

## 64<sup>th</sup> Annual Steveston Salmon Festival Wednesday, July 1<sup>st</sup>, 2009



RCMP on parade.



Mr. and Mrs. Canada celebrating in style!



King of the Fraser competition.

The 2009 Steveston Salmon Festival will celebrate “Eight Months to the 2010 Games” and will feature a boarder, an oval, a cuddly sasquatch and his friends, skaters, and a glorious flame! Help us celebrate Canada’s 142<sup>nd</sup> birthday by wearing red and white, slap on some sun screen and your favourite hat, and spend the day in Steveston! Whatever your interests and whatever your tastes, we’ve got something for everyone at the Steveston Salmon Festival!



### A bit of history

The Steveston Salmon Festival has evolved from a July 1<sup>st</sup> “Sports Day” themed event which was held as a fund raiser to build a playground in the Steveston Park in 1944, to one of the largest non-profit Canada Day celebrations in the country. The 1944 *Marpole-Richmond Review* headlines read “Steveston Sports Day Best in Living Memory of Present Residents”, a testament to the over sixty year tradition of commitment to this community by the residents of Steveston.

In 1946, Sports Day saw the added component of the first Salmon Queen Pageant. The Salmon Queen would reign for one year over a town whose character had been shaped by the presence of salmon and the influence of the canneries.

That same year, Dominion Day celebrated not only Canada’s birthday, but it was the first national holiday since the end of World War II. Vancouver celebrated in style with a parade which featured Salmon Queen Carnival floats inviting everyone back to Steveston for the Carnival

See page 5 for the Salmon Festival Schedule of Events and important information about road closures.

parade. When the floats returned to Steveston, they brought with them scores of people who joined the Steveston crowds lining Moncton Street. The celebration which had begun as a sports day had blossomed into a carnival!

From 1946 to today, there has been a myriad of changes, from the parade route and more notably the name change from Richmond Salmon Queen Carnival to Steveston Salmon Festival. There has not been a Salmon Queen since 1986, but there have been other components which have remained constant: the Festival is always a homage to Steveston’s salmon empire, and the enthusiasm and dedication of the citizens of Steveston still drives “Canada’s biggest little birthday party” each year.

### Salmon Festival Parade

There are actually two parades each year. The first is the Children’s Bike Parade which takes off at 9:30am from the Gulf & Fraser Credit Union parking lot at Third Avenue and Chatham Street. Kids of all ages are encouraged to decorate their bicycles, tricycles, wagons, scooters, or other wheeled vehicles in Canada

Day themes. The bike parade travels the main parade route along Third Avenue to Moncton Street, and ends in front of the Steveston Community Police office. There are always special guest riders, such as the RCMP Bike Squad, the BC Ambulance Service, or members of the Cops for Cancer team. Every one who participates receives a ribbon, and there are treats at the finish line. Each participant must have at least one adult to accompany them either riding or walking alongside, and safety is mandatory – helmets must be worn by all cyclists or skaters. Meet at the Gulf & Fraser Credit Union parking lot starting at 8:30am.

*Continued on page 3*

### Highlights of the inside...

McNulty’s Meanderings.....	2
64th Annual Steveston Salmon Festival .....	3
Around the Community Centre.....	4
Instructor Profile: Stacey Hoffman .....	4
Summer Fun.....	4
Bullhead Derby.....	4
Salmon Festival Events and Road Closure Information .....	5
Steveston Farmers & Artisans Market .....	5
Essential People of Steveston .....	6
Around the Village.....	7
The Back Page .....	8
Coming Events.....	8



### ***The Steveston Community Society***

Newsletter is published six times a year. Our goal is to provide information about the people and activities at the community centre, and to share stories about common interests, history, local personalities and events in the broader Steveston community. This newsletter is created by and for the members of the community. Please contact us if you would like to join the volunteer newsletter team.

If you would like to submit an item for inclusion in the newsletter, or recommend a story idea for one of our writers, please forward your ideas, information or material to our editorial committee for consideration. Space is free but limited, and we reserve the right to edit content.

*Chair, Newsletter Committee  
and  
Editor-in-Chief*

Susan Prosser

editor@stevestoncommunitysociety.com

*Design and Layout Editor*

Janice Froese

admin@stevestoncommunitysociety.com

### *Contributors*

Marisa Achtymichuk Donna Bishop

Tracey Bureyko Christine Durgo

Margie Hardy Bill McNulty

Caton Pang Tara Pang

Steveston Community Society

4111 Moncton Street

Richmond, BC V7E 3A8

Ph: 604-718-8096 Fax: 604-718-8096

www.stevestoncommunitysociety.com

Your feedback is always welcome. Please give us a call, drop us a note, or email newsletter@stevestoncommunitysociety.com

### *Mission Statement*

The Steveston Community Society is an association of volunteers dedicated to maintaining a positive, pioneer "Spirit of Steveston", by providing cultural, social, and recreational opportunities for all members of the community.

