

New Speed Zones and Scramble Intersection Introduced

Volunteers Are Stars!

The Steveston Community Society is proud of all our volunteers. From the Board of Directors to the various committees to everyone who donates their valuable time to help with our many events and activities throughout the year, all our volunteers are shining stars!

On Wednesday, December 7, 2011, Volunteer Richmond will host their annual "Volunteers are Stars" awards night, to recognize many of Richmond's star volunteers.

Several Steveston volunteers were nominated for an award this year, and we look forward to attending the presentation and celebrating theirs and others' many accomplishments this year.

Steveston nominees include:

Steveston Salmon Festival Core Committee, chaired by Barb Nimchuk and Tracy Paldy. This dedicated group of about 30 people plan and organize "Canada's biggest little birthday party" on July 1st, now entering its 67th year.

Youths **Yuki Ji and Lulu Lee**, are a "dynamic duo" for the Steveston Farmers & Artisans Market. Working in tandem, these hard-working women cover many aspects, from set up to clean up and plenty in-between at the bi-weekly market.

Wayne Spencer has taken a leadership role at the Steveston Farmers & Artisans Market since its inception and we're pretty sure the market wouldn't run as smoothly without his steady hand helping out in many areas!

Innovation Networks is a caring company that specializes in providing technology services to medium-sized businesses.

Steveston Community Society has been very fortunate to have Innovation Networks as a community partner. They provide and manage our websites, and help us keep on top of today's technology!

Congratulations to the nominees, and thunderous applause to all our volunteers! Together, we have accomplished great things!



A worker uses a specialized infrared machine to install the artistic components of the new pedestrian scramble-style crosswalk at the intersection of No. 1 Road and Moncton Street. Photo: Christine Durgo

The intersection at No. 1 Road and Moncton Street, which serves as a gateway to historic Steveston Village, has received an operational and aesthetic transformation.

The intersection, which was controlled by four-way stop signs, has been upgraded with traffic signals to improve safety and better manage increasing pedestrian, cyclist and traffic flows at this popular waterfront destination.

New to Richmond is a pedestrian scramble feature. When a pedestrian push button is activated, all vehicle movements will be prohibited to allow pedestrians to cross the intersection in all directions at the same time, including diagonally.

Further enhancements include raised intersection pavement with special artistic crosswalk markings, curbside bollards and a speed reduction from 50 km/hr to 30km/hr in the Village core.

Steveston Village Now 30km/hr

The City of Richmond recently changed the speed zones in the Steveston village core to 30km/hr.

The new speed zones encompass Chatham Street between No. 1 Road and Third Avenue, Moncton Street between the community centre and Third, Bayview from No. 1 Road to Third, and all north-south streets in between,

including No. 1 Road.

Signage has been posted where the changes have taken effect.

Drivers are reminded to take care and slow down, especially during the dark winter months.

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The Steveston Community Society

Newsletter is published quarterly. 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.

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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.

President's Message

Dear Neighbours,

2011 was another remarkable year for Steveston. Our Farmers & Artisans Market continued to grow, and is now operating year-round; the Salmon Festival had another record year; and we successfully launched our book "Steveston: A Community History".

Steveston has much to look forward to in 2012. On February 26th, we will host the 2nd annual "Eating Together" dinner in partnership with Touchstone Family Association. We hope you and your family will join us.

Next spring, the new tram barn will begin construction in Rolston Park, at the corner of No. 1 Road and Moncton Street. We will also install a new educational garden on our grounds, and hopefully have it quickly sprouting so it can be used to demonstrate endless possibilities for growing food, flowers, and other plants to benefit our health and environment. We will also celebrate the Steveston Kendo Club's 50th anniversary, and the Diamond Jubilee of Her Majesty, Queen Elizabeth II.

The Steveston Salmon Festival is already making plans for the 67th annual Canada Day celebration, which will include some changes to the grounds layout due to the tram barn and garden projects taking space normally used by the festival – watch for news in our Spring newsletter of these exciting new changes!

