

# Fraser Common Farm Cooperative Working Draft • Visitor's Guide March 2011



*Received from Susan March 2011  
4<sup>th</sup> Draft (3<sup>rd</sup> draft was dated 3 April 1990)*

## Visitors' Guide to Fraser Common Farm Co-operative

### Welcome to this place.

To help make your stay as simple and pleasant as possible we are offering this written orientation. Before coming please be as clear as possible with yourself about why you are coming. Are you here to:

- retreat - time alone to relax, meditate, contemplate
- socialize - visit with one or more of the residents (if yes, then please schedule ahead with them)
- work on the farm - (if yes, then please check with a Farmkeeper about what projects are happening)

### Accommodation:

If you want to sleep over, please book a space.

Currently there are 3 cabins available: the CAS cabin, the Loft cabin and the Rose Cabin. Phone a Farm Resident to sign up for what you need. There is some bedding here or you may want to bring your own. Camping works if the weather is good.

### Washrooms:

Toilet and shower: straight ahead of the main entrance in Pod 10. Pods 11 and 12 are also possibilities: please check with residents. There is an outhouse near the Salad Shack.

### Food:

Right now there is no separate cooking area for people using the cabins. If you need a kitchen, please connect with someone from Pod 10, 11, or 12 to be your kitchen buddy. The nearest grocery store is Otter Co-op at the Fraser Highway and 248th Street. Best to bring supplies with you.

If you want to eat with a farm pod, they are quite often available, but not always. It's important to check in ahead of time.

### Telephone:

Pod 10's phone (604- 856-0120) is in the office "wing" across from the pantry. It is available for short conversations. This space also houses the FC and Glo office, so your "private" calls won't be very private. The other phone and equipment in the office belong to Glorious Organics, so please check with Susan, Dave McCandless, David Catzel, Donna or Heather before using.

### Vehicles:

We try to park as many vehicles as possible down by the barn to leave space by the house for those with heavy loads. Leaving the space in front of the CAS cabin makes it easier to turn around for exiting.

### Waste disposal:

- Compost: anything degradable (vegetables, fruit, egg shells, grain)
- Don't compost meat or bones (they are frozen and then burned in the sauna to avoid rodent problems).
- Burn: non-recyclable paper
- Recycle containers for:
  - Newspaper
  - mixed paper
  - Hard plastic, soft plastic and metal
- Anything else is accumulated for a dump run to the local transfer station.