## *McNulty's Meanderings...*

### ***The Steveston Community Plan 2009 by Bill McNulty***

When W.H. Steves laid out the Steveston town site in 1889, it appeared to be good plan for the time. Steveston was to have been a place to rival Vancouver. Now, 120 years later, the City of Richmond is considering an area plan for Steveston that designates land use for the future. The Steveston area plan is part of the Official Community Plan for Richmond and it will impact our community in many ways.

Once a frontier town in the true sense, Steveston is now on the threshold of major change. Our historical role needs to be preserved: we are one of the few communities with heritage sites important locally, provincially and federally. Steveston has always boasted a distinctive character. It has a special quality which I will call the "Spirit of Steveston". If we are committed to preserving our uniqueness, we must be vigilant as we consider the impact of change and new development. The major industry which blessed the town—the fishing industry—has changed over the years because of provincial and federal policies. Steveston now is one of two Home Ports for the Pacific fishing fleet.

How do we protect and honour our history while allowing development and change in Steveston? Our heritage resources need to be safeguarded and managed very carefully or we will lose them. As Steveston grows, more people want to reside here. The waterfront attracts many, as it did 100 years ago. Increased population puts tremendous demands on existing community services and amenities. People move here and then want roads, parks, schools and infrastructure but forget our facilities are already taxed to the hilt.

The people who now live in Steveston need to take an active role in fostering their community and managing growth. Change is inevitable: thoughtful, well managed change can be very beneficial. The past must not be forgotten. We have been blessed because those who came before us valued and preserved their heritage and ensured future generations would be able to enjoy and learn from the past. Local residents need to support groups like the Steveston Community Society and the Six Non-Profit Associations in their goal to preserve the past. How can growth co-exist with historical buildings? Do we have an obligation to provide a place for people to live, work and play?

On weekends Steveston is typically bustling with crowds of visitors which indeed help our local business. Have we reached a point where local residents feel pushed out?

What about vehicular and pedestrian conflicts? Are we at the stage where we need to have controlled vehicle circulation in Steveston and a pedestrian-only village? Your thoughts!

What about replacement buildings, redeveloped buildings, in-fill buildings, industrial land, landscape and the heritage look and feel of the past? Should commercial development occur within the town site or be limited to outside the Steveston Village? In order to preserve Steveston, one must support the local business and shops. Everything from our own post office to our local barber shop. Do you shop in Steveston?

This is a time of change; any decisions will have a lasting legacy. Get involved!  
Remember, Steveston is still an historic fishing village. Let's save it!



*Artist Norm Williams displays photos of the Steveston Legacy Project, a life-size bronze statue depicting three cannery workers. This project has been in the works since 1993. The ground breaking ceremony took place May 24 in front of the Gulf of Georgia Cannery during opening day at the Steveston Farmers Market. The statue will be unveiled August 2.*

# 64th Annual Steveston Salmon Festival

Continued from page 1

Once the bike parade is finished, the big parade begins at 10:00am. The parade is always led first by a colour party carrying the national and provincial flags, followed by a military marching band. The Salmon Festival parade is one of the largest parades in BC on July 1<sup>st</sup>, boasting an average of 100 entries including marching groups, colourful floats, community groups, sports teams, and other charming and exciting entertainment during the two-hour parade. This year, the parade will help celebrate “Eight Months to the 2010 Games”, and entrants have been encouraged to adopt this theme. Watch the Steveston Community Society float for an exciting Olympic athlete on board!

## Opening Ceremony

Richmond Fire-Rescue is traditionally the final entry in the parade. The fire trucks with their sirens wailing signal the end of the parade as they pass by! Immediately afterward, the dignitaries at the reviewing stand cross the street to the main stage for the opening ceremony. *O Canada* is sung, various greetings are delivered, then Mayor Brodie heartily declares the festival officially open! Various events including the craft fair, trade show, art show, Japanese cultural show and exhibit, children’s and youth festivals, the carnival and much more all open for the afternoon.

## Entertainment all afternoon!

Once the opening ceremony is finished, the main stage bursts with exciting entertainment all afternoon. This year, we are delighted to welcome Tillers Folly to headline the day’s entertainment which includes dance groups and other musical acts. The children’s festival stages will feature Pancho & Sal, Flying Not Falling, the Ta Da Lady, and Mobile Music, and the Youth Rock Fest will have an awesome line-up of local youth bands.