Several community groups are also working with various government agencies to advocate for a replacement Lions Manor. That, coupled with the new ANAF independent living residence, and a proposed assisted living facility in cooperation with the Buddhist Temple, will ensure our aging population can continue to live in this community regardless of their care needs.

There is an incredible sense of community here, the "Spirit of Steveston" we often refer to. Throughout the years, I am always amazed at the generosity of friends and neighbours, especially during times of crisis.

On March 11, the northern part of Japan was rocked by a massive earthquake and tsunami. The physical and emotional devastation will take a generation to repair and recover from.

Steveston and Japan have many close ties, not the least of which is our people. Following the catastrophic events in Japan, this community quickly sprang into action and organized a walk to raise funds for the town of Onagawa, which lost over half its citizens and most of its infrastructure to the tsunami. In just a few short hours, we raised over \$80,000, and many thousands more over the following days and weeks. The money we raised has been directed to rebuilding the town's seven schools.

I recently made an emotional visit to Onagawa to see first-hand what happened there, and the devastation is unbelievable. Most of the town is gone apart from a few structures. School children are living in row houses. Many of them lost one or both parents. Long-term we can't predict how these children will be impacted. In the short-term though, the schools are trying to do as many activities as they can to try and keep positive while the rebuilding continues.

It is remarkable that, despite the devastation, people are managing in a positive way. I don't know if there is anything more we can do for them at this time, but our Steveston spirit is there, supporting them as a community, and it is a good feeling to know we are helping this small town.

Ours is a community rich with volunteerism, and I am proud to serve and be a part of it.

On behalf of the Board of Directors, staff and volunteers of the Steveston Community Society, I wish you a peaceful holiday season, and a healthy and prosperous new year.

Jim Kojima, President

Steveston Community Society and Richmond Agricultural and Industrial Society

*The Steveston Community Society congratulates Jim Kojima on being awarded the **Order of the Rising Sun, Gold Rays with Rosette**, the Government of Japan's most prestigious award, for his contribution to the promotion of sports exchange and mutual understanding between Japan and Canada through Judo. Jim is the former President of Judo Canada, Vice President of the Richmond Sister City Committee, and a long-standing volunteer in many capacities for the Steveston Community Society.*

NOTICE OF ANNUAL GENERAL MEETINGS

The Annual General Meetings of the **Steveston Community Society** and **Richmond Agricultural and Industrial Society** will be held on Thursday, February 16, 2012 at 7:00pm in the Seiner Room at the Steveston Community Centre, 4111 Moncton Street, Richmond.



McNulty's Meanderings...by Bill McNulty

Churches in Steveston to 1900 Part 1

In as much as the immigrant farmers came to Canada to build a new life on Lulu and Sea Islands, they experienced the particular joy in a church after the manner of their fathers in worshipping God.

According to Ross, the first church services in Richmond were held in the home of Hugh McRoberts in May of 1861. The services were conducted by Reverend John Hall, a Presbyterian missionary from Ireland. Included in these services were the McRoberts family and the McCleery family and those who came with Hall from New Westminster.

As settlement took place in the early 1860's the ministry of the Methodist and Presbyterian churches came from New Westminster as the islands were in their parish. It was the Methodist missionaries that were instrumental in having a small church erected on the mainland of the North Arm around 1870. The little church was built on the north bank of the Fraser River on a spot about half way between the present Marpole Bridge and the railway bridge.

The church became the sanctuary for all religious denominations.

On the south side of the island, there were no regular church services held before 1885.

London's Landing Church:

In the fall of 1885 a new wharf was built at London's Landing. Reverend James A. Wood, a Methodist minister stationed in Ladner, began making visits in 1885 to the few families living on the south arm of the Fraser River. Services were held in their homes. One home being that of Mr. Solomon Pearson. Presbyterian services were also held in the London home.

