



Mt. Lehman Community

Newsletter

VOLUME 3, ISSUE 2

JUNE 2009

PAST

2008 School Bursaries

PRESENT

Grass Fed Beef

ANAVETS

Eat Locally

The Homes of Mt. Lehman

School News

FUTURE

Fall Fair

100% Grass Fed Beef

Hidden over the crest of Gibsons' hill, on the west side of Mt. Lehman Road, is a beautiful home on 58 breezy acres. Adjacent to the house and garden is a small orchard. Cockerels, mother hens with baby chicks, and four large dogs, wander freely. Cattle graze the fields down near a small lake or stand grouped together in an open barn.

This is where Frank and Eva Stuart raise their grass-fed beef. Eva also raises Heritage and Cornish cross hens for eggs and meat for home consumption.

Born in Poland, Eva came first to Windsor, Ontario and then to Chicago, before moving to Canada. For 16 years a full-time art

dealer, she still represents a few artists and maintains her ties to the art world. She met Frank after his second wife died, and they have been married for 7 years. Between them they have 7 living children and several grandchildren.

The house that Frank built 20 years ago is full of art and often full of family and friends as well.

As her knowledge of – and dismay at – North American factory farming and slaughtering processes grew, Eva's interest in natural food production increased. In the last few years, starting with two pregnant heifers sold to them by a neighbour, their herd has grown to about 60 head.

year-old Red Angus, and their 30 breeding cows are a mix of Hereford, Short-horn and Black Angus. Calves are raised on their mothers. Heifers of good quality are retained to increase and maintain the herd, and steers are humanely slaughtered in Sardis when they are 12-18 months old.

Meat is pre-sold to customers in quarters and halves before slaughtering, except for a certain quantity of hamburger and stewing beef, which Eva keeps up at the house for drop-in customers. The meat is hung for two weeks and then cut and wrapped to each customer's order by Bonetti Meats on 248th Street in Aldergrove.

Because Frank is very busy with his plumbing and heating company, it falls to Eva to do much of the work around the farm, aided by Kira, Sheba, Frodo and Cyrus, the four shaggy, soft-hearted German Shepherds of Czechoslovakian stock, whose main duties consist of protecting the livestock and gardens from coyotes and rabbits.

Frank and Eva do not keep any equipment of their own except for a multi-purpose excavator (which Frank finds more useful and versatile than a tractor) but they hire local people whenever the need arises.

Eva's next project is to build a greenhouse, so that she can please Frank and move all her heirloom tomatoes, grown from her own seeds, out of the dining room.

To read more about naturally raised beef, or to order, go to

www.GrassOnlyBeef.ca

The cows are fed on nothing but grass and hay, and no growth hormones, pesticides or herbicides are used. The meat is lean and tastes stronger than steers that are finished on grain.

The Stuarts have their own bull, a three-



ANAVETS

In the little ANAVETS Hall hidden behind the Taylor Building flourish the bonds of friendship that go back many decades.

Commissioned in the early 1950s, the thriving little club—run entirely by volunteers—is primarily a service organization for retired and active members of the military but is not limited to veterans; everybody is welcome.

Friday afternoon coffee time sees friends old and new get together for home baking and a chat, and on Friday evenings a home cooked dinner is served. The club has a full bar, and the space can be rented for special occasions.

Starting Saturday June 19th, a monthly steak and chicken BBQ takes place. For catering purposes, reservations are preferred

(contact Andy or Bernice Gagnon 604-856-2003)

The building is the remnants of an old H-hut, brought up from Abbotsford Airport after WWII. The club has a Wall of Honour with pictures of past presidents, and plaques in memory of deceased local veterans. A cenotaph becomes the focus of ceremony each November 11th, and the veterans participate annually in the local Canada Day celebrations.

Mt. Lehman Fall Fair—September 19th

Mark your calendar NOW! One of the biggest events of the year takes place on Saturday September 19th—the annual Fall Fair.

This year, the theme is “Showcasing Mt. Lehman.”

With the increasing knowledge of environmental issues associated with transporting food thousands of

miles to the end consumer, everyone is being encouraged to eat food grown closer to home. Not only

does this support the local producers, it also cuts down on the carbon emissions generated by long-haul transport.

The soil of the Fraser Valley is ideal for all types of agriculture and we have a great choice of locally grown fruit, vegetables, meat and even wine, right in our own backyard.