## Funtastic Inflatables!

There is an exciting new change to the carnival this year. We are welcoming Funtastic Inflatables, a Richmond based family-owned company to the Salmon Festival. They will be bringing a variety of inflatable fun including slides, bouncers, and adventure attractions suitable for all ages, plus a unique new midway. Make sure you stop by for some Pucker Powder!



## Salmon Bake!

How can we call it the “Salmon Festival” without celebrating the staple that Steveston’s fishing industry is so famous for?! Each year, a dedicated team of volunteers from Sutton Group–Seafair Realty serve up over 2300 plates of wild sockeye salmon, salad and a bun on environmentally-friendly dishes. Tickets go on sale at 11:00am until the last piece of fish is cooked and served. Return your plate and receive a \$1 refund!



## Going Green!

Speaking of the environment, the Salmon Festival is working towards a greener festival. This year the salmon barbecue will be using compostable cutlery. WUN cutlery ([www.wuncutlery.com](http://www.wuncutlery.com)) is a biodegradable, single use cutlery made in BC. It is made from natural hardwood, naturally laminated, completely non-toxic, and kosher! This cutlery composts in about 5 months vs. several years for the old plastic cutlery. The Festival has also adopted a “no Styrofoam” policy: the Steveston Community Society food booths (salmon bake, chow mein, children’s and youth concessions) have adopted this policy. Next year, all other food vendors will be encouraged to adopt this policy as well.

## Eight Months to the 2010 Games!

With the Vancouver 2010 Olympic and Paralympic Winter Games just around the corner, it was an easy decision to adopt this exciting, once-in-a-lifetime event as our Salmon Festival theme. We’ve teamed up with the Spirit of BC Richmond committee and are making plans for an exciting mini “Olympic Village” at our indoor trade show. We will have a display from Speed Skate Canada, the Olympic Torch Relay committee will be on-hand, the Richmond Oval and O-Zone people will be there, Volunteer Richmond, plus many other exciting Olympic-themed attractions.

## Can you help?

The Steveston Salmon Festival cannot happen without the

help of people like you. Each year, hundreds of volunteers come together to ensure the festival runs as smoothly as possible. The area we need the most help with is festival set up and take down. June 29 and 30 the Community Centre shuts down and the magic happens. Hundreds of tents, tables, displays, and all the details that go along with them are taken care of by dozens of dedicated volunteers. During July 1<sup>st</sup>, many hands are needed for everything from selling game tickets to food concession service to helping wash the environmental dishes from the salmon barbecue. At the end of the day, the entire festival is taken down before the sun sets, so the community centre can resume its normal routine the very next day. We need energized, enthusiastic help at the end of a long day on July 1<sup>st</sup> to ensure take down happens quickly and efficiently. If you are interested in volunteering for this or any other available positions, please apply on-line at <https://icanhelp.richmond.ca>. Search this web site Opportunity Search and look for Steveston on the map. You can also call Marisa Achtymichuk, Volunteer Coordinator, at 604-718-8087, or drop by the community centre and ask for a volunteer application at the front counter. All volunteers are required to attend one Volunteer Orientation session. The schedule is posted on our website. Pre-registration is required and can be made by calling the Steveston Community Centre at 604-718-8080.



help of people like you. Each year, hundreds of volunteers come together to ensure the festival runs as smoothly as possible. The area we need the most help with is festival set up and take down. June 29 and 30 the Community Centre shuts down and the magic happens. Hundreds of tents, tables, displays, and all the details that go along with them are taken care of by dozens of dedicated volunteers. During July 1<sup>st</sup>, many hands are needed for everything from selling game tickets to food concession service to helping wash the environmental dishes from the salmon barbecue. At the end of the day, the entire festival is taken down before the sun sets, so the community centre can resume its normal routine the very next day. We need energized, enthusiastic help at the end of a long day on July 1<sup>st</sup> to ensure take down happens quickly and efficiently. If you are interested in volunteering for this or any other available positions, please apply on-line at <https://icanhelp.richmond.ca>. Search this web site Opportunity Search and look for Steveston on the map. You can also call Marisa Achtymichuk, Volunteer Coordinator, at 604-718-8087, or drop by the community centre and ask for a volunteer application at the front counter. All volunteers are required to attend one Volunteer Orientation session. The schedule is posted on our website. Pre-registration is required and can be made by calling the Steveston Community Centre at 604-718-8080.

## Salmon Festival is a “dry” event!

For many years, the Steveston Salmon Festival hosted a beer garden at the outdoor lacrosse box, however there hasn’t been one since 2004. We encourage revellers to celebrate Canada Day with us, but please enjoy our country’s finest brewed beverages at home or elsewhere. There are many places in the village open for business on July 1<sup>st</sup> and they would welcome your patronage.

