



# Steveston

Community Society Newsletter January-February 2009



## Steveston Farmers & Artisans Market wins Volunteer Richmond 2008 Nova Star Award

Article written by Sarah Gordon

Rows of white tents, fresh produce, baked goods, beautiful handmade crafts, musicians and buskers, cooking demonstrations, the children's craft tent, meeting for a cup of coffee; not even a full calendar year has passed since a seedling of an idea was planted and grew into one of Steveston's favourite destinations, The Steveston Farmers & Artisans Market.



Steveston residents had been seeking healthy food and seasonal produce, with the added convenience of being able to shop locally and support Richmond's farmers. A market in the village would also be a destination for tourists. Sunday visits to Steveston by residents and tourists would benefit businesses, as well as the farming and fishing communities.

The Steveston Farmers & Artisans Market officially planted its roots on February 11, 2008. The Richmond Agricultural and Industrial Society (governed by the Board of Directors of the Steveston Community Society) called a meeting inviting Steveston residents and businesses to discuss launching a market in the village. The overwhelming turnout to the meeting clearly demonstrated the community's desire for a market, and a core planning committee was quickly formed that night.

The Steveston Farmers & Artisans Market committee actively began planning the inaugural market. The market would run every Sunday, for twenty-two weeks, beginning May 4, 2008. This was an ambitious undertaking, but enthusiasm was high! The committee sprang from a combined force of Steveston Community Society Board of Directors

and Steveston residents and business owners with the expertise to bring the Market to life in a very short time frame. In a whirlwind of activity, local farmers took time from their busy schedules to lend their support. The Gulf of Georgia Cannery National Historic Site generously donated their parking lot for the market square each Sunday. Committee members contacted farmers and artisans and invited them to participate on short notice. Coast Capital Savings provided generous start up funding. Additional valued sponsors included The City of Richmond, the Province of BC through the BC 150 program, The Richmond News, The Richmond Review and Imagine That Events.

Local celebrity chefs were invited to perform cooking demonstrations at the extremely popular Chef in the Market booth. Chef Ian Lai, founder of the Terra Nova Schoolyard Project, was recruited as Resident Chef in the Market. The chef of the week gathered market fresh ingredients and presented a half hour culinary demonstration in the Market's outdoor kitchen. In turn, Market goers garnered great tips about cooking with seasonal produce.



Market Chef: Ian Lai

On Sunday May 4, 2008, the Market debuted with 50 vendors in place. It was a complete mystery how the day would unfold. Dignitaries including Mayor Malcolm Brodie, Richmond City Councillors Linda Barnes, Cynthia Chen, Evelina Halsey-Brandt, Sue Halsey-Brandt, Bill McNulty, Harold Steves, John Cummins, MP for Delta Richmond-East, and Richmond-Steveston MLA John Yap were present. Mayor Brodie and Mr. Cummins had the honour of the ceremonial tossing of the salmon

to open the Market as the Cannery whistle sounded. People came in droves, like salmon swimming upstream, fitting of the fishing village setting, and by the day's end 10,000 people had attended the grand opening. It was a remarkable way to commence a Market whose time had clearly come. Steveston's love affair with the Steveston Farmers & Artisans Market had begun and continued from the first spring crops through to the autumn harvest.



The grand finale of the first season took place on September 28, 2008. Complete with the City of Richmond's bandstand that had also been present at the grand opening; huge crowds once again gathered to enjoy a variety of entertainment and one last round of shopping at the Market until next season.

On December 3, 2008 the Steveston Farmers & Artisans Market committee was very honoured to receive the Nova Star Award at the 8th Annual Volunteers are Stars Awards ceremony hosted by Volunteer Richmond. The Nova Star Award honours organizations that have uniquely carried out their objectives with exceptional creativity and innovation while responding to the changing needs of the community.

Although the Market has closed until spring 2009, people are eagerly anticipating the upcoming season. An important part of the second annual Steveston Farmers & Artisans Market is continued growth of the volunteer group that runs the Market. Without volunteers the Market cannot exist. To inquire about volunteer opportunities please contact the Market Info Line at 604-718-8013.



# McNulty's Meanderings

## The Japanese Contribution to Steveston

Written by Bill McNulty & Photos: City of Richmond Archives

The contribution of the Japanese community in Richmond has gone largely unnoticed. Over the last 125 years, the Japanese people have significantly defined Steveston's character and made it a better place to live. Their role in shaping this community, whether it was the fishing and cannery industries, schools, health care and recreation, needs to be celebrated; for without the Japanese settlers in Richmond, much of Steveston's history, growth and community development may have never happened. ¶ In 1895, U. Yamamura, a Dentist from Portland, was appalled by the conditions in Steveston. He instigated the building of a chapel-hospital on land owned by the Phoenix cannery. This building was very useful