Ida Steves recalls that it was not until the middle of 1887 when a small church was built by Methodists at London's Landing. It was used as a Union Church by all denominations. It was first built near the dyke, but later moved a short distance north, and stood on the west side of Number 2 Road in a large field. At that time, Steveston as a town did not exist. Number 2 Road was the only road across the island connecting with the settlement on the North Arm. The little church was intended to serve

settlers of the western end of the island, as well as those living at South Arm "up the slough", as the pioneers said. It meant just that - small boats were able to go up the sloughs right to the farms of the settlers. Bridges were built over the sloughs to allow boats to pass under them.

The South Arm settlers were few, so attendance never was large. The little church served rather as a meeting place for the pioneer community. In 1887, the church was used as the first school on the South Steveston Arm, until a new school was built in Steveston in 1888.

Steveston United Church:

In 1890, prior to the church opening, William Herbert Steves built the Opera House. All denominations used it for services. The Methodists held their services there. Baptists had a Sunday School in the Opera House under Manoah Steves. Mrs. Ida Steves taught a small class of girls there. Revival meetings were held during the fishing season, attended mainly by First Nations and Chinese. In 1893, Reverend Alfred E. Green, a Methodist minister stationed in Richmond, was instrumental in the building of the Steveston Church. He appealed to the Missionary Society in England for funds and received \$300. In 1894 the Steveston United Church opened for services with the minister coming from Richmond.

In the 1890's, conditions in Steveston were

bad. It was truly a "Wild West" town. There were unsanitary conditions, drunkenness, and immorality which were all providing a good case to start a church.

The Presbyterians used London's Landing Church until 1906 when the South Arm Presbyterian Church was built.

By 1890 Presbyterians held services in Steveston, but were discontinued around 1912.

At one time, Mr. W. C. Steves started to build a Baptist Church, but he was doing this entirely out of his own pocket and ran out of funds so was unable to complete the building. After laying only the foundation, he sold what he had to Reverend J.M. Donaldson, who then began building St Anne's Anglican Church.

Prior to this, the Anglicans had met first in the Opera House, and following the completion of the Rectory at the corner of Fifth Avenue and Richmond Street, in a large hall upstairs. St. Anne's was completed and opened January 3, 1892.

The Methodists used it, and the Baptists held Sunday School in the same place.

The community had to share their facilities as the Opera House provided for Anglicans, Methodists and Baptists. The Opera House stood on the south west corner of Chatham Street and Second Avenue, cat-corner to the Methodist Church.

Churches in Steveston continued next issue.



Steveston United Church, formerly the Methodist Church, circa 1925
City of Richmond Archives photo 1977 13 10

Bill McNulty is a local historian and has published three books on sports and one on local history. He is a member of the International Society of Olympic Historians, and has served on Richmond City Council since 1993. He is Past President of the Steveston Rotary Club and has been a member of Rotary since 1988. He recently completed the book "Steveston: A Community History", commissioned by the Steveston Community Society, which was released on May 12, 2011.



Around the Community Centre

Fitness Programs at the Centre!

By Donna Bishop, Fitness Coordinator

Donna's Fit Tip - Get Your Skin in Shape

As the weather starts to turn colder you may notice your skin starts to get dry and more sensitive. Here are some tips on how to keep your skin in top shape for the upcoming months:

- Keep showers shorter in duration and use warm water and not hot.
- Stay hydrated by drinking plenty of water.
- Avoid coffee as it is a diuretic and will take water away from your skin.
- Limit alcohol consumption that will also accelerate hydration.
- Stay away from sugar and starchy, processed foods that can lead to inflammatory response in the body.
- Use gentle, antioxidant based cleansers.
- Increase your intake of omega 3 healthy fats that help keep your skin supple and smooth from the inside out.

Steveston Community Centre is the place to work out this winter. Our fitness centre may be smaller than others, but smaller is sometimes better. There is rarely a wait to get on a machine, and the friendly "village" atmosphere is attractive and non-intimidating.

Personal Training:

One-on-one training with a choice of

qualified trainers to suit your individual needs. Contact the fitness office for a free consultation.