## See you July 1st!

The day begins at 6:30am with a pancake breakfast hosted by the 12<sup>th</sup> Richmond Scouts. For a complete list of the day’s events, see page 5. Our website will be updated regularly with the latest news and information leading up to the big day! We hope to see you there!

[www.stevestonsalmonfest.ca](http://www.stevestonsalmonfest.ca)





# Around the Community Centre

## Fitness Instructor Profile: Stacey Hoffman

Stacey Hoffman is a Group Fitness Instructor, Weight Room Attendant and Personal Trainer at the Steveston Community Centre. She is a multi-talented fitness professional who can do a little bit of everything!

*How long have you been involved in the Fitness?*

I have been teaching fitness for 13 years and personal training for 9 years.

*What kind of classes do you teach?*

I teach various classes: TBC, step, cardio-core, ease into fitness, chair aerobics, spinning, ball, senior strength and conditioning, senior circuit training.

*Favourite Class?*

Strength conditioning classes and spinning.

*How long have you worked at the Centre?* Five years.

*Tell us about yourself:*

I was born in Vancouver and raised in Richmond. When I was 18 years old, I toured Europe with my best friend and cousin. I got the traveling bug and traveled to Israel to live on a kibbutz. From there, I journeyed back to London, England and lived in that exciting city for three months. I came home after my travels and pursued my education which including flying lessons. Shortly afterwards, I met my husband, Richard. We continue to live in Richmond where we are raising our two sons, Andrew and Daniel. We are continually growing with Richmond and are glad to be a part of a health-conscious community with access to fitness facilities.



## Summer Camps!

Meet Trevor Lakey, our Summer Camp coordinator! Trevor has spent the last four years living in Victoria. He is currently enrolled at UVIC, completing his Bachelor of Arts in Recreation and Health Education.



During his coursework, Trevor has learned about program planning for recreation, child development, leadership, group dynamics, coaching, teaching and inclusiveness. Now, as Summer Coordinator at the Centre, Trevor is interviewing applicants for camp leaders and planning summer camps for our community. He brings a love of recreation and sport and lots of enthusiasm to his work. And, he's on a tight deadline: day camps begin July 6 and run to September 2.

Day camps at the Steveston Community Centre will follow the theme 2010 Olympics. Kids will enjoy field trips, crafts, sports and games.

For more information about Day Camps in Steveston, please call the Community Centre at 604-718-8080.

The Steveston Pool is now open for weekend swimming (12:00-5:00pm Saturday and Sunday). Come and enjoy the six-lane heated outdoor pool, a three-metre slide and a shallow play pool for the kids. On June 29, the pool begins its extended summer hours. For the complete schedule call 604-718-8030.



Cool off in the summer heat at the Steveston water park! Now open from dawn to dusk until the end of the summer! Our fully accessible water park comes equipped with a waterproof child's wheelchair available by request at the community centre. Borrow ours and keep yours dry! Don't forget hats and sunscreen!

## Salmon Festival Bullhead Derby - June 21

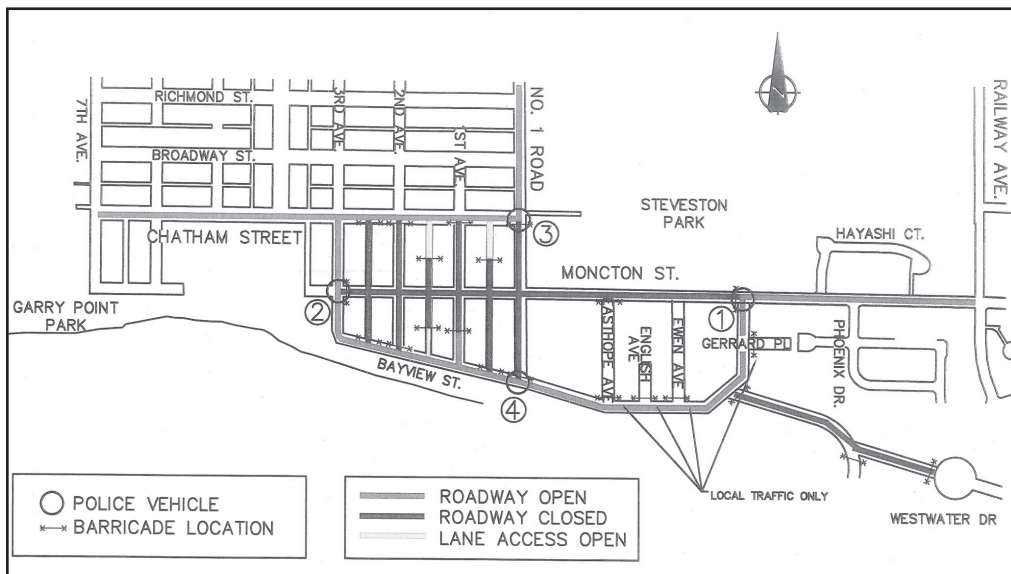


A Salmon Festival tradition for 20 years! Spend Father's Day morning at Garry Point Park at the Bullhead Derby, hosted by the Golden Rods and Reels Society. There are two categories: kids aged 12 and under, and seniors 65+. Pack your favourite fishing gear, your top secret never fail bullhead bait, some drinks and a few snacks and bring your family for a fun morning at the beach. Who will catch the "big one"? We will soon find out!

