

Women in Dairy

Proudly
sponsored by
Scotiabank

"She's independent. She's always been a go-getter. She attributes a lot of good, whether it's public speaking or values, to 4-H. I know that meant a lot to her."

(Mom)
Jenny Van Reeuyk

"The amount of ways she's involved herself with the community, with church and with family. She opens her arms and her heart to everybody."

(Daughter)
Jessica



When it comes to
Agriculture, we get it.

For information on
our complete suite of
services, visit:
[scotiabank.com/
agriculturalservices](http://scotiabank.com/agriculturalservices)

Sheri Kampman

The Farm is the Only Place to Live



Brunswick Mountain, North Vancouver - incredible views are the rewards of intense effort and determination.

Ronda Payne

No one wants to climb a mountain after getting up at 3am to start chores, feed calves and milk cows, do they? Turns out Sheri Kampman does. Equally at home on Kampman Farms in Matsqui (Abbotsford) as she is scrambling up a mountain, she is not the kind of person to sit still and never has been. She and husband Mark have about 260 head in total and milk about 110.

Growing up Dairy Farming

With her parents' farm about a block away, Sheri still continues a lot of the work that she started even before she was born. She does the breeding at Summershade's heifer farm which her mom runs. Her brother runs the dairy farm.

"My mom's water broke pulling animals out of the manure pit and I was born right after that," she grins. "So, I was basically born in the barn. I think she made it to the hospital."

Little did she know history would come close to repeating itself down the road. But prior to that, Sheri and two of her three brothers traded chores when they were young. She took on the barn chores and the boys did the housework.

"They thought they were winning." She laughs. "I'm a morning person. Whether you're feeding calves, you're watching the sun rise. You're feeding in the afternoon, you're watching the sun set. You're outside in the fresh air. It's a great way to raise kids. It's a great life."

Travel Adventure Influences

She worked on the farm until she graduated from Abbotsford Christian Secondary School, then in September she went to New Zealand where she worked on one farm for seven months. Off to Australia, she worked on a farm in Queensland for five months, then travelled the continent for another five months. She arrived home in Abbotsford in March then hit the road (and the ocean as it were) in May to visit farms in Ontario before carrying on to Paris, Holland, Belgium and a number of other countries. She even saw some of the offspring of her dad's cows in Sweden.

Family friend Margaret Stewart got to know Sheri through 4-H. "I think the best thing that ever happened to her was her

overseas experiences in farming," she says. "It exposed her to a bigger picture and she experienced things. She worked really hard to afford to go over."

Mark and Sheri

Sheri returned home in September and went on to the Western Canadian Classic. But the week before she went, a life-changing event happened. She met her future husband, Mark. She made him wait a week before their first official date because she wasn't about to miss WCC.

"When we met, it just kind of clicked," says Mark. "She's more of an outside person than an in-the-house person."

I got to see their work firsthand," she says. "It made me ten times more passionate about Canadian Foodgrains than I was before. Your money goes to good things."

She'd started with the charity organization before she'd had kids, but after 10 years of fulfilling work, life got too busy. Now though, she's found time to rejoin the organization she believes so strongly in, with the grand charity auction held each March in Abbotsford.

Even when the kids were young, she kept active in volunteering. At church it was Sunday School and Bible study. She also coached basketball for 10 years.

It's hard to keep up with family pictures as the kids grow. (L-R) Justin, Lexie, Sheri, Mark, Jessica and Kristin in front.



From here, the story is clear. They fell in love, got married in 1999 and soon after started a family.

"Just before we got married, I started doing all the breeding of the animals at Kampman Farms," she says. "And I worked at Summershade full time right up to when Justin was born."

And this is where history repeats. Sheri had completed a long 10-hour day, not feeling 100% on the farm, got home and her water broke.

"I basically left the hospital, came home and bred an animal that same day and was cleaning out calf pens two days after that," she says.

Three daughters, Jessica, Lexie and Kristin, followed the arrival of their son Justin.

"Both my parents are super involved in my life," Jessica (eldest daughter) says. "We got to spend so much quality time together. My mom was a mentor for me from the very beginning."

She describes her childhood as one where she could run free on the farm and learn lessons while knowing her mom would always be there to comfort her if she got hurt. "Looking at it now, as an adult, my mom's just been very inspiring," Jessica says. "She continues to challenge herself to learn new things."

Sheri Off-Farm

Consider Sheri's involvement in Canadian Foodgrains Bank with the Make a Difference Sale. "After being on the committee and raising funds for the auction for a few years,

The Tricky Balance of Mother and Farmer

In the earlier years, she learned that having young kids and running a busy dairy farm isn't easy. But babies and toddlers needed to be balanced with Sheri's need to be working and active on the farms. She explains it was only six weeks after Justin was born that she went back to working full time at Summershade. Her mom took care of Justin.



Sheri was BC Holstein Princess in 1993, seen with David Janssens, Branch rep



Cow, corn and kids! SUMMERSHADE ISLEEN MATT graced Mark and Sheri's wedding photo in 1999.



Sheri had to experience shearing sheep in New Zealand, 1996.



SUMMERSHADE ELECTRA SONIC was cooperative for Sheri when she was awarded 4-H Champion Showman at the 1994 PNE.



Jenny, Sheri and Bill shared a wonderful adventure recently to South Africa with WestGen.