Japanese Benevolent Society

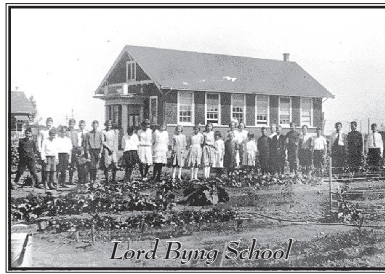
during the yellow fever and typhus outbreaks. In 1897, the Japanese Fishermen's Benevolent Society was formed. During this time, the Methodist Hospital located on the Phoenix Cannery grounds was experiencing financial difficulty, despite donations from the fishermen. ¶ The Gyosha Dantai decided to build and take over the operation of the Hospital. The Dantai raised funds to purchase land on No. 1 Road and with the help of volunteers, built a hospital in 1900. That building became the Japanese Fishermen's Hospital. The Hospital contained 13 rooms. Japanese families paid a membership of \$8.00 and if anyone was sick, the family could get treatment for free. It was like today's medical insurance. If you did not have the money



Japanese Fishermen's Hospital

you could pay later. No one was turned away. ¶ In 1906, the Steveston School Board proclaimed that only children of property owners could attend public school. Since many Japanese families lived in houses outside of the dyke and on Cannery property, they did not pay taxes and were, therefore, excluded from public education. In 1911, the Fishermen's Association assumed responsibility for the education of its members' children. A separate school was established, enrollment ballooned and the students outgrew the premises. ¶ The Steveston School Board eventually

needed a new, larger school for the children of property owners



Lord Byng School

but required funding to proceed. It was impossible to collect from the taxpayers at the time, so the Board was in a jam. ¶ In 1923, the Board made a decision—the public school would be desegregated and all children would attend the same school. This change-of-heart occurred only because the Japanese community agreed to pay the cost of completing the construction of the new four-room Lord Byng School. In 1930, a fourteen-room school was constructed with the support of the Japanese community. With only half the funding coming from the provincial government, the Japanese community raised \$20,000 to help finance construction. ¶ In 1933, a delegation from the Japanese community in East Richmond met with the School Board to discuss arrangements for the education of their children who were then attending

New Westminster schools. The Board accepted their offer to pay the cost of moving Trites School at



Japanese Hospital Workers

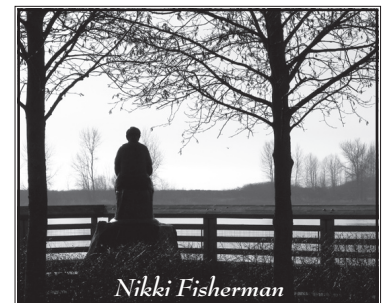
No. 7 and Westminister Highway to a location in their area. ¶ That year, the Board passed a resolution resolving that the new school on No. 19 Road at the diversion to New Westminster to be named "Hamilton School". Around 1931, the Japanese community founded the Judo club. The Steveston Kendo Club was formed in 1934. It practiced in the hall of the Steva Theater on First Avenue. The Club disbanded in 1942 and re-formed in 1958 to practice in the community centre. ¶ In 1939, the Fishermen's Association, in a gesture of loyalty, donated \$426 to Ottawa for defence work in Steveston. In 1942, the Japanese Fishermen's Hospital housed 18 beds. In September of 1942 when the Japanese had been evacuated, the hospital was renamed the Steveston Hospital. In the early 1950s Japanese families had begun to return to Steveston from internment camps. ¶ Their return was significant in drawing the community closer together. When the Community Centre planning and fund raising efforts were stalled, the Japanese Canadian Citizenship Association gen-

erously offered to contribute \$15000 towards the Centre, provided that a room was reserved for martial arts practice. ¶ The Society was overjoyed, accepted the offer and construction began. In 1960, a generous donation of trees from several Japanese net and fishing gear suppliers dramatically improved the Center's stark appearance. The Nippon Gyomo Company, the Toyo Rayon Company and the Misuta Company donated 400 imported Japanese cherry trees to the Municipality.



Japanese Students at May Days

Most trees were destined for Steveston Park and some were planted around the Center and park area in the Fall. ¶ A further shipment of Japanese azaleas, hydrangeas, maples, and plum trees donated by the Nikka Overseas Agencies enhanced the Park even more. A botanist was sent to Steveston from Japan for the purpose of assessing the landscaping. ¶ In 1972, the Martial Arts Building was opened. This was the first Dojo outside of Japan. In 1973, Wakayama, the native home of Steveston's first Japanese resident, became Richmond's Sister City. ¶ This relationship is still strong and is a model for all Canadian cities to follow. In the Fall of 1988, Kuno Garden was dedicated to the anniversary of the first Japanese immigrant arrival Canada from Wakayama prefecture. ¶ On September 20, 2002, the Japanese community unveiled a bronze statue of a Nikki Fisherman on the Steveston waterfront. The Honourable, Iona Campagnolo was the guest of honour. In 2007, the Japanese Canadian Fishermen launched the book Nikki Fishermen on the BC Coast. It is a priceless record of biographies and photographs from



Nikki Fisherman

we can appreciate, to learn and understand more about our province's heritage. Today, the Wakayama Kenjin Kai continues its generous donations in beautifying Garry Point Park with Japanese cherry trees. ¶ Some 150 trees have been donated thus far not including the 25 trees just planted this fall. In 2010, we are looking forward to a gorgeous Cherry Blossom Festival. Let's continue to celebrate the contributions of the Richmond Japanese Community and say thank you. ¶

# The Essential People of Steveston Village

observations and photo by Christine Durgó



Ask Hair Studio feels like I'm in a spa; light and airy high ceilings, fresh shades of pale green on the walls in relaxing freehand designs. The riverside/ocean location weather permitting is ideal for opening the glass garage style doors allowing the ocean and river breezes to caress and invigorate the fortunate people being cared for inside the studio. Sunsets and ocean breezes are a daily spectacle at Lisa's hair studio.