Registration starts at 9:00am; the Derby opens at 10:00am until noon. There are lots of prizes available to be won for numerous categories, and everyone gets a ribbon for participating!



## Salmon Festival Road Closures



Starting at 9:00am on July 1<sup>st</sup>, road closures will be in effect for the Salmon Festival Parade. Chatham Street from Garry Point Park to 3rd, 3rd Avenue between Chatham and Moncton, and Moncton Street from 3rd to Railway will be closed in preparation for the parade. Roads will re-open once the parade ends at approximately 12:15pm except for Moncton Street which will remain closed between 3rd Avenue and Bayview (across from the community police office) until 5:00pm to ensure the safety of everyone attending the festival.

During the parade, access in and out of Bayview Street and Hayashi Court will be blocked to all traffic, so residents are advised to make prior arrangements if you plan to leave the area during this time. Access for *emergencies only* will be available on the east side of Bayview Street while the road closures remain in effect.

Visit the merchants of Steveston as they celebrate Canada Day in style with sidewalk sales, entertainers, food, fun, and lots of other exciting activities as an extension of the Steveston Salmon Festival!

## Salmon Festival Event Schedule



6:30am - 10:00am	Pancake Breakfast
9:30am - 10:00am	Kids Bicycle Parade
10:00am - 12:00pm	Canada Day Parade!
10:00am - 4:00pm	Japanese Cultural Show and Demos
10:00am - 5:00pm	Trade Show, Food Fair, Craft Fair, Community Info Tables, RCMP Child ID, Art Show
11:00am	Salmon Barbecue
11:00am - 5:00pm	Children's Festival
11:00am - 6:00pm	Funtastic Inflatables Carnival
12:00pm - 5:00pm	Horticulture Show
12:00pm - 5:00pm	Youth RockFest, Skateboard Competition
12:30pm	Opening Ceremonies - Main Stage
1:00pm - 4:00pm	Belt Sander Drag Races

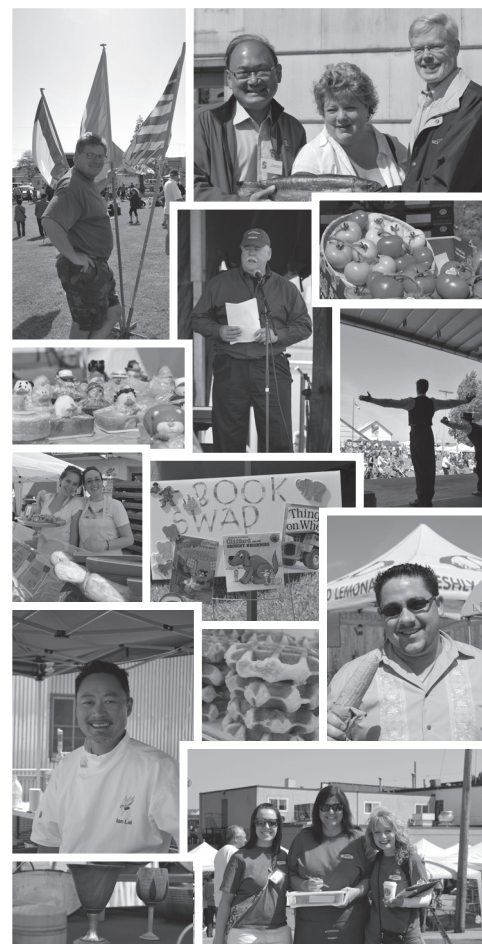
Main Stage Entertainment: Tillers Folly, Thai Dance Company, Steveston Seniors Drumming Circle, Chamarrita Do Pico, Fresh Groove, Hook in Mouth. Schedule TBA. Check our website for updates.

For details, visit [www.stevestonsalmonfest.ca](http://www.stevestonsalmonfest.ca)

# STEVESTON & Farmer's Artisan's MARKET

A project of the Steveston Community Society and Richmond Agricultural & Industrial Society

Opening Day excitement!



