

June 23<sup>rd</sup> 2010 Rideau Hall, Ottawa  
Governor General Nation's Table Award

Your Excellencies, honoured guests, ladies and gentlemen, colleagues and friends.

I am honoured and very humbled to have been chosen to receive this prestigious award. Inspiration doesn't happen by itself and my inspiration is always sparked and nourished by the creativity of others. Particularly, because of where we are and what we do, my inspiration is fired by the farmers, foragers, gardeners, fishermen, cooks, chefs, artists and every member of our Sooke Harbour House team.

**This award is for them.**

Without them, Sooke Harbour House wouldn't be what it is today. I especially want to mention the unsung heroes: our local farmers and gardeners as they are the first and most important people for our restaurant. Our health, pleasure and happiness come from our food. Our cooks and chefs couldn't create flavourful and healthy meals without the produce the farmers grow organically and the animals they raise lovingly.

In the last 31 years, we have not changed our vision: create a natural, quiet and beautiful oasis for our guests, a true representation of what the south west coast of Vancouver Island is through our edible organic and sea gardens, through our cuisine and through the art displayed everywhere.

**Everything Local** is our motto, it is not just the 180 km diet, it is the 180 km life; because our success, our health acquired through food – our best medicine – can only be achieved with the success of the members of our local community. Everyone contributes and everyone benefits.

The best things in life are not things, we are not what we possess but what we create with others, and the greatest luxury in life is time; time to grow food, time to cook meals, time to spend with family and friends, time to work at what we love to do, **a handmade simpler life.**

**This was and still is our vision, this is my wish for your life your Excellencies and dear friends.**

Thank you your Excellencies for choosing Sinclair and me to receive this thoughtful and prestigious award.

Merci vos Excellences pour nous avoir choisis pour recevoir ce que j'appelle une très belle récompense pour toute notre équipe à Sooke Harbour House, Merci.

Frederique Philip  
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