Older Adults:

Donna and David specialize in training people with a variety of issues such as osteoarthritis, osteoporosis, and people with joint replacements (post rehab). Either in the fitness centre or in a group setting, you will receive the care and attention needed to help you with strength, balance, agility, and flexibility.

Sit and Be Fit:

Using simple exercises, this basic fitness class helps older physically-limited adults to better manage chronic conditions and chronic pain by enhancing the ability to function in daily life.

Popular adult group classes and some new:

Sun Run Clinics

Learn to run 10km in 13 weeks. This tried and true progressive running program is in it's 17th year. Make it your resolution for 2012. Join the group Sunday morning or Friday morning.

Tabata

Burn up to 12 times the calories compared to traditional exercise with this new high

intensity workout. This 20-second interval training focuses on muscle specific sets that stimulate optimal muscle overload.

Boxer Boot Camp

This high-energy class primarily focuses on boxing techniques but also includes plenty of kicking and skipping.

Metabolic Booster

Led by a fitness trainer and catering to only a small group of participants, this is a great introduction to progressive circuit training. Proper form and technique is covered along with nutrition tips and handouts all geared to individual fitness goals.

Spin Boot camp

Includes spinning (indoor cycling), body weight and dumb bell strength circuits with core and stretching.

Good deals!

- Free orientations to the fitness centre
- Free consultations for personal training
- 18 drop in classes included with your fitness pass (6 yoga, 4 active fitness geared to 55+ , 8 adult fitness such as total body conditioning, step, and ball workouts)

Come in and check out our facility and full schedule.

Staff Profile: Eamon Lefebvre - Sunshine All Year Round!

Eamon (pronounced A-min) Lefebvre, aged 24, is an auxiliary attendant at the front desk of the Steveston Community Centre (SCC). He also leads the Sunshine Preschool gymnastics class at the SCC and the Sports Variety Parent and Tot program at Westwind Elementary School.

Eamon was born in Richmond and is of French and Irish descent. His French-Canadian heritage dates back as far as the 1600's!

Growing up in Steveston, he began attending sports programs at the SCC at around age four. As the years passed, Eamon spent many hours in and around the SCC: in the activity room, attending sports programs, Day Camps and much more. Eventually he began volunteering to lead Day Camps. Through that and other volunteer work, Eamon developed a skill set that people noticed and made him a perfect candidate to be employed at the SCC.

One of Eamon's favourite activities over

the years has been his participation in the Richmond Youth Basketball League. He loves all kinds of sports and is always up for a game. The positive strategy of staying fit while having a great time works for Eamon.

Eamon would love to own an exuberant active dog, for the fun they could have running and playing together outside. The beauty and mystery of the natural world around us is not lost on him. As a little guy he and his friends explored the wetlands and dykes finding all kinds of interesting critters to wonder and marvel over.

Eamon looks forward to coming to work at the SCC; it seems like play to him. His sunny personality just naturally attracts people, building community relations with friends, co-workers and patrons. More often than not those community relations grow into enjoyable friendships. It's easy to see Eamon's zest for life in his sparkling blue eyes and

genuine mega-watt smile. People who spend even a little time at the SCC know him, if not by name, then by his welcoming demeanour.

Thanks Eamon!



The Winter/Spring Recreation & Culture Guide is now available at www.richmond.ca/guide or at the Steveston Community Centre.

Registration for programs is on-going! There are three ways to register: online at www.richmond.ca/ register, by phone at 604-276-4300 or in person at any City facility.



Preschool Open House

STEVESTON PRESCHOOLS!

Come find out about the various preschool programs we offer at the Steveston Community Centre Preschool Open House, Tuesday, January 31 from 6:00-8:00pm.

A presentation will be made at 6:00pm and again at 7:00pm including information about how to register. Meet the teachers, explore our classrooms and learn about our Salmonbellies, Sunshine, Moonbeams, Rainbow and Twos Time Programs.

Volunteer Corner

THANK YOU!