### 2009 Market Dates:

June 7, 21; July 5, 19; August 2, 16, 30;  
September 13, 27; October 11

If you are interested in becoming a vendor at the SFAM, please contact:

Paula Morimoto, Market Manager  
Tel: 604-729-7326 or [info@sfam.ca](mailto:info@sfam.ca)

Details are also available on our website  
[www.sfam.ca](http://www.sfam.ca)

## Janice is the 'go-to girl' at Pierside Deli

When I walked in to the Pierside Deli to meet Janice I was hoping to hear a story about her and how she became a business owner in Steveston Village. I did hear stories; about her favorite people in the village, her mother, her children, her husband and mainly her gratitude. Through these stories I became acquainted with Janice in a way that would not have been possible if she had just spoken about herself. During this exercise I learned that she is humble, strong, principled, and selfless. As the infamous Dr. Laura would say "she has character and a backbone".

Out of the dust of financial despair, Janice and her husband Rainer built the Pierside Deli specialty sandwich shop on the advice of Janice's mother who is a brilliant and supportive business woman. The Pierside Deli opened April 7th, 2007, attracting all sorts of regulars from the neighborhood. Local established business people helped Janice with advice and wisdom on how to be successful and survive. Janice's loyal customers quickly adopted her and her children. Like a large family, the citizens of Steveston keep an eye on Janice's three children and, in turn, the youngsters are enrolled in doing odd jobs learning valuable life skills.

During the two years or so that the Pierside Deli has been open, Janice has built a network of friends including regular customers who come for refreshment most days at the same time and business associates who order lunches for themselves and their customers to eat while on whale watching excursions. Moms stop in for coffee after dropping kids at school and captains of fishing vessels and the fisherman who work on those boats rely on Janice to keep them fueled for action. During an active fishing season, fishermen will send in orders by MSN messenger followed by a pit stop at Steveston Landing to grab their special hearty meals!

Inside the small café there is a wall of fame called the "Captain's Galley" which is a collage of amazing photographs snapped by local photographer Andy Knight depicting captains and their boats. On another wall are photos of Janice's devoted regulars and friends.

It's all cozy and warm with a down-home atmosphere. Janice keeps it clean and simple. She really listens to her customers' requests and then fulfills them with a smile using mostly local ingredients. If it is not on the menu she will find a way to make a meal to suit your taste. Like Mom used to do; special meals packaged in a paper bags marked with your name. All of the packaging used at Pierside Deli is eco-friendly and recyclable, Styrofoam will not be found there.

As I mentioned earlier, the people in Steveston Village help Janice look after her kids. On a fine day Andrew, Kaitlyn and Alexander decided to go for a sail in a small dingy. They were fully prepared with life jackets and such but Mom was not at ease with this idea. Janice was at work making meals for hungry people and not able to follow the trio and watch them experience their maritime adventure. By-the-by, too much time passed for Janice's liking and she had no word of what had become of her three little angels. Phone calls were made and the word was out: find my kids! After a while which was probably much less time that it felt like to Janice a report came down the grapevine that the three sailors had been spotted. Andrew, Kaitlyn and Alexander had made it all the way to Pajos floating fish and chips restaurant and were enjoying a complimentary meal of...you guessed it. Needless to say Janice was more than relieved but she has vowed to disallow any sailing adventures for her brood while she is at work. Nuff said?

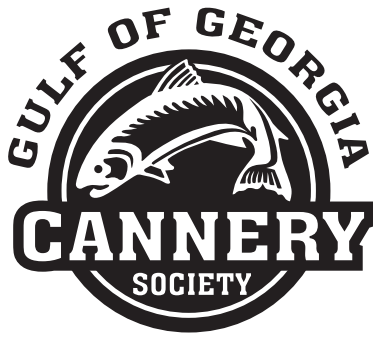
As the saying goes, it takes a village to raise a child. And I believe caring for a child opens one's heart. Janice and Rainer brought their family to Steveston Village and joined the tradition of caring and commitment. The Pierside Deli is located at Steveston Landing at the entrance of Fisherman's Wharf. If you have trouble finding Janice's special little café, just ask anyone down there.

I have learned that Janice is the 'go to girl' for a great meal, information about where to buy the best fresh fish, who paints the best signs or whatever; she knows who to speak to or where to go in Steveston. Why is this so? Of course, it is because Janice is one of the "Essential People of Steveston Village".



*Observations and photo by Christine Durgo*

# Around the Village



It's going to be another exciting summer at the Gulf of Georgia Cannery! From June 4<sup>th</sup> to July 2<sup>nd</sup>, students of Richmond Continuing Education will display their artwork in a Digital Photography Exhibit. Then on Wednesday July 1<sup>st</sup>, the Cannery will offer free admission as part of the Canada Day celebrations. Look for our float in the Salmon Festival parade and stop by for cake!