Let’s encourage our kids to grow their own food and have fun doing it. It is not too late to plant a veggie garden—even if only a few pumpkins or beans—by the time this newsletter is received. Although the third week in May is the traditional time to put in a veggie garden here in the Fraser Valley, vegetables will

still grow well even if they are not planted until mid-June.

Join the fun and enter your produce in the Fall Fair. There are lots of ribbons to be won in lots of categories. Go to

www.mtlehmanfallfair.com

to see all the possibilities and check out the events and entertainment in store for all age groups.



New Happenings

JULY 1st, CANADA’S BIRTHDAY

- 8:00 Pancake breakfast at the Hall
- 9:00 Parade assemblies at Credit Union
- 9:30 Parade starts
- 10:15 Community stage at the Hall
 - O Canada
 - Raising the Canadian Flag
 - Dignitary Speeches
 - Community Service Award
- 11:15 Cake, coffee and entertainment

LINE DANCING CLASSES

Drop-in at the Mt. Lehman Hall every Tuesday evening from 7—9 pm. No partner necessary. The fee is \$4. For further information contact: Bev Ollerenshaw at (604)855-0710 bev_o@shaw.ca (that’s an under-score, *bev_o*).



Kudos to local daffodil grower Matt Groves, who won many ribbons for his selection of daffodils at the Chicago Convention of the American Daffodil Society this past April.

School News

The students of Mt. Lehman Elementary have been busy planting all different kinds of seeds in the greenhouse. It’s wonderful to see the students learning by doing. Not only are they learning about science hands on, they are learning a very valuable life skill.

A group of Mt. Lehman students ranging in age from seven to thirteen decided to answer a competition from BC Hydro. The competition topic was “to come up with an idea on how to conserve energy and reduce our carbon footprint”. Our students beat out hundreds of entries and won the Province wide challenge. The BC Hydro executives were so impressed by what the Mt. Lehman students came up with they said it was hard to pick second and third place winners!

A film crew came to the school on May 28 to film the students involved for a video that will be featured on the BC Hydro website. BC Hydro wants to use this video in schools across the Province as an example of an exceptional school and their ideas. Look for articles about the students in the local newspapers and on Vancouver TV stations.



PHOTO CONTEST
Prize for best 8 x 10 colour photo taken in the past year to represent Mt. Lehman.

Enter in the Fall Fair.

All entries become the property of the Mt. Lehman Community Association.



Think globally, eat locally - Showcasing

Mount Lehman

APPLES JONAGOLD AND GALA IN SEASON

Grant & Carol
Taylor,
Manzana Farms
The Apple Shack,
October - December.
30004 Taylor Road,
604-856-3113



FRESH EGGS AND SOME SEA- SONAL VEGETABLES

Gerhard & Heidi Sandau
Limited supply,
call first.
7082 Satchell Rd.
604-856-6718



FRESH RHUBARB IN SEASON (MAY AND JULY/AUG)

Nils & Lorraine
Nottveit
First season drop
in, 2nd season call
ahead.
31103 Harris Road
604-852-0930



Dennis & Janice Friesen
30554 Downes Road
604-856-8024

RED & YELLOW PEPPERS, CU- CUMBERS, & VARIOUS KINDS OF TOMATOES

Jos & Bram
Moerman
Mt. Lehman
Greenhouses
6592 Mt. Lehman
Road
604-856-3360



HONEY

Frank & Diane Stuber
5384 Olund Road
604-854-5384
Phone first



BLUEBERRIES IN SEASON (JULY - SEPT)

Darby & Jasvir Bains,
Five River Farm
30482 Taylor Road
604-607-7998

Onninks Farm
30151 Downes
Road
Tel: 604-856-1465
Cell: 604-614-
3631



ARTESIAN SPRING WATER

Wilf & Linda Friesen
Country Fountain Spring
Water
30111 Downes
Road
604-857-7757



OKANAGAN FRUIT & LOCAL BERRIES & VEGETABLES

Stand at corner of Harris &
Mt. Lehman
Mid-June onwards
9 am - 6 pm
Harjit Grewal
Abbotsford Produce
Farm & Nursery
604-820-9520
www.abbyproduce.com