☼ Lisa is quite pretty; not so much so that women and girls feel envious or uncomfortable, instead they want her to help them look as appealing as she does in their own way. Her eyes are azure reminiscent of the ocean and her hair is the colour of a sunset. Hmmmm... sunsets every evening over the ocean I wonder if there is a connection? We are drawn to places we belong but only if we are open to it, Lisa must have been. Lisa is the kind of person that you feel comfortable with from the start. Her casual easy way feels like a close girlfriend who loves to do your hair. Lisa has wanted to be a stylist since she was a little girl and her dream has come true. She has a sunny warm heart and her clients feel that kindness on a regular basis, they return to her faithfully for lovely easy care up to date hair designs. Lisa's clients really need the easy care part because most of them are mothers and teachers or both.

☼ The community spirit in Steveston is one of the reasons Lisa chose to open "Ask Hair Studio" here. She had barely opened her shop and people walked in to welcome her and wish her luck. Luck is always an aspect in the success of a new business but to thrive for more than two years takes a lot more than luck. Dedication, intuition, creativity, talent and a true love of what you are doing will always show through; success follows passion. Lisa traveled before settling down as a married woman and a successful business owner. She spent time in Australia enjoying the down under "no worries" way of life, something we all would have liked to have done in our youth. It is good for people to travel the world while young with a light responsibility load. Sometimes we meet our love and life partner like Lisa did. Lisa and hubby moved back to England (his homeland) living and working there for a couple of years traveling throughout Europe when time permitted.

☼ While in England Lisa worked as a stylist for many different types of people from all types of cultures with a wide variety of eclectic tastes and ideas about how things are to be done. This experience working in such varied environments has taught Lisa the value of a truly open mind. She listens to you - really listens- not just to the words that are being said, this is where her intuition kicks in. Lisa is able to sense what a valued client may be feeling even when they are not so sure themselves. She once sent flowers to a client on a hunch only to find out later that due to a tragic event the warm caring action was just what Lisa's client needed at the time. When you sit down in Lisa's chair expecting a hair style it does not stop at that, a bond is formed and you become one of the people she truly cares about and will go out of her way -even lose some sleep- to make sure you get what you want and more.

☼ "Ask" you say, why "Ask"? Whatever you want just "Ask", don't hold back, say what you want and you will be listened to with intuition and caring as follow up. Lisa becomes emotionally involved with her clients and therefore only wants the very best for them. Lisa gives to her community by donating time and materials to style hair for student models in a high school fashion shows, an idea that was probably brought to her by one of her teacher/clients. Donations of "Ask" gift certificates are made based on fund raising projects her clients bring to her. Lisa's gifts to the community are guided by the needs of her clients when they "Ask" her for support on worthy projects she responds with enthusiasm. To learn more about Lisa one of "The Essential People of Steveston Village" visit [www.askhairstudio.com](http://www.askhairstudio.com) or drop in at 3900 Bayview Street, just right behind Correlli's Restaurant.



Twenty-five year old Shane Dagan has been in the business of satisfying gourmet tastes from the beginning of his career. Ten years ago, as a busboy at Steveston Seafood House, Shane dreamed of becoming a professional waiter; instead, he ended up owning the famous establishment that celebrated thirty years of serving sumptuous seafood this year.

☼ While learning the business of hospitality, Shane studied classical Spanish guitar and taught 250 children how to play. Shane played his guitar in a Peruvian band for five years and now, whilst enjoying a superb dinner at the Steveston Seafood House, you may be spontaneously entertained by a dark, handsome young man with a classical guitar and a welcoming smile in his eyes. Shane has a full and varied resume for such a young man. He is a sommelier in training and has knowledge of forty types of scotch-making him the individual to consult when looking for complimentary pairings to accompany your specific choice of fare.

☼ Collaborating with Head Chef Alex Wang and 28 year veteran of the House, Chef Sushila Narain, Shane continuously updates and fine-tunes the menu to keep pace with current tastes, preferences and seasonal specialties. Shane's efforts are not going unnoticed. This year the Richmond News voted the Steveston Seafood House as the best seafood restaurant with the best clam chowder, presenting the best ambience and fine dining. The clam chowder is to die for and the pistachio halibut makes life worth living. The jambalaya, brilliant, was voted best by the Vancouver Sun and, along with all of the new and fresh ideas, the Seafood House is not changing its favorite classics such as the Jonathan Livingston Seagull appetizer. Great coffee, a sign of a great restaurant, and the desserts: need I say more? A party on your mouth; ohhhh my...

