

A ROCHA UPDATE

# GRATITUDE & HOPE



02

CSA FEATURED  
LOCAL NEWS

02

INTERNS REFLECT

06

DID YOU KNOW  
A ROCHA BLOGS  
REGULARLY?

04

## A GROUNDING IN GRATITUDE

ONLINE  
VIDEO



**A ROCHA**  
Environmental Stewardship

*Inspiring Change.  
Caring for Creation.*



# CSA FEATURED IN LOCAL NEWS!

## CSA

A Rocha's CSA (Community Shared Agriculture) members are singing our praises! Not only have we heard their exclamations of delight as they pick up their weekly bins of veggies from our Brooksdale Environmental Centre, but we've been reading about their delight in emails and even local newspapers. Follow the link and read how Dora Ho, a Culinary Arts teacher in Richmond, BC, has experienced her own CSA involvement—an experience recently published in the Richmond News.

*Blog by Dora Ho,  
Culinary Arts Teacher in Richmond, BC*

read  
ONLINE

*Click here to read  
the full story online..*



# A ROCHA INTERNS

Each year over 30 young people, aged 18 and older, participate in the transformative experience of an A Rocha internship. They come to learn practical conservation, agriculture and environmental education skills, and they come away inspired and changed.



Laura, summer intern 2013

“As a young teenager in high school I knew I wanted a career that God would be proud of—a job that would make a difference in the world. I chose environmental studies three years ago because I wanted to work in God’s creation. This summer as an A Rocha intern I finally discovered what that actually means. I have learnt how to care for creation and I feel as if God has relit a fire within me.”



Sherea, summer intern 2013

“The common theme of my time at A Rocha has been gratitude. The A Rocha team lives by example as they daily care for creation, and that inspires change. It makes me want to live the same way.”



Victor Lam, summer intern 2013

“The two words that sum up my experience as an A Rocha intern are ‘gratitude’ and ‘abundance’. The way hospitality is done at A Rocha is remarkable. Being at A Rocha has helped me realize how real community can be a powerful testimony to the world.”

FIND  
OUT  
more

*For more information on A Rocha  
internships visit our website:  
<http://www.arocho.ca/internships/>*



Edu, summer intern 2013

“My time as an Agriculture intern has challenged the way I think, eat, commute and more. All my life decisions will be different because of my time with A Rocha.”



David, summer intern 2013

“Before this summer, I had a lot of theoretical conservation knowledge, but no practical experience. Getting to work in the field on real conservation projects will be so helpful as I finish my studies. But more significant than the field experience is being able to live with the A Rocha team and witness the deliberateness with which they cultivate wonder—that’s what will change the way I live.”



# A GROUNDING IN GRATITUDE



Harold turning the soil  
Getting in Gratitude Shape

Perhaps, dear reader, you are one of those enlightened souls who goes around humming hymns and thanking God for his manifold blessings—all day, every day. If so, good on you. (Seriously, good on you!) But perhaps you are like the other 98.2% of us who find it easier to count our irritations, challenges, annoyances, etc., etc., than count our blessings. Our gratitude muscles have grown flabby through lack of use, making it so much easier to sit on the couch and whine than muster the energy to perform the exhausting exercise of thankfulness.

What we flabby would-be appreciators need is something to get us up and moving—something to make us truly thankful. What better place to start than where we are and what we are standing upon.

## Dirt.

Forget the United States of America, DIRT is the Great Melting Pot. Branches, banana peels, coffee grounds, much-loved and newly-deceased pets—they are all the ingredients of soil. Once fallen, microbes, bacteria and invertebrates get to work breaking down the molecules that once made up all those leaves, fibers and fur and, voila!—a rich melange is created that has the nutritionalumph to grow everything from salad greens to Sitka spruces. It's a miracle, really.

## Thank God for dirt!

And that's just what's under our feet. Once you get started, the world suddenly becomes a veritable jungle gym of miracles on which to flex your gratitude muscles. There's air. And trees. And small woodland creatures. All amazing in their own unique ways—all somehow integral to health and the sustenance of life on earth

## And so we respond: Thank you, thank you, thank you!

And then we pause. And consider that once the inertia of indifference has been overcome and the momentum of gratitude sets in, the natural extension of all this thankfulness is

responsibility.