A sincere, heartfelt thank you to all volunteers who assisted the Society in 2011.

Wishing everyone a safe and happy holiday and all the best in the new year! May the spirit of giving back to your community remain strong in 2012.

Marisa Achtymichuk
Volunteer Coordinator

Come out and support your community by volunteering at one of our many events. For details, email Marisa machtymichuk@richmond.ca. To join the Steveston Volunteer Team, register at: <https://icanhelp.richmond.ca> and choose Steveston as your preferred location.

Burns Night Supper

Celebrate the birth of Scotland's favourite poet Robbie Burns!

Laddies and lassies, press up your best tartans and join the Steveston seniors for a traditional Burns Night Supper on Thursday, January 26 at 5:30pm. This formal buffet-style dinner will feature roast beef and traditional haggis, bagpipes, and dancers. Register today for \$50; book on-line, or call 604-276-4300, or in-person at the community centre. No reservations. Barcode #198604.

For further information, call Margie at 604-718-8098.

CHIMO @ SCC

CHIMO is pleased to provide *Newcomer Assistance Services* at the Steveston Community Centre every Wednesday morning. A Settlement Worker will be available to provide one-on-one assistance with information, form-filling, and referrals to ensure Newcomers have the support needed to make a smooth transition to their new community.

CHIMO provides a variety of workshops such as: *Newcomer Youth Connect, Parenting Well in a Canadian Context, Working in Canada, Participating in Community Life, Business Development* (with a FREE 1-hour consultation), and many more!

CHIMO also provides community tours, networking sessions, friendship group sessions, to help newcomers connect with residents, community events, and services.

Created in Richmond in 1973, CHIMO Crisis Services now serves over 10,000 individuals and families each year from different cultural backgrounds, age groups, family lifestyles, and economic situations. CHIMO provides diverse services from community building to prevention, from individual crisis support to advocacy, and from peer support to education. CHIMO engages in collaborative community planning and develops innovative resources to address emerging needs.

CHIMO's people reflect a range of cultural backgrounds and life experiences, and speak more than a dozen languages. For more information and assistance, call 604-279-7077 or visit their website www.chimocrisis.com.

STEVESTON Farmers & Artisans MARKET

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

The winter edition of Steveston Farmers & Artisans Market is now inside the Gulf of Georgia Cannery. Your last chance to shop the SFAM for unique holiday gifts is December 11. The market will then take a short break, and re-open on Sunday, January 22nd, bi-weekly until April 15th, 2012.

We will continue to offer all your favourites including artisan breads, seasonal produce, home canning and baking, and of course the delightful artistry of our talented community! We hope to see you there!

The summer outdoor market will open Sunday, May 20, 2012.

Applications are being accepted for the 2012 winter market and are available at the Steveston Community Centre or on our website. If you are interested in becoming a vendor at the SFAM, please contact:

Paula Morimoto or Marisa Achtymichuk
Tel: 604-729-7326 or
marketmanager@shaw.ca

Visit our website www.sfam.ca

Winter Market Dates:

December 11;

January 22; February 5, 19;

March 4, 18; April 1, 15

10am - 3pm ~ Dress for cold!



More Than Just A Pharmacist

Peter Tong is conscientious and aligned with traditional thinking about how he will engage in business, his community and the world as a whole. The idea that a person is put on this earth with strengths and talents that should not be squandered is a model for how he approaches each day. A pharmacist by training and owner of the new Pharmasave at the corner of Moncton and No. 1 Road, Peter is committed to caring for people. It might be near impossible to wander through the door of this welcoming shop and not see Peter's sincere smile. He is eager to help with prescriptions, traditional and natural health, nutritional and skin care questions.

Earning money is not Peter's only motivation. He spends a lot of time and shares his extensive knowledge with his customers, like in the past when businesses were owned by men and women who knew and felt responsible for their patrons. People are pleasantly surprised at the attention and guidance Peter provides. His commitment to improving the health and lives of others is not confined to the aisles of his shop. Peter goes into the community and talks to groups on how to save money on prescriptions and many other subjects such as diabetes or flu shots. He is planning a seminar series on health-related subjects at the Steveston Community Centre.