☼ The Steveston Seafood House holds fond memories for me because one of my first dates with my husband was there. We ate, drank, talked, laughed and fell in love 23 years ago. Falling in love is always more memorable in an atmosphere of timeless elegance, warm hospitality and of course, fabulous fare. It is exciting to realize we have such an open and motivated burgeoning restaurateur in Shane Dagan who has become one of the "Essential People of Steveston Village".

## Steveston Community Society

4111 Moncton Street, Richmond, B.C.  
V7E 3A8 Telephone: 604.718.8094

Send newsletter submissions to:  
[editor@stevestoncommunitysociety.com](mailto:editor@stevestoncommunitysociety.com)

Space is free, but limited. We reserve the right to edit content for proper grammatical structure and brevity. Dates are subject to change.

Please e-mail to confirm late submissions.

We need writers. What will you write about?

Local Events / Nostalgia / Sports / Entertainment / Dining / Arts

All volunteer writers will receive guidance and assistance with their articles and will be encouraged to write about issues that are of interest to them and the community.

**Q: What makes the magazine so popular?** SK: The quality, the local advertisers and the local kids featured. "Steveston Faces" showcases pictures of five different business owners or employees in each magazine so readers can see the face behind the business. "Steveston New Kid" announces a new Steveston baby. "Interview with a Steveston Kid" features a photo and an interview with a local child. "Calendar of Events" is a comprehensive list of events that Steveston families don't want to miss. Local children model for most photos, including the cover and the advertising.

**Q: What makes the web-site so useful?** SK: The information is current, updated daily and checked for accuracy. A calendar of events widget is displayed on the home page for quick reference and a daily blog is written about sales, registration dates, new businesses, events, and useful local information. The directory is a full listing of sports, activities, preschools, music, dance & performing arts schools, local shopping for kids and babies, restaurants, birthday party entertainers and so much more, all with full links to web-sites to make research fast and easy.

**Q: How many employees?** SK: No employees. I maintain the web-site myself, do research, interviews, surveys, design and publish the magazine. I give credit to my photographer, Sandra Steier, who keeps the quality of the magazine at a professional level with her outstanding photos. Also, Brechin Maclean Photography who supports and contributes to Steveston Kids. I wouldn't be able to publish the magazine every two months without the overwhelming support of all the advertisers.

**Q: How did Steveston Kids originate?** SK: My husband and I moved from downtown Vancouver to Steveston five years ago when our baby turned 6 months old. As our little boy was growing, we were constantly searching for information on what was available for him to do. As new parents, we didn't know anything about local preschools, baby shops, activities or community events. I had left my full-time job downtown as a general manager of a large property management company and was assisting my husband with his thriving real estate business. I updated his three web-sites, published newsletters and distributed his marketing materials. So I did my research, made a business plan and started Steveston Kids in September 2007.

**Q: What is your goal?** SK: It has always been to promote the community, the people, businesses and events. I volunteer as much as I can for local events like Halloween, Spectacle of Lights, Easter and the Salmon Festival. To see people working together, shopping locally and supporting each other is the kind of community I want to live in. My goal for Steveston Kids web-site is to keep on top of new technology to ensure the site is fresh, modern and the "go-to" site for everyone in Steveston. My goal for the magazine is to grow the consistent advertising base, include more directory listings and expand distribution. Stay tuned for new things in 2009!


## Pacific International Senior Invitational Judo Tournament

Saturday, February 21, 2009 (Net Shed) behind the Steveston Community Center starting at 10 am

The Steveston Judo Club is a non-profit organization operated entirely by volunteers. Since being founded in 1953 it has developed an international reputation for excellence.

The Steveston Judo Club is recognized as one of Canada's premier Judo clubs. Home to coaches and instructors of international calibre, it is housed in a practice hall (Dojo) of a design unique in North America. First rate supervision is available for kids and adults of all ages, levels of ability, and range of personal goals.



This year we're expecting a team of approximately 10 from Tokai University in Japan, also from across Canada, Washington, Oregon, USA. This tournament will be followed by a two-day training camp led by Jean Pierre Cantin, Junior National Coach. 

## Steveston Facts

Compliments of the  
Steveston Community Centre Staff

✿ The family name from which Steveston is named is Steves. The village is named for Manoah Steves, who arrived with his family around 1877-1878.

✿ In 1880 Manoah Steves' son, William Herbert Steves, bought 160 acres west of Number 1 Road between Steveston Highway and Chatham Street and began to develop the town-site known as "Steves".

✿ The Steveston Community Society is a non-profit association formed on May 18th, 1944, for the development of playground and recreational facilities in Steveston. The first Salmon Festival was held in the Steveston community in 1945.

✿ The Gulf of Georgia Cannery was Steveston's largest. Steveston was the busiest fishing port in the world with 14 fish canneries packing more than 195,000 cases of salmon each year.