As the goodness of the gifts of this one precious earth are felt and received we move from a place of thankfulness to action, recognizing that the Giver of these gifts has enlisted us as co-stewards so that these gifts might be preserved for other people, plants and plankton to enjoy.

To aid you in your planetary do-gooding, A Rocha has put together some helpful resources that are chockful of ideas and projects that will enable you to put your newly strengthened gratitude muscles to productive use. [Click here](#) to learn how to practically and productively care for creation in your home, business and church.

**Go, team, go!**



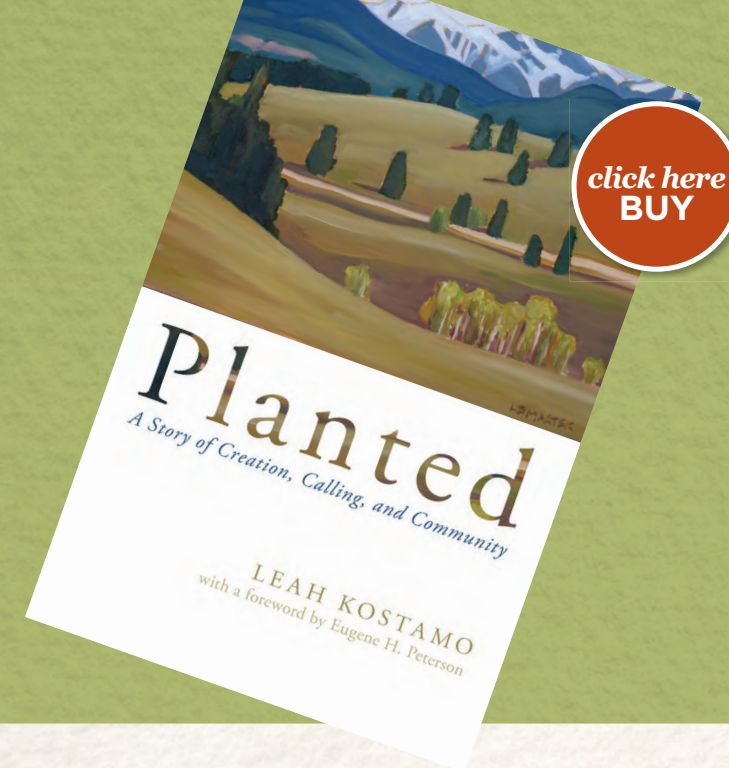
Markku and Leah Kostamo, founders of A Rocha Canada's first Field Study Centre in Surrey, BC, discuss God's story of reconciliation of all things and how A Rocha is part of that story.





# DID YOU KNOW A ROCHA BLOGS REGULARLY?

CLICK ON THE LINKS TO FIND OUT WHAT'S  
BEEN HAPPENING ACROSS CANADA.



**PLANTED** By Leah Kostamo

“Planted is a fascinating narrative in which committed environmentalists respond to God’s call to renew our planet and our souls.”

—LUCI SHAW, AUTHOR AND POET

## BLITZING IT IN HAMILTON

A faithful band of over 30 researchers, citizen scientists and children “bioblitzed” Cedar Haven Farm in Hamilton, Ontario, in an effort to record the wonderful biodiversity of species of this special place. The owners of Cedar Haven Farm have graciously opened their doors to A Rocha Canada, allowing us to do active conservation work on their property. [Read More](#)

## THE TEAM THAT PLANTED TREES IN MANITOBA

**Lake Minnewasta** near Morden, Manitoba—a reservoir, supplying all the area’s drinking water—is a greener, healthier place thanks to the efforts of A Rocha staff and volunteers who **planted thousands of trees** along the lake’s riparian zone as part of the **Stewards of Hope** project in Manitoba. [Read More](#)

Lake Minnewasta

## ENDANGERED SPECIES DISCOVERED IN THE LITTLE CAMPBELL WATERSHED

The **endangered Oregon Forestsnail** was thought to have vanished from the **Little Campbell River Watershed**, but two intrepid conservation interns proved otherwise. Braving large stands of stinging nettles (the snail’s favourite habitat) these interns discovered large quantities of breeding adults, raising hopes that with thoughtful conservation efforts on the part of landowners, this species might continue to thrive in the watershed. [Read More](#)



## KIDS CONNECT WITH CREATION

From children’s gardens brimming with veggies to forest exploration days to pond dipping, A Rocha provided children with a myriad of opportunities to explore and connect directly with creation this past

summer. Some came for week-long day camps, others for special farm days, but all got to experience the wonder of immersing themselves in the natural world.