Tong's business conscience is supported by a framework of charitable social policies. Everything they do in the store has a charitable component to it. For every prescription filled, they donate one pound of food, and for every flu shot, three pounds of food to a local charity. He seeks opportunities to give back and have meaningful conversations that will help people and the community. Peter goes out and administers flu shots at nursing homes and community centres as well as in-store. He consults with people on subjects such as addiction, medication, herbal or spiritual, fitting perfectly into a village of people who care about one another.

Peter is deeply committed to food security. He became a member of a community meals committee in Richmond, attending his first meeting about a eighteen months ago in 2010. He began the flu shot campaign that is currently supporting Richmond Family Place. Last year they donated - through a store he didn't own - 2300 pounds of food! This year in his own store he is hoping to surpass last year's success by more than 2700 pounds. Peter was recently appointed as a board member for Richmond Family Place. One more step toward pursuing long term social commitments to organizations that need his help.

Peter Tong feels blessed to find such a location in Steveston for his work, and we have a new "Essential Person of Steveston" front and centre ready to serve!

observations by Christine Durgo



Peter Tong receives an award of appreciation from Richmond Family Place for the generous food donations through his store, Pharmasave of Steveston Village.

Nurse Next Door: Pink Heart Club

It's about CARING, not just adult day care. We can't wait to spend our time with you! The club is located in Richmond BC in the community of Steveston.

Our caring Pink Heart Club will consist of no more than seven members. Because love is in the details, our attentive caregivers, who are qualified Care Attendants, plan group activities for all members that are personalized for each person based on their interests, needs and dreams!

The program is offered Monday to Friday from 10:00am to 2:00pm. Snacks, lunch, beverages and all activities are included. Anyone is able to refer participants to the Pink Heart Club and the process is made easy for the participant and the family.

Simply call us to start being a member of the Pink Heart Club!

Our Pink Heart Club can accept members who:

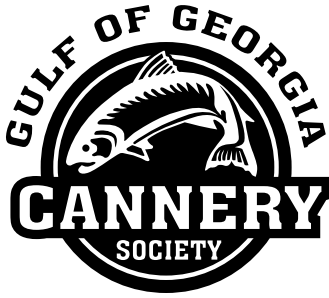
- Are at least 55 years of age (this is the only minimum requirement);
- Are elderly, blind, or have cognitive impairments such as Alzheimer's/dementia;
- Are able to mobilize with either a cane or a walker (note: with walkers, the participant must be able to walk with caregiver assistance a minimum of 4 meters without the walker);
- Require basic personal care services throughout the day;
- Require increased social/recreational activities due to circumstances limiting social interaction opportunities during the day.

For further information, contact Kim Kendrick, BHAdmn., Care Designer & Owner, Nurse Next Door & Pink Heart Club. 24 hour phone: 604-644-5524.



Nurse Next Door™
home care services

Around the Village



Support Your Local Historic Site!

Steveston is fortunate to have such a wealth of heritage sites. Like all non-profit groups, the Gulf of Georgia Cannery Society relies on community support and generosity. By purchasing a membership for yourself, or for a Christmas gift, or by making a donation, you help us showcase the vibrant history of Steveston for over 50,000 visitors a year.

Visit www.gulfofgeorgiacannery.com to find out more.

Holiday Happenings at the Gulf of Georgia Cannery

There's lots going on at the Gulf of Georgia Cannery during the holiday season, come down and check out one of these events:

- December 11: Steveston Farmers and Artisans Market takes place inside the Cannery from 10am to 3pm. Do your holiday shopping at the December 11th market; there will be artisans and farmers with all the necessities for festive gifts and feasts! Admission by donation.
- December 3 to 23: the second annual Festival of Trees will take place inside the Cannery. View trees uniquely decorated by Steveston merchants and vote for your favourite. This is an exciting event to get you into the holiday spirit!
- December 10 and 17: The Cannery will be hosting Christmas movies. Come by the Cannery with the whole family on December 10th at 2pm for *Home Alone*, and December 17th for *White Christmas*. Admission by donation.
- Now until January 2012: Come down to the Gulf of Georgia Cannery gift shop; the annual clearance sale is on now through to January 2012. It's your one stop shop!

