

VM 25-03

Valorie works part-time in healthcare and part-time as a farmer. She is married and has three grown children, who live in Ontario and Vancouver. Her 91-year-old Dad is still getting around. She values her relationships with everyone in her family. She has a “wish” to take time for re-connecting with her adult children.

She and her husband actively work to build a sustainable farm, shared with another farmer, where they produce veggie and animal products in a way that respects the land, the animals, their own health, and that of their community. The animals they raise for meat lead as stress-less a life as possible, and their farming practices nurture the earth. They sell their products locally, which supports healthier options for the broader community both by offering food that is wholesome, and preserves local farmland for food production rather than industrial or other development. Nurturing her body and her environment for healthiest sustainability is very important to her.

Valorie values communications on the “soul” level. She wishes for open conversations and feels safer having all information shared with her. She is well supported by family, friends, and community networks.