

THE PEACE VOICE

Newsletter for the Mir Centre for Peace at Selkirk College



Peace Studies student organizes “Grow-A-Row Castlegar”

Cyra Frisk is a Peace Studies student with plans to obtain an elementary teaching degree in the future. This semester she is taking a peace studies class titled “PEAC 202 - Leadership for Peace: the Individual and Social Transformation.”

The course includes a service learning component, in which students create projects that will serve the community. For Cyra’s project she has decided to bring the national “Grow-A-Row” program to the West Kootenay and call it “Grow-A-Row Castlegar.”

The Grow-A-Row program started in Winnipeg, Manitoba in 1986. The emphasis of the Grow-A-Row Castlegar program is to increase food security for Kootenay residents. This will be achieved through farm produce being donated to local soup kitchens and food banks. I talked to Cyra about her project and what inspired her to choose food growing as a way to lead for peace

What is Grow-A-Row Castlegar?

It is an offshoot of the national “Plant a Row - Grow a Row” program brought to Castlegar and area. Grow-A-Row encourages individuals, organisations and businesses to 'grow a row' of extra produce to be donated to the local food bank or other food-providing organisations. The project will organise, promote and monitor donations. It will also pair people who want to donate time with people who have extra space to grow produce. I am working with Kootenay Food Strategy Society to find funding, partners and people to help make this project happen and sustainable into the coming years.

What is the project’s importance to you and to communities?

The price of good quality food is increasing, and more people are accessing food banks all across B.C. This is a simple and effective way to increase the amount of fresh produce being donated. As a side benefit, local awareness, involvement and food security increases. The connection to the land that is developed and the act of gardening is peaceful. In a way, the produce at the end is the bonus.

On the Mir Centre grounds Cyra is establishing a community garden space where students, faculty, and other residence of the area can grow food for the program. Eventually she hopes that students from the residence and cafeteria can use the peacefully grown food. There is also a symbolic importance of using the soil on which the Mir Centre is situated, Cyra points out.

“The land has a rich history. The Sinixt Nation and Doukhobors have a long history on this land. The location of the Mir Centre serves as a symbol of respect and honor for the culture and history that is strongly rooted in the land. Thus far, plans are established for the food to be donated to the Community Harvest Foodbank, Selkirk College Student Union Foodbank and the Sharing Pot Kitchen.

How to get involved

A committee is being formed in the next few months which will help to inform, implement and maintain the donations collection and distribution. If anyone is interested in distributing, growing and/or donating space, supplies or seeds, please contact Cyra at: growarowcastlegar@yahoo.ca or 1.250.608.1387.



Written by Celina Silva, year 2 Peace Studies student
Photo: Cyra Frisk

Mir Centre for
**PEACE
LECTURE
SERIES**
Spring 2011



SHARON McIVOR

THE LONG HARD ROAD

Sharon McIvor is a well-known BC feminist, activist and aboriginal leader. Join Sharon as she speaks on her decades-long struggle to correct a century of discrimination against aboriginal women; her recent Supreme Court victory; and her continued battle to bring full equal rights to Canadian aboriginal women.



Date: Tuesday, April 19
Time: 7 pm
Location: Room S113, Selkirk College Castlegar campus
Tickets: \$12 for adults, \$10 for seniors and students.
Available at the door.

selkirk.ca/mir | 250.365.1234

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