In addition, the Cannery is proud to host the annual Marine Poster Contest Exhibit from July 4<sup>th</sup> to August 4<sup>th</sup>, featuring posters by students in grades 4 to 8. Our 2nd annual Music at the Cannery series starts on July 3<sup>rd</sup> and runs every Friday night in July and August at 6:30pm. The line-up of local talent includes Just Duets, the Dancetime Big Band, Sibel Thrasher, The Beat Merchants, Silk Road Music, Swell & Swag & the Swagmen, Pancho & Sal, Roland Nipp, and Tim Readman.

The Cannery will also offer walking tours of Steveston's waterfront on Wednesdays and Saturdays throughout the summer. Then on Saturday August 1st, the Cannery will host its annual Salmon Stomp from noon to 9:00pm – free admission, courtesy of G & F Financial group!

What's Afloat, our 2009 exhibit, features the colourful life of boats on the Fraser River. The exhibit is enhanced by a boat spotters guide, available at the Cannery Store, and skiff building on site. See our insert for discounted admission into the Cannery!



Music at the Cannery every Friday evening in July and August.

## "Once A Proud Canadian"

If you're looking for a novel that entertains and educates, pick up a copy of "Once A Proud Canadian" by local author James T. Sawada. You'll find the story of the Miki brothers, two Japanese-Canadian settlers living on the Steveston waterfront, working the canneries and running a barber shop. These two characters were "were tall, strong, hardworking responsible young men...descendents from a long line of courageous samurai" who left their homeland of Nagasaki Japan in 1913 to create new lives in Canada. As the story progresses, we get to know the Miki family and how spirituality, Christianity and Buddhism influence their past and future. We better understand the struggle of Japanese-Canadian settlers to set down roots during World War II and we travel with the family along the west coast of British Columbia, Lethbridge Alberta, Nagasaki Japan and Oregon State.

"Once a Proud Canadian" is available locally at the Steveston Public Library, and for sale at the Gulf of Georgia Cannery, the Steveston Bookstore, and Chapters Richmond; it is also available on-line at Amazon.ca. The novel will also be available for purchase at the Steveston Salmon Festival on July 1<sup>st</sup>. This is a one-of-a-kind story that delves beyond the tragic evacuation of the Japanese-Canadians from the West Coast of Canada and gives us much more to consider. Sawada employs the themes of forgiveness and acceptance throughout his novel to carry the reader through time and help us appreciate history in a thoughtful, personal way—through the eyes of a very real and believable family who sought Steveston as their home.

## Community Arts Council Art Exhibit

The Community Arts Council of Richmond and Artisans' Galleria is pleased to present **Artists' from the Avenues Richmond Society For Community Living**

This is the first showing in a gallery setting for these artists and you will be pleasantly surprised at what you see. From real life, abstract and three dimensional, this show has it all.

Join us in supporting the Richmond Society for Community Living—Avenues and their artists July 11–25, at the Artisans' Galleria open daily in historic Steveston Village at 3651 Moncton Street.

The opening reception is Saturday July 11th, from 1:00–3:00pm; refreshments will be served and you will be the first to view this wonderful show. There is no charge to view the show or attend the reception.

For more information please contact: Michael Shirley at 604-241-2790.



## Seniors Drumming Circle



A popular new addition to the seniors programs at the community centre, the seniors drumming circle is led by Tony Davies. Participants learn a variety of rhythms and techniques on the African djembe. Watch for their demonstration at the Steveston Salmon Festival mainstage!

# The Back Page

## Coming Events

Steveston Community Centre events this summer:

June 20-26	Steveston Tennis Tournament 8:30am-10:30pm
June 21	Bullhead Derby Garry Point Park 9am-12pm
July 1	Steveston Salmon Festival
July 4	Kigoos Alumni Swim Meet
July 8	Kigoos Junior Dev. Swim Meet 4pm-9pm
July 13	Concert in the Park 6:30pm-7:30pm
July 24	Concert in the Park 1:30pm-2:30pm
July 24	Concert in the Park 8pm-10pm
August 13	Concert in the Park 6:30pm-7:30pm
August 21	Concert in the Park 8pm-10pm
August 23	Car Boot Sale 9am-12pm     Rain or Shine

Are you from a fishing family? The Gulf of Georgia Cannery Society is always looking for images from the fishing industry. If you have old photos of fishing life in Steveston or coastal BC that you would like to donate, call Jennifer at 604-664-9007. We would love to hear from you!