## FLOURISHING IN NORTHERN BC




Most of A Rocha’s work is concentrated around either the hubs of our Environmental Centres (in BC and Manitoba) or major cities (places like Victoria, Calgary, Winnipeg, Hamilton and Toronto), but there are a few hardy souls gathering in farther flung places to care for creation in humble yet practical ways. One of those people is Cindy Verbeek who has been working from her home in Houston, BC to encourage community gardening, farmers’ markets and salmon stream restoration. [Read More](#)

A ROCHA  
blog

check out our blog at  
<http://www.arochoa.ca/blog/>

## FINANCIAL UPDATE & NEWSLETTER ONLINE

If you were inspired this summer by these stories or a visit to one of our sites, please consider a donation to our “**Plant-a-Tree**” campaign. **For every 100 dollars given, we will plant a tree or native plant in 2014.** Our goal is to raise \$300,000 by December—allowing our organization to thrive and planting 3000 native trees & plants.

 +  +  = 4,000  
letters, envelopes  
& stamps saved

Finally, we’ve responded to your request and moved this Fall Update Letter to an online format. While we are excited by the paper, printing and postage this will save, we are a bit nervous about the up-take for our different audiences. Therefore, please let us know that you’ve read this and whether or not you would like to see this format in the future.

[Fill out our survey.](#)





## OUR MISSION

A Rocha is an international Christian organization which, inspired by God's love, engages in scientific research, environmental education and community-based conservation projects.

## OUR VISION

Restoring salmon habitat, training young scientists, inspiring school children, feeding low-income families – A Rocha is transforming people and places through hands-on conservation projects, environmental education programs and sustainable agriculture initiatives.

## OUR COMMITMENTS

### Christian

Underlying all we do is our biblical faith in the living God, who made the world, loves it and entrusts it to the care of human society.

### Conservation

We carry out research for the conservation and restoration of the natural world and run environmental education programs for people of all ages.

### Community

Through our commitment to God, each other, and the wider creation, we aim to develop good relationships both within the A Rocha family and in our local communities.

### Cross-cultural

We draw on the insights and skills of people from diverse cultures, both locally and around the world.

### Cooperation

We work in partnership with a wide variety of organizations and individuals who share our concerns for a sustainable world.

## What will you be remembered for?

A bequest in your will to A Rocha Canada will ensure that the work of Creation Care is continued long after your passing.

A Rocha has a variety of options for leaving a gift that will benefit your estate from a tax perspective. We would love to talk with you about this in more detail.

Please e-mail [donor.services@arocha.ca](mailto:donor.services@arocha.ca) or call 1.604.542.9022 and ask to speak with Susan Davies.



*Thank you for  
your support.*

### To donate:

604.542.9022  
[canada@arocha.ca](mailto:canada@arocha.ca)  
[arocha.ca](http://arocha.ca)

### Make cheques payable to:

A Rocha Canada  
19353 16th Avenue  
Surrey, BC V3S 9V2



**A ROCHA**  
Environmental Stewardship

### A Rocha Canada Board of Directors

Jeremy Bell (Chair),  
John Diack, Anoinette van Kuik,  
Ledford Lilley (Treasurer),  
Sandra Manning, Ken Marr,  
Karen Reed, Barbara Wernick,  
Bill Wong

### A Rocha Canada Board of Reference

David Bentall, Tom Cooper,  
Geoff Cowper, Lorna Dueck,  
Neil Graham, Paul Kariya,  
Preston Manning, Edwin Redekopp,  
Shaila Visser, Rikk Watts,  
David Wells, Loren Wilkinson