Please note the cannery will be closed December 24 to January 3.

Volunteer Profile: Kelvin Higo

Kelvin Higo: A Volunteer with Verve

Kelvin Higo, Past President for the Steveston Community Society (SCS) from 1976 to 1978, has 30 plus years of volunteerism under his belt. Kelvin, formerly Chief Public Health Inspector for the City of Richmond, is now retired.

In 2010, while watching the instructors - all volunteers - at the Steveston Martial Arts Centre, Kelvin realised that the combined years of service before him totalled more than 200 years. Kelvin thought an awards dinner honouring individuals who had devoted 20 years or more was past due. Jim Kojima, current SCS President, agreed and the "Spirit of Steveston" awards dinner was launched.

Earlier this year we decided to try and round up some of the long term dedicated volunteers - Friends of Steveston - and do articles on them. This task is more difficult than you might imagine. Volunteers are generally happy serving, but not so much in the spotlight. We were able to get Kelvin to sit down and help us understand what drives him to such outstanding service.

One thing that came up again and again was that when he saw a need, something that could be done to improve things for people and the neighbourhood, he found a way to make it happen. Many times over Kelvin has organised, raised funds and motivated others. Through his efforts, with the help of other dedicated volunteers, beneficial programs were created, buildings were built and symbolic works of art were commissioned and placed strategically

throughout the Steveston area. Kelvin and his cohorts spearheaded well-deserved, and sometimes long-overdue, tributes to worthy and open-hearted individuals and groups.

Kelvin's accomplishments over the years are astounding and too numerous to list here, but he is currently working on something vital to the future and well-being of the Steveston community. Kelvin stated, "One thing is commonly known, people come and live in Steveston for a reason. Most of the time they say it's because of the sense of community they feel here." The community feeling in Steveston has been built through the hard work and dedication of volunteers. Everywhere around us a person can see the results. A short list would be: Steveston Park, Steveston Community Centre, Steveston Children's Water Park and playground.

Kelvin, along with other Past Presidents of the SCS, are looking for fresh, new ideas and new volunteers. That inclusive feeling of community in Steveston is driven by residents and merchants who get involved. Sometimes being involved is as simple and as fun as building a *Rudolf the Red Nosed Reindeer* costume for the Santa Claus Parade. Volunteers such as Kelvin are able to look around Steveston feel a deep sense of achievement and be proud of the legacy they have built for their children and grandchildren. The friendships that develop through volunteering in your community are exceptional so don't miss out, come and help keep our community strong and vibrant!

Steveston Rotary Club Events

Steveston Rotary Seniors Christmas Lunch, Saturday, December 17 at 1:00pm

Seniors 65 up are invited to join Steveston Rotary for a traditional Christmas lunch of turkey and trimmings, along with Christmas carols, at the Steveston Community Centre. Reservations required, call Peter Mitchell 604-277-8882.

Steveston Rotary Santa Claus Parade, Friday, December 23, 6:00pm Steveston

Starting at 6:00pm at Sixth and Hunt, the parade will weave through old Steveston past Lord Byng School, then east from Third Avenue along Moncton Street to the Steveston Community Centre. Donations of cash or non perishable food for local food programs are welcome.



**Rotary Club
of Steveston**

Coming Events

All events at the Steveston Community Centre unless otherwise indicated.

- December 9/10 Haywagons
5:30pm
- December 11 Steveston Farmers & Artisans Market 10am-3pm
Gulf of Georgia Cannery
- December 17 Rotary Seniors Lunch 1pm
- December 23 Rotary Santa Claus Parade
6:00pm; 6th & Hunt to SCC
- January 26 Robbie Burns Supper
5:30pm JCCC
- February 26 Eating Together Dinner
5:30pm

Register now for next spring clean-up!