✿ Built in 1894 as the Sockeye Hotel, the Steveston Hotel was one of the many hotels that flourished in the community during the early part of the century, and is the only hotel to survive the fire and flood.

✿ One of the oldest remaining buildings in Steveston is The Cannery Cafe. Built before 1900 to serve as a cookhouse for the Lighthouse Cannery, it is one of the longest-running restaurants in the village.

✿ Steveston is the oldest surviving community in the Lower Mainland. Home to almost 1,000 commercial fishing vessels, it is the largest commercial fishing harbour in Canada and home to more than 600 Seiners, gillnetters, trawlers and other vessels.

✿ Garry Point is the main park area in Steveston, located at the southwest tip of the community. It was named in 1827 for Nicholas Garry, Deputy Governor of the oldest chartered trading company in the world, the Hudson's Bay Company.

✿ Steveston has also become known as "The Gateway to the Orca," referring to the very active whale watching industry that calls Steveston Harbour their home.

# Community SPORTS



## Steveston 8K Icebreaker Road Race

Sunday, February 1, 2009

Start time: 8:30 a.m.

Event No.1 of the Timex - BC Road Race Series. Sanctioned by BC Road Running, a division of BC Athletics. Race will start/finish at the foot of #1 Road near the Steveston Community Centre, 4111 Moncton St. Visit the website for race event details at: <http://www.bcathletics.org/RRSeries>

## Richmond Subaru E-Venti Marathon

Sunday, March 1, 2009

Start time: 7:30 a.m., sign in at 7:00 a.m.

The Richmond Subaru E-Venti Marathon is a fun 42.2 km course through beautiful Richmond. Runners of all levels and abilities are encouraged to join as this is not a timed race. The winner is determined by the luck of the draw. Proceeds go to the Richmond Public Library for the purchase of children's books. The Marathon is limited to 156 runners. The event will start at the Steveston boardwalk, 4011 Bayview Street, Richmond (No. 1 Road and Bayview Street). Contact: Richmond E-Venti Marathon at 604.241.8444 or visit <http://www.e-venti.ca>

## Championship Basketball Tournament

Thursday-Sunday, February 12-15, 2009  
Steveston-London Secondary School

The top eight RSSAA Senior Girls' teams qualify for this championship tournament. This is a single knockout tournament. After the final game on Wednesday night, ten All-Star and Most Outstanding Player awards will be presented. After the game on Thursday night the Richmond Cup will be presented to the championship team.

## Workout with a Buddy

Thursday-Tuesday, February 12-17, 2009  
Steveston Community Centre

Bring a buddy to the fitness centre or drop-in for a group fitness class and your buddy can work out for free. Your name will go in a draw for a fitness prize. For more information call 604-718-8080.

## Richmond Olympic Oval Ice Art Exhibit

Saturday-Sunday, February 14-15, 2009  
Start time: 3:00-10:00 p.m.

The newly completed Richmond Olympic Oval dramatically transforms into a stunning ice gallery, becoming the wintry backdrop for creations by some of the most celebrated ice sculptors from across the country! Come see the Art Exhibit! Richmond Olympic Oval, 6111 River Road Admission is free, but call about tickets! Information line: 604.276.4000



## Local HandyGals find Success in Steveston

*HandyGals Home Services is a Richmond/Steveston based business focused on updating and renovating your home. The business is collaboration between long-time friends Niki Trotter and Laura Dodds. Both "gals" are Steveston High School grads and have been lucky enough to continue their adult lives, living, working and playing, in Steveston BC.*



*Niki completed the Joinery Apprenticeship program at BCIT in 2002 and is a practicing journeyman cabinetmaker. She says BCIT's Trades Discovery for Women program helped her discover her career aspirations. The program gives women the opportunity to explore different trades in a number of sectors: construction, mechanical, marine, aviation, transportation, manufacturing and electrical/electronics.*



*Laura is a self-taught "handygals" who specializes in painting, decorating and organizing solutions for the home. Since high school, Laura has assisted friends, family and now her clients to organize and improve their living spaces. The work comes naturally: Laura admits that she is a total neat freak who enjoys helping others be more like her! She miraculously juggles being a mom and running a business.*



*The Steveston HandyGals are busy. Although they have never advertised, their customers have certainly been talking. Niki and Laura have built their thriving business on word-of-mouth. They are usually booked a few months in advance to provide the following services: flooring installations - hardwood, laminate and tile / finishing carpentry - crown moulding & base boards / custom cabinetmaking / painting & colour consultation.*



*If additional work is needed on a project, such as plumbing or electrical work, the HandyGals call in some of their expert colleagues and friends to complete the job.*

