those spoken to.

For the set-up we again had used the parking pad across the lane. We had the loan of tables and chairs from Agape Table which Eric, Kelly and Neil picked up the day before.

With the help of spontaneous volunteers from Agape they were quickly loaded onto Eric's truck. We also had the loan of 7 market tents that Robert Gillford from Harvest Moon brought in from Clearwater, MB. Henry picked up the tents from Robert at a pre-arranged location. Henry and his brother Leo set up the tents and tables early in the morning in time for the arrival of the vendors. Patio tables were set up in the lane to accommodate those who needed to sit while eating or enjoying the music. At the end of the day a number of people helped with taking everything down and the loaned items were returned promptly.

Indira contacted 9 vendors who were happy with the opportunity to sell their goods at our fundraiser and found the event to be positive and enjoyable. Prairie Flora provided us with a variety of bedding plants which is always a main attraction in the spring. We thank Aimee for her generous donation in the form of a percentage of her sales again this year.

MJCS's table sold our locally sourced products namely, Daryl Wright's honey, DeRuyck's Top of the Hill Farm organic flax, Hemp Oil Canada's hemp seed, Marg's Organics Plus bee pollen, as well as Nature's Cargo (ON) Himalayan salt, Mumm's Sprouting Seeds (SK). Other items sold were colorful trinket boxes (donated) and consignment plants from Sage Gardens. Promotional material and a sign-up sheet for classes were also available.

Paulette did a great job setting up and facilitating the sound system and promoting our event. Eight guest performers entertained as people shopped, had food and socialized with friends while supporting MJCS fundraiser. Indira and Paulette were largely responsible for contacting the musicians and did a great job hosting the event.

Abby Flackman and her daughters entertained the children with their pet guinea pigs. The children loved to hold, pet and cuddle them! They also did a rock-painting activity. Sarah Hadfield brought her face-painting supplies and displayed her artistic talents on the children's faces.

Many businesses and individuals contributed generously toward the silent auction which helped make it a great success. It was heartwarming to get such a positive response! A professional approach was taken in presenting the school and the fundraiser when soliciting donations. We thank Michelle Dupont and Lynne Somerville for managing the silent auction table.

The food table always serves ample and delicious food. We had an adequate number of people to serve this year thanks to a family of 3 who stepped in to help serve, however getting enough volunteers for shifts is always a challenge. Some adjustments however will have to be made for a better flow at the food tables.

Our event sponsors, some whom I mentioned earlier, were:  
Assiniboine Credit Union with an event grant of \$500  
Agape Table with a loan of tables and chairs  
Harvest Moon Local Initiatives loaned us 7 of their tents  
CKUW 95.5 FM provided advertising. As well, Paulette at Sweet Spot Productions managed a Facebook event page which advertised widely.  
Kendrick's Printing gave us a break on price of printing  
Spence Neighborhood Association's contract for The Kitchen Circle Program  
The Winnipeg Foundation grant – Flavors of Home program  
Prairie Flora - % of plant sales  
Prairie Flour Mills provided flour for baking  
Integrity Foods gave a large baking donation  
The University of Winnipeg Botany Department donated plants

I believe that our annual Garden Party has become another community event where we come together to share knowledge and experiences and to promote a better way of living, a way that speaks of responsibility for our health and the health of the world we live in. Thank you to all who have contributed in so many ways toward this mission of MJCS.

I'd like to again thank everyone who so generously gave of their time and energies toward making our 2018 Garden Party Fundraiser a success, all with a minimal volunteer base. Let us grow that volunteer base to reflect the enthusiasm for these principles we all cherish!

This year's event gave us a net revenue of \$1,364.42 - an increase from 2017. Thank you.

Respectfully submitted,

Eveline Caners

## **THANK YOU TO OUR FRIENDS AND SUPPORTERS**

Mary Jane's Cooking School extends our deepest thanks to the following persons and groups, each of whom made an important contribution/ donation to our work in 2018.

Without your generosity it would have been impossible for us to meet our goals.

Art Shofley  
Amanda MacDonald  
CS Bruce Eason  
Catherine Gauthier  
Christopher Rampersad  
Chantal Driedger  
Daryl Wright  
Debbie Belcourt  
Eleanor Adaskin  
Eric VanSchie  
Eveline Caners  
Gerry Atwell  
Henry Caners  
Leo Caners  
Idalena Ferrera  
Indira Rampersad  
Integrity Foods  
Jeannine Theoret  
Paulette Lafortune  
JUST Community Market  
Julien Cooper  
Kelly Ross  
Kristen Andrews  
Lorne and Barbara Eason  
Laura Steiman  
Leonard Gauthier  
Lynne Sommerville  
Neil Taylor  
Prairie Flora  
Tanya Rampersad  
Ralph Rampersad  
Leo Caners  
Zeids Food Fair

### **A special thank you to Sponsors**

The Winnipeg Foundation, the Spence Neighbourhood Association, Assiniboine Credit Union, Agape Table and Harvest Moon Society.

**To Each of You**

**Many thanks for all your support**