- March 24 Kids-Only Swap Meet
10:00am to 1:00pm

Steveston Salmon Festival Craft Fair

Vendor applications available January 15-
March 15 www.stevestonsalmonfest.ca

Call 604-238-8080 for further information.

facebook

Like us on Facebook: www.facebook.com/StevestonCommunityCentre

twitter

Follow us on Twitter: @StevestonCS

Steveston Community Society Board of Directors 2011-12

Jim Kojima, President
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Tips for Healthy Holiday Eating

The amount of yummy food available in the month of December is incredible. Home baked goodies, office parties, grandma's holiday feast, food given as gifts; it's everywhere and very tempting to eat, even for naturopathic doctors and medical physicians!

For most of us, we tend to gain weight between November 23 and the New Year. Not to mention all the sugar and treats can lower our immune systems, create general sluggishness and make it hard to think clearly.

I am going to share some of my favorite holistic healing strategies for staying healthy during the holidays:

Don't go to that party hungry.

We've all heard this one before, but it's probably one of the best tips out there. It's like going grocery shopping when you're hungry; you're more likely to make poor choices.

Don't skip breakfast before Christmas dinner.

Many folks will eat light early in the day, "saving room" for the holiday feast at grandma's. You will still be hungry and will enjoy the meal, but won't gorge yourself into a turkey-coma.

Focus on maintaining your weight now!

If you want to lose weight, this is not the time to do it; maintaining weight is enough of a challenge! Don't fall into the trap of "I'm going to start dieting in January, so I might as well eat whatever I want now!" Remember,

the more you gain now, the more you'll have to lose later!

Take the focus off food.

So many holiday gatherings are centered on food. Consider having a party with board games, or have everyone make ornaments and tell stories; all activities that aren't 100% food focused.

Be aware of the calories you are drinking.

Alcohol, eggnog, hot chocolate with whipped cream...all come packed with hidden, nutrient-poor calories.

Don't deny yourself 100% of the holiday foods.

When it comes to holistic health care and all natural weight loss the key is moderation.

Relax and keep your stress levels down.

The holidays can be very stressful, and it's common to self-medicate with sweet holiday foods in order to feel better. Instead, breathe deeply, go for a walk, and keep your stress level in check. Your state of mind always affects your body and holistic healing.

Above all, enjoy the holidays.

Remember they are not about food, but about spending time with those you love. Have fun, and enjoy that occasional cookie.

Dr. Seema Kanwal, ND

Balance Medical Center

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604-569-0488

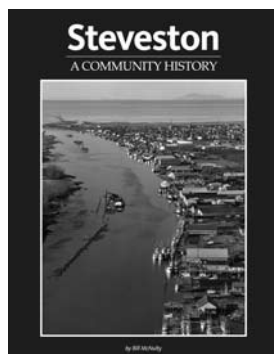
Eating Together Community Dinner!

Steveston Community Society is very pleased to team up with Touchstone Family Association to host the 2nd Annual "Eating Together" community dinner on Sunday, February 26. Last year, 150 people attended, and the event raised over \$300, which helped fund a family counsellor for one month.

Register today so you don't miss out on this opportunity to share a meal with your neighbours and friends, and support a great community organization that provides many important services to families in Richmond.

The event is listed in the Leisure Guide page 13, course #189193. Register on-line www.richmond.ca/register, by phone at 604-276-4300 or in-person at the community centre.

Eating Together is a week-long campaign that aims to encourage families to eat together through a series of activities such as community meals, cooking classes, restaurant participation and awareness information distribution. Join us, as we celebrate families, support families, and build a better community. For more information visit www.eatingtogether.ca.



Steveston: A Community History by Bill McNulty

Pick up your copy today at the Steveston
Community Centre!

\$20 suggested donation.

**Part proceeds in support of the
Japan Relief Fund for Onagawa.**