**SLSS** ALUMNI ASSOCIATION



*The SLSS Alumni Association grew out of a similar organization created at Steveston High in 1987 (by members of the grad class of 1962). The SHS Alumni organization was the first public school Alumni association in Canada and worked very hard to support students, staff and programs at the school for two decades. After the merger of the two schools, the Alumni executive met with some London Grads and the group was officially renamed the Steveston-London Alumni Association in 2008. All members of the 59 graduating classes of Steveston, London and SLSS are welcome to join. All Grads are welcome to attend the Annual General Meeting on Wednesday, January 21 at Steveston London Secondary School at 7:30 pm / visit: [www.slssalumni.org](http://www.slssalumni.org)*

# London Heritage Farm

Don't forget to visit the London Heritage Farm for two very important celebrations in 2000:

**January 31 and February 1 (12:00 – 5:00 PM) Chinese New Year Tea.**

Celebrate the beginning of "The year of the Ox" at London Heritage Farm with a special New Year tea and cultural displays. Our tea room tables are set with table cloths, bone china cups, saucers and dessert plates and tea is served in bone china tea pots. Coffee, hot chocolate and juice are available, if desired, instead of tea. Group tea and a tour (optional) are available by reservation. Our tea room is available to rent for small gatherings or functions. It seats 25-30 people and holds 50-60 people for a stand-up event. Special weekend theme teas are open to the public are scheduled during the year. These teas may also be booked for groups on weekdays by calling (604) 271-5220.

**February 14 and 15 (12:00 – 5:00 PM) Valentine Tea**

Tea in our heritage tea room consists of our own blend of London Lady Tea, fresh baked scones with butter and London Farm jam/jelly, home-made cookies and a dessert square or tart.

Please visit us online at <http://www.londonheritagefarm.ca> for more site information.

## RICHMOND RINGETTE

fastest game on ice

What is Ringette? | [www.richmondringette.com](http://www.richmondringette.com)

Ringette is a fast-paced ice sport introduced in 1963 in North Bay, Ontario by Sam Jacks. Originally developed for girls, Ringette is played with a straight, tapered stick used to pass, carry, and shoot a rubber ring with the object being to score goals. Ringette is played throughout Canada at many different levels, from house league to all-stars and in national and international competition. In Canada, 50,000 athletes, coaches, and officials call Ringette their sport. BC has approximately 2,200 registered players most of which participate in the Lower Mainland Ringette League. Ringette is also played internationally in Finland, Sweden, United States, and has been introduced in many other countries. The greatest difference between Ringette and hockey is that the obstruction and interference that routinely occurs in hockey is prohibited in Ringette, instead requiring the player to use skill and speed in checking the opponent, resulting in a fast-skating, highly-skilled passing game. Come see what Ringette is all about! This exciting sport is for Children (Ages 6-12), Youth (Ages 13-17) and Adults (Ages 18-54).



**Richmond Ringette West Coast Classic Tournament: Date: January 9 - 11, 2009**  
**Location: Richmond Ice Centre, 14140 Triangle Road, Richmond, BC**  
**Tournament Director: Laura Takasaki / T: 604.329.0754 or E: ltakasaki@hotmail.com**

# Steveston Community Column

**Wigs For Kids**  
 3rd Annual Silent  
 & Live Auction  
 Sat. March 28,  
 2009 from 7-10 pm



**Steveston Community Centre Gym**  
 Proceeds go to provide wigs for children undergoing cancer treatment in association with BC Children's Hospital. Donations of Auction Items are most appreciated. For more info contact Bev Friesen at 604 271-8422 or Anne Piché at 604 241-4898

### 12th Richmond Scouts

**Spring Bazaar**  
 Sat. April 4, 2009  
 Gilmore Park United  
 Church Gym



Funds raised help local girls and boys in the 12th Richmond Scouts participate in activities within the local community. To get a table contact Scouter Judi Merrell-Dobel 604 272-7312 or visit the Richmond 12th Scouts at [www.12thrichmondscouts.com](http://www.12thrichmondscouts.com)

### Our apologies!

The Steveston Community Society would like to take this opportunity to sincerely apologize to two of our Salmon Festival Sponsors, **McDonald's Restaurant** in Steveston and **Sutton Group-Seafair Realty (Gold Sponsors)** for not displaying their logos in our last newsletter. We value their sponsorship greatly and apologize for the oversight.



### Traffic Safety Awareness Week

**March 2-6, 2009**  
 Traffic Safety Awareness Week takes place in the first full week of March. This is a time to review pedestrian and cycling safety and remind drivers to slow down in school zones. Communities can choose any week of the year to plan this event.

### Steveston Community Society AGM

**Thursday, February 19, 2009**  
 Steveston Community Centre.  
 Call 604.718.8094 for further event information (date is subject to change).