GRASS-FED BEEF

Frank & Eva Stuart
Mt. Lehman Farm
5291 Mt. Lehman Road
Call ahead
604-856-3775
www.GrassOnlyBeef.ca



ORGANIC CHICKEN, TUR- KEY AND FREE RANGE EGGS

Blaine & Sandy Regehr
Maple Hill Farms,
Mon-Fri, 9 am - 5 pm
4808 Mt. Lehman Road
604-856-7429
Email: mhfarms@telus.net



HERBS, VEGETABLE BEDDING PLANTS & OTHER NURSERY PRO- DUCTS

Arnold & Brenda Falk,
Tanglebank Country
Gardens
29985 Downes Road
604-856-9339
www.tanglebank.com



FREE RANGE EGGS, ALL KINDS OF ORGANIC GOAT CHEESE, MILK AND YOGHURT, GOAT BARN COMPOST

Peter & Joanne Dykstra
Goat's Pride Dairy, Mon- Sat,
9 am - 6 pm
30854 Olund Road
604-854-6261



WINE

Vern Siemens
Mt. Lehman Winery
5094 Mt. Lehman Road
604-746-2881

Newsletter sponsored by:



Participate in your community!

To join the Mount Lehman Community Association, apply at the Mount Lehman Credit Union or D & G Taylor Insurance.

The fee is \$20 per year.

Members in good standing for at least 6 months can rent the hall for a discount.

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Mt. Lehman Community Newsletter

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E-mail: CanadaGoose@telus.net



Mt. Lehman United Church News

Come and See! Our church has been significantly refurbished this spring. Many features of our worship centre have been enhanced and upgraded, and we are delighted with the renewed brightness this is bringing to our church community life!

Bring A Friend Sunday: Sunday, June 14 @ 9:30 AM Worship followed by FREE BBQ! Come and join us - on your own or with a buddy!

Family Camp at Cultus Lake United Church Camp: Friday, July 3 - Sunday, July 5 If you and your family or children or friends would like a casual unstructured weekend away from it all in a lovely lakeside setting - this is for you!!

Starting this Autumn: Exploring the Christian faith - a series for youth and adults.

CONTACTS: Bobbi Smith (604-856-8113 or 604-856-2745) or Rev. Michael Collison (604-542-1806) or <micollis@telus.net>

Mount Lehman Community Association

President: Brad Gueldner

604-857-9552

Vice-President: Suzanne McKay

604-856-2258

Secretary: Janet Sweeney

604-856-7765

Bursaries

Normally, each year the Mt. Lehman Community Association awards \$1000 in bursaries— \$500 to each of two graduating high school students who live in the Mt. Lehman area, or who attended Mt. Lehman Elementary School, to assist in their further education.

Sometimes, for whatever reason, the bursary is not used within the allowable timeframe. When this is the case the bursary is awarded again the following year.

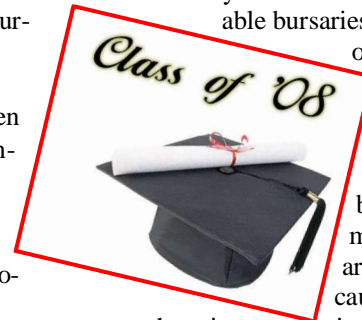
Thus, in the school year ending June 2008, four students were awarded a bursary of \$500 each. They were:

- Elizabeth Penner from MEI
- Amanda Vigor from Rick Hansen
- Travis Anderson from Rick Hansen
- Kenny Carnes from Rick Hansen

Congratulations to all these young people!

The bursaries are administered by the Abbotsford Community Foundation, at arm's length from the donating organizations.

Students may access details of the available bursaries through their own high school.



Students should carefully review the criteria for each bursary, because many applications are rejected because they do not meet the criteria.. They are normally required to write a short essay saying why they need the financial help and what they are planning to study.

MEMBERSHIP IN THE MT. LEHMAN COMMUNITY ASSOCIATION

Name: _____ Renewal New Member
 Address: _____
 Telephone: _____ Alternate Telephone: _____
 E-mail address: _____

Enclose cheque for \$20.00 made out to Mt. Lehman Community Association
Drop off at Mt. Lehman Credit Union, or D.G. Taylor Insurance (604-856-2818)
Or mail to MLCA, 6418 Mt. Lehman Road, Abbotsford, BC V4X 2G5