### Steveston Community Society Board of Directors 2009-10

Jim Kojima, President  
Beth Ovenden, President-Elect, VP Programs  
Loren Slye, VP Finance  
Keith Whittle, VP Operations  
Alan Clark, VP Operations co-chair  
Cheryl Paquette, VP Programs co-chair  
Barb Nimchuk, VP Salmon Festival  
Tracy Stillwell, VP Salmon Festival  
Susan Epp, VP Special Events  
Johanna Stewart, VP Special Events co-chair  
Karen Schiefner, Secretary  
Denise Kostash, Secretary co-chair  
Ben Branscombe, Past President

#### Directors

Barbara Whittle, DeAnn McBride  
Elise Kobylanski, Frances Lorenz  
Jacqui Turner, Jimmy Yau, Joan Haws  
Lingly Wilson, Susie Chan

#### Trustees

Hap Hirata, Ted Lorenz Sr.

#### City Council Liaison

Bill McNulty

## Healing Diabetes

by Dr. Seema Kanwal, BSc, ND

Diabetes is a chronic disorder affecting the metabolism of carbohydrates, fats and proteins. When diabetes is present, elevated blood glucose levels persist after a 24 hour fast. Ideally, when the body is starving, it should increase blood glucose levels by secreting and utilizing insulin, a hormone that allows glucose to be transported across the cell membrane so that it can be used for energy. Thus, insulin is a hormone responsible for increasing the rate at which your cells will absorb glucose. In diabetics, this mechanism is compromised.

Type 1 Diabetes is often referred to as juvenile or childhood-onset diabetes. The beta cells of the pancreas are unable to produce the required amount of insulin to regulate blood sugar levels. This type of diabetes is often diagnosed in children and adolescents, but can occur at any stage. It usually develops before the age of 30. Patients tend to be thin because the lack of insulin prevents most of the cells of the body from accessing the glucose fuel in the blood. Type 1 Diabetes is an autoimmune condition in which the immune system becomes confused and produces antibodies to attack itself, in this instance, resulting in pancreatic destruction.

The more prevalent diabetes is referred to Type 2 or Adult-onset Diabetes. Unlike Type 1 (a deficiency in insulin), people with Type 2 Diabetes produce varying amounts of insulin. Most often, there is insulin resistance: the cells become desensitized to insulin and fail to react to it. This type of diabetes is often associated with a diet high in refined food, a sedentary lifestyle and obesity.

Here are some steps you can take to healing diabetes:

1. Managing your weight is key because fat cells release hormones that reduce the effectiveness of blood sugar control.
2. Improving nutrition is the second step. Tackling a nutrition change is not "going on a diet"; it is learning and practicing a new way of eating throughout one's life.
3. Incorporating physical activity not only helps you manage your weight but it also helps to increase the sensitivity of your cells to insulin. Muscles require sugar for energy and are very sensitive to insulin.
4. Managing stress must be learned. Stress is an inevitable part of life but chronic stress is a major contributor to Type 1 and 2 Diabetes.
5. Giving up smoking! Nicotine decreases cell sensitivity to insulin in Type 2 Diabetes.

As a Naturopathic Doctor, I offer help by providing effective, individualized treatment plans that address the imbalances that lead to diabetes. After detailed health interviews, physical examinations and lab tests, personalized treatments can begin to improve overall health, prevent and reverse diabetes.

Dr. Kanwal is a Naturopathic Doctor practicing in Vancouver, BC. She can be reached at 778-998-7336

## Woofstock! A Festival & Fundraiser for Dogs

Meow and Bark Avenue invites you to **Woofstock! A Festival & Fundraiser for Dogs** on Saturday, June 20 from 1:00pm to 3:00pm, 150-12240 2nd Avenue in Steveston. Proceeds to the BCSPCA. Join in the Fun—Pre-Register your pooch at 604-271-3647 or email [meowbarkave@shaw.ca](mailto:meowbarkave@shaw.ca) For full details including Schedule of Events, visit [www.meowandbarkavenue.ca](http://www.meowandbarkavenue.ca) Prizes include dog grooming, doggy day care, doggy sleepovers and more! It'll be a barking good time!



## Summer at London Heritage Farm

### Summer 2009 Special Events

June 21st	10:00am-5:00pm	Father's Day Strawberry Tea
June 21st	10:00am-3:00pm	Antique & Collectibles Fair
July 11 & 12	10:00am-5:00pm	Lavender Tea
July 11 & 12	10:00am-5:00pm	Fraser River Art Festival
August 1 & 2	10:00am-5:00pm	Very Berry Tea
August 9	10:00am-4:00pm	Family Farm Fair

**LONDON HERITAGE FARM**  
6511 Dyke Road  
Phone: 604-271-5220  
Email: [londonhf@telus.net](mailto:londonhf@telus.net)  
[www.londonheritagefarm.ca](http://www.londonheritagefarm.ca)