# PUT YOUR HEART INTO IT!

## February is Heart Month | Your Time is Our Lifeline

Article written by B. Joan Mann, Area Manager - Richmond/Delta/New Westminster Area Office



♥ *Heart disease and stroke touch the lives of so many people and families. Every year about 75,000 heart attacks and 50,000 strokes occur in Canada, leaving hundreds of thousands of families living with their effects (www.putyourheartintoit.ca). How do Canadians respond? They Help! Tens of thousands of people across Canada put their hearts into making a difference: they participate in the Heart and Stroke Foundation's largest fund-raising initiative - Heart Month.*

♥ *Some demonstrate their generosity of spirit by donating to our worthy cause. Some experience the great satisfaction that comes with raising funds using our easy online fund-raising tool. And others enjoy volunteering their time to meet with friends and neighbours as they rally support for our cause through door-to-door or person-to-person fund-raising. Please visit our web-site to learn about all the different ways you can help us: <http://www.heartandstroke.bc.ca>*

Funds raised for the Heart and Stroke Foundation have facilitated:

- ♥ *Research that has resulted in the use of a clot-busting drug that reverses the effects of stroke*
- ♥ *In-utero and neonatal heart research that saves babies' lives*
- ♥ *Research that helps Canadians eat healthier and live longer. Since the Foundation began its work in the 1950's the death rate from cardiovascular disease has been reduced by 70%.*

Looking ahead, we are;

- ♥ *Working to prevent cardiac arrest in children.*
- ♥ *Building a strategic plan for fighting high blood pressure which is the number one risk factor for stroke.*
- ♥ *Leading the world in developing clot-busting drugs to treat blood clots - the most frequent cause of heart disease and stroke.*

There are many ways you can support Heart Month this year:

- ♥ *Volunteer a few hours of your time in your neighbourhood. Spend just a few hours in February collecting donations in your neighbourhood and the effects will be felt all over! You can also take a kit and fund raise in your office or host a dinner party of friends.*
- ♥ *You can also collect donations for the Foundation on-line, by sending out donation request e-mails to your family, friends, neighbours and co-workers. Register for on-line fund-raising at [www.putyourheartintoit.ca](http://www.putyourheartintoit.ca)*
- ♥ *Give generously when a volunteer canvasser comes to your door! or make an individual/corporate donation directly to the Richmond area office at: 260-7000 Minoru Blvd., Richmond, BC, V6Y 3Z5*
- ♥ *Organize a fund-raising event at your workplace or with a group that you belong to. The Richmond area office would be happy to provide you with all the materials you need to help with your event. Whether it's time or money you contribute to Heart Month 2009, we invite you to experience the joy of giving by helping us raise funds for vital life-saving research. Great things happen when you put your heart into it! For information about Heart Month or to help call the Richmond area office at (604) 279-7130 or visit [www.putyourheartintoit.ca](http://www.putyourheartintoit.ca)*

### HEART SMART CHINESE NEW YEAR RECIPE

#### Chinese Hot and Sour Soup

*Makes 6 servings/This traditional soup usually contains a lot of salt. Try this low-sodium version at your Chinese New Year celebration.*

#### Ingredients

- ♥ 1 cup (50 ml) dried shiitaki mushrooms
- ♥ 1 cup (50 ml) dried oyster mushrooms
- ♥ 2 cups (500 ml) boiling water
- ♥ 8 oz (250 g) uncooked pork tenderloin, cut into thin strips, 2" long
- ♥ 1 cup (250 ml) extra firm tofu, cubed
- ♥ 2 cups (500 ml) sodium reduced chicken stock
- ♥ 4 cups (1 l) water
- ♥ 1 inch cube of fresh ginger root, peeled
- ♥ 1 can (8 oz/227 ml) sliced bamboo shoots, drained and rinsed
- ♥ 1/3 cup (75 ml) apple cider vinegar
- ♥ 1 tbsp (15 ml) sodium-reduced soy sauce
- ♥ 1 tsp (2 ml) Chinese 5 Spice (available in most grocery stores)
- ♥ 1 tsp (2 ml) black pepper
- ♥ 3 green onions, finely sliced
- ♥ 2 tsp (10 ml) sesame oil
- ♥ 2 egg whites
- ♥ 1 tsp (2 ml) chili oil (optional) \* this makes it hot

#### Cooking Directions

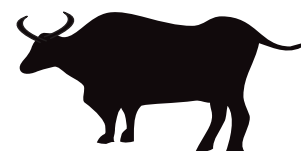
1. Place dried mushrooms in a small bowl and add 2 cups of boiling water. Let soak for 15 minutes. Remove mushrooms and add the water to the soup pot. Finely dice the mushrooms and add to the soup pot.
2. Add pork, tofu, stock, water, ginger root, bamboo shoots, vinegar, soy sauce, Chinese 5 Spice and black pepper to the soup pot. Cook over medium heat for 25 minutes.
3. Reduce heat to low. Discard the ginger root and add the green onions and sesame oil.
4. Slowly add egg whites while stirring. Add chili oil (if using) and serve immediately.

#### Nutritional information per serving (1 cup/375 ml)

- ♥ *Calories: 150*
- ♥ *Protein: 17 g*
- ♥ *Fat: 6 g*
- ♥ *Saturated fat: 1 g*
- ♥ *Dietary cholesterol: 21 mg*
- ♥ *Carbohydrate: 9 g*
- ♥ *Dietary fibre: 2 g*
- ♥ *Sodium: 251 mg*
- ♥ *Potassium: 388 mg*



2009 The Year of the Ox



Developed by Nadine Day.