Meanwhile at Kampman Farms, Mark and his dad were bringing in an AI technician to breed the animals. "I said, 'That's ridiculous, I can do AI,'" she recalls. She spent the first six weeks at Kampman Farms, but there wasn't enough for her to do to keep her busy.

"Shortly after our second child was born, my husband broke his foot and his parents were heading to Bali for holidays," she explains. "So I did everything except feed the cows. That was a little too much for me."

They hired a neighbourhood kid to help with feeding calves and milking and when Mark's dad returned from holidays, he cut back his hours on the farm. "The switch benefitted everybody," Sheri says.

The kids were just part of the action. The first three children were born in a three-year period, so they'd all get bundled up to go outside when Sheri went outside. "My son never liked babysitters, so he came to the barn with us," she says. "He's basically been in the barn since he was born. He slept in a car seat in the milking barn."

With three, she sometimes got babysitters, like the neighbour girls, to look after the kids. This gave her time to go out and do barn chores. "Kid number two, she was a handful to have outside," Sheri says. "She was everywhere."

Jessica may not remember being that handful, but she certainly recalls all the things her mom has done for her. "My mom was always there encouraging us regardless of how busy she was on the farm," she says. "There's just a lot of loving qualities about her that I really look up to."

Jenny and her husband are extremely proud of Sheri and her role as a mother. "I can honestly tell you that I'm proud of the way that she and Mark have raised their kids," she says. "They did an awesome job."

After the busiest years

Since Justin has taken on more of the chores, Sheri has found moments to do more of the other things she loves. She volunteers at the high school in different ways, including sometimes chaperoning outdoor education adventures! "I'm a big hiker," she explains. "I have climbed to the

top of Golden Ears and we had to turn back just 200 meters from the summit of Mt. Baker due to unsafe conditions. My goal is to climb every mountain peak around here you can see."

Mark describes her as a "people person," emphasizing how she's created an informal farm lady hike. The chores happen in the morning, then she'll go for the hike and come back home to feed the calves. She says crockpots are a benefit when it comes to having supper ready. "Instead of doing coffee, once a week, I go on a quick local hike with a few amazing, very active, farm ladies," she shares.

4-H Influences and Involvement

Sheri was BC Holstein Princess in 1993 and was intensely involved in 4-H. It began as a child, just as she encouraged her own children to experience it. "I started 4-H the first possible year I could," she says. "I had an absolute blast in 4-H. It gave me a lot of skills. I loved my 4-H years."

She was in Matsqui 4-H Holstein and Matsqui 4-H Tractor clubs. She participated in (and won) speeches and demos among other things. "I won Grand Champion Showman at the PNE in 1994," she says. "Then, the first year I could go to WCC, I did. I was a 12-year-old. I never won anything major at WCC, but it was an excellent experience."



Feeding calves was just one of many of Sheri's farm roles as she grew up on Summershade Farm.

"We are blessed to have a daughter like Sheri be part of our family."- Jenny

I only missed one year when I was traveling, and my last WCC I was feeling pretty rough being pregnant with Justin."

"Once my kids got to 4-H age, I went full throttle in," she says. Sheri was first a parent-helper, then leader.

Greta DeJong was the leader at Matsqui 4-H Holstein when the Kampman kids were first involved. "She was a parent, I was a leader," Greta explains. "When I moved on, she became a leader and it was pretty seamless. She'd been pretty hands-on as a parent helper."

Greta says Sheri having done the program herself, made it easy for her to pass along her own expertise to the kids in the program. "She's extremely helpful," Greta says. "She will guide you along the way. I've done some hikes with her. I probably wouldn't have summited if it weren't for Sheri. She told me exactly how to do it."

She's a great asset to our community."

It was easy for Sheri to stay so involved in 4-H and ensure kids got the same type of experience she did because she valued it so strongly. In fact, she feels she's had a wide range of mentors all around her. "I don't feel I put enough emphasis on the wealth of knowledge that 4-H, WCC, vets, feed reps, my parents and other people in the farming community have taught me," she says. "A big thank you to all the people and volunteers that made time or programs possible to learn these things back then and still today."

Clearly, she loves living and working on a farm. While times have changed and technology has made it possible for farmers to have more flexibility in where they put their time, she wouldn't change a thing. "I loved growing up farming and I love my life farming with my family. I can't imagine life any other way."



CAPITAL THAT WORKS

When it comes to agriculture, we get it.

We are committed to supporting our people, our communities and our businesses. Our Agricultural Specialists can help coordinate practical strategies and flexible products and solutions that work for your unique needs.

Henri Peeters
Director and Head National Accounts
604.798.7396
lee.gogal@scotiabank.com

Jason Warmerdam, BBA
Associate Director, Team Lead
604.845.4760
jason.warmerdam@scotiabank.com

Dariann Kloot, BBA
Senior Client Relationship Manager
604.328.0494
dariann.kloot@scotiabank.com

Amanda McCardell
Client Relationship Manager
250.808.5647
amanda.mccardell@scotiabank.com

Olivia Smith
Client Relationship Manager
604.768.5049
olivia.smith@scotiabank.com

Michelle Forrest
Client Relationship Manager
778.548.7844
michelle.forrest@scotiabank.com

Devin Rollinson
Associate Director, National Accounts
604.855.2728
devin.rollinson@scotiabank.com

Nicole Webb
Director, National Accounts
236.522.1343
nicole.webb@scotiabank.com

For more information on our complete suite of services, contact one of our specialists or visit scotiabank.com/agriculturalbanking

*Registered trademark of The Bank of Nova Scotia.