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# Richmond Public Library Steveston



## Steveston Library Features

- Daily story-time and twice weekly baby-times are offered in the children's corner
- There are five desks for individual study and a table for group study chairs throughout the branch provide space to enjoy a magazine or book.
- Ten computers available through online booking or walk-up that feature:
  - Six deluxe stations
  - One 15 minute "internet only" station
  - Two preschool stations
  - One digital kids stations
  - WIFI access for throughout branch

**Family Storytime for all ages (30 min.)**  
Sunday to Thursday & Friday-Saturday 10:30 am  
**Steveston Branch**

**Babytime (30 minutes)**  
Wednesdays at 10:30 am  
**Steveston Branch**



**Reading Buddies (45 minutes)**  
Thursday, Jan 22 - Mar 5 / 4:00 pm  
**Steveston Branch**

Teen mentors help kids in grades 1-3 with reading. Registration forms are at each RPL branch Jan 2 - 12. Please register at one branch only. Admission to the program is by lottery.

**Kids' Book Clubs - Ages 7-8 (45 minutes)**  
100 Monday, January 12 / 3:45 pm  
104 Monday, February 2 / 3:45 pm

**Kids' Book Clubs - Ages 9-12 (1 hour)**  
110 Monday, January 26 / 3:30 pm  
111 Monday, February 16 / 3:30 pm  
**Steveston Branch**

Meet other kids excited about books and play fun games based on the book of the month. Please register at one branch only.

**Steveston Public Library Hours:**  
Monday - Friday 10:00 am - 9:00 pm  
Saturday - Sunday 10:00 am - 5:00 pm  
Telephone: (604) 274-2012  
Web: <http://www.yourlibrary.ca>

Year of the Ox:   
1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009

## Basic Chinese Animal Astrology

There are many myths and legends about how the 12 animals representing the 12 years in a Chinese Zodiac lunar cycle came into being. One of the most popular is that the Lord Buddha called all the animals to come to him before departing this earth. Only 12 animals came, and as a reward he named a lunar year after each according to the order in which it arrived. The Rat was the first to get there, crossing the final river on the back of the Ox and jumping down in front. Following them were the Tiger, Rabbit (Hare), Dragon, Snake, Horse, Sheep (Goat, Ram), Monkey, Rooster, Dog, and Boar (Pig). (<http://www.springsgreetingcards.com>)

People born in the Year of the Ox are patient, speak little, and inspire confidence in others. They have fierce tempers and although they speak little, when they do they are quite eloquent. Ox people are mentally and physically alert. Generally easy-going, they can be remarkably stubborn, and they hate to fail or be opposed. Compatibility with Snake, Rooster, and Rat people (<http://www.c-c-c.org/chineseculture/zodiac/Ox.html>).

The Ox is a powerful Chinese Horoscope sign which symbolizes wealth and prosperity. Ox people are usually very hard working and stubborn. Ox people are also a bit slow when making their decisions, especially if they are given a lot of options to choose from. Once they decide on something though, nobody can make them go another way. You can't easily get an Ox person to speak to you, but once you earn their trust, they will open their heart and mind in a very sincere and true way. An Ox can be a good and loyal friend (<http://www.chineseastrologer.org/ox.php>).

Famous Ox people include: *Charlie Chaplin, Walt Disney, Anthony Hopkins, Jane Fonda, Peter Sellers, Jack Nicholson, Margaret Thatcher, Meg Ryan, Meryl Streep, Princess Diana, Rufus Wainwright, Fan Siu Wong, Heidi Klum, Orlando Wells, Danny Kaye, Gerald Ford, Barbara Bush, Reggie Bush and Aishwarya Rai.*

## An Honorable Mention for Community Dedication

It was a memorable evening on December 3, 2008 at the 8th Annual Volunteer Richmond Information Services "Volunteer Are Stars" Gala Dinner & Awards.

Mr. Jim Kojima was awarded the **Star of Richmond Award for Exceptional Leadership.**

For 55 years Jim has given his time and dedication to the community. Currently president of the **Steveston Community Society**, he continues to provide exceptional leadership and support. His involvement with community projects and events such as the **Steveston Salmon Festival, Steveston Farmers & Artisans Market, the Steveston Legacy Project and the Gulf of Georgia Cannery** has helped make a difference to thousands of people. Most notably are his accomplishments and contributions in Judo organizations, including the **Steveston Judo Club**. Jim Kojima is one of Canada's leading masters of Judo. He received his black belt at nineteen, became a leader in Judo organizations and a delegate to the Canadian Olympic Association. He is the first Canadian and the youngest in the world, to have received the International Judo Union ticket. On June 10, 1983 he was given **Member of the Order of Canada**.



**Congratulations Jim! Thank you for your dedication and leadership.**

(excerpts from the Governor General of Canada website: [http://www.gg.ca/honours/search-recherche/index\\_e.asp](http://www.gg.ca/honours/search-recherche/index